



Sunday, April 21, 2019
Gold Retreat Star

Tula Rasi: 27.53 Tithi 17 – 18

Routine Work Marana Yoga

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

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|---------------|------------------|------------------------------|-------------------------|------------------------|
| Gulika | 3:18PM – 4:54PM | Vishakha Until 3:28PM | Ganesha: Blue | <i>Sunrise:</i> 5:41AM |
| Yama | 12:06PM – 1:42PM | Vyatipata* Until 1:59AM Mon | Muruqa: Yellow | <i>Sunset:</i> 6:30PM |
| Rahu | 4:54PM – 6:30PM | Vanija Until 10:23PM | Nataraja: Purple | |
| | | Dvitiya Until 11:01AM | Moon – Orange | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sutra 7
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

1

Monday, April 22, 2019

Vrischika Rasi: 11.32 Tithi 18 – 19

Family Home Evening
Creative Work Siddha Yoga

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

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|---------------|-------------------|------------------------------|-------------------------|------------------------|
| Gulika | 1:42PM – 3:18PM | Anuradha Until 3:13PM | Ganesha: Blue | <i>Sunrise:</i> 5:40AM |
| Yama | 10:29AM – 12:05PM | Variyan Until 12:23AM Tue | Muruqa: Yellow | <i>Sunset:</i> 6:30PM |
| Rahu | 7:17AM – 8:53AM | Bava Until 9:39PM | Nataraja: Purple | |
| | | Tritiya Until 9:54AM | Moon – Orange | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 1
Sutra 8
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

2

Tuesday, April 23, 2019

Vrischika Rasi: 24.44 Tithi 19 – 20

Routine Work Marana Yoga
Until 3:35PM
Then Creative Work - Amrita Yoga

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

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|---------------|------------------|-------------------------------|-------------------------|------------------------|
| Gulika | 12:05PM – 1:42PM | Jyeshtha* Until 3:35PM | Ganesha: Blue | <i>Sunrise:</i> 5:40AM |
| Yama | 8:52AM – 10:29AM | Parigha* Until 11:27PM | Muruqa: Yellow | <i>Sunset:</i> 6:31PM |
| Rahu | 3:18PM – 4:54PM | Kaulava Until 9:43PM | Nataraja: Purple | |
| | | Chaturthi* Until 9:33AM | Moon – Orange | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 2
Sutra 9
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

3

Wednesday, April 24, 2019

Dhanus Rasi: 7.32 Tithi 20 – 21

Routine Work Marana Yoga
Until 5:04PM
Then Creative Work - Amrita Yoga

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

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|---------------|-------------------|---------------------------|-------------------------|------------------------|
| Gulika | 10:28AM – 12:05PM | Mula* Until 5:04PM | Ganesha: Yellow | <i>Sunrise:</i> 5:39AM |
| Yama | 7:15AM – 8:52AM | Shiva Until 11:09PM | Muruqa: Yellow | <i>Sunset:</i> 6:31PM |
| Rahu | 12:05PM – 1:42PM | Gara Until 10:36PM | Nataraja: Purple | |
| | | Panchami Until 10:02AM | Moon – Light Blue | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 3
Sutra 10
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Sivaloka Day

4

Thursday, April 25, 2019

Dhanus Rasi: 19.59 Tithi 21 – 22

Creative Work Siddha Yoga
Until 7:08PM
Then Routine Work - Marana Yoga

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

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|---------------|------------------|----------------------------------|------------------------|------------------------|
| Gulika | 8:51AM – 10:28AM | Purvashadha* Until 7:08PM | Ganesha: Yellow | <i>Sunrise:</i> 5:38AM |
| Yama | 5:38AM – 7:15AM | Siddha Until 11:23PM | Muruqa: Yellow | <i>Sunset:</i> 6:32PM |
| Rahu | 1:42PM – 3:18PM | Visti Until 12:12AM Fri | Nataraja: Clear | |
| | | Shashthi* Until 11:18AM | Moon – Light Blue | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 4
Sutra 11
Vikarin 5121
Moon 4 - Phase 2
1st Phase

Devaloka Day

5

Friday, April 26, 2019

Retreat Star

Makara Rasi: 2.08 Tithi 22 – 23

Routine Work Marana Yoga

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

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|---------------|-------------------|----------------------------------|------------------------|------------------------|
| Gulika | 7:14AM – 8:51AM | Uttarashadha Until 9:35PM | Ganesha: Red | <i>Sunrise:</i> 5:37AM |
| Yama | 3:18PM – 4:55PM | Sadhya Until 12:04AM Sat | Muruqa: Yellow | <i>Sunset:</i> 6:32PM |
| Rahu | 10:28AM – 12:05PM | Balava Until 2:22AM Sat | Nataraja: Clear | |
| | | Saptami Until 1:13PM | Moon – Light Blue | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 5
Sutra 12
Vikarin 5121
Moon 4 - Phase 2
Ashtami

Devaloka Day

Saturday, April 27, 2019

Retreat Star

Makara Rasi: 14.05 Tithi 23 – 24

Creative Work Siddha Yoga
Until 12:44AM Sun
Then Routine Work - Marana Yoga

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

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|---------------|------------------|-----------------------------------|------------------------|------------------------|
| Gulika | 5:36AM – 7:13AM | Shravana Until 12:44AM Sun | Ganesha: Green | <i>Sunrise:</i> 5:36AM |
| Yama | 1:41PM – 3:18PM | Subha Until 1:01AM Sun | Muruqa: Yellow | <i>Sunset:</i> 6:33PM |
| Rahu | 8:50AM – 10:27AM | Taitila Until 4:51AM Sun | Nataraja: Clear | |
| | | Ashtami* Until 3:34PM | Moon – Purple | |
| | | | Chaitra*Chaitra | |

Muscat, Oman
Sun 6
Sutra 13
Vikarin 5121
Moon 4 - Phase 2
Navami

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

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

All times are standard time

www.gurudeva.org/panchang

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| 1 Sunday, April 28, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Muscat, Oman | | | |
| | | Dhanishtha Nakshatra Sukla Yoga Gara Karana Navamyam Titau Sun 7 Sultra 14 | | | |
| Makara Rasi: 25.55 | Tithi 24 | Gulika 3:19PM – 4:56PM | Dhanishtha Until 3:48AM Mon | Ganesha: Green <i>Sunrise: 5:36AM</i> | Vikarin 5121 |
| | | Yama 12:04PM – 1:41PM | Sukla Until 2:01AM Mon | Muruqa: Yellow <i>Sunset: 6:33PM</i> | Moon 4 - Phase 3 |
| | 294583469 | Rahu 4:56PM – 6:33PM | Gara Until 6:06PM | Nataraja: Clear | 2nd Phase |
| Routine Work | Marana Yoga | | Navami* Until 6:06PM | Chaitra+Chaitra | Bhuloka Day |
| Until 3:48AM Mon | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |

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| 2 Monday, April 29, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Muscat, Oman | | | |
| | | Shatabhishak Nakshatra Brahma Yoga Vanija/Visti* Karana Dashamyam Titau Sun 8 Sultra 15 | | | |
| Kumbha Rasi: 7.44 | Tithi 25 | Gulika 1:41PM – 3:19PM | Shatabhishak Until 6:34AM Tue | Ganesha: Green <i>Sunrise: 5:35AM</i> | Vikarin 5121 |
| Family Home Evening | | Yama 10:27AM – 12:04PM | Brahma Until 2:57AM Tue | Muruqa: Yellow <i>Sunset: 6:33PM</i> | Moon 4 - Phase 3 |
| Creative Work | Siddha Yoga | 294583469 Rahu 7:12AM – 8:50AM | Vanija Until 7:24AM | Nataraja: Clear | 2nd Phase |
| Until 6:34AM Tue | | | Dashami Until 8:36PM | Chaitra+Chaitra | Bhuloka Day |
| Then Routine Work - Marana Yoga | | | | | Devaloka Time: 3:PM to 6:PM |

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| 3 Tuesday, April 30, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Muscat, Oman | | | |
| | | Shatabhishak/Purvaprosnthapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau Sun 9 Sultra 16 | | | |
| Kumbha Rasi: 19.37 | Tithi 26 | Gulika 12:04PM – 1:41PM | Shatabhishak Until 6:34AM | Ganesha: Green <i>Sunrise: 5:34AM</i> | Vikarin 5121 |
| | | Yama 8:49AM – 10:27AM | Indra Until 3:39AM Wed | Muruqa: Yellow <i>Sunset: 6:34PM</i> | Moon 4 - Phase 3 |
| | 294583469 | Rahu 3:19PM – 4:56PM | Bava Until 9:46AM | Nataraja: Clear | 2nd Phase |
| Routine Work | Marana Yoga | | Ekadashi* Until 10:49PM | Chaitra+Chaitra | Bhuloka Day |
| Until 9:21AM | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |

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| 4 Wednesday, May 1, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Muscat, Oman | | | |
| | | Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Vaidhrili* Yoga Kaulava/Taitila Karana Dvadashyam Titau Sun 10 Sultra 17 | | | |
| Meena Rasi: 1.38 | Tithi 27 | Gulika 10:26AM – 12:04PM | Purvaprosnthapada* Until 9:21AM | Ganesha: Purple <i>Sunrise: 5:34AM</i> | Vikarin 5121 |
| | | Yama 7:11AM – 8:49AM | Vaidhrili* Until 3:59AM Thu | Muruqa: Yellow <i>Sunset: 6:34PM</i> | Moon 4 - Phase 3 |
| | 214583469 | Rahu 12:04PM – 1:41PM | Kaulava Until 11:47AM | Nataraja: Clear | 2nd Phase |
| Creative Work | Amrita Yoga | | Dvadashi* Until 12:36AM Thu | Chaitra+Chaitra | Bhuloka Day |
| Until 9:21AM | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |

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| 5 Thursday, May 2, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Muscat, Oman | | | |
| | | Uttaraprosnthapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau Sun 11 Sultra 18 | | | |
| Meena Rasi: 13.49 | Tithi 28 | Gulika 8:48AM – 10:26AM | Uttaraprosnthapada Until 11:31AM | Ganesha: Purple <i>Sunrise: 5:33AM</i> | Vikarin 5121 |
| | | Yama 5:33AM – 7:11AM | Vishkambha* Until 3:56AM Fri | Muruqa: Yellow <i>Sunset: 6:35PM</i> | Moon 4 - Phase 3 |
| | 214583469 | Rahu 1:42PM – 3:19PM | Gara Until 1:19PM | Nataraja: Clear | 2nd Phase |
| Creative Work | Siddha Yoga | | Trayodashi* Until 1:52AM Fri | Chaitra+Chaitra | Bhuloka Day |
| Until 1:01PM | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga | | | | | |

Pradosha Vrata (Fasting)

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| 6 Friday, May 3, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Muscat, Oman | | | |
| | | Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau Sun 12 Sultra 19 | | | |
| Meena Rasi: 26.14 | Tithi 29 | Gulika 7:10AM – 8:48AM | Revati Until 1:01PM | Ganesha: Light Blue <i>Sunrise: 5:32AM</i> | Vikarin 5121 |
| | | Yama 3:19PM – 4:57PM | Priti Until 3:28AM Sat | Muruqa: Yellow <i>Sunset: 6:35PM</i> | Moon 4 - Phase 3 |
| | 215583469 | Rahu 10:26AM – 12:04PM | Visti Until 2:19PM | Nataraja: Clear | 2nd Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 2:36AM Sat | Chaitra+Chaitra | Bhuloka Day |
| Until 1:01PM | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga | | | | | |

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| 7 Saturday, May 4, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Muscat, Oman | | | |
| | | Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau Sun 13 Sultra 20 | | | |
| Mesha Rasi: 8.53 | Tithi 30 | Gulika 5:31AM – 7:10AM | Ashvini Until 2:18PM | Ganesha: Purple <i>Sunrise: 5:31AM</i> | Vikarin 5121 |
| | | Yama 1:42PM – 3:20PM | Ayushman Until 2:34AM Sun | Muruqa: Yellow <i>Sunset: 6:36PM</i> | Moon 4 - Phase 3 |
| | 225583469 | Rahu 8:48AM – 10:26AM | Catuspada Until 2:47PM | Nataraja: Clear | Amavasya |
| Creative Work | Siddha Yoga | | Amavasya* Until 2:47AM Sun | Chaitra+Chaitra | Bhuloka Day |
| Until 2:55PM | | | | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |

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| 8 Sunday, May 5, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Muscat, Oman | | | |
| | | Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau Sun 14 Sultra 21 | | | |
| Mesha Rasi: 21.47 | Tithi 1 | Gulika 3:20PM – 4:58PM | Bharani Until 2:55PM | Ganesha: Purple <i>Sunrise: 5:31AM</i> | Vikarin 5121 |
| | | Yama 12:03PM – 1:42PM | Saubhagya Until 1:18AM Mon | Muruqa: Yellow <i>Sunset: 6:36PM</i> | Moon 4 - Phase 3 |
| | 225583469 | Rahu 4:58PM – 6:36PM | Kintughna Until 2:43PM | Nataraja: Clear | Prathama |
| Routine Work | Prabalarishta Yoga | | Prathama* Until 2:30AM Mon | Vaisaka+Chaitra | Bhuloka Day |
| Until 2:55PM | | | | | 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

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| Monday, May 6, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Muscat, Oman Sun 15 Sutra 22 |
| 1 | | Gulika 1:42PM – 3:20PM | Krittika Until 2:58PM | Ganesha: Purple | <i>Sunrise:</i> 5:30AM | Vikarin 5121 |
| Vrishabha Rasi: 4.56 | Tithi 2 | Yama 10:25AM – 12:03PM | Sobhana Until 11:43PM | Muruqa: Yellow | <i>Sunset:</i> 6:37PM | Moon 4 - Phase 4 |
| Family Home Evening | 225583469 | Rahu 7:09AM – 8:47AM | Balava Until 2:13PM | Nataraja: Clear | | 3rd Phase |
| Routine Work Marana Yoga | | | Dvitiya Until 1:49AM Tue | Moon – White | Bhuloka Day | |
| Until 2:58PM | | | | Vaisaka-Chaitra | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| Tuesday, May 7, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Muscat, Oman Sun 16 Sutra 23 |
| 2 | | Gulika 12:03PM – 1:42PM | Rohini Until 2:56PM | Ganesha: Light Blue | <i>Sunrise:</i> 5:30AM | Vikarin 5121 |
| Vrishabha Rasi: 18.18 | Tithi 3 | Yama 8:46AM – 10:25AM | Athiganda* Until 9:50PM | Muruqa: Yellow | <i>Sunset:</i> 6:37PM | Moon 4 - Phase 4 |
| | 235583469 | Rahu 3:20PM – 4:59PM | Taitila Until 1:21PM | Nataraja: Clear | | 3rd Phase |
| Creative Work Amrita Yoga | | Akshaya Tritiya | Tritiya Until 12:46AM Wed | Moon – Yellow | Bhuloka Day | |
| Until 2:56PM | | | | Vaisaka-Chaitra | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| Wednesday, May 8, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau | | | | Muscat, Oman Sun 17 Sutra 24 |
| 3 | | Gulika 10:25AM – 12:03PM | Mrigashira Until 2:27PM | Ganesha: Light Blue | <i>Sunrise:</i> 5:29AM | Vikarin 5121 |
| Mithuna Rasi: 1.5 | Tithi 4 | Yama 7:08AM – 8:46AM | Sukarma Until 7:44PM | Muruqa: Yellow | <i>Sunset:</i> 6:37PM | Moon 4 - Phase 4 |
| | 235583469 | Rahu 12:03PM – 1:42PM | Vanija Until 12:10PM | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Chaturthi* Until 11:27PM | Moon – Yellow | Bhuloka Day | |
| | | | | Vaisaka-Chaitra | Devaloka Time: 3:PM to 6:PM | |

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| Thursday, May 9, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau | | | | Muscat, Oman Sun 18 Sutra 25 |
| 4 | | Gulika 8:46AM – 10:24AM | Ardra Until 1:35PM | Ganesha: Light Blue | <i>Sunrise:</i> 5:28AM | Vikarin 5121 |
| Mithuna Rasi: 15.32 | Tithi 5 | Yama 5:28AM – 7:07AM | Dhriti Until 5:28PM | Muruqa: Yellow | <i>Sunset:</i> 6:38PM | Moon 4 - Phase 4 |
| | 235583469 | Rahu 1:42PM – 3:21PM | Bava Until 10:43AM | Nataraja: Clear | | 3rd Phase |
| Routine Work Marana Yoga | | | Panchami Until 9:54PM | Moon – Yellow | Bhuloka Day | |
| Until 1:35PM | | | | Vaisaka-Chaitra | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| Friday, May 10, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Muscat, Oman Sun 19 Sutra 26 |
| 5 | | Gulika 7:07AM – 8:45AM | Punarvasu Until 12:48PM | Ganesha: Orange | <i>Sunrise:</i> 5:28AM | Vikarin 5121 |
| Mithuna Rasi: 29.23 | Tithi 6 | Yama 3:21PM – 5:00PM | Shula* Until 2:59PM | Muruqa: Yellow | <i>Sunset:</i> 6:38PM | Moon 4 - Phase 4 |
| | 245583469 | Rahu 10:24AM – 12:03PM | Kaulava Until 9:04AM | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Shashthi* Until 8:09PM | Moon – Blue | Devaloka Day | |
| Until 12:48PM | | | | Vaisaka-Chaitra | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| Saturday, May 11, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi* Yoga Gara/Vanija Karana Saplamyam Titau | | | | Muscat, Oman Sun 20 Sutra 27 |
| 6 | | Gulika 5:27AM – 7:06AM | Pushya Until 11:40AM | Ganesha: Orange | <i>Sunrise:</i> 5:27AM | Vikarin 5121 |
| Kataka Rasi: 13.2 | Tithi 7 | Yama 1:42PM – 3:21PM | Ganda* Until 12:22PM | Muruqa: Yellow | <i>Sunset:</i> 6:39PM | Moon 4 - Phase 4 |
| | 245583469 | Rahu 8:45AM – 10:24AM | Gara Until 7:13AM | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Saptami Until 6:12PM | Moon – Blue | Devaloka Day | |
| Until 11:40AM | | | | Vaisaka-Chaitra | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| Sunday, May 12, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Muscat, Oman Sun 21 Sutra 28 |
| Retreat Star | | Gulika 3:21PM – 5:00PM | Ashlesha* Until 10:14AM | Ganesha: Clear | <i>Sunrise:</i> 5:27AM | Vikarin 5121 |
| Kataka Rasi: 27.25 | Tithi 8 – 9 | Yama 12:03PM – 1:42PM | Vridhhi Until 9:38AM | Muruqa: Yellow | <i>Sunset:</i> 6:39PM | Moon 4 - Phase 4 |
| | 246583469 | Rahu 5:00PM – 6:39PM | Balava Until 3:00AM Mon | Nataraja: Clear | | Ashtami |
| Creative Work Siddha Yoga | | Mother's Day | Ashtami* Until 4:05PM | Moon – Blue | Devaloka Day | |
| Until 10:14AM | | | | Vaisaka-Chaitra | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| Monday, May 13, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva*/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Muscat, Oman Sun 22 Sutra 29 |
| Retreat Star | | Gulika 1:42PM – 3:21PM | Magha* Until 8:55AM | Ganesha: White | <i>Sunrise:</i> 5:26AM | Vikarin 5121 |
| Simha Rasi: 11.35 | Tithi 9 – 10 | Yama 10:24AM – 12:03PM | Dhruva Until 6:44AM | Muruqa: Yellow | <i>Sunset:</i> 6:40PM | Moon 4 - Phase 4 |
| | 256583469 | Rahu 7:05AM – 8:45AM | Taitila Until 12:41AM Tue | Nataraja: Clear | | Navami |
| Family Home Evening | | | Navami* Until 1:50PM | Moon – Red | Bhuloka Day | |
| Routine Work Marana Yoga | | | | Vaisaka-Chaitra | Devaloka Time: 3:PM to 6:PM | |
| Until 8:55AM | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | |


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|---------------|----------------------------------|---------------|--|------------------------------|-----------------------------------|-----------------------------|--------------------|
| 1 | Tuesday, May 14, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman |
| | Simha Rasi: 25.5 | Tithi 10 – 11 | Gulika | 12:03PM – 1:42PM | Purvaphalguni Until 7:22AM | Ganesha: White | Sun 23 Sutra 30 |
| | | | Yama | 8:44AM – 10:24AM | Harshana Until 12:45AM Wed | Muruqa: Yellow | Vikarin 5121 |
| | 256583469 | | Rahu | 3:22PM – 5:01PM | Vanija Until 10:19PM | Nataraja: Clear | Moon 4 - Phase 5 |
| Creative Work | Siddha Yoga | | | Dashami Until 11:29AM | Moon – Red | 4th Phase | |
| | Until 7:22AM | | | | Vaisaka-Chaitra | Bhuloka Day | |
| | Then Creative Work - Amrita Yoga | | | | | Devaloka Time: 3:PM to 6:PM | |

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|--------------|----------------------------------|---------------|--|------------------------------|-------------------------------|------------------------|--------------------|
| 2 | Wednesday, May 15, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman |
| | Kanya Rasi: 10.08 | Tithi 11 – 12 | Gulika | 10:24AM – 12:03PM | Hasta Until 4:11AM Thu | Ganesha: Yellow | Sun 24 Sutra 31 |
| | | | Yama | 7:05AM – 8:44AM | Vajra* Until 9:44PM | Muruqa: Yellow | Vikarin 5121 |
| | 266583469 | | Rahu | 12:03PM – 1:42PM | Bava Until 7:56PM | Nataraja: Clear | Moon 4 - Phase 5 |
| Routine Work | Marana Yoga | | | Ekadashi Until 9:06AM | Moon – Green | 4th Phase | |
| | Until 4:11AM Thu | | | | Vaisaka-Vaikasi | Devaloka Day | |
| | Then Creative Work - Siddha Yoga | | | | | | |

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|---------------|-------------------------------|---------------|---|------------------------------|--------------------------------|------------------------|--------------------|
| 3 | Thursday, May 16, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| | Kanya Rasi: 24.24 | Tithi 12 – 13 | Gulika | 8:44AM – 10:24AM | Chitra Until 2:45AM Fri | Ganesha: Yellow | Sun 25 Sutra 32 |
| | | | Yama | 5:25AM – 7:04AM | Siddhi Until 6:49PM | Muruqa: Yellow | Vikarin 5121 |
| | 266583469 | | Rahu | 1:43PM – 3:22PM | Taitila Until 4:34AM Fri | Nataraja: Clear | Moon 4 - Phase 5 |
| Creative Work | Siddha Yoga | | | Dvadashi Until 6:45AM | Moon – Green | 4th Phase | |
| | | | | | Vaisaka-Vaikasi | Devaloka Day | |
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Pradosha Vrata

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|---------------|-----------------------------|----------|--|--------------------------------------|-------------------------------|------------------------|--------------------|
| 4 | Friday, May 17, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Muscat, Oman |
| | Tula Rasi: 8.34 | Tithi 14 | Gulika | 7:04AM – 8:44AM | Svati Until 1:26AM Sat | Ganesha: Yellow | Sun 26 Sutra 33 |
| | | | Yama | 3:22PM – 5:02PM | Vyatipata* Until 4:05PM | Muruqa: Yellow | Vikarin 5121 |
| | 266583469 | | Rahu | 10:23AM – 12:03PM | Gara Until 3:35PM | Nataraja: Clear | Moon 4 - Phase 5 |
| Creative Work | Siddha Yoga | | | Chaturdashi* Until 2:39AM Sat | Moon – Green | 4th Phase | |
| | | | | | Vaisaka-Vaikasi | Devaloka Day | |
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|---|---------------------------------|----------|---|----------------------------------|-----------------------------------|-----------------------------|--------------------|
|  | Saturday, May 18, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Muscat, Oman |
| | Copper Retreat Star | | Gulika | 5:24AM – 7:04AM | Vishakha Until 12:48AM Sun | Ganesha: Blue | Sun 27 Sutra 34 |
| | Tula Rasi: 22.32 | Tithi 15 | Yama | 1:43PM – 3:23PM | Variyan Until 1:37PM | Muruqa: Yellow | Vikarin 5121 |
| | 276583469 | | Rahu | 8:44AM – 10:23AM | Visti Until 1:52PM | Nataraja: Clear | Moon 4 - Phase 5 |
| Creative Work | Siddha Yoga | | | Purnima* Until 1:09AM Sun | Moon – Orange | Purnima | |
| | Until 12:48AM Sun | | | | Vaisaka-Vaikasi | Bhuloka Day | |
| | Then Routine Work - Marana Yoga | | | | | Devaloka Time: 3:PM to 6:PM | |

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| ○ | Sunday, May 19, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Muscat, Oman |
| | Silver Retreat Star | | Gulika | 3:23PM – 5:03PM | Anuradha Until 12:33AM Mon | Ganesha: Yellow | Sun 28 Sutra 35 |
| | Vrischika Rasi: 6.16 | Tithi 16 | Yama | 12:03PM – 1:43PM | Parigha* Until 11:32AM | Muruqa: Yellow | Vikarin 5121 |
| | 277583469 | | Rahu | 5:03PM – 6:43PM | Balava Until 12:36PM | Nataraja: Clear | Moon 4 - Phase 5 |
| Routine Work | Marana Yoga | | | Prathama* Until 12:10AM Mon | Moon – Orange | Prathama | |
| | Until 12:33AM Mon | | | | Vaisaka-Vaikasi | Devaloka Day | |
| | Then Creative Work - Siddha Yoga | | | | | | |

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

All times are standard time

www.gurudeva.org/panchang



Monday, May 20, 2019
Gold Retreat Star

Vrischika Rasi: 19.4 Tithi 17
Family Home Evening 277583469
Creative Work Siddha Yoga
Until 12:47AM Tue
Then Creative Work - Amrita Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha* Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 1:43PM – 3:23PM
Yama 10:23AM – 12:03PM
Rahu 7:03AM – 8:43AM
Jyeshtha* Until 12:47AM Tue
Shiva Until 9:56AM
Taitila Until 11:56AM
Dvitiya Until 11:49PM

Muscat, Oman Sun 1 Sutra 36
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Yellow Sunrise: 5:23AM
Muruga: Yellow Sunset: 6:43PM
Nataraja: Clear
Moon – Orange
Devaloka Day
Vaisaka-Vaikasi

1

Tuesday, May 21, 2019

Dhanus Rasi: 2.43 Tithi 18
Creative Work Amrita Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula* Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Tritiyayam Titau
Gulika 12:03PM – 1:43PM
Yama 8:43AM – 10:23AM
Rahu 3:23PM – 5:04PM
Mula* Until 1:59AM Wed
Siddha Until 8:50AM
Vanija Until 11:55AM
Tritiya Until 12:10AM Wed

Muscat, Oman Sun 2 Sutra 37
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Blue Sunrise: 5:23AM
Muruga: Yellow Sunset: 6:44PM
Nataraja: Clear
Moon – Light Blue
Sivaloka Day
Vaisaka-Vaikasi

2

Wednesday, May 22, 2019

Dhanus Rasi: 15.25 Tithi 19
Creative Work Amrita Yoga
Until 3:43AM Thu
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Purvashadha* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthiyam Titau
Gulika 10:23AM – 12:03PM
Yama 7:03AM – 8:43AM
Rahu 12:03PM – 1:44PM
Purvashadha* Until 3:43AM Thu
Sadhya Until 8:18AM
Bava Until 12:37PM
Chaturthi* Until 1:12AM Thu

Muscat, Oman Sun 3 Sutra 38
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Red Sunrise: 5:22AM
Muruga: Yellow Sunset: 6:44PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

3

Thursday, May 23, 2019

Dhanus Rasi: 27.49 Tithi 20
Routine Work Marana Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau
Gulika 8:43AM – 10:23AM
Yama 5:22AM – 7:02AM
Rahu 1:44PM – 3:24PM
Uttarashadha Until 5:52AM Fri
Subha Until 8:19AM
Kaulava Until 1:59PM
Panchami Until 2:51AM Fri

Muscat, Oman Sun 4 Sutra 39
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Red Sunrise: 5:22AM
Muruga: Yellow Sunset: 6:45PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

4

Friday, May 24, 2019

Makara Rasi: 9.58 Tithi 21
Routine Work Marana Yoga
Until 8:47AM Sat
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Shashthyam Titau
Gulika 7:02AM – 8:43AM
Yama 3:24PM – 5:05PM
Rahu 10:23AM – 12:03PM
Shravana Until 8:47AM Sat
Sukla Until 8:45AM
Gara Until 3:54PM
Shashthi* Until 4:59AM Sat

Muscat, Oman Sun 5 Sutra 40
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Red Sunrise: 5:22AM
Muruga: Yellow Sunset: 6:45PM
Nataraja: Clear
Moon – Light Blue
Devaloka Day
Vaisaka-Vaikasi

5

Saturday, May 25, 2019

Makara Rasi: 21.56 Tithi 22
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Brahma/Indra Yoga Visti* Karana Saptamyam Titau
Gulika 5:22AM – 7:02AM
Yama 1:44PM – 3:25PM
Rahu 8:43AM – 10:23AM
Shravana Until 8:47AM
Brahma Until 9:31AM
Visti Until 6:11PM
Saptami Until 7:22AM Sun

Muscat, Oman Sun 6 Sutra 41
Vikarin 5121
Moon 5 - Phase 6
1st Phase
Ganesha: Green Sunrise: 5:22AM
Muruga: Yellow Sunset: 6:46PM
Nataraja: Clear
Moon – Purple
Bhuloka Day
Devaloka Time: 3:PM to 6:PM
Vaisaka-Vaikasi

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Sunday, May 26, 2019
Retreat Star

Kumbha Rasi: 3.49 Tithi 22 – 23
Routine Work Marana Yoga
Until 11:44AM
Then Creative Work - Siddha Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Saptami/Ashlamyam Titau
Gulika 3:25PM – 5:05PM
Yama 12:04PM – 1:44PM
Rahu 5:05PM – 6:46PM
Dhanishtha Until 11:44AM
Indra Until 10:29AM
Balava Until 8:37PM
Saptami Until 7:22AM

Muscat, Oman Sun 7 Sutra 42
Vikarin 5121
Moon 5 - Phase 6
Ashtami
Ganesha: Blue Sunrise: 5:21AM
Muruga: Yellow Sunset: 6:46PM
Nataraja: Clear
Moon – Purple
Sivaloka Day
Vaisaka-Vaikasi

Monday, May 27, 2019
Retreat Star

Kumbha Rasi: 15.41 Tithi 23 – 24
Family Home Evening 398683469
Creative Work Siddha Yoga
Until 2:32PM
Then Routine Work - Marana Yoga

Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shatabhishak/Purvaproshtapada* Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau
Gulika 1:44PM – 3:25PM
Yama 10:23AM – 12:04PM
Rahu 7:02AM – 8:42AM
Shatabhishak Until 2:32PM
Vaidhriti* Until 11:25AM
Taitila Until 10:57PM
Ashtami* Until 9:47AM

Muscat, Oman Sun 8 Sutra 43
Vikarin 5121
Moon 5 - Phase 6
Navami
Ganesha: Blue Sunrise: 5:21AM
Muruga: Yellow Sunset: 6:46PM
Nataraja: Clear
Moon – Purple
Sivaloka Day
Vaisaka-Vaikasi

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|----------------------------------|---------------|-----------------------|------------------|---------------------------------------|------------------------|---|---------------------|------------------|
| 1 | | Tuesday, May 28, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Viskambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | Muscat, Oman |
| Kumbha Rasi: 27.36 | Tithi 24 – 25 | Gulika | 12:04PM – 1:45PM | Purvaproshtapada* Until 5:26PM | Ganesha: Purple | <i>Sunrise:</i> 5:21AM | Sun 9 | Sutra 44 |
| | | Yama | 8:42AM – 10:23AM | Vishkambha* Until 12:12PM | Muruqa: Yellow | <i>Sunset:</i> 6:47PM | | Vikarin 5121 |
| | | 318683469 Rahu | 3:25PM – 5:06PM | Vanija Until 1:00AM Wed | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Routine Work | Marana Yoga | | | Navami* Until 12:00PM | Moon – Clear | | | 2nd Phase |
| Until 5:26PM | | | | | Vaisaka-Vaikasi | | Sivaloka Day | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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|---------------------------------|---------------|-------------------------|-------------------|---------------------------------------|------------------------|--|---------------------|------------------|
| 2 | | Wednesday, May 29, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau | | Muscat, Oman |
| Meena Rasi: 9.4 | Tithi 25 – 26 | Gulika | 10:23AM – 12:04PM | Uttaraproshtapada Until 7:45PM | Ganesha: Purple | <i>Sunrise:</i> 5:21AM | Sun 10 | Sutra 45 |
| | | Yama | 7:01AM – 8:42AM | Priti Until 12:43PM | Muruqa: Yellow | <i>Sunset:</i> 6:47PM | | Vikarin 5121 |
| | | 318683469 Rahu | 12:04PM – 1:45PM | Bava Until 2:34AM Thu | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Siddha Yoga | | | Dashami Until 1:50PM | Moon – Clear | | | 2nd Phase |
| Until 7:45PM | | | | | Vaisaka-Vaikasi | | Sivaloka Day | |
| Then Routine Work - Marana Yoga | | | | | | | | |

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| 3 | | Thursday, May 30, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Muscat, Oman |
| Meena Rasi: 21.55 | Tithi 26 – 27 | Gulika | 8:42AM – 10:23AM | Revati Until 9:22PM | Ganesha: Purple | <i>Sunrise:</i> 5:20AM | Sun 11 | Sutra 46 |
| | | Yama | 5:20AM – 7:01AM | Ayushman Until 12:47PM | Muruqa: Yellow | <i>Sunset:</i> 6:48PM | | Vikarin 5121 |
| | | 318683469 Rahu | 1:45PM – 3:26PM | Kaulava Until 3:33AM Fri | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Siddha Yoga | | | Ekadashi* Until 3:07PM | Moon – Clear | | | 2nd Phase |
| Until 9:22PM | | | | | Vaisaka-Vaikasi | | Sivaloka Day | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| 4 | | Friday, May 31, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | Muscat, Oman |
| Mesha Rasi: 4.26 | Tithi 27 – 28 | Gulika | 7:01AM – 8:42AM | Ashvini Until 10:42PM | Ganesha: Clear | <i>Sunrise:</i> 5:20AM | Sun 12 | Sutra 47 |
| | | Yama | 3:26PM – 5:07PM | Saubhagya Until 12:23PM | Muruqa: Yellow | <i>Sunset:</i> 6:48PM | | Vikarin 5121 |
| | | 328683469 Rahu | 10:23AM – 12:04PM | Gara Until 3:54AM Sat | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Amrita Yoga | | | Dvadashi* Until 3:47PM | Moon – White | | | 2nd Phase |
| Until 10:42PM | | | | | Vaisaka-Vaikasi | | Devaloka Day | |
| Then Creative Work - Siddha Yoga | | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 5 | | Saturday, June 1, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Muscat, Oman |
| Mesha Rasi: 17.15 | Tithi 28 – 29 | Gulika | 5:20AM – 7:01AM | Bharani Until 11:14PM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Sun 13 | Sutra 48 |
| | | Yama | 1:45PM – 3:27PM | Sobhana Until 11:30AM | Muruqa: Yellow | <i>Sunset:</i> 6:49PM | | Vikarin 5121 |
| | | 329683469 Rahu | 8:42AM – 10:23AM | Visti Until 3:37AM Sun | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Siddha Yoga | | | Trayodashi* Until 3:49PM | Moon – White | | | 2nd Phase |
| Until 11:14PM | | | | | Vaisaka-Vaikasi | | Bhuloka Day | |
| Then Creative Work - Amrita Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM | |

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| 6 | | Sunday, June 2, 2019 | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Muscat, Oman |
| Vrishabha Rasi: 0.23 | Tithi 29 – 30 | Gulika | 3:27PM – 5:08PM | Krittika Until 11:02PM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Sun 14 | Sutra 49 |
| | | Yama | 12:05PM – 1:46PM | Athiganda* Until 10:05AM | Muruqa: Yellow | <i>Sunset:</i> 6:49PM | | Vikarin 5121 |
| | | 329683469 Rahu | 5:08PM – 6:49PM | Catuspada Until 2:44AM Mon | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Siddha Yoga | | | Chaturdashi* Until 3:14PM | Moon – White | | | 2nd Phase |
| | | | | | Vaisaka-Vaikasi | | Bhuloka Day | |
| | | | | | | | Devaloka Time: 3:PM to 6:PM | |

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| Monday, June 3, 2019 | | Retreat Star | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Muscat, Oman |
| Vrishabha Rasi: 13.5 | Tithi 30 – 1 | Gulika | 1:46PM – 3:27PM | Rohini Until 10:37PM | Ganesha: Green | <i>Sunrise:</i> 5:20AM | Sun 15 | Sutra 50 |
| Family Home Evening | | Yama | 10:23AM – 12:05PM | Sukarma Until 8:14AM | Muruqa: Yellow | <i>Sunset:</i> 6:50PM | | Vikarin 5121 |
| Creative Work | Amrita Yoga | 339683469 Rahu | 7:01AM – 8:42AM | Kintughna Until 1:22AM Tue | Nataraja: Clear | | | Moon 5 - Phase 7 |
| | | | | Amavasya* Until 2:05PM | Moon – Yellow | | | Amavasya |
| | | | | | Vaisaka-Vaikasi | | Bhuloka Day | |
| | | | | | | | Devaloka Time: 3:PM to 6:PM | |

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| Tuesday, June 4, 2019 | | Retreat Star | | | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvityayam Titau | | Muscat, Oman |
| Vrishabha Rasi: 27.34 | Tithi 1 – 2 | Gulika | 12:05PM – 1:46PM | Mrigashira Until 9:39PM | Ganesha: Green | <i>Sunrise:</i> 5:20AM | Sun 16 | Sutra 51 |
| | | Yama | 8:42AM – 10:24AM | Dhriti Until 6:01AM | Muruqa: Yellow | <i>Sunset:</i> 6:50PM | | Vikarin 5121 |
| | | 339683469 Rahu | 3:27PM – 5:09PM | Balava Until 11:35PM | Nataraja: Clear | | | Moon 5 - Phase 7 |
| Creative Work | Siddha Yoga | | | Prathama* Until 12:30PM | Moon – Yellow | | | Prathama |
| Until 9:39PM | | | | | Jyeshtha-Vaikasi | | Bhuloka Day | |
| Then Routine Work - Marana Yoga | | | | | | | Devaloka Time: 3:PM to 6:PM | |

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| 1 | Wednesday, June 5, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Muscat, Oman Sun 17 Sutra 52 |
| | Mithuna Rasi: 11.32 | Tithi 2 – 3 | Gulika 10:24AM – 12:05PM | Ardra Until 8:14PM | Ganesha: Green | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 7:01AM – 8:42AM | Ganda* Until 12:42AM Thu | Muruqa: Yellow | <i>Sunset:</i> 6:50PM | Moon 5 - Phase 8 |
| | Creative Work | Siddha Yoga | 339683461 Rahu 12:05PM – 1:46PM | Taitila Until 9:31PM | Nataraja: Yellow | | 3rd Phase |
| | | | Dvitiya Until 10:34AM | Moon – Yellow | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-------------------------------|-------------|--|-------------------------------|-------------------------|-----------------------------|------------------------------------|
| 2 | Thursday, June 6, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Muscat, Oman Sun 18 Sutra 53 |
| | Mithuna Rasi: 25.4 | Tithi 3 – 4 | Gulika 8:42AM – 10:24AM | Punarvasu Until 6:55PM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 5:20AM – 7:01AM | Vriddhi Until 9:48PM | Muruqa: Yellow | <i>Sunset:</i> 6:51PM | Moon 5 - Phase 8 |
| | Creative Work | Amrita Yoga | 349683461 Rahu 1:47PM – 3:28PM | Vanija Until 7:15PM | Nataraja: Yellow | | 3rd Phase |
| | | | Tritiya Until 8:23AM | Moon – Blue | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-----------------------------|-------------|--|----------------------------|-------------------------|-----------------------------|------------------------------------|
| 3 | Friday, June 7, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Visti*/Balava Karana Chaturthi/Panchamyam Titau | | | | Muscat, Oman Sun 19 Sutra 54 |
| | Kataka Rasi: 9.54 | Tithi 4 – 5 | Gulika 7:01AM – 8:43AM | Pushya Until 5:21PM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 3:28PM – 5:10PM | Dhruva Until 6:49PM | Muruqa: Yellow | <i>Sunset:</i> 6:51PM | Moon 5 - Phase 8 |
| | Routine Work | Marana Yoga | 349683461 Rahu 10:24AM – 12:05PM | Balava Until 3:42AM Sat | Nataraja: Yellow | | 3rd Phase |
| | | | Chaturthi* Until 6:04AM | Moon – Blue | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-------------------------------|-------------|--|-------------------------------|-------------------------|-----------------------------|------------------------------------|
| 4 | Saturday, June 8, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Muscat, Oman Sun 20 Sutra 55 |
| | Kataka Rasi: 24.11 | Tithi 6 | Gulika 5:20AM – 7:01AM | Ashlesha* Until 3:38PM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 1:47PM – 3:29PM | Vyaghata* Until 3:50PM | Muruqa: Yellow | <i>Sunset:</i> 6:52PM | Moon 5 - Phase 8 |
| | Routine Work | Marana Yoga | 349683461 Rahu 8:43AM – 10:24AM | Kaulava Until 2:32PM | Nataraja: Yellow | | 3rd Phase |
| | | | Shashthi* Until 1:20AM Sun | Moon – Blue | | Bhuloka Day | |
| | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-----------------------------|-------------|--|----------------------------|-------------------------|------------------------|------------------------------------|
| 5 | Sunday, June 9, 2019 | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Muscat, Oman Sun 21 Sutra 56 |
| | Simha Rasi: 8.26 | Tithi 7 | Gulika 3:29PM – 5:10PM | Magha* Until 2:14PM | Ganesha: Yellow | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 12:06PM – 1:47PM | Harshana Until 12:53PM | Muruqa: Yellow | <i>Sunset:</i> 6:52PM | Moon 5 - Phase 8 |
| | Routine Work | Marana Yoga | 351683461 Rahu 5:10PM – 6:52PM | Gara Until 12:12PM | Nataraja: Yellow | | 3rd Phase |
| | | | Saptami Until 11:03PM | Moon – Red | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | |

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|------------------------------|----------------------------|-------------|---|------------------------------------|-------------------------|------------------------|------------------------------------|
| Monday, June 10, 2019 | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Muscat, Oman Sun 22 Sutra 57 |
| | Simha Rasi: 22.38 | Tithi 8 | Gulika 1:48PM – 3:29PM | Purvaphalguni Until 12:48PM | Ganesha: Yellow | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | Family Home Evening | | Yama 10:24AM – 12:06PM | Vajra* Until 10:00AM | Muruqa: Yellow | <i>Sunset:</i> 6:52PM | Moon 5 - Phase 8 |
| | Creative Work | Siddha Yoga | 351683461 Rahu 7:01AM – 8:43AM | Visti Until 9:58AM | Nataraja: Yellow | | Ashtami |
| | | | Ashtami* Until 8:52PM | Moon – Red | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | |


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|-------------------------------|---------------------|-------------|---|-------------------------------------|-------------------------|------------------------|------------------------------------|
| Tuesday, June 11, 2019 | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyaltipata* Yoga Balava/Kaulava Karana Navamyam Titau | | | | Muscat, Oman Sun 23 Sutra 58 |
| | Kanya Rasi: 6.46 | Tithi 9 | Gulika 12:06PM – 1:48PM | Uttaraphalguni Until 11:21AM | Ganesha: Yellow | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 8:43AM – 10:25AM | Siddhi Until 7:14AM | Muruqa: Yellow | <i>Sunset:</i> 6:53PM | Moon 5 - Phase 8 |
| | Creative Work | Amrita Yoga | 351683461 Rahu 3:29PM – 5:11PM | Balava Until 7:51AM | Nataraja: Yellow | | Navami |
| | | | Navami* Until 6:49PM | Moon – Red | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | |

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|----------------------------------|---------------------------------|---------------|---|-----------------------------------|-------------------------|-----------------------------|------------------------------------|
| 1 | Wednesday, June 12, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Varija Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman Sun 24 Sutra 59 |
| | Kanya Rasi: 20.47 | Tithi 10 – 11 | Gulika 10:25AM – 12:06PM | Hasta Until 10:21AM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 7:01AM – 8:43AM | Variyan Until 2:07AM Thu | Muruqa: Yellow | <i>Sunset:</i> 6:53PM | Moon 5 - Phase 9 |
| | | 361683461 | Rahu 12:06PM – 1:48PM | Varija Until 4:08AM Thu | Nataraja: Yellow | | 4th Phase |
| Routine Work | Marana Yoga | | Dashami Until 4:58PM | Moon – Green | | Bhuloka Day | |
| Until 10:21AM | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|----------------------------------|--------------------------------|---------------|---|-----------------------------------|-------------------------|-----------------------------|------------------------------------|
| 2 | Thursday, June 13, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman Sun 25 Sutra 60 |
| | Tula Rasi: 4.41 | Tithi 11 – 12 | Gulika 8:43AM – 10:25AM | Chitra Until 9:25AM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 5:20AM – 7:01AM | Parigha* Until 11:51PM | Muruqa: Yellow | <i>Sunset:</i> 6:53PM | Moon 5 - Phase 9 |
| | | 361683461 | Rahu 1:48PM – 3:30PM | Bava Until 2:39AM Fri | Nataraja: Yellow | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 3:20PM | Moon – Green | | Bhuloka Day | |
| Until 9:25AM | | | | Jyeshtha-Vaikasi | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|---------------|------------------------------|------------------------|--|----------------------------------|-------------------------|------------------------|------------------------------------|
| 3 | Friday, June 14, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman Sun 26 Sutra 61 |
| | Tula Rasi: 18.25 | Tithi 12 – 13 | Gulika 7:02AM – 8:43AM | Svati Until 8:37AM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 3:30PM – 5:12PM | Shiva Until 9:52PM | Muruqa: Blue | <i>Sunset:</i> 6:54PM | Moon 5 - Phase 9 |
| | | 361693461 | Rahu 10:25AM – 12:07PM | Kaulava Until 1:29AM Sat | Nataraja: Yellow | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 2:00PM | Moon – Green | | Devaloka Day | |
| | | Vaikasi Visakam | | Jyeshtha-Vaikasi | | | |
| | | | | | | <i>Pradosha Vrata</i> | |

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|---------------|--------------------------------|---------------|---|-------------------------------------|-------------------------|------------------------|------------------------------------|
| 4 | Saturday, June 15, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman Sun 27 Sutra 62 |
| | Vrischika Rasi: 1.57 | Tithi 13 – 14 | Gulika 5:20AM – 7:02AM | Vishakha Until 8:27AM | Ganesha: Clear | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | | | Yama 1:49PM – 3:30PM | Siddha Until 8:09PM | Muruqa: Blue | <i>Sunset:</i> 6:54PM | Moon 5 - Phase 9 |
| | | 371693461 | Rahu 8:43AM – 10:25AM | Gara Until 12:43AM Sun | Nataraja: Yellow | | 4th Phase |
| Creative Work | Siddha Yoga | | Trayodashi Until 1:01PM | Moon – Orange | | Sivaloka Day | |
| | | | | Jyeshtha-Ani | | | |

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|---|------------------------------|---------------------|---|-------------------------------------|-------------------------|---------------------------|--------------------------|
|  | Sunday, June 16, 2019 | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Varija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman Sutra 63 |
| | Copper Retreat Star | | Gulika 3:31PM – 5:12PM | Anuradha Until 8:33AM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | Vrischika Rasi: 15.15 | Tithi 14 – 15 | Yama 12:07PM – 1:49PM | Sadhya Until 6:49PM | Muruqa: Blue | <i>Sunset:</i> 6:54PM | Moon 5 - Phase 9 |
| | | 371793461 | Rahu 5:12PM – 6:54PM | Visti Until 12:25AM Mon | Nataraja: Yellow | | Purnima |
| Routine Work | Marana Yoga | | Chaturdashi* Until 12:29PM | Moon – Orange | | Subha Sivaloka Day | |
| | | Father's Day | | Jyeshtha-Ani | | | |

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|------------------------------|----------------------------|---------------|---|--------------------------------------|-------------------------|---------------------------|--------------------------|
| Monday, June 17, 2019 | Silver Retreat Star | | Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman Sutra 64 |
| | Vrischika Rasi: 28.18 | Tithi 15 – 16 | Gulika 1:49PM – 3:31PM | Jyeshtha* Until 8:59AM | Ganesha: White | <i>Sunrise:</i> 5:20AM | Vikarin 5121 |
| | Family Home Evening | | Yama 10:26AM – 12:07PM | Subha Until 5:55PM | Muruqa: Blue | <i>Sunset:</i> 6:55PM | Moon 5 - Phase 9 |
| | | 371793461 | Rahu 7:02AM – 8:44AM | Balava Until 12:39AM Tue | Nataraja: Yellow | | Prathama |
| Creative Work | Siddha Yoga | | Purnima* Until 12:27PM | Moon – Orange | | Subha Sivaloka Day | |
| | | | | Jyeshtha-Ani | | | |

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

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Tuesday, June 18, 2019
Gold Retreat Star

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

Muscat, Oman
Sutra 65

Dhanus Rasi: 11.04 Tithi 16 – 17

381793461

Gulika 12:08PM – 1:49PM
Yama 8:44AM – 10:26AM
Rahu 3:31PM – 5:13PM

Mula* Until 10:16AM
Sukla Until 5:26PM
Taitila Until 1:28AM Wed
Prathama* Until 12:58PM

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

Sunrise: 5:20AM
Sunset: 6:55PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Until 10:16AM

Then Creative Work - Siddha Yoga

Sivaloka Day

1

Wednesday, June 19, 2019

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

Muscat, Oman
Sun 1 Sutra 66

Dhanus Rasi: 23.35 Tithi 17 – 18

382793461

Gulika 10:26AM – 12:08PM
Yama 7:02AM – 8:44AM
Rahu 12:08PM – 1:50PM

Purvashadha* Until 11:57AM
Brahma Until 5:24PM
Vanija Until 2:49AM Thu
Dvitiya Until 2:03PM

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

Sunrise: 5:21AM
Sunset: 6:55PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Amrita Yoga

Devaloka Day

2

Thursday, June 20, 2019

Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Indra/Vaidhrili* Yoga Visti*/Bava Karana Tritya/Chatrthyam Titau

Muscat, Oman
Sun 2 Sutra 67

Makara Rasi: 5.52 Tithi 18 – 19

382793461

Gulika 8:44AM – 10:26AM
Yama 5:21AM – 7:03AM
Rahu 1:50PM – 3:32PM

Uttarashadha Until 1:59PM
Indra Until 5:47PM
Bava Until 4:40AM Fri
Tritya Until 3:40PM

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

Sunrise: 5:21AM
Sunset: 6:55PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 1:59PM

Then Creative Work - Siddha Yoga

Devaloka Day

3

Friday, June 21, 2019

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

Muscat, Oman
Sun 3 Sutra 68

Makara Rasi: 17.57 Tithi 19 – 20

392793461

Gulika 7:03AM – 8:45AM
Yama 3:32PM – 5:14PM
Rahu 10:26AM – 12:08PM

Shravana Until 4:46PM
Vaidhrili* Until 6:27PM
Kaulava Until 6:51AM Sat
Chaturthi* Until 5:42PM

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

Sunrise: 5:21AM
Sunset: 6:56PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 4:46PM

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, June 22, 2019

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

Muscat, Oman
Sun 4 Sutra 69

Makara Rasi: 29.54 Tithi 20

392793461

Gulika 5:21AM – 7:03AM
Yama 1:50PM – 3:32PM
Rahu 8:45AM – 10:27AM

Dhanishtha Until 7:39PM
Vishkambha* Until 7:21PM
Kaulava Until 6:51AM
Panchami Until 8:00PM

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

Sunrise: 5:21AM
Sunset: 6:56PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Creative Work Siddha Yoga

Until 7:39PM

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

Muscat, Oman
Sun 5 Sutra 70

Kumbha Rasi: 11.46 Tithi 21

392793461

Gulika 3:32PM – 5:14PM
Yama 12:09PM – 1:50PM
Rahu 5:14PM – 6:56PM

Shatabhishak Until 10:27PM
Priti Until 8:20PM
Gara Until 9:13AM
Shashthi* Until 10:24PM

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

Sunrise: 5:21AM
Sunset: 6:56PM

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

Muscat, Oman
Sun 6 Sutra 71

Kumbha Rasi: 23.38 Tithi 22

312793461

Gulika 1:51PM – 3:32PM
Yama 10:27AM – 12:09PM
Rahu 7:03AM – 8:45AM

Purvaproshtapada* Until 1:29AM Tue
Ayushman Until 9:12PM
Visti Until 11:35AM
Saptami Until 12:41AM Tue

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

Sunrise: 5:22AM
Sunset: 6:56PM

Vikarin 5121
Moon 6 - Phase 10
1st Phase

Routine Work Marana Yoga

Until 1:29AM Tue

Then Creative Work - Amrita Yoga

Sivaloka Day

D

Tuesday, June 25, 2019

Retreat Star

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

Muscat, Oman
Sun 7 Sutra 72

Meena Rasi: 5.35 Tithi 23

312793461

Gulika 12:09PM – 1:51PM
Yama 8:45AM – 10:27AM
Rahu 3:33PM – 5:14PM

Uttaraproshtapada Until 4:03AM Wed
Saubhagya Until 9:53PM
Balava Until 1:45PM
Ashtami* Until 2:40AM Wed

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

Sunrise: 5:22AM
Sunset: 6:56PM

Vikarin 5121
Moon 6 - Phase 10
Ashtami

Creative Work Amrita Yoga

Until 4:03AM 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

Muscat, Oman
Sun 8 Sutra 73

Meena Rasi: 17.38 Tithi 24

312793461

Gulika 10:28AM – 12:09PM
Yama 7:04AM – 8:46AM
Rahu 12:09PM – 1:51PM

Revati Until 6:00AM Thu
Sobhana Until 10:14PM
Taitila Until 3:31PM
Navami* Until 4:10AM Thu

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

Sunrise: 5:22AM
Sunset: 6:56PM

Vikarin 5121
Moon 6 - Phase 10
Navami

Routine Work Marana Yoga

Until 6:00AM Thu

Then Creative Work - Amrita Yoga

Sivaloka Day

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

All times are standard time

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| Thursday, June 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Muscat, Oman Sun 9 Sutra 74 |
|----------------------------------|-------------|--|---------------------------------|-------------------------|------------------------|-----------------------------------|
| 1 | | Gulika 8:46AM – 10:28AM | Revati Until 6:00AM | Ganesha: Yellow | <i>Sunrise:</i> 5:22AM | Vikarin 5121 |
| Meena Rasi: 29.55 | Tithi 25 | Yama 5:22AM – 7:04AM | Athiganda* Until 10:06PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 312793461 | Rahu 1:51PM – 3:33PM | Vanija Until 4:43PM | Nataraja: Yellow | | 2nd Phase |
| Creative Work | Amrita Yoga | | Dashami Until 5:04AM Fri | Moon – Clear | | Sivaloka Day |
| Until 6:00AM | | | | Jyeshtha-Ani | | |
| Then Creative Work - Siddha Yoga | | | | | | |

| Friday, June 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau | | | | Muscat, Oman Sun 10 Sutra 75 |
|----------------------------------|-------------|--|-----------------------------------|-------------------------|------------------------|------------------------------------|
| 2 | | Gulika 7:04AM – 8:46AM | Ashvini Until 7:38AM | Ganesha: Blue | <i>Sunrise:</i> 5:23AM | Vikarin 5121 |
| Mesha Rasi: 12.27 | Tithi 26 | Yama 3:33PM – 5:15PM | Sukarma Until 9:27PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 322793461 | Rahu 10:28AM – 12:10PM | Bava Until 5:16PM | Nataraja: Yellow | | 2nd Phase |
| Creative Work | Amrita Yoga | | Ekadashi* Until 5:15AM Sat | Moon – White | | Devaloka Day |
| Until 7:38AM | | | | Jyeshtha-Ani | | |
| Then Creative Work - Siddha Yoga | | | | | | |

| Saturday, June 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | | Muscat, Oman Sun 11 Sutra 76 |
|----------------------------------|-------------|--|-----------------------------------|-------------------------|------------------------|------------------------------------|
| 3 | | Gulika 5:23AM – 7:05AM | Bharani Until 8:26AM | Ganesha: Blue | <i>Sunrise:</i> 5:23AM | Vikarin 5121 |
| Mesha Rasi: 25.2 | Tithi 27 | Yama 1:52PM – 3:33PM | Dhriti Until 8:14PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 322793461 | Rahu 8:46AM – 10:28AM | Kaulava Until 5:06PM | Nataraja: Yellow | | 2nd Phase |
| Creative Work | Siddha Yoga | | Dvadashi* Until 4:43AM Sun | Moon – White | | Devaloka Day |
| Until 8:26AM | | | | Jyeshtha-Ani | | |
| Then Creative Work - Amrita Yoga | | | | | | |

| Sunday, June 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Muscat, Oman Sun 12 Sutra 77 |
|-----------------------|-------------|---|-------------------------------------|-------------------------|------------------------|------------------------------------|
| 4 | | Gulika 3:33PM – 5:15PM | Krittika Until 8:22AM | Ganesha: Blue | <i>Sunrise:</i> 5:23AM | Vikarin 5121 |
| Vrishabha Rasi: 8.34 | Tithi 28 | Yama 12:10PM – 1:52PM | Shula* Until 6:25PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 322793461 | Rahu 5:15PM – 6:57PM | Gara Until 4:12PM | Nataraja: Yellow | | 2nd Phase |
| Creative Work | Siddha Yoga | | Trayodashi* Until 3:29AM Mon | Moon – White | | Devaloka Day |
| | | | | Jyeshtha-Ani | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | |

| Monday, July 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda*Vridhdi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Muscat, Oman Sun 13 Sutra 78 |
|----------------------------|-------------|---|--------------------------------------|-------------------------|------------------------|------------------------------------|
| 5 | | Gulika 1:52PM – 3:34PM | Rohini Until 7:56AM | Ganesha: Blue | <i>Sunrise:</i> 5:24AM | Vikarin 5121 |
| Vrishabha Rasi: 22.12 | Tithi 29 | Yama 10:29AM – 12:10PM | Ganda* Until 4:06PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| Family Home Evening | 332793461 | Rahu 7:05AM – 8:47AM | Visti Until 2:39PM | Nataraja: Yellow | | 2nd Phase |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 1:39AM Tue | Moon – Yellow | | Devaloka Day |
| | | | | Jyeshtha-Ani | | |

| Tuesday, July 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vridhdi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Muscat, Oman Sun 14 Sutra 79 |
|---------------------------------|-------------|--|--------------------------------|-------------------------|------------------------|------------------------------------|
| Retreat Star | | Gulika 12:10PM – 1:52PM | Mrigashira Until 6:46AM | Ganesha: Blue | <i>Sunrise:</i> 5:24AM | Vikarin 5121 |
| Mithuna Rasi: 6.12 | Tithi 30 | Yama 8:47AM – 10:29AM | Vridhdi Until 1:20PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 332793461 | Rahu 3:34PM – 5:15PM | Catuspada Until 12:33PM | Nataraja: Yellow | | Amavasya |
| Creative Work | Siddha Yoga | | Amavasya* Until 11:18PM | Moon – Yellow | | Devaloka Day |
| Until 6:46AM | | | | Jyeshtha-Ani | | |
| Then Routine Work - Marana Yoga | | | | | | |

| Wednesday, July 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Muscat, Oman Sun 15 Sutra 80 |
|----------------------------------|-------------|--|-----------------------------------|-------------------------|------------------------|------------------------------------|
| Retreat Star | | Gulika 10:29AM – 12:11PM | Punarvasu Until 3:08AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 5:24AM | Vikarin 5121 |
| Mithuna Rasi: 20.31 | Tithi 1 | Yama 7:06AM – 8:48AM | Dhruva Until 10:12AM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 11 |
| | 343793461 | Rahu 12:11PM – 1:52PM | Kintughna Until 10:00AM | Nataraja: Yellow | | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 8:36PM | Moon – Blue | | Sivaloka Day |
| Until 3:08AM Thu | | | | Ashada-Ani | | |
| Then Creative Work - Amrita 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

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|---------------------------------|-------------|---------------------------------------|---------------------------------|-------------------------|------------------------|---|------------------------------------|
| 1 | | Thursday, July 4, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vyaghata/Harshana Yoga Balava/Tailita Karana Dvitiya/Triliyayam Tilau | Muscat, Oman Sun 16 Sutra 81 |
| Kataka Rasi: 5.04 | Tithi 2 – 3 | Gulika 8:48AM – 10:29AM | Pushya Until 12:58AM Fri | Ganesha: Yellow | <i>Sunrise:</i> 5:25AM | Vikarin 5121 | |
| | | Yama 5:25AM – 7:06AM | Vyaghata* Until 6:49AM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 343793461 Rahu 1:52PM – 3:34PM | Balava Until 7:10AM | Nataraja: Yellow | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Dvitiya Until 5:39PM | Moon – Blue | | Sivaloka Day | |
| Until 12:58AM Fri | | | | Ashada*Ani | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|--------------------|-------------|---|--------------------------------|-------------------------|------------------------|--|------------------------------------|
| 2 | | Friday, July 5, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Tilau | Muscat, Oman Sun 17 Sutra 82 |
| Kataka Rasi: 19.44 | Tithi 3 – 4 | Gulika 7:07AM – 8:48AM | Ashlesha* Until 10:37PM | Ganesha: Yellow | <i>Sunrise:</i> 5:25AM | Vikarin 5121 | |
| | | Yama 3:34PM – 5:15PM | Vajra* Until 11:45PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 343793461 Rahu 10:30AM – 12:11PM | Vanija Until 1:08AM Sat | Nataraja: Yellow | | 3rd Phase | |
| Routine Work | Marana Yoga | | Tritiya Until 2:37PM | Moon – Blue | | Sivaloka Day | |
| | | | | Ashada*Ani | | | |

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|----------------------------------|-------------|--|----------------------------|-------------------------|------------------------|--|------------------------------------|
| 3 | | Saturday, July 6, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Tilau | Muscat, Oman Sun 18 Sutra 83 |
| Simha Rasi: 4.25 | Tithi 4 – 5 | Gulika 5:25AM – 7:07AM | Magha* Until 8:37PM | Ganesha: White | <i>Sunrise:</i> 5:25AM | Vikarin 5121 | |
| | | Yama 1:53PM – 3:34PM | Siddhi Until 8:17PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 343793461 Rahu 8:48AM – 10:30AM | Bava Until 10:11PM | Nataraja: Yellow | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Chaturthi* Until 11:37AM | Moon – Red | | Subha Sivaloka Day | |
| Until 8:37PM | | | | Ashada*Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|----------------------------------|-------------|---------------------------------------|-----------------------------------|-------------------------|------------------------|---|------------------------------------|
| 4 | | Sunday, July 7, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Panchami/Shashthyam Tilau | Muscat, Oman Sun 19 Sutra 84 |
| Simha Rasi: 19.01 | Tithi 5 – 6 | Gulika 3:34PM – 5:15PM | Purvaphalguni Until 6:40PM | Ganesha: Yellow | <i>Sunrise:</i> 5:26AM | Vikarin 5121 | |
| | | Yama 12:11PM – 1:53PM | Vyatipata* Until 4:59PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 453793461 Rahu 5:15PM – 6:57PM | Kaulava Until 7:27PM | Nataraja: Yellow | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Panchami Until 8:46AM | Moon – Red | | Sivaloka Day | |
| Until 6:40PM | | | | Ashada*Ani | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|----------------------------|-------------|---------------------------------------|------------------------------------|-------------------------|------------------------|--|------------------------------------|
| 5 | | Monday, July 8, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Tailita/Vanija Karana Shashthi/Saptamyam Tilau | Muscat, Oman Sun 20 Sutra 85 |
| Kanya Rasi: 3.26 | Tithi 6 – 7 | Gulika 1:53PM – 3:34PM | Uttaraphalguni Until 4:52PM | Ganesha: Yellow | <i>Sunrise:</i> 5:26AM | Vikarin 5121 | |
| Family Home Evening | | Yama 10:30AM – 12:12PM | Variyan Until 1:53PM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 453793461 Rahu 7:08AM – 8:49AM | Vanija Until 3:53AM Tue | Nataraja: Yellow | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Shashthi* Until 6:10AM | Moon – Red | | Sivaloka Day | |
| | | Chidambaram Abhishekam | | Ashada*Ani | | | |

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| Retreat Star | | Tuesday, July 9, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Tilau | Muscat, Oman Sun 21 Sutra 86 |
| Kanya Rasi: 17.38 | Tithi 8 | Gulika 12:12PM – 1:53PM | Hasta Until 3:43PM | Ganesha: White | <i>Sunrise:</i> 5:27AM | Vikarin 5121 | |
| | | Yama 8:49AM – 10:30AM | Parigha* Until 11:06AM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 463793461 Rahu 3:34PM – 5:15PM | Visti Until 2:54PM | Nataraja: Yellow | | Ashtami | |
| Creative Work | Siddha Yoga | | Ashtami* Until 2:00AM Wed | Moon – Green | | Subha Sivaloka Day | |
| | | | | Ashada*Ani | | | |

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| Retreat Star | | Wednesday, July 10, 2019 | | | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Tilau | Muscat, Oman Sun 22 Sutra 87 |
| Tula Rasi: 1.35 | Tithi 9 | Gulika 10:31AM – 12:12PM | Chitra Until 2:50PM | Ganesha: Yellow | <i>Sunrise:</i> 5:27AM | Vikarin 5121 | |
| | | Yama 7:08AM – 8:49AM | Shiva Until 8:39AM | Muruqa: Blue | <i>Sunset:</i> 6:57PM | Moon 6 - Phase 12 | |
| | | 463893461 Rahu 12:12PM – 1:53PM | Balava Until 1:14PM | Nataraja: Yellow | | Navami | |
| Creative Work | Siddha Yoga | | Navami* Until 12:32AM Thu | Moon – Green | | Sivaloka Day | |
| | | | | Ashada*Ani | | | |

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


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| 1 | | Thursday, July 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dashamyam Titau | | | | Muscat, Oman Sun 23 Sutra 88 |
| Tula Rasi: 15.16 | Tithi 10 | Gulika 8:50AM – 10:31AM | Svati Until 2:15PM | Ganesha: Yellow | <i>Sunrise:</i> 5:27AM | | Vikarin 5121 | |
| | | Yama 5:27AM – 7:09AM | Siddha Until 6:32AM | Muruqa: Blue | <i>Sunset:</i> 6:56PM | | Moon 6 - Phase 13 | |
| | | 463893461 Rahu 1:53PM – 3:34PM | Taitila Until 12:00PM | Nataraja: Yellow | | | 4th Phase | |
| Creative Work | Amrita Yoga | | Dashami Until 11:32PM | Moon – Green | | | Sivaloka Day | |
| Until 2:15PM | | | | Ashada*Ani | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 2 | | Friday, July 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Muscat, Oman Sun 24 Sutra 89 |
| Tula Rasi: 28.41 | Tithi 11 | Gulika 7:09AM – 8:50AM | Vishakha Until 2:25PM | Ganesha: White | <i>Sunrise:</i> 5:28AM | | Vikarin 5121 | |
| | | Yama 3:34PM – 5:15PM | Subha Until 3:28AM Sat | Muruqa: Blue | <i>Sunset:</i> 6:56PM | | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 10:31AM – 12:12PM | Vanija Until 11:13AM | Nataraja: Yellow | | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 11:00PM | Moon – Orange | | | Devaloka Day | |
| | | | | Ashada*Ani | | | | |

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| 3 | | Saturday, July 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau | | | | Muscat, Oman Sun 25 Sutra 90 |
| Vrischika Rasi: 11.5 | Tithi 12 | Gulika 5:28AM – 7:09AM | Anuradha Until 2:54PM | Ganesha: White | <i>Sunrise:</i> 5:28AM | | Vikarin 5121 | |
| | | Yama 1:53PM – 3:34PM | Sukla Until 2:29AM Sun | Muruqa: Blue | <i>Sunset:</i> 6:56PM | | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 8:50AM – 10:31AM | Bava Until 10:56AM | Nataraja: Yellow | | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dvadashi Until 10:56PM | Moon – Orange | | | Devaloka Day | |
| | | | | Ashada*Ani | | | | |

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| 4 | | Sunday, July 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Muscat, Oman Sun 26 Sutra 91 |
| Vrischika Rasi: 24.45 | Tithi 13 | Gulika 3:34PM – 5:15PM | Jyeshtha* Until 3:43PM | Ganesha: White | <i>Sunrise:</i> 5:29AM | | Vikarin 5121 | |
| | | Yama 12:12PM – 1:53PM | Brahma Until 1:53AM Mon | Muruqa: Blue | <i>Sunset:</i> 6:56PM | | Moon 6 - Phase 13 | |
| | | 473893461 Rahu 5:15PM – 6:56PM | Kaulava Until 11:07AM | Nataraja: Yellow | | | 4th Phase | |
| Routine Work | Marana Yoga | | Trayodashi Until 11:22PM | Moon – Orange | | | Devaloka Day | |
| Until 3:43PM | | | | Ashada*Ani | | | | |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata</i> | | | | | |

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| 5 | | Monday, July 15, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Muscat, Oman Sun 27 Sutra 92 |
| Dhanus Rasi: 7.26 | Tithi 14 | Gulika 1:53PM – 3:34PM | Mula* Until 5:18PM | Ganesha: Clear | <i>Sunrise:</i> 5:29AM | | Vikarin 5121 | |
| Family Home Evening | | Yama 10:32AM – 12:12PM | Indra Until 1:41AM Tue | Muruqa: Blue | <i>Sunset:</i> 6:56PM | | Moon 6 - Phase 13 | |
| | | 483893461 Rahu 7:10AM – 8:51AM | Gara Until 11:47AM | Nataraja: Yellow | | | 4th Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 12:16AM Tue | Moon – Light Blue | | | Sivaloka Day | |
| Until 5:18PM | | | | Ashada*Ani | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

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|  | | Tuesday, July 16, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Muscat, Oman Sun 28 Sutra 93 |
| Dhanus Rasi: 19.53 | Tithi 15 | Gulika 12:13PM – 1:53PM | Purvashadha* Until 7:10PM | Ganesha: Clear | <i>Sunrise:</i> 5:30AM | | Vikarin 5121 | |
| | | Yama 8:51AM – 10:32AM | Vaidhriti* Until 1:48AM Wed | Muruqa: Blue | <i>Sunset:</i> 6:55PM | | Moon 6 - Phase 13 | |
| | | 483893461 Rahu 3:34PM – 5:15PM | Visti Until 12:54PM | Nataraja: Yellow | | | Purnima | |
| Creative Work | Siddha Yoga | | Purnima* Until 1:37AM Wed | Moon – Light Blue | | | Sivaloka Day | |
| Until 7:10PM | | | | Ashada*Ani | | | | |
| Then Routine Work - Prabalarishta Yoga | | Partial Lunar Eclipse Satguru Purnima | | | | | | |

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| Wednesday, July 17, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Muscat, Oman Sun 29 Sutra 94 | | |
| Silver Retreat Star | | Gulika 10:32AM – 12:13PM | Uttarashadha Until 9:18PM | Ganesha: Purple | <i>Sunrise:</i> 5:30AM | | Vikarin 5121 | |
| Makara Rasi: 2.1 | Tithi 16 | Yama 7:11AM – 8:51AM | Vishkambha* Until 2:14AM Thu | Muruqa: Blue | <i>Sunset:</i> 6:55PM | | Moon 6 - Phase 13 | |
| | | 484893462 Rahu 12:13PM – 1:53PM | Balava Until 2:28PM | Nataraja: White | | | Prathama | |
| Creative Work | Amrita Yoga | | Prathama* Until 3:23AM Thu | Moon – Light Blue | | | Subha Subha Sivaloka Day | |
| Until 9:18PM | | | | Ashada*Ani | | | | |
| 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

Muscat, Oman

Sun 1 Sutra 95

Makara Rasi: 14.17 Tithi 17

Gulika 8:52AM – 10:32AM
Yama 5:30AM – 7:11AM
494893462 **Rahu** 1:53PM – 3:34PM

Shravana Until 12:05AM Fri
Priti Until 2:57AM Fri
Tailila Until 4:24PM
Dvitiya Until 5:28AM Fri

Ganesha: Clear *Sunrise: 5:30AM*
Muruqa: Blue *Sunset: 6:55PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

Ashada-Adi

1

Friday, July 19, 2019

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

Muscat, Oman

Sun 2 Sutra 96

Makara Rasi: 26.16 Tithi 18

Gulika 7:11AM – 8:52AM
Yama 3:34PM – 5:14PM
494893462 **Rahu** 10:32AM – 12:13PM

Dhanishtha Until 2:57AM Sat
Ayushman Until 3:49AM Sat
Vanija Until 6:37PM
Tritiya Until 7:47AM Sat

Ganesha: Clear *Sunrise: 5:31AM*
Muruqa: Blue *Sunset: 6:55PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

Ashada-Adi

Until 2:57AM 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/Chaturthyam Titau

Muscat, Oman

Sun 3 Sutra 97

Kumbha Rasi: 8.1 Tithi 18 – 19

Gulika 5:31AM – 7:12AM
Yama 1:53PM – 3:34PM
494893462 **Rahu** 8:52AM – 10:32AM

Shatabhishak Until 5:45AM Sun
Saubhagya Until 4:48AM Sun
Bava Until 9:00PM
Tritiya Until 7:47AM

Ganesha: Clear *Sunrise: 5:31AM*
Muruqa: Blue *Sunset: 6:54PM*
Nataraja: White
Moon – Purple

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day

Ashada-Adi

Until 5:45AM Sun
Then Creative Work - Siddha Yoga

3

Sunday, July 21, 2019

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

Muscat, Oman

Sun 4 Sutra 98

Kumbha Rasi: 20.02 Tithi 19 – 20

Gulika 3:33PM – 5:14PM
Yama 12:13PM – 1:53PM
414893462 **Rahu** 5:14PM – 6:54PM

Purvaproshtapada* Until 8:53AM Mon
Sobhana Until 5:46AM Mon
Kaulava Until 11:25PM
Chaturthi* Until 10:12AM

Ganesha: Clear *Sunrise: 5:32AM*
Muruqa: Blue *Sunset: 6:54PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Creative Work Siddha Yoga

Subha Sivaloka Day

Ashada-Adi

4

Monday, July 22, 2019

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

Muscat, Oman

Sun 5 Sutra 99

Meena Rasi: 1.53 Tithi 20 – 21

Family Home Evening

Gulika 1:53PM – 3:33PM
Yama 10:33AM – 12:13PM
414893462 **Rahu** 7:12AM – 8:53AM

Purvaproshtapada* Until 8:53AM
Athiganda* Until 6:35AM Tue
Gara Until 1:42AM Tue
Panchami Until 12:34PM

Ganesha: Clear *Sunrise: 5:32AM*
Muruqa: Blue *Sunset: 6:54PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Ashada-Adi

Until 8:53AM
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

Muscat, Oman

Sun 6 Sutra 100

Meena Rasi: 13.49 Tithi 21 – 22

Gulika 12:13PM – 1:53PM
Yama 8:53AM – 10:33AM
414893462 **Rahu** 3:33PM – 5:13PM

Uttaraproshtapada Until 11:40AM
Athiganda* Until 6:35AM
Visti Until 3:42AM Wed
Shashthi* Until 2:44PM

Ganesha: Clear *Sunrise: 5:33AM*
Muruqa: Blue *Sunset: 6:53PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Creative Work Amrita Yoga

Subha Sivaloka Day

Ashada-Adi

Until 11:40AM
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/Balava Karana Saptami/Ashtamyam Titau

Muscat, Oman

Sun 7 Sutra 101

Meena Rasi: 25.52 Tithi 22 – 23

Gulika 10:33AM – 12:13PM
Yama 7:13AM – 8:53AM
414893462 **Rahu** 12:13PM – 1:53PM

Revati Until 1:57PM
Sukarma Until 7:11AM
Balava Until 5:16AM Thu
Saptami Until 4:32PM

Ganesha: Clear *Sunrise: 5:33AM*
Muruqa: Blue *Sunset: 6:53PM*
Nataraja: White
Moon – Clear

Moon 7 - Phase 14
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Ashada-Adi

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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 Kaulava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman

Sun 8 Sutra 102

Mesha Rasi: 8.07 Tithi 23 – 24

Gulika 8:53AM – 10:33AM
Yama 5:33AM – 7:13AM
424893462 **Rahu** 1:53PM – 3:33PM

Ashvini Until 4:04PM
Dhriti Until 7:26AM
Taitila Until 6:13AM Fri
Ashtami* Until 5:48PM

Ganesha: White *Sunrise: 5:33AM*
Muruqa: Blue *Sunset: 6:52PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Ashtami

Creative Work Amrita Yoga

Subha Subha Sivaloka Day

Ashada-Adi

Until 4:04PM
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/Krittika Nakshatra Shula*/Ganda* Yoga Tailila/Gara Karana Navamyam Titau

Muscat, Oman

Sun 9 Sutra 103

Mesha Rasi: 20.37 Tithi 24

Gulika 7:14AM – 8:53AM
Yama 3:33PM – 5:12PM
424893462 **Rahu** 10:33AM – 12:13PM

Bharani Until 5:23PM
Shula* Until 7:10AM
Taitila Until 6:13AM
Navami* Until 6:25PM

Ganesha: White *Sunrise: 5:34AM*
Muruqa: Blue *Sunset: 6:52PM*
Nataraja: White
Moon – White

Moon 7 - Phase 14
Navami

Creative Work Siddha Yoga

Subha Subha Sivaloka Day

Ashada-Adi


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

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|----------|--------------------------------|-------------|--|---|--|---|---|
| 1 | Saturday, July 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda*/Vridhi Yoga Vanija/Visli* Karana Dashamyam Titau | | | | Muscat, Oman |
| | Wrishabha Rasi: 3.26 | Tithi 25 | 424893462 | Gulika 5:34AM – 7:14AM Yama 1:53PM – 3:32PM Rahu 8:54AM – 10:33AM | Krittika Until 5:49PM Ganda* Until 6:22AM Vanija Until 6:27AM Dashami Until 6:16PM | Ganesha: White Muruqa: Blue Nataraja: White Moon – White Ashada-Adi | Sun 10 Sutra 104 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Subha Sivaloka Day |
| | Creative Work | Amrita Yoga | | | | | |
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|----------|------------------------------|---------------|--|---|---|---|---|
| 2 | Sunday, July 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman |
| | Wrishabha Rasi: 16.4 | Tithi 26 – 27 | 434893462 | Gulika 3:32PM – 5:12PM Yama 12:13PM – 1:53PM Rahu 5:12PM – 6:51PM | Rohini Until 5:47PM Dhruva Until 2:53AM Mon Kaulava Until 4:36AM Mon Ekadashi* Until 5:20PM | Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Yellow Ashada-Adi | Sun 11 Sutra 105 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Subha Sivaloka Day |
| | Creative Work | Siddha Yoga | | | | | |
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|----------|------------------------------|---------------|---|--|---|--|---|
| 3 | Monday, July 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| | Mithuna Rasi: 0.2 | Tithi 27 – 28 | 435893462 | Gulika 1:52PM – 3:32PM Yama 10:34AM – 12:13PM Rahu 7:15AM – 8:54AM | Mrigashira Until 4:51PM Vyaghata* Until 12:14AM Tue Gara Until 2:35AM Tue Dvadashi* Until 3:39PM <i>Pradosha Vrata (Fasting)</i> | Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow Ashada-Adi | Sun 12 Sutra 106 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day |
| | Family Home Evening | Amrita Yoga | | | | | |
| | Creative Work | Amrita Yoga | | | | | |

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| 4 | Tuesday, July 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman |
| | Mithuna Rasi: 14.26 | Tithi 28 – 29 | 435893462 | Gulika 12:13PM – 1:52PM Yama 8:54AM – 10:34AM Rahu 3:32PM – 5:11PM | Ardra Until 3:07PM Harshana Until 9:07PM Visti Until 11:57PM Trayodashi* Until 1:19PM | Ganesha: White Muruqa: Blue Nataraja: White Moon – Yellow Ashada-Adi | Sun 13 Sutra 107 Vikarin 5121 Moon 7 - Phase 15 2nd Phase Sivaloka Day |
| | Routine Work | Marana Yoga | | | | | |
| | Creative Work | Siddha Yoga | | | | | |

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|  | Wednesday, July 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Muscat, Oman |
| | Retreat Star | | 445893462 | Gulika 10:34AM – 12:13PM Yama 7:15AM – 8:54AM Rahu 12:13PM – 1:52PM | Punarvasu Until 1:09PM Vajra* Until 5:33PM Catuspada Until 8:52PM Chaturdashi* Until 10:27AM | Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Ashada-Adi | Sun 14 Sutra 108 Vikarin 5121 Moon 7 - Phase 15 Amavasya Sivaloka Day |
| | Mithuna Rasi: 28.56 | Tithi 29 – 30 | | | | | |
| | Creative Work | Siddha Yoga | | | | | |

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| Retreat Star | Thursday, August 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau | | | | Muscat, Oman |
| | Kataka Rasi: 13.45 | Tithi 30 – 1 | 445893462 | Gulika 8:55AM – 10:34AM Yama 5:37AM – 7:16AM Rahu 1:52PM – 3:31PM | Pushya Until 10:40AM Siddhi Until 1:43PM Bava Until 3:41AM Fri Amavasya* Until 7:11AM | Ganesha: Green Muruqa: Blue Nataraja: White Moon – Blue Sravana-Adi | Sun 15 Sutra 109 Vikarin 5121 Moon 7 - Phase 15 Prathama Sivaloka Day |
| | Creative Work | Amrita Yoga | | | | | |
| | 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

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| 1 | | Friday, August 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvityayam Titau | | | Muscat, Oman Sun 16 Sutra 110 Vikarin 5121 |
| Kataka Rasi: 28.45 | Tithi 2 | Gulika 7:16AM – 8:55AM | Ashlesha* Until 7:50AM | Ganesha: Green | <i>Sunrise:</i> 5:37AM | | |
| | | Yama 3:31PM – 5:10PM | Vyatipata* Until 9:45AM | Muruqa: Blue | <i>Sunset:</i> 6:49PM | | Moon 7 - Phase 16 |
| | | 445893462 Rahu 10:34AM – 12:13PM | Balava Until 1:55PM | Nataraja: White | | | 3rd Phase |
| Routine Work | Marana Yoga | | Dvitiya Until 12:07AM Sat | Moon – Blue | | Sivaloka Day | |
| | | | | | | Sravana-Adi | |

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| 2 | | Saturday, August 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Taitila/Gara Karana Tritiyayam Titau | | | Muscat, Oman Sun 17 Sutra 111 Vikarin 5121 |
| Simha Rasi: 13.49 | Tithi 3 | Gulika 5:37AM – 7:16AM | Purvaphalguni Until 2:36AM Sun | Ganesha: White | <i>Sunrise:</i> 5:37AM | | |
| | | Yama 1:51PM – 3:30PM | Parigha* Until 1:49AM Sun | Muruqa: Blue | <i>Sunset:</i> 6:48PM | | Moon 7 - Phase 16 |
| | | 455893462 Rahu 8:55AM – 10:34AM | Taitila Until 10:22AM | Nataraja: White | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 8:37PM | Moon – Red | | Sivaloka Day | |
| Until 2:36AM Sun | | | | | | Sravana-Adi | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Sunday, August 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau | | | Muscat, Oman Sun 18 Sutra 112 Vikarin 5121 |
| Simha Rasi: 28.46 | Tithi 4 – 5 | Gulika 3:30PM – 5:09PM | Uttaraphalguni Until 12:06AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 5:38AM | | |
| | | Yama 12:13PM – 1:51PM | Shiva Until 10:08PM | Muruqa: Blue | <i>Sunset:</i> 6:47PM | | Moon 7 - Phase 16 |
| | | 455993462 Rahu 5:09PM – 6:47PM | Vanija Until 6:57AM | Nataraja: White | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Chaturthi* Until 5:20PM | Moon – Red | | Subha Sivaloka Day | |
| Until 12:06AM Mon | | | | | | Sravana-Adi | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 4 | | Monday, August 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau | | | Muscat, Oman Sun 19 Sutra 113 Vikarin 5121 |
| Kanya Rasi: 13.3 | Tithi 5 – 6 | Gulika 1:51PM – 3:30PM | Hasta Until 10:17PM | Ganesha: White | <i>Sunrise:</i> 5:38AM | | |
| Family Home Evening | | Yama 10:34AM – 12:12PM | Siddha Until 6:45PM | Muruqa: Blue | <i>Sunset:</i> 6:47PM | | Moon 7 - Phase 16 |
| Creative Work | Siddha Yoga | 465993462 Rahu 7:17AM – 8:55AM | Kaulava Until 1:10AM Tue | Nataraja: White | | | 3rd Phase |
| Until 10:17PM | | | Panchami Until 2:26PM | Moon – Green | | Subha Subha Sivaloka Day | |
| Then Routine Work - Prabalarishta Yoga | | Nag Panchami | | | | Sravana-Adi | |

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| 5 | | Tuesday, August 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | Muscat, Oman Sun 20 Sutra 114 Vikarin 5121 |
| Kanya Rasi: 27.55 | Tithi 6 – 7 | Gulika 12:12PM – 1:51PM | Chitra Until 8:52PM | Ganesha: White | <i>Sunrise:</i> 5:39AM | | |
| | | Yama 8:56AM – 10:34AM | Sadhya Until 3:48PM | Muruqa: Blue | <i>Sunset:</i> 6:46PM | | Moon 7 - Phase 16 |
| | | 465993462 Rahu 3:29PM – 5:08PM | Gara Until 11:02PM | Nataraja: White | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 12:00PM | Moon – Green | | Subha Subha Sivaloka Day | |
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| Retreat Star | | Wednesday, August 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau | | | Muscat, Oman Sun 21 Sutra 115 Vikarin 5121 |
| Tula Rasi: 11.57 | Tithi 7 – 8 | Gulika 10:34AM – 12:12PM | Svati Until 7:54PM | Ganesha: White | <i>Sunrise:</i> 5:39AM | | |
| | | Yama 7:17AM – 8:56AM | Subha Until 1:21PM | Muruqa: Blue | <i>Sunset:</i> 6:45PM | | Moon 7 - Phase 16 |
| | | 465993462 Rahu 12:12PM – 1:51PM | Vistil Until 9:30PM | Nataraja: White | | | Ashtami |
| Creative Work | Siddha Yoga | | Saptami Until 10:10AM | Moon – Green | | Subha Subha Sivaloka Day | |
| | | | | | | Sravana-Adi | |

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| Retreat Star | | Thursday, August 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | Muscat, Oman Sun 22 Sutra 116 Vikarin 5121 |
| Tula Rasi: 25.35 | Tithi 8 – 9 | Gulika 8:56AM – 10:34AM | Vishakha Until 7:54PM | Ganesha: Purple | <i>Sunrise:</i> 5:39AM | | |
| | | Yama 5:39AM – 7:18AM | Sukla Until 11:25AM | Muruqa: Blue | <i>Sunset:</i> 6:45PM | | Moon 7 - Phase 16 |
| | | 476993462 Rahu 1:50PM – 3:28PM | Balava Until 8:39PM | Nataraja: White | | | Navami |
| Creative Work | Siddha Yoga | | Ashtami* Until 8:59AM | Moon – Orange | | Sivaloka Day | |
| | | | | | | Sravana-Adi | |

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

www.gurudeva.org/panchang

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| 1 | Friday, August 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Muscat, Oman Sun 23 Sutra 117 |
| | Wrischika Rasi: 8.52 | Tithi 9 – 10 | 476993462 | Gulika 7:18AM – 8:56AM Yama 3:28PM – 5:06PM Rahu 10:34AM – 12:12PM | Anuradha Until 8:24PM Brahma Until 10:02AM Taitila Until 8:28PM Navami* Until 8:28AM | Ganesha: Purple Muruqa: Blue Nataraja: White Moon – Orange | Sunrise: 5:40AM Sunset: 6:44PM Moon 7 - Phase 17 4th Phase |
| | Creative Work Siddha Yoga | | | | | | Sivaloka Day |
| | Until 8:24PM | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 2 | Saturday, August 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman Sun 24 Sutra 118 |
| | Wrischika Rasi: 21.47 | Tithi 10 – 11 | 476993462 | Gulika 5:40AM – 7:18AM Yama 1:50PM – 3:28PM Rahu 8:56AM – 10:34AM | Jyeshtha* Until 9:22PM Indra Until 9:10AM Vanija Until 8:55PM Dashami Until 8:36AM | Ganesha: Purple Muruqa: Blue Nataraja: White Moon – Orange | Sunrise: 5:40AM Sunset: 6:43PM Moon 7 - Phase 17 4th Phase |
| | Creative Work Siddha Yoga | | | | | | Sivaloka Day |
| | Until 8:24PM | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 3 | Sunday, August 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman Sun 25 Sutra 119 |
| | Dhanus Rasi: 4.25 | Tithi 11 – 12 | 486993462 | Gulika 3:27PM – 5:05PM Yama 12:12PM – 1:49PM Rahu 5:05PM – 6:43PM | Mula* Until 11:12PM Vaidhriti* Until 8:45AM Bava Until 9:56PM Ekadashi Until 9:20AM | Ganesha: Clear Muruqa: Blue Nataraja: White Moon – Light Blue | Sunrise: 5:41AM Sunset: 6:43PM Moon 7 - Phase 17 4th Phase |
| | Creative Work Amrita Yoga | | | | | | Subha Sivaloka Day |
| | Until 11:12PM | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 4 | Monday, August 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman Sun 26 Sutra 120 |
| | Dhanus Rasi: 16.49 | Tithi 12 – 13 | 486993462 | Gulika 1:49PM – 3:27PM Yama 10:34AM – 12:12PM Rahu 7:19AM – 8:56AM | Purvashadha* Until 1:20AM Tue Vishkambha* Until 8:46AM Kaulava Until 11:25PM Dvadashi Until 10:36AM | Ganesha: Clear Muruqa: Blue Nataraja: White Moon – Light Blue | Sunrise: 5:41AM Sunset: 6:42PM Moon 7 - Phase 17 4th Phase |
| | Family Home Evening | | | | | | Subha Sivaloka Day |
| | Routine Work Marana Yoga | | | | | | |
| Until 1:20AM Tue | | | | | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | <i>Pradosha Vrata</i> |

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| 5 | Tuesday, August 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman Sun 27 Sutra 121 |
| | Dhanus Rasi: 29.01 | Tithi 13 – 14 | 486993462 | Gulika 12:11PM – 1:49PM Yama 8:56AM – 10:34AM Rahu 3:26PM – 5:04PM | Uttarashadha Until 3:38AM Wed Priti Until 9:07AM Gara Until 1:16AM Wed Trayodashi Until 12:17PM | Ganesha: Clear Muruqa: Blue Nataraja: White Moon – Light Blue | Sunrise: 5:42AM Sunset: 6:41PM Moon 7 - Phase 17 4th Phase |
| | Routine Work Prabalarishta Yoga | | | | | | Subha Sivaloka Day |
| | Until 3:38AM Wed | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| | Wednesday, August 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman Sutra 122 |
| | Copper Retreat Star | | | | | | |
| | Makara Rasi: 11.05 | Tithi 14 – 15 | 496993462 | Gulika 10:34AM – 12:11PM Yama 7:19AM – 8:57AM Rahu 12:11PM – 1:49PM | Shravana Until 6:33AM Thu Ayushman Until 9:42AM Visti Until 3:25AM Thu Chaturdashi* Until 2:18PM | Ganesha: White Muruqa: Blue Nataraja: White Moon – Purple | Sunrise: 5:42AM Sunset: 6:40PM Moon 7 - Phase 17 Purnima |
| | Creative Work Siddha Yoga | | | | | | Sivaloka Day |
| Raksha Bandhan | | | | | | | |

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| 6 | Thursday, August 15, 2019 | | Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman Sutra 123 |
| | Silver Retreat Star | | | | | | |
| | Makara Rasi: 23.03 | Tithi 15 – 16 | 497993462 | Gulika 8:57AM – 10:34AM Yama 5:42AM – 7:19AM Rahu 1:48PM – 3:25PM | Shravana Until 6:33AM Saubhagya Until 10:29AM Balava Until 5:44AM Fri Purnima* Until 4:32PM | Ganesha: Yellow Muruqa: Blue Nataraja: White Moon – Purple | Sunrise: 5:42AM Sunset: 6:40PM Moon 7 - Phase 17 Prathama |
| | Creative Work Siddha Yoga | | | | | | Subha Sivaloka Day |
| Srabana-Adi | | | | | | | |



Friday, August 16, 2019
Gold Retreat Star

Kumbha Rasi: 4.56 Tilthi 16
497993462
Creative Work Siddha Yoga

Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam
Dhanishtha/Shatabhishak Nakshatra Sobhana/Ahiganda* Yoga Kaulava Karana Prathamayam Titau

Gulika 7:20AM – 8:57AM
Yama 3:25PM – 5:02PM
Rahu 10:34AM – 12:11PM
Dhanishtha Until 9:27AM
Sobhana Until 11:24AM
Kaulava Until 6:55PM
Prathama* Until 6:55PM

Ganesha: Yellow
Muruqa: Blue
Nataraja: White
Moon – Purple
Sravana-Adi

Sunrise: 5:43AM
Sunset: 6:39PM

Muscat, Oman
Sutra 124
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

1

Saturday, August 17, 2019

Kumbha Rasi: 16.49 Tilthi 17
497993462
Creative Work Amrita Yoga
Until 12:16PM
Then Routine Work - Marana Yoga

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

Gulika 5:43AM – 7:20AM
Yama 1:47PM – 3:24PM
Rahu 8:57AM – 10:34AM
Shatabhishak Until 12:16PM
Athiganda* Until 12:21PM
Taitila Until 8:10AM
Dvitiya Until 9:21PM

Ganesha: Yellow
Muruqa: Blue
Nataraja: White
Moon – Purple
Sravana-Avani

Sunrise: 5:43AM
Sunset: 6:39PM

Muscat, Oman
Sun 1 Sutra 125
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

2

Sunday, August 18, 2019

Kumbha Rasi: 28.4 Tilthi 18
517993462
Creative Work Siddha Yoga
Until 3:25PM
Then Creative Work - Amrita Yoga

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

Gulika 3:24PM – 5:01PM
Yama 12:10PM – 1:47PM
Rahu 5:01PM – 6:37PM
Purvaproshtapada* Until 3:25PM
Sukarma Until 1:18PM
Vanija Until 10:35AM
Tritiya Until 11:45PM

Ganesha: White
Muruqa: Blue
Nataraja: White
Moon – Clear
Sravana-Avani

Sunrise: 5:43AM
Sunset: 6:37PM

Muscat, Oman
Sun 2 Sutra 126
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

3

Monday, August 19, 2019

Meena Rasi: 10.33 Tilthi 19
517993462
Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:47PM – 3:23PM
Yama 10:34AM – 12:10PM
Rahu 7:20AM – 8:57AM
Uttaraproshtapada Until 6:16PM
Dhriti Until 2:12PM
Bava Until 12:55PM
Chaturthi* Until 2:00AM Tue

Ganesha: White
Muruqa: Blue
Nataraja: White
Moon – Clear
Sravana-Avani

Sunrise: 5:44AM
Sunset: 6:36PM

Muscat, Oman
Sun 3 Sutra 127
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

4

Tuesday, August 20, 2019

Meena Rasi: 22.3 Tilthi 20
517993462
Creative Work Siddha Yoga

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

Gulika 12:10PM – 1:46PM
Yama 8:57AM – 10:33AM
Rahu 3:23PM – 4:59PM
Revati Until 8:46PM
Shula* Until 2:54PM
Kaulava Until 3:03PM
Panchami Until 3:59AM Wed

Ganesha: White
Muruqa: Blue
Nataraja: White
Moon – Clear
Sravana-Avani

Sunrise: 5:44AM
Sunset: 6:36PM

Muscat, Oman
Sun 4 Sutra 128
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

5

Wednesday, August 21, 2019

Mesha Rasi: 4.34 Tilthi 21
527993462
Routine Work Marana Yoga
Until 11:14PM
Then Creative Work - Siddha Yoga

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

Gulika 10:33AM – 12:10PM
Yama 7:21AM – 8:57AM
Rahu 12:10PM – 1:46PM
Ashvini Until 11:14PM
Ganda* Until 3:22PM
Gara Until 4:52PM
Shashthi* Until 5:35AM Thu

Ganesha: Clear
Muruqa: Blue
Nataraja: White
Moon – White
Sravana-Avani

Sunrise: 5:45AM
Sunset: 6:35PM

Muscat, Oman
Sun 5 Sutra 129
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Subha Sivaloka Day

6

Thursday, August 22, 2019

Mesha Rasi: 16.47 Tilthi 22
528993462
Creative Work Siddha Yoga

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

Gulika 8:57AM – 10:33AM
Yama 5:45AM – 7:21AM
Rahu 1:46PM – 3:22PM
Bharani Until 1:04AM Fri
Vridhhi Until 3:30PM
Visti Until 6:13PM
Saptami Until 6:39AM Fri

Ganesha: White
Muruqa: Blue
Nataraja: White
Moon – White
Sravana-Avani

Sunrise: 5:45AM
Sunset: 6:34PM

Muscat, Oman
Sun 6 Sutra 130
Vikarin 5121
Moon 8 - Phase 18
1st Phase

Sivaloka Day

Friday, August 23, 2019

Retreat Star

Mesha Rasi: 29.14 Tilthi 22 – 23
528993462
Creative Work Siddha Yoga
Until 2:07AM Sat
Then Creative Work - Amrita Yoga

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

Gulika 7:21AM – 8:57AM
Yama 3:21PM – 4:57PM
Rahu 10:33AM – 12:09PM
Krittika Until 2:07AM Sat
Dhruva Until 3:09PM
Balava Until 6:58PM
Saptami Until 6:39AM

Ganesha: White
Muruqa: Blue
Nataraja: White
Moon – White
Sravana-Avani

Sunrise: 5:45AM
Sunset: 6:33PM

Muscat, Oman
Sun 7 Sutra 131
Vikarin 5121
Moon 8 - Phase 18
Ashtami

Sivaloka Day

Saturday, August 24, 2019

Retreat Star

Vrshabha Rasi: 11.59 Tilthi 23 – 24
538993462
Creative Work Amrita Yoga
Until 2:45AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 5:46AM – 7:21AM
Yama 1:45PM – 3:21PM
Rahu 8:57AM – 10:33AM
Rohini Until 2:45AM Sun
Vyaghata* Until 2:16PM
Taitila Until 7:00PM
Ashtami* Until 7:03AM

Ganesha: Clear
Muruqa: Blue
Nataraja: White
Moon – Yellow
Sravana-Avani

Sunrise: 5:46AM
Sunset: 6:32PM

Muscat, Oman
Sun 8 Sutra 132
Vikarin 5121
Moon 8 - Phase 18
Navami

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

www.gurudeva.org/panchang

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|----------------------------------|-----------------------------|--|------------------------------------|------------------------|------------------------|---------------------------------|
| 1 Sunday, August 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Muscat, Oman Sun 9 Sutra 133 |
| Wishabha Rasi: 25.07 | Tithi 24 – 25 | Gulika 3:20PM – 4:56PM | Mrigashira Until 2:27AM Mon | Ganesha: Clear | <i>Sunrise:</i> 5:46AM | Vikarin 5121 |
| | | Yama 12:09PM – 1:44PM | Harshana Until 12:46PM | Muruqa: Blue | <i>Sunset:</i> 6:31PM | Moon 8 - Phase 19 |
| 538993462 | Rahu 4:56PM – 6:31PM | | Vanija Until 6:14PM | Nataraja: White | | 2nd Phase |
| Creative Work | Siddha Yoga | | Navami* Until 6:42AM | Moon – Yellow | | Subha Sivaloka Day |
| | | | | | | Sravana-Avani |

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|----------------------------------|-----------------------------|--|-----------------------------------|------------------------|------------------------|----------------------------------|
| 2 Monday, August 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau | | | | Muscat, Oman Sun 10 Sutra 134 |
| Mithuna Rasi: 8.41 | Tithi 26 | Gulika 1:44PM – 3:19PM | Ardra Until 1:15AM Tue | Ganesha: Clear | <i>Sunrise:</i> 5:46AM | Vikarin 5121 |
| Family Home Evening | | Yama 10:33AM – 12:08PM | Vajra* Until 10:37AM | Muruqa: Blue | <i>Sunset:</i> 6:30PM | Moon 8 - Phase 19 |
| 538993462 | Rahu 7:22AM – 8:57AM | | Bava Until 4:42PM | Nataraja: White | | 2nd Phase |
| Creative Work | Siddha Yoga | | Ekadashi* Until 3:38AM Tue | Moon – Yellow | | Subha Sivaloka Day |
| | | | | | | Sravana-Avani |

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| 3 Tuesday, August 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitilla Karana Dvadashyam Titau | | | | Muscat, Oman Sun 11 Sutra 135 |
| Mithuna Rasi: 22.43 | Tithi 27 | Gulika 12:08PM – 1:43PM | Punarvasu Until 11:39PM | Ganesha: Purple | <i>Sunrise:</i> 5:47AM | Vikarin 5121 |
| | | Yama 8:57AM – 10:33AM | Siddhi Until 7:52AM | Muruqa: Blue | <i>Sunset:</i> 6:29PM | Moon 8 - Phase 19 |
| 548993462 | Rahu 3:19PM – 4:54PM | | Kaulava Until 2:26PM | Nataraja: White | | 2nd Phase |
| Creative Work | Siddha Yoga | | Dvadashi* Until 1:03AM Wed | Moon – Blue | | Sivaloka Day |
| | | | | | | Sravana-Avani |

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| 4 Wednesday, August 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Muscat, Oman Sun 12 Sutra 136 |
| Kataka Rasi: 7.11 | Tithi 28 | Gulika 10:33AM – 12:08PM | Pushya Until 9:20PM | Ganesha: Light Blue | <i>Sunrise:</i> 5:47AM | Vikarin 5121 |
| | | Yama 7:22AM – 8:57AM | Variyan Until 12:51AM Thu | Muruqa: Blue | <i>Sunset:</i> 6:29PM | Moon 8 - Phase 19 |
| 549993463 | Rahu 12:08PM – 1:43PM | | Gara Until 11:34AM | Nataraja: Clear | | 2nd Phase |
| Creative Work | Siddha Yoga | | Trayodashi* Until 9:55PM | Moon – Blue | | Devaloka Day |
| | | | | | | Sravana-Avani |
| | | | | | | <i>Pradosha Vrata (Fasting)</i> |

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| 5 Thursday, August 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Muscat, Oman Sun 13 Sutra 137 |
| Kataka Rasi: 22.04 | Tithi 29 | Gulika 8:57AM – 10:32AM | Ashlesha* Until 6:29PM | Ganesha: Orange | <i>Sunrise:</i> 5:47AM | Vikarin 5121 |
| | | Yama 5:47AM – 7:22AM | Parigha* Until 8:49PM | Muruqa: Blue | <i>Sunset:</i> 6:28PM | Moon 8 - Phase 19 |
| 549193463 | Rahu 1:43PM – 3:18PM | | Visti Until 8:12AM | Nataraja: Clear | | 2nd Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 6:23PM | Moon – Blue | | Sivaloka Day |
| Until 6:29PM | | | | | | Sravana-Avani |
| Then Creative Work - Amrita Yoga | | | | | | |

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| Friday, August 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Muscat, Oman Sun 14 Sutra 138 |
| Retreat Star | | Gulika 7:23AM – 8:57AM | Magha* Until 3:39PM | Ganesha: Clear | <i>Sunrise:</i> 5:48AM | Vikarin 5121 |
| Simha Rasi: 7.11 | Tithi 30 – 1 | Yama 3:17PM – 4:52PM | Shiva Until 4:36PM | Muruqa: Blue | <i>Sunset:</i> 6:27PM | Moon 8 - Phase 19 |
| 559193463 | Rahu 10:32AM – 12:07PM | | Kintughna Until 12:41AM Sat | Nataraja: Clear | | Amavasya |
| Routine Work | Marana Yoga | | Amavasya* Until 2:36PM | Moon – Red | | Sivaloka Day |
| Until 3:39PM | | | | | | Sravana-Avani |
| Then Creative Work - Siddha Yoga | | Varalakshmi Vratam | | | | |

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| Saturday, August 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Muscat, Oman Sun 15 Sutra 139 |
| Retreat Star | | Gulika 5:48AM – 7:23AM | Purvaphalguni Until 12:37PM | Ganesha: Clear | <i>Sunrise:</i> 5:48AM | Vikarin 5121 |
| Simha Rasi: 22.27 | Tithi 1 – 2 | Yama 1:42PM – 3:16PM | Siddha Until 12:18PM | Muruqa: Blue | <i>Sunset:</i> 6:26PM | Moon 8 - Phase 19 |
| 559193463 | Rahu 8:57AM – 10:32AM | | Balava Until 8:52PM | Nataraja: Clear | | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 10:45AM | Moon – Red | | Sivaloka Day |
| Until 12:37PM | | | | | | Bhadrapada-Avani |
| Then Routine Work - Marana Yoga | | | | | | |

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

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| 1 | Sunday, September 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau | | | | Muscat, Oman Sun 16 Sutra 140 |
| | Kanya Rasi: 7.39 | Tithi 2 – 3 | Gulika 3:16PM – 4:50PM | Uttaraphalguni Until 9:35AM | Ganesha: Clear <i>Sunrise: 5:48AM</i> | | Vikarin 5121 |
| | | | Yama 12:07PM – 1:41PM | Sadhya Until 8:07AM | Muruqa: Blue <i>Sunset: 6:25PM</i> | | Moon 8 - Phase 20 |
| | Creative Work Amrita Yoga | 559193463 | Rahu 4:50PM – 6:25PM | Gara Until 3:31AM Mon | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 7:00AM | Bhadrapada-Avani | Sivaloka Day | | |

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| 2 | Monday, September 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Muscat, Oman Sun 17 Sutra 141 |
| | Kanya Rasi: 22.38 | Tithi 4 | Gulika 1:41PM – 3:15PM | Hasta Until 7:06AM | Ganesha: Orange <i>Sunrise: 5:49AM</i> | | Vikarin 5121 |
| | Family Home Evening | | Yama 10:32AM – 12:06PM | Sukla Until 12:35AM Tue | Muruqa: Blue <i>Sunset: 6:24PM</i> | | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 569193463 | Rahu 7:23AM – 8:57AM | Vanija Until 1:57PM | Nataraja: Clear | | 3rd Phase |
| | | | Ganesha Chaturthi | Chaturthi* Until 12:28AM Tue | Bhadrapada-Avani | Sivaloka Day | |
| Until 7:06AM Then Routine Work - Prabararishta Yoga | | | | | | | |

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| 3 | Tuesday, September 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau | | | | Muscat, Oman Sun 18 Sutra 142 |
| | Tula Rasi: 7.17 | Tithi 5 | Gulika 12:06PM – 1:40PM | Svati Until 3:15AM Wed | Ganesha: Orange <i>Sunrise: 5:49AM</i> | | Vikarin 5121 |
| | | | Yama 8:57AM – 10:32AM | Brahma Until 9:28PM | Muruqa: Blue <i>Sunset: 6:23PM</i> | | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 569193463 | Rahu 3:14PM – 4:49PM | Bava Until 11:10AM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 10:00PM | Bhadrapada-Avani | Sivaloka Day | | |

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| 4 | Wednesday, September 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra Yoga Kaulava/Taila Karana Shashthyam Titau | | | | Muscat, Oman Sun 19 Sutra 143 |
| | Tula Rasi: 21.31 | Tithi 6 | Gulika 10:32AM – 12:06PM | Vishakha Until 2:35AM Thu | Ganesha: Green <i>Sunrise: 5:49AM</i> | | Vikarin 5121 |
| | | | Yama 7:23AM – 8:57AM | Indra Until 6:57PM | Muruqa: Blue <i>Sunset: 6:22PM</i> | | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 579193463 | Rahu 12:06PM – 1:40PM | Kaulava Until 9:02AM | Nataraja: Clear | | 3rd Phase |
| | | | Shashthi* Until 8:14PM | Bhadrapada-Avani | Subha Sivaloka Day | | |

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| 5 | Thursday, September 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Muscat, Oman Sun 20 Sutra 144 |
| | Vrischika Rasi: 5.15 | Tithi 7 | Gulika 8:57AM – 10:31AM | Anuradha Until 2:35AM Fri | Ganesha: Orange <i>Sunrise: 5:50AM</i> | | Vikarin 5121 |
| | | | Yama 5:50AM – 7:24AM | Vaidhriti* Until 5:04PM | Muruqa: Blue <i>Sunset: 6:21PM</i> | | Moon 8 - Phase 20 |
| | Creative Work Siddha Yoga | 571193463 | Rahu 1:39PM – 3:13PM | Gara Until 7:41AM | Nataraja: Clear | | 3rd Phase |
| | | | Saptami Until 7:17PM | Bhadrapada-Avani | Sivaloka Day | | |
| Until 2:35AM Fri Then Routine Work - Marana Yoga | | | | | | | |

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| D | Friday, September 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Muscat, Oman Sun 21 Sutra 145 |
| | Retreat Star | | Gulika 7:24AM – 8:57AM | Jyeshtha* Until 3:13AM Sat | Ganesha: Orange <i>Sunrise: 5:50AM</i> | | Vikarin 5121 |
| | Vrischika Rasi: 18.31 | Tithi 8 | Yama 3:12PM – 4:46PM | Vishkambha* Until 3:50PM | Muruqa: Blue <i>Sunset: 6:20PM</i> | | Moon 8 - Phase 20 |
| | | | 571193463 Rahu 10:31AM – 12:05PM | Visti Until 7:08AM | Nataraja: Clear | | Ashtami |
| | | | Ashtami* Until 7:10PM | Bhadrapada-Avani | Sivaloka Day | | |
| Routine Work Marana Yoga Until 3:13AM Sat Then Creative Work - Siddha Yoga | | | | | | | |

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| S | Saturday, September 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Navamyam Titau | | | | Muscat, Oman Sun 22 Sutra 146 |
| | Retreat Star | | Gulika 5:50AM – 7:24AM | Mula* Until 4:56AM Sun | Ganesha: Green <i>Sunrise: 5:50AM</i> | | Vikarin 5121 |
| | Dhanus Rasi: 1.22 | Tithi 9 | Yama 1:38PM – 3:12PM | Priti Until 3:15PM | Muruqa: Blue <i>Sunset: 6:19PM</i> | | Moon 8 - Phase 20 |
| | | | 581193463 Rahu 8:57AM – 10:31AM | Balava Until 7:25AM | Nataraja: Clear | | Navami |
| | | | Navami* Until 7:49PM | Bhadrapada-Avani | Devaloka Day | | |
| Creative Work Siddha Yoga | | | | | | | |

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


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| 1 | Sunday, September 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dashamyam Titau | | | | Muscat, Oman |
| | Dhanus Rasi: 13.52 | Tithi 10 | Gulika 3:11PM – 4:44PM | Purvashadha* Until 7:05AM Mon | Ganesha: Green <i>Sunrise: 5:51AM</i> | Sun 23 | Sutra 147 |
| | 581193463 | Rahu | Yama 12:04PM – 1:38PM | Ayushman Until 3:11PM | Muruqa: Blue <i>Sunset: 6:18PM</i> | | Vikarin 5121 |
| Creative Work | Siddha Yoga | | Taitila Until 8:27AM | Nataraja: Clear | | Moon 8 - Phase 21 | 4th Phase |
| Until 7:05AM Mon | | Grandparent's Day | Dashami Until 9:10PM | Moon – Light Blue | Devaloka Day | | |
| Then Routine Work - Marana Yoga | | | | Bhadrapada-Avani | | | |

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| 2 | Monday, September 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Muscat, Oman |
| | Dhanus Rasi: 26.07 | Tithi 11 | Gulika 1:37PM – 3:10PM | Purvashadha* Until 7:05AM | Ganesha: Green <i>Sunrise: 5:51AM</i> | Sun 24 | Sutra 148 |
| | 581193463 | Rahu | Yama 10:31AM – 12:04PM | Saubhagya Until 3:34PM | Muruqa: Blue <i>Sunset: 6:17PM</i> | | Vikarin 5121 |
| Family Home Evening | | | Vanija Until 10:05AM | Nataraja: Clear | | Moon 8 - Phase 21 | 4th Phase |
| Routine Work | Marana Yoga | | Ekadashi Until 11:03PM | Moon – Light Blue | Devaloka Day | | |
| | | | | Bhadrapada-Avani | | | |

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|----------------------------------|------------------------------------|----------|--|----------------------------------|--|-------------------|--------------|
| 3 | Tuesday, September 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau | | | | Muscat, Oman |
| | Makara Rasi: 8.1 | Tithi 12 | Gulika 12:04PM – 1:37PM | Uttarashadha Until 9:30AM | Ganesha: Green <i>Sunrise: 5:51AM</i> | Sun 25 | Sutra 149 |
| | 581193463 | Rahu | Yama 8:57AM – 10:30AM | Sobhana Until 4:16PM | Muruqa: Blue <i>Sunset: 6:16PM</i> | | Vikarin 5121 |
| Routine Work | Prabalarishta Yoga | | Bava Until 12:09PM | Nataraja: Clear | | Moon 8 - Phase 21 | 4th Phase |
| Until 9:30AM | | | Dvadashi Until 1:16AM Wed | Moon – Light Blue | Devaloka Day | | |
| Then Creative Work - Siddha Yoga | | | | Bhadrapada-Avani | | | |

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|--|--------------------------------------|----------------------|--|-------------------------------|--|-------------------|--------------|
| 4 | Wednesday, September 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Muscat, Oman |
| | Makara Rasi: 20.05 | Tithi 13 | Gulika 10:30AM – 12:03PM | Shravana Until 12:32PM | Ganesha: Red <i>Sunrise: 5:52AM</i> | Sun 26 | Sutra 150 |
| | 591193463 | Rahu | Yama 7:25AM – 8:57AM | Athiganda* Until 5:07PM | Muruqa: Blue <i>Sunset: 6:15PM</i> | | Vikarin 5121 |
| Creative Work | Siddha Yoga | | Kaulava Until 2:29PM | Nataraja: Clear | | Moon 8 - Phase 21 | 4th Phase |
| Until 12:32PM | | Avani Avittam | Trayodashi Until 3:41AM Thu | Moon – Purple | Sivaloka Day | | |
| Then Routine Work - Prabalarishta Yoga | | | <i>Pradosha Vrata</i> | Bhadrapada-Avani | | | |

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|---------------|-------------------------------------|----------|---|--------------------------------|--|-------------------|--------------|
| 5 | Thursday, September 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Muscat, Oman |
| | Kumbha Rasi: 1.58 | Tithi 14 | Gulika 8:57AM – 10:30AM | Dhanishtha Until 3:31PM | Ganesha: Red <i>Sunrise: 5:52AM</i> | Sun 27 | Sutra 151 |
| | 591193463 | Rahu | Yama 5:52AM – 7:25AM | Sukarma Until 6:04PM | Muruqa: Blue <i>Sunset: 6:14PM</i> | | Vikarin 5121 |
| Creative Work | Siddha Yoga | | Gara Until 4:57PM | Nataraja: Clear | | Moon 8 - Phase 21 | 4th Phase |
| | | | Chaturdashi* Until 6:09AM Fri | Moon – Purple | Sivaloka Day | | |
| | | | | Bhadrapada-Avani | | | |

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|  | Friday, September 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman |
| | Copper Retreat Star | | Gulika 7:25AM – 8:57AM | Shatabhishak Until 6:20PM | Ganesha: Red <i>Sunrise: 5:52AM</i> | Sun 28 | Sutra 152 |
| | Kumbha Rasi: 13.49 | Tithi 14 – 15 | Yama 3:08PM – 4:40PM | Dhriti Until 7:01PM | Muruqa: Purple <i>Sunset: 6:13PM</i> | | Vikarin 5121 |
| 591113463 | Rahu | Rahu 10:30AM – 12:02PM | Visti Until 7:24PM | Nataraja: Clear | | Moon 8 - Phase 21 | Purnima |
| Creative Work | Siddha Yoga | Chidambaram Abhishekam | Chaturdashi* Until 6:09AM | Moon – Purple | Sivaloka Day | | |
| | | | | Bhadrapada-Avani | | | |

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|----------------------------------|-------------------------------------|------------------------------|---|---------------------------------------|---|-------------------|--------------|
| 6 | Saturday, September 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman |
| | Silver Retreat Star | | Gulika 5:53AM – 7:25AM | Purvaproshtapada* Until 9:25PM | Ganesha: Red <i>Sunrise: 5:53AM</i> | Sun 29 | Sutra 153 |
| | Kumbha Rasi: 25.41 | Tithi 15 – 16 | Yama 1:35PM – 3:07PM | Shula* Until 7:53PM | Muruqa: Purple <i>Sunset: 6:12PM</i> | | Vikarin 5121 |
| 511113463 | Rahu | Rahu 8:57AM – 10:30AM | Balava Until 9:48PM | Nataraja: Clear | | Moon 8 - Phase 21 | Prathama |
| Routine Work | Marana Yoga | | Purnima* Until 8:36AM | Moon – Clear | Sivaloka Day | | |
| Until 9:25PM | | | | Bhadrapada-Avani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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



Sunday, September 15, 2019
Gold Retreat Star

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

Muscat, Oman
Sutra 154

Meena Rasi: 7.35 Tithi 16 – 17

512113463

Gulika 3:06PM – 4:38PM
Yama 12:02PM – 1:34PM
Rahu 4:38PM – 6:11PM

Uttaraproshtapada Until 12:13AM Mon
Ganda* Until 8:40PM
Taitila Until 12:03AM Mon
Prathama* Until 10:55AM

Ganesha: Yellow *Sunrise:* 5:53AM
Muruqa: Purple *Sunset:* 6:11PM
Nataraja: Clear
Moon – Clear

Moon 9 - Phase 22
1st Phase

Creative Work Amrita Yoga
Until 12:13AM Mon
Then Creative Work - Siddha Yoga

Sivaloka Day

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 Dvitiya/Tritiyayam Titau

Muscat, Oman
Sun 1 Sutra 155

Meena Rasi: 19.33 Tithi 17 – 18

512113463

Gulika 1:33PM – 3:06PM
Yama 10:29AM – 12:01PM
Rahu 7:25AM – 8:57AM

Revati Until 2:39AM Tue
Vriddhi Until 9:20PM
Vanija Until 2:06AM Tue
Dvitiya Until 1:05PM

Ganesha: Yellow *Sunrise:* 5:53AM
Muruqa: Purple *Sunset:* 6:10PM
Nataraja: Clear
Moon – Clear

Moon 9 - Phase 22
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

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/Chaturtham Titau

Muscat, Oman
Sun 2 Sutra 156

Mesha Rasi: 1.35 Tithi 18 – 19

522113463

Gulika 12:01PM – 1:33PM
Yama 8:57AM – 10:29AM
Rahu 3:05PM – 4:37PM

Ashvini Until 5:11AM Wed
Dhruva Until 9:46PM
Bava Until 3:55AM Wed
Tritiya Until 3:02PM

Ganesha: White *Sunrise:* 5:53AM
Muruqa: Purple *Sunset:* 6:09PM
Nataraja: Clear
Moon – White

Moon 9 - Phase 22
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Bhadrapada-Puratasi

3

Wednesday, September 18, 2019

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

Muscat, Oman
Sun 3 Sutra 157

Mesha Rasi: 13.44 Tithi 19 – 20

522113463

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

Bharani Until 7:13AM Thu
Vyaghata* Until 9:59PM
Kaulava Until 5:23AM Thu
Chaturthi* Until 4:41PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:08PM
Nataraja: Clear
Moon – White

Moon 9 - Phase 22
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Bhadrapada-Puratasi

Until 7:13AM Thu
Then Routine Work - Marana Yoga

4

Thursday, September 19, 2019

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

Muscat, Oman
Sun 4 Sutra 158

Mesha Rasi: 26.02 Tithi 20 – 21

522113463

Gulika 8:57AM – 10:29AM
Yama 5:54AM – 7:26AM
Rahu 1:32PM – 3:03PM

Bharani Until 7:13AM
Harshana Until 9:55PM
Gara Until 6:26AM Fri
Panchami Until 5:57PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 6:07PM
Nataraja: Clear
Moon – White

Moon 9 - Phase 22
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Bhadrapada-Puratasi

Until 7:13AM
Then Routine Work - Marana Yoga

5

Friday, September 20, 2019

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

Muscat, Oman
Sun 5 Sutra 159

Vrishabha Rasi: 8.31 Tithi 21

522113463

Gulika 7:26AM – 8:57AM
Yama 3:03PM – 4:34PM
Rahu 10:29AM – 12:00PM

Krittika Until 8:39AM
Vajra* Until 9:24PM
Gara Until 6:26AM
Shashthi* Until 6:44PM

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

Moon 9 - Phase 22
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Bhadrapada-Puratasi

Until 8:39AM
Then Routine Work - Marana Yoga

6

Saturday, September 21, 2019

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

Muscat, Oman
Sun 6 Sutra 160

Vrishabha Rasi: 21.14 Tithi 22

532113463

Gulika 5:55AM – 7:26AM
Yama 1:31PM – 3:02PM
Rahu 8:57AM – 10:28AM

Rohini Until 9:52AM
Siddhi Until 8:26PM
Visti Until 6:55AM
Saptami Until 6:54PM

Ganesha: Clear *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 6:05PM
Nataraja: Clear
Moon – Yellow

Moon 9 - Phase 22
1st Phase

Creative Work Amrita Yoga

Sivaloka Day

Bhadrapada-Puratasi

Until 9:52AM
Then Creative Work - Siddha Yoga

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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

Muscat, Oman
Sun 7 Sutra 161

Mithuna Rasi: 4.17 Tithi 23

532113463

Gulika 3:01PM – 4:32PM
Yama 11:59AM – 1:30PM
Rahu 4:32PM – 6:04PM

Mrigashira Until 10:17AM
Vyatipata* Until 6:55PM
Balava Until 6:45AM
Ashtami* Until 6:23PM

Ganesha: Clear *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 6:04PM
Nataraja: Clear
Moon – Yellow

Moon 9 - Phase 22
Ashtami

Creative Work Siddha Yoga

Sivaloka Day

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/Parigha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Muscat, Oman
Sun 8 Sutra 162

Mithuna Rasi: 17.43 Tithi 24 – 25

532213463

Gulika 1:30PM – 3:01PM
Yama 10:28AM – 11:59AM
Rahu 7:26AM – 8:57AM

Ardra Until 9:50AM
Variyan Until 4:48PM
Vanija Until 4:16AM Tue
Navami* Until 5:08PM

Ganesha: Orange *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 6:03PM
Nataraja: Clear
Moon – Yellow

Moon 9 - Phase 22
Navami

Creative Work Siddha Yoga

Sivaloka Day

Bhadrapada-Puratasi


Until 9:50AM
Then Creative Work - Amrita Yoga


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|----------|------------------------------------|---------------|---|-------------------------------|---|-----------|-------------------|
| 1 | Tuesday, September 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman |
| | Kataka Rasi: 1.34 | Tithi 25 – 26 | Gulika 11:59AM – 1:29PM | Punarvasu Until 8:59AM | Ganesha: Light Blue <i>Sunrise:</i> 5:56AM | Sun 9 | Sutra 163 |
| | | | Yama 8:57AM – 10:28AM | Parigha* Until 2:08PM | Muruqa: Purple <i>Sunset:</i> 6:01PM | | Vikarin 5121 |
| | Creative Work | Siddha Yoga | 542213463 Rahu 3:00PM – 4:31PM | Bava Until 1:59AM Wed | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | | Dashami Until 3:11PM | Moon – Blue | Devaloka Day | 2nd Phase | |
| | | | | Bhadrapada•Puratasi | | | |

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|----------|--------------------------------------|---------------|---|----------------------------|---|-----------|-------------------|
| 2 | Wednesday, September 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman |
| | Kataka Rasi: 15.52 | Tithi 26 – 27 | Gulika 10:28AM – 11:58AM | Pushya Until 7:18AM | Ganesha: Light Blue <i>Sunrise:</i> 5:56AM | Sun 10 | Sutra 164 |
| | | | Yama 7:27AM – 8:57AM | Shiva Until 10:56AM | Muruqa: Purple <i>Sunset:</i> 6:00PM | | Vikarin 5121 |
| | Creative Work | Siddha Yoga | 542213463 Rahu 11:58AM – 1:29PM | Kaulava Until 11:07PM | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | | Ekadashi* Until 12:36PM | Moon – Blue | Devaloka Day | 2nd Phase | |
| | | | | Bhadrapada•Puratasi | | | |

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|----------|-------------------------------------|---------------|---|---------------------------------|---|-----------|-------------------|
| 3 | Thursday, September 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| | Simha Rasi: 0.34 | Tithi 27 – 28 | Gulika 8:57AM – 10:28AM | Magha* Until 2:26AM Fri | Ganesha: Purple <i>Sunrise:</i> 5:56AM | Sun 11 | Sutra 165 |
| | | | Yama 5:56AM – 7:27AM | Siddha Until 7:17AM | Muruqa: Purple <i>Sunset:</i> 5:59PM | | Vikarin 5121 |
| | Creative Work | Amrita Yoga | 552213463 Rahu 1:28PM – 2:59PM | Gara Until 7:47PM | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | | Dvadashi* Until 9:29AM | Moon – Red | Devaloka Day | 2nd Phase | |
| | | | | Bhadrapada•Puratasi | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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| 4 | Friday, September 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau | | | | Muscat, Oman |
| | Simha Rasi: 15.34 | Tithi 29 | Gulika 7:27AM – 8:57AM | Purvaphalguni Until 11:31PM | Ganesha: Purple <i>Sunrise:</i> 5:57AM | Sun 12 | Sutra 166 |
| | | | Yama 2:58PM – 4:28PM | Subha Until 11:07PM | Muruqa: Purple <i>Sunset:</i> 5:58PM | | Vikarin 5121 |
| | Creative Work | Siddha Yoga | 552213463 Rahu 10:27AM – 11:58AM | Visti Until 4:09PM | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | | Chaturdashi* Until 2:15AM Sat | Moon – Red | Devaloka Day | 2nd Phase | |
| | | | | Bhadrapada•Puratasi | | | |

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|  | Saturday, September 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Muscat, Oman |
| | Retreat Star | | Gulika 5:57AM – 7:27AM | Uttaraphalguni Until 8:24PM | Ganesha: Light Blue <i>Sunrise:</i> 5:57AM | Sun 13 | Sutra 167 |
| | Kanya Rasi: 0.46 | Tithi 30 | Yama 1:27PM – 2:57PM | Sukla Until 6:51PM | Muruqa: Purple <i>Sunset:</i> 5:57PM | | Vikarin 5121 |
| | Routine Work | Marana Yoga | 652213463 Rahu 8:57AM – 10:27AM | Catuspada Until 12:22PM | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | Mahalaya Amavasai (Tamil Nadu) | Amavasya* Until 10:28PM | Moon – Red | Devaloka Day | Amavasya | |
| | | | | Bhadrapada•Puratasi | | | |

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|---|-----------------------------------|-------------------------|--|---------------------------|---|----------|-------------------|
|  | Sunday, September 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Muscat, Oman |
| | Retreat Star | | Gulika 2:57PM – 4:27PM | Hasta Until 5:39PM | Ganesha: Light Blue <i>Sunrise:</i> 5:57AM | Sun 14 | Sutra 168 |
| | Kanya Rasi: 15.59 | Tithi 1 | Yama 11:57AM – 1:27PM | Brahma Until 2:39PM | Muruqa: Purple <i>Sunset:</i> 5:56PM | | Vikarin 5121 |
| | Creative Work | Amrita Yoga | 663213463 Rahu 4:27PM – 5:56PM | Kintughna Until 8:37AM | Nataraja: Clear | | Moon 9 - Phase 23 |
| | | Navaratri Begins | Prathama* Until 6:47PM | Moon – Green | Devaloka Day | Prathama | |
| | | | | Ashvina•Puratasi | | | |
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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

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| Monday, September 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Muscat, Oman Sun 15 Sutra 169 Vikarin 5121 |
| 1 | | Gulika 1:26PM – 2:56PM | Chitra Until 3:02PM | Ganesha: Light Blue <i>Sunrise:</i> 5:58AM |
| Tula Rasi: 1.03 | Tithi 2 – 3 | Yama 10:27AM – 11:57AM | Indra Until 10:41AM | Muruqa: Purple <i>Sunset:</i> 5:55PM |
| Family Home Evening | 663213463 | Rahu 7:27AM – 8:57AM | Taitila Until 1:54AM Tue | Nataraja: Clear |
| Routine Work Prabalarishta Yoga | | | Dvitiya Until 3:24PM | Moon – Green |
| Until 3:02PM | | | | Devaloka Day |
| Then Creative Work - Amrita Yoga | | | | Ashvina+Puratasi |

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|---------------------------------|-------------|--|----------------------------|---|
| Tuesday, October 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Muscat, Oman Sun 16 Sutra 170 Vikarin 5121 |
| 2 | | Gulika 11:56AM – 1:26PM | Svati Until 12:45PM | Ganesha: Light Blue <i>Sunrise:</i> 5:58AM |
| Tula Rasi: 15.49 | Tithi 3 – 4 | Yama 8:57AM – 10:27AM | Vaidhriti* Until 7:03AM | Muruqa: Purple <i>Sunset:</i> 5:54PM |
| 663213463 | | Rahu 2:55PM – 4:25PM | Vanija Until 11:17PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Tritiya Until 12:30PM | Moon – Green |
| Until 12:45PM | | | | Devaloka Day |
| Then Routine Work - Marana Yoga | | | | Ashvina+Puratasi |

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| Wednesday, October 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Muscat, Oman Sun 17 Sutra 171 Vikarin 5121 |
| 3 | | Gulika 10:27AM – 11:56AM | Vishakha Until 11:23AM | Ganesha: Purple <i>Sunrise:</i> 5:58AM |
| Vrischika Rasi: 0.1 | Tithi 4 – 5 | Yama 7:28AM – 8:57AM | Priti Until 1:22AM Thu | Muruqa: Purple <i>Sunset:</i> 5:53PM |
| 673213463 | | Rahu 11:56AM – 1:25PM | Bava Until 9:22PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Chaturthi* Until 10:13AM | Moon – Orange |
| | | | | Devaloka Day |
| | | | | Ashvina+Puratasi |

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| Thursday, October 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Muscat, Oman Sun 18 Sutra 172 Vikarin 5121 |
| 4 | | Gulika 8:57AM – 10:26AM | Anuradha Until 10:38AM | Ganesha: Purple <i>Sunrise:</i> 5:59AM |
| Vrischika Rasi: 14.02 | Tithi 5 – 6 | Yama 5:59AM – 7:28AM | Ayushman Until 11:29PM | Muruqa: Purple <i>Sunset:</i> 5:52PM |
| 673213463 | | Rahu 1:25PM – 2:54PM | Kaulava Until 8:17PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Panchami Until 8:42AM | Moon – Orange |
| Until 10:38AM | | | | Devaloka Day |
| Then Routine Work - Prabalarishta Yoga | | | | Ashvina+Puratasi |

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|----------------------------------|-------------|--|--------------------------------|--|
| Friday, October 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Muscat, Oman Sun 19 Sutra 173 Vikarin 5121 |
| 5 | | Gulika 7:28AM – 8:57AM | Jyeshtha* Until 10:36AM | Ganesha: Purple <i>Sunrise:</i> 5:59AM |
| Vrischika Rasi: 27.23 | Tithi 6 – 7 | Yama 2:53PM – 4:22PM | Saubhagya Until 10:19PM | Muruqa: Purple <i>Sunset:</i> 5:51PM |
| 673213463 | | Rahu 10:26AM – 11:55AM | Gara Until 8:06PM | Nataraja: Clear |
| Routine Work Marana Yoga | | | Shashthi* Until 8:03AM | Moon – Orange |
| Until 10:36AM | | | | Devaloka Day |
| Then Creative Work - Amrita Yoga | | | | Ashvina+Puratasi |

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|----------------------------------|-------------|---|----------------------------|--|
| Saturday, October 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | Muscat, Oman Sun 20 Sutra 174 Vikarin 5121 |
| Retreat Star | | Gulika 5:59AM – 7:28AM | Mula* Until 11:45AM | Ganesha: Clear <i>Sunrise:</i> 5:59AM |
| Dhanus Rasi: 10.17 | Tithi 7 – 8 | Yama 1:24PM – 2:53PM | Sobhana Until 9:51PM | Muruqa: Purple <i>Sunset:</i> 5:50PM |
| 683213463 | | Rahu 8:57AM – 10:26AM | Visti Until 8:47PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Saptami Until 8:19AM | Moon – Light Blue |
| | | Durga Ashtami | | Sivaloka Day |
| | | | | Ashvina+Puratasi |

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|----------------------------------|-------------|--|----------------------------------|--|
| Sunday, October 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | Muscat, Oman Sun 21 Sutra 175 Vikarin 5121 |
| Retreat Star | | Gulika 2:52PM – 4:21PM | Purvashadha* Until 1:32PM | Ganesha: Clear <i>Sunrise:</i> 6:00AM |
| Dhanus Rasi: 22.48 | Tithi 8 – 9 | Yama 11:55AM – 1:23PM | Athiganda* Until 9:55PM | Muruqa: Purple <i>Sunset:</i> 5:50PM |
| 683213463 | | Rahu 4:21PM – 5:50PM | Balava Until 10:14PM | Nataraja: Clear |
| Creative Work Siddha Yoga | | | Ashtami* Until 9:24AM | Moon – Light Blue |
| Until 1:32PM | | Saraswathi Puja (Tamil Nadu) | | Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | | Ashvina+Puratasi |

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|----------------------------------|--------------|--|----------------------------------|--|--|
| Monday, October 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | Muscat, Oman Sun 22 Sutra 176 Vikarin 5121 |
| 1 | | Gulika 1:23PM – 2:51PM | Uttarashadha Until 3:46PM | Ganesha: Clear <i>Sunrise: 6:00AM</i> | |
| Makara Rasi: 5 | Tithi 9 – 10 | Yama 10:26AM – 11:54AM | Sukarma Until 10:28PM | Muruqa: Purple <i>Sunset: 5:49PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 693213463 | Rahu 7:29AM – 8:57AM | Taitila Until 12:17AM Tue | Nataraja: Clear | 4th Phase |
| Routine Work | Marana Yoga | | Navami* Until 11:11AM | Moon – Light Blue | Sivaloka Day |
| Until 3:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|----------------------------------|---------------|---|------------------------------|--|--|
| Tuesday, October 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau | | | Muscat, Oman Sun 23 Sutra 177 Vikarin 5121 |
| 2 | | Gulika 11:54AM – 1:22PM | Shravana Until 6:45PM | Ganesha: White <i>Sunrise: 6:01AM</i> | |
| Makara Rasi: 17 | Tithi 10 – 11 | Yama 8:57AM – 10:26AM | Dhriti Until 11:18PM | Muruqa: Purple <i>Sunset: 5:48PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 693213464 | Rahu 2:51PM – 4:19PM | Vanija Until 2:40AM Wed | Nataraja: Purple | 4th Phase |
| Routine Work | Siddha Yoga | | Vijaya Dasami | Moon – Purple | Sivaloka Day |
| Until 3:46PM | | | Dashami Until 1:25PM | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|-----------------------------------|--------------------|--|--------------------------------|--|--|
| Wednesday, October 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | Muscat, Oman Sun 24 Sutra 178 Vikarin 5121 |
| 3 | | Gulika 10:26AM – 11:54AM | Dhanishtha Until 9:46PM | Ganesha: White <i>Sunrise: 6:01AM</i> | |
| Makara Rasi: 28.53 | Tithi 11 – 12 | Yama 7:29AM – 8:57AM | Shula* Until 12:13AM Thu | Muruqa: Purple <i>Sunset: 5:47PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 693213464 | Rahu 11:54AM – 1:22PM | Bava Until 5:13AM Thu | Nataraja: Purple | 4th Phase |
| Routine Work | Prabalarishta Yoga | | Ekadashi Until 3:55PM | Moon – Purple | Sivaloka Day |
| Until 9:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Siddha Yoga | | | | | |

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|-----------------------------------|-------------|---|---------------------------------------|--|--|
| Thursday, October 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava Karana Dvadashyam Titau | | | Muscat, Oman Sun 25 Sutra 179 Vikarin 5121 |
| 4 | | Gulika 8:57AM – 10:26AM | Shatabhishak Until 12:36AM Fri | Ganesha: White <i>Sunrise: 6:01AM</i> | |
| Kumbha Rasi: 10.43 | Tithi 12 | Yama 6:01AM – 7:29AM | Ganda* Until 1:09AM Fri | Muruqa: Purple <i>Sunset: 5:46PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 693213464 | Rahu 1:22PM – 2:50PM | Balava Until 6:27PM | Nataraja: Purple | 4th Phase |
| Routine Work | Siddha Yoga | | Dvadashi Until 6:27PM | Moon – Purple | Sivaloka Day |
| Until 3:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Siddha Yoga | | | | | |

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|----------------------------------|-------------|---|---|---|--|
| Friday, October 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | Muscat, Oman Sun 26 Sutra 180 Vikarin 5121 |
| 5 | | Gulika 7:30AM – 8:58AM | Purvaproshtapada* Until 3:40AM Sat | Ganesha: Blue <i>Sunrise: 6:02AM</i> | |
| Kumbha Rasi: 22.34 | Tithi 13 | Yama 2:49PM – 4:17PM | Vriddhi Until 2:00AM Sat | Muruqa: Purple <i>Sunset: 5:45PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 613213464 | Rahu 10:25AM – 11:53AM | Kaulava Until 7:43AM | Nataraja: Purple | 4th Phase |
| Routine Work | Siddha Yoga | | Trayodashi Until 8:53PM | Moon – Clear | Sivaloka Day |
| Until 3:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Siddha Yoga | | | | | |

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|-----------------------------------|-------------|---|---|---|--|
| Saturday, October 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau | | | Muscat, Oman Sun 27 Sutra 181 Vikarin 5121 |
| 6 | | Gulika 6:02AM – 7:30AM | Uttaraproshtapada Until 6:21AM Sun | Ganesha: Blue <i>Sunrise: 6:02AM</i> | |
| Meena Rasi: 4.29 | Tithi 14 | Yama 1:21PM – 2:48PM | Dhruva Until 2:40AM Sun | Muruqa: Purple <i>Sunset: 5:44PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 613213464 | Rahu 8:58AM – 10:25AM | Gara Until 10:04AM | Nataraja: Purple | 4th Phase |
| Routine Work | Siddha Yoga | | Chaturdashi* Until 11:08PM | Moon – Clear | Sivaloka Day |
| Until 6:21AM Sun | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|----------------------------------|-------------|--|---------------------------------------|---|--|
| Sunday, October 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau | | | Muscat, Oman Sun 28 Sutra 182 Vikarin 5121 |
| 7 | | Gulika 2:48PM – 4:15PM | Uttaraproshtapada Until 6:21AM | Ganesha: Yellow <i>Sunrise: 6:03AM</i> | |
| Meena Rasi: 16.28 | Tithi 15 | Yama 11:53AM – 1:20PM | Vyaghata* Until 3:08AM Mon | Muruqa: Purple <i>Sunset: 5:43PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 614213464 | Rahu 4:15PM – 5:43PM | Visti Until 12:11PM | Nataraja: Purple | Purnima |
| Routine Work | Amrita Yoga | | Purnima* Until 1:07AM Mon | Moon – Clear | Subha Sivaloka Day |
| Until 3:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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|----------------------------------|-------------|--|-----------------------------------|---|--|
| Monday, October 14, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau | | | Muscat, Oman Sun 29 Sutra 183 Vikarin 5121 |
| 8 | | Gulika 1:20PM – 2:47PM | Revati Until 8:38AM | Ganesha: Yellow <i>Sunrise: 6:03AM</i> | |
| Meena Rasi: 28.34 | Tithi 16 | Yama 10:25AM – 11:53AM | Harshana Until 3:25AM Tue | Muruqa: Purple <i>Sunset: 5:42PM</i> | Moon 9 - Phase 25 |
| Family Home Evening | 614213464 | Rahu 7:30AM – 8:58AM | Balava Until 2:02PM | Nataraja: Purple | Prathama |
| Routine Work | Siddha Yoga | | Prathama* Until 2:50AM Tue | Moon – Clear | Subha Sivaloka Day |
| Until 3:46PM | | | | Ashvina+Puratasi | |
| Then Creative Work - Amrita Yoga | | | | | |

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

Muscat, Oman

Sutra 184

Vikarin 5121

Mesha Rasi: 10.47 Tithi 17

624213464

Gulika 11:52AM – 1:20PM
Yama 8:58AM – 10:25AM
Rahu 2:47PM – 4:14PM

Ashvini Until 10:57AM
Vajra* Until 3:25AM Wed
Taitila Until 3:35PM
Dvitiya Until 4:13AM Wed

Ganesha: White *Sunrise:* 6:03AM
Muruqa: Purple *Sunset:* 5:41PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – White **Subha Subha Sivaloka Day**

Ashvina•Puratasi

Creative Work Siddha Yoga

1

Wednesday, October 16, 2019

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

Muscat, Oman

Sun 1 Sutra 185

Vikarin 5121

Mesha Rasi: 23.08 Tithi 18

624213464

Gulika 10:25AM – 11:52AM
Yama 7:31AM – 8:58AM
Rahu 11:52AM – 1:19PM

Bharani Until 12:48PM
Siddhi Until 3:11AM Thu
Vanija Until 4:49PM
Tritiya Until 5:17AM Thu

Ganesha: White *Sunrise:* 6:04AM
Muruqa: Purple *Sunset:* 5:40PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – White **Subha Subha Sivaloka Day**

Ashvina•Puratasi

Creative Work Siddha Yoga

Until 12:48PM

Then Creative Work - Amrita Yoga

2

Thursday, October 17, 2019

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

Muscat, Oman

Sun 2 Sutra 186

Vikarin 5121

Vrishabha Rasi: 5.38 Tithi 19

624313464

Gulika 8:58AM – 10:25AM
Yama 6:04AM – 7:31AM
Rahu 1:19PM – 2:46PM

Krittika Until 2:09PM
Vyatipata* Until 2:40AM Fri
Bava Until 5:42PM
Chaturthi* Until 5:58AM Fri

Ganesha: Yellow *Sunrise:* 6:04AM
Muruqa: Purple *Sunset:* 5:40PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – White **Subha Sivaloka Day**

Ashvina•Aipasi

Routine Work Marana Yoga

3

Friday, October 18, 2019

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

Muscat, Oman

Sun 3 Sutra 187

Vikarin 5121

Vrishabha Rasi: 18.17 Tithi 20

634313464

Gulika 7:31AM – 8:58AM
Yama 2:45PM – 4:12PM
Rahu 10:25AM – 11:52AM

Rohini Until 3:27PM
Variyan Until 1:49AM Sat
Kaulava Until 6:11PM
Panchami Until 6:14AM Sat

Ganesha: White *Sunrise:* 6:05AM
Muruqa: Purple *Sunset:* 5:39PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – Yellow **Sivaloka Day**

Ashvina•Aipasi

Routine Work Marana Yoga

Until 3:27PM

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

Muscat, Oman

Sun 4 Sutra 188

Vikarin 5121

Mithuna Rasi: 1.09 Tithi 20 – 21

634313464

Gulika 6:05AM – 7:32AM
Yama 1:18PM – 2:45PM
Rahu 8:58AM – 10:25AM

Mrigashira Until 4:09PM
Parigha* Until 12:36AM Sun
Gara Until 6:13PM
Panchami Until 6:14AM

Ganesha: White *Sunrise:* 6:05AM
Muruqa: Purple *Sunset:* 5:38PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – Yellow **Sivaloka Day**

Ashvina•Aipasi

Creative Work Siddha Yoga

5

Sunday, October 20, 2019

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

Muscat, Oman

Sun 5 Sutra 189

Vikarin 5121

Mithuna Rasi: 14.15 Tithi 21 – 22

634313464

Gulika 2:44PM – 4:11PM
Yama 11:51AM – 1:18PM
Rahu 4:11PM – 5:37PM

Ardra Until 4:12PM
Shiva Until 10:59PM
Bava Until 5:15AM Mon
Shashthi* Until 6:01AM

Ganesha: White *Sunrise:* 6:06AM
Muruqa: Purple *Sunset:* 5:37PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – Yellow **Sivaloka Day**

Ashvina•Aipasi

Creative Work Siddha Yoga

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Monday, October 21, 2019

Retreat Star

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

Muscat, Oman

Sun 6 Sutra 190

Vikarin 5121

Mithuna Rasi: 27.38 Tithi 23

644313464

Gulika 1:17PM – 2:44PM
Yama 10:25AM – 11:51AM
Rahu 7:32AM – 8:59AM

Punarvasu Until 4:01PM
Siddha Until 8:54PM
Balava Until 4:41PM
Ashtami* Until 3:56AM Tue

Ganesha: Clear *Sunrise:* 6:06AM
Muruqa: Purple *Sunset:* 5:36PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – Blue **Subha Sivaloka Day**

Ashvina•Aipasi

Creative Work Amrita Yoga

Until 4:01PM

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

Muscat, Oman

Sun 7 Sutra 191

Vikarin 5121

Kataka Rasi: 11.22 Tithi 24

644313464

Gulika 11:51AM – 1:17PM
Yama 8:59AM – 10:25AM
Rahu 2:43PM – 4:09PM

Pushya Until 3:07PM
Sadhya Until 6:21PM
Taitila Until 3:04PM
Navami* Until 2:02AM Wed

Ganesha: Clear *Sunrise:* 6:07AM
Muruqa: Purple *Sunset:* 5:35PM

Moon 10 - Phase 26

Nataraja: Purple

Moon – Blue **Subha Sivaloka Day**

Ashvina•Aipasi

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

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| 1 | | Wednesday, October 23, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau | | Muscat, Oman Sun 8 Sutra 192 | |
| Kataka Rasi: 25.25 | Tithi 25 | Gulika 10:25AM – 11:51AM | Ashlesha* Until 1:32PM | Ganesha: Clear | <i>Sunrise:</i> 6:07AM | | Vikarin 5121 |
| | | Yama 7:33AM – 8:59AM | Subha Until 3:24PM | Muruqa: Purple | <i>Sunset:</i> 5:35PM | | Moon 10 - Phase 27 |
| Creative Work | Siddha Yoga | 644313464 Rahu 11:51AM – 1:17PM | Vanija Until 12:55PM | Nataraja: Purple | | | 2nd Phase |
| | | | Dashami Until 11:38PM | Moon – Blue | | Subha Sivaloka Day | |
| | | | | Ashvina•Aipasi | | | |

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| 2 | | Thursday, October 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau | | Muscat, Oman Sun 9 Sutra 193 | |
| Simha Rasi: 9.5 | Tithi 26 | Gulika 8:59AM – 10:25AM | Magha* Until 11:45AM | Ganesha: Purple | <i>Sunrise:</i> 6:08AM | | Vikarin 5121 |
| | | Yama 6:08AM – 7:33AM | Sukla Until 12:02PM | Muruqa: Purple | <i>Sunset:</i> 5:34PM | | Moon 10 - Phase 27 |
| Creative Work | Amrita Yoga | 654313464 Rahu 1:17PM – 2:42PM | Bava Until 10:16AM | Nataraja: Purple | | | 2nd Phase |
| Until 11:45AM | | | Ekadashi* Until 8:47PM | Moon – Red | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Ashvina•Aipasi | | | |

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|-------------------|---------------|---|-----------------------------------|--|------------------------|----------------------------------|--------------------|
| 3 | | Friday, October 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau | | Muscat, Oman Sun 10 Sutra 194 | |
| Simha Rasi: 24.31 | Tithi 27 – 28 | Gulika 7:34AM – 8:59AM | Purvaphalguni Until 9:27AM | Ganesha: Clear | <i>Sunrise:</i> 6:08AM | | Vikarin 5121 |
| | | Yama 2:42PM – 4:08PM | Brahma Until 8:22AM | Muruqa: Purple | <i>Sunset:</i> 5:33PM | | Moon 10 - Phase 27 |
| Creative Work | Siddha Yoga | 655313464 Rahu 10:25AM – 11:51AM | Kaulava Until 7:15AM | Nataraja: Purple | | | 2nd Phase |
| | | | Dvadashi* Until 5:38PM | Moon – Red | | Subha Sivaloka Day | |
| | | | | Ashvina•Aipasi | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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| 4 | | Saturday, October 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Muscat, Oman Sun 11 Sutra 195 | |
| Kanya Rasi: 9.25 | Tithi 28 – 29 | Gulika 6:09AM – 7:34AM | Uttaraphalguni Until 6:48AM | Ganesha: Clear | <i>Sunrise:</i> 6:09AM | | Vikarin 5121 |
| | | Yama 1:16PM – 2:41PM | Vaidhriti* Until 12:34AM Sun | Muruqa: Purple | <i>Sunset:</i> 5:32PM | | Moon 10 - Phase 27 |
| Routine Work | Marana Yoga | 655313464 Rahu 9:00AM – 10:25AM | Visti Until 12:37AM Sun | Nataraja: Purple | | | 2nd Phase |
| | | | Trayodashi* Until 2:17PM | Moon – Red | | Subha Sivaloka Day | |
| | | | | Ashvina•Aipasi | | | |
| | | | | Deepavali Hindu Solidarity Day | | | |

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| ● | | Sunday, October 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Muscat, Oman Sun 12 Sutra 196 | |
| Retreat Star | | Gulika 2:41PM – 4:06PM | Chitra Until 1:48AM Mon | Ganesha: Orange | <i>Sunrise:</i> 6:09AM | | Vikarin 5121 |
| Kanya Rasi: 24.22 | Tithi 29 – 30 | Yama 11:50AM – 1:16PM | Vishkambha* Until 8:40PM | Muruqa: Purple | <i>Sunset:</i> 5:32PM | | Moon 10 - Phase 27 |
| Creative Work | Siddha Yoga | 665313464 Rahu 4:06PM – 5:32PM | Catuspada Until 9:18PM | Nataraja: Purple | | | Amavasya |
| Until 1:48AM Mon | | | Chaturdashi* Until 10:55AM | Moon – Green | | Subha Sivaloka Day | |
| Then Creative Work - Amrita Yoga | | | | Ashvina•Aipasi | | | |
| | | | | Subramuniyaswami Mahasamadhi | | | |

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|---------------------------------|--------------|---------------------------------------|-------------------------------|---|------------------------|----------------------------------|--------------------|
| Monday, October 28, 2019 | | Retreat Star | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Muscat, Oman Sun 13 Sutra 197 | |
| Tula Rasi: 9.15 | Tithi 30 – 1 | Gulika 1:15PM – 2:41PM | Svati Until 11:24PM | Ganesha: Orange | <i>Sunrise:</i> 6:10AM | | Vikarin 5121 |
| Family Home Evening | | Yama 10:25AM – 11:50AM | Priti Until 4:57PM | Muruqa: Purple | <i>Sunset:</i> 5:31PM | | Moon 10 - Phase 27 |
| Creative Work | Amrita Yoga | 665313464 Rahu 7:35AM – 9:00AM | Kintughna Until 6:12PM | Nataraja: Purple | | | Prathama |
| Until 11:24PM | | | Amavasya* Until 7:42AM | Moon – Green | | Subha Sivaloka Day | |
| Then Routine Work - Marana Yoga | | | | Kartika•Aipasi | | | |
| | | | | Skanda Shasthi Begins | | | |

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

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|----------------------------------|-------------|---------------------------------------|---------------------------------|---|------------------------|--|
| 1 | | Tuesday, October 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Muscat, Oman Sun 14 Sutra 198 Vikarin 5121 |
| Tula Rasi: 23.55 | Tithi 2 | Gulika 11:50AM – 1:15PM | Vishakha Until 9:42PM | Ganesha: Clear | <i>Sunrise:</i> 6:10AM | |
| | | Yama 9:00AM – 10:25AM | Ayushman Until 1:32PM | Muruqa: Purple | <i>Sunset:</i> 5:30PM | Moon 10 - Phase 28 |
| | | 675313464 Rahu 2:40PM – 4:05PM | Balava Until 3:31PM | Nataraja: Purple | | 3rd Phase |
| Routine Work | Marana Yoga | | Dvitiya Until 2:21AM Wed | Moon – Orange | | Subha Sivaloka Day |
| Until 9:42PM | | | | | | Kartika•Aipasi |
| Then Creative Work - Siddha Yoga | | | | | | |

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|---------------------|-------------|--|----------------------------------|--|------------------------|--|
| 2 | | Wednesday, October 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau | | Muscat, Oman Sun 15 Sutra 199 Vikarin 5121 |
| Virshika Rasi: 8.13 | Tithi 3 | Gulika 10:25AM – 11:50AM | Anuradha Until 8:29PM | Ganesha: Clear | <i>Sunrise:</i> 6:11AM | |
| | | Yama 7:36AM – 9:00AM | Saubhagya Until 10:34AM | Muruqa: Purple | <i>Sunset:</i> 5:30PM | Moon 10 - Phase 28 |
| | | 675313464 Rahu 11:50AM – 1:15PM | Taitila Until 1:22PM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 12:33AM Thu | Moon – Orange | | Subha Sivaloka Day |
| | | | | | | Kartika•Aipasi |

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|----------------------------------|--------------------|---------------------------------------|---------------------------------|---|------------------------|--|
| 3 | | Thursday, October 31, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthyam Titau | | Muscat, Oman Sun 16 Sutra 200 Vikarin 5121 |
| Virshika Rasi: 22.07 | Tithi 4 | Gulika 9:01AM – 10:25AM | Jyeshtha* Until 7:51PM | Ganesha: Clear | <i>Sunrise:</i> 6:11AM | |
| | | Yama 6:11AM – 7:36AM | Sobhana Until 8:11AM | Muruqa: Purple | <i>Sunset:</i> 5:29PM | Moon 10 - Phase 28 |
| | | 675313464 Rahu 1:15PM – 2:40PM | Vanija Until 11:57AM | Nataraja: Purple | | 3rd Phase |
| Routine Work | Prabalarishta Yoga | | Chaturthi* Until 11:31PM | Moon – Orange | | Subha Sivaloka Day |
| Until 7:51PM | | | | | | Kartika•Aipasi |
| Then Creative Work - Siddha Yoga | | | | | | |

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|--|-------------|---|-------------------------------|---|------------------------|--|
| 4 | | Friday, November 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau | | Muscat, Oman Sun 17 Sutra 201 Vikarin 5121 |
| Dhanus Rasi: 5.31 | Tithi 5 | Gulika 7:36AM – 9:01AM | Mula* Until 8:20PM | Ganesha: Purple | <i>Sunrise:</i> 6:12AM | |
| | | Yama 2:39PM – 4:04PM | Athiganda* Until 6:24AM | Muruqa: Purple | <i>Sunset:</i> 5:28PM | Moon 10 - Phase 28 |
| | | 685313464 Rahu 10:25AM – 11:50AM | Bava Until 11:21AM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Amrita Yoga | | Panchami Until 11:21PM | Moon – Light Blue | | Subha Subha Sivaloka Day |
| Until 8:20PM | | | | | | Kartika•Aipasi |
| Then Routine Work - Prabalarishta Yoga | | | | | | |

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|---------------------------------|-------------|--|------------------------------------|--|------------------------|--|
| 5 | | Saturday, November 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau | | Muscat, Oman Sun 18 Sutra 202 Vikarin 5121 |
| Dhanus Rasi: 18.29 | Tithi 6 | Gulika 6:12AM – 7:37AM | Purvashadha* Until 9:31PM | Ganesha: Purple | <i>Sunrise:</i> 6:12AM | |
| | | Yama 1:14PM – 2:39PM | Dhriti Until 4:53AM Sun | Muruqa: Purple | <i>Sunset:</i> 5:28PM | Moon 10 - Phase 28 |
| | | 685313464 Rahu 9:01AM – 10:26AM | Kaulava Until 11:37AM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 12:02AM Sun | Moon – Light Blue | | Subha Subha Sivaloka Day |
| Until 9:31PM | | | | | | Kartika•Aipasi |
| Then Routine Work - Marana Yoga | | Skanda Shasthi | | | | |

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|-------------------|-------------|---------------------------------------|-----------------------------------|---|------------------------|--|
| 6 | | Sunday, November 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau | | Muscat, Oman Sun 19 Sutra 203 Vikarin 5121 |
| Makara Rasi: 1.04 | Tithi 7 | Gulika 2:39PM – 4:03PM | Uttarashadha Until 11:16PM | Ganesha: Purple | <i>Sunrise:</i> 6:13AM | |
| | | Yama 11:50AM – 1:14PM | Shula* Until 4:59AM Mon | Muruqa: Purple | <i>Sunset:</i> 5:27PM | Moon 10 - Phase 28 |
| | | 685313464 Rahu 4:03PM – 5:27PM | Gara Until 12:42PM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Amrita Yoga | | Saptami Until 1:30AM Mon | Moon – Light Blue | | Subha Subha Sivaloka Day |
| | | | | | | Kartika•Aipasi |

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| Retreat Star | | Monday, November 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau | | Muscat, Oman Sun 20 Sutra 204 Vikarin 5121 |
| Makara Rasi: 13.19 | Tithi 8 | Gulika 1:14PM – 2:38PM | Shravana Until 1:57AM Tue | Ganesha: Purple | <i>Sunrise:</i> 6:13AM | |
| Family Home Evening | | Yama 10:26AM – 11:50AM | Ganda* Until 5:32AM Tue | Muruqa: Purple | <i>Sunset:</i> 5:27PM | Moon 10 - Phase 28 |
| | | 696313464 Rahu 7:38AM – 9:02AM | Visti Until 2:29PM | Nataraja: Purple | | Ashtami |
| Creative Work | Amrita Yoga | | Ashtami* Until 3:33AM Tue | Moon – Purple | | Sivaloka Day |
| Until 1:57AM Tue | | | | | | Kartika•Aipasi |
| Then Creative Work - Siddha Yoga | | | | | | |

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|---------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|--|
| Retreat Star | | Tuesday, November 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau | | Muscat, Oman Sun 21 Sutra 205 Vikarin 5121 |
| Makara Rasi: 25.2 | Tithi 9 | Gulika 11:50AM – 1:14PM | Dhanishtha Until 4:49AM Wed | Ganesha: Purple | <i>Sunrise:</i> 6:14AM | |
| | | Yama 9:02AM – 10:26AM | Vriddhi Until 6:21AM Wed | Muruqa: Purple | <i>Sunset:</i> 5:26PM | Moon 10 - Phase 28 |
| | | 696313464 Rahu 2:38PM – 4:02PM | Balava Until 4:45PM | Nataraja: Purple | | Navami |
| Creative Work | Siddha Yoga | | Navami* Until 5:58AM Wed | Moon – Purple | | Sivaloka Day |
| | | | | | | Kartika•Aipasi |

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

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| 1 | Wednesday, November 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila Karana Dashamyam Titau | | | | Muscat, Oman Sun 22 Sutra 206 Vikarin 5121 |
| | Kumbha Rasi: 7.14 | Tithi 10 | Gulika 10:26AM – 11:50AM | Shatabhishak Until 7:39AM Thu | Ganesha: Purple | <i>Sunrise:</i> 6:15AM | |
| | | | Yama 7:38AM – 9:02AM | Vriddhi Until 6:21AM | Muruqa: Purple | <i>Sunset:</i> 5:26PM | Moon 10 - Phase 29 |
| | 696313464 | Rahu 11:50AM – 1:14PM | | Taitila Until 7:16PM | Nataraja: Purple | | 4th Phase |
| Creative Work | Siddha Yoga | | Dashami Until 8:31AM Thu | Moon – Purple | | Sivaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| 2 | Thursday, November 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman Sun 23 Sutra 207 Vikarin 5121 |
| | Kumbha Rasi: 19.05 | Tithi 10 – 11 | Gulika 9:03AM – 10:26AM | Shatabhishak Until 7:39AM | Ganesha: Clear | <i>Sunrise:</i> 6:15AM | |
| | | | Yama 6:15AM – 7:39AM | Dhruva Until 7:14AM | Muruqa: Purple | <i>Sunset:</i> 5:25PM | Moon 10 - Phase 29 |
| | 796313464 | Rahu 1:14PM – 2:38PM | | Vanija Until 9:47PM | Nataraja: Purple | | 4th Phase |
| Creative Work | Siddha Yoga | | Dashami Until 8:31AM | Moon – Purple | | Subha Sivaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| 3 | Friday, November 8, 2019 | | 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 | | | | Muscat, Oman Sun 24 Sutra 208 Vikarin 5121 |
| | Meena Rasi: 0.58 | Tithi 11 – 12 | Gulika 7:39AM – 9:03AM | Purvaproshtapada* Until 10:44AM | Ganesha: Yellow | <i>Sunrise:</i> 6:16AM | |
| | | | Yama 2:37PM – 4:01PM | Vyaghata* Until 8:04AM | Muruqa: Purple | <i>Sunset:</i> 5:25PM | Moon 10 - Phase 29 |
| | 716313464 | Rahu 10:27AM – 11:50AM | | Bava Until 12:08AM Sat | Nataraja: Purple | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 10:58AM | Moon – Clear | | Subha Sivaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| 4 | Saturday, November 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman Sun 25 Sutra 209 Vikarin 5121 |
| | Meena Rasi: 12.56 | Tithi 12 – 13 | Gulika 6:16AM – 7:40AM | Uttaraproshtapada Until 1:25PM | Ganesha: Yellow | <i>Sunrise:</i> 6:16AM | |
| | | | Yama 1:14PM – 2:37PM | Harshana Until 8:44AM | Muruqa: Purple | <i>Sunset:</i> 5:24PM | Moon 10 - Phase 29 |
| | 716313464 | Rahu 9:03AM – 10:27AM | | Kaulava Until 2:12AM Sun | Nataraja: Purple | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 1:11PM | Moon – Clear | | Subha Sivaloka Day | |
| Until 1:25PM | | | | Karttika-Aipasi | | | |
| Then Routine Work - Prabararishta Yoga | | | <i>Pradosha Vrata</i> | | | | |

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| 5 | Sunday, November 10, 2019 | | 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 | | | | Muscat, Oman Sun 26 Sutra 210 Vikarin 5121 |
| | Meena Rasi: 25.01 | Tithi 13 – 14 | Gulika 2:37PM – 4:00PM | Revati Until 3:37PM | Ganesha: Yellow | <i>Sunrise:</i> 6:17AM | |
| | | | Yama 11:50AM – 1:14PM | Vajra* Until 9:08AM | Muruqa: Purple | <i>Sunset:</i> 5:24PM | Moon 10 - Phase 29 |
| | 716313464 | Rahu 4:00PM – 5:24PM | | Gara Until 3:52AM Mon | Nataraja: Purple | | 4th Phase |
| Creative Work | Amrita Yoga | | Trayodashi Until 3:03PM | Moon – Clear | | Subha Sivaloka Day | |
| Until 3:37PM | | | | Karttika-Aipasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|---------------|----------------------------------|-----------------------------|---|-----------------------------|-------------------------|---------------------------|--|
| 6 | Monday, November 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman Sun 27 Sutra 211 Vikarin 5121 |
| | Mesha Rasi: 7.16 | Tithi 14 – 15 | Gulika 1:14PM – 2:37PM | Ashvini Until 5:45PM | Ganesha: Clear | <i>Sunrise:</i> 6:18AM | |
| | | | Yama 10:27AM – 11:50AM | Siddhi Until 9:15AM | Muruqa: Purple | <i>Sunset:</i> 5:23PM | Moon 10 - Phase 29 |
| | 727313464 | Rahu 7:41AM – 9:04AM | | Visti Until 5:07AM Tue | Nataraja: Purple | | 4th Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 4:32PM | Moon – White | | Subha Sivaloka Day | |
| | | | | Karttika-Aipasi | | | |

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|---------------|-----------------------------------|-----------------------------|--|-----------------------------|-------------------------|------------------------|--|
| | Tuesday, November 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman Sun 28 Sutra 212 Vikarin 5121 |
| | Mesha Rasi: 19.41 | Tithi 15 – 16 | Gulika 11:51AM – 1:14PM | Bharani Until 7:19PM | Ganesha: White | <i>Sunrise:</i> 6:18AM | |
| | | | Yama 9:04AM – 10:28AM | Vyatipata* Until 9:03AM | Muruqa: Purple | <i>Sunset:</i> 5:23PM | Moon 10 - Phase 29 |
| | 727413464 | Rahu 2:37PM – 4:00PM | | Balava Until 5:57AM Wed | Nataraja: Purple | | Purnima |
| Creative Work | Siddha Yoga | | Purnima* Until 5:34PM | Moon – White | | Sivaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| | Wednesday, November 13, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan/Parigha* Yoga Kaulava Karana Prathamayam Titau | | | | Muscat, Oman Sun 29 Sutra 213 Vikarin 5121 |
| | Vrishabha Rasi: 2.17 | Tithi 16 | Gulika 10:28AM – 11:51AM | Krittika Until 8:19PM | Ganesha: White | <i>Sunrise:</i> 6:19AM | |
| | | | Yama 7:42AM – 9:05AM | Variyan Until 8:30AM | Muruqa: Purple | <i>Sunset:</i> 5:23PM | Moon 10 - Phase 29 |
| | 727413464 | Rahu 11:51AM – 1:14PM | | Kaulava Until 6:11PM | Nataraja: Purple | | Prathama |
| Creative Work | Amrita Yoga | | Prathama* Until 6:11PM | Moon – White | | Sivaloka Day | |
| Until 8:19PM | | | | Karttika-Aipasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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



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

Muscat, Oman

Sun 1 Sutra 214

Vrishabha Rasi: 15.05 Tithi 17

737413464

Gulika 9:05AM – 10:28AM
Yama 6:20AM – 7:42AM
Rahu 1:14PM – 2:37PM

Rohini Until 9:14PM
Parigha* Until 7:39AM
Taitila Until 6:22AM
Dvitiya Until 6:24PM

Ganesha: Clear *Sunrise: 6:20AM*
Muruqa: Purple *Sunset: 5:22PM*
Nataraja: Purple
Moon – Yellow
Karttika-Aipasi

Vikarin 5121
Moon 11 - Phase 30
1st Phase

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

Muscat, Oman

Sun 2 Sutra 215

Vrishabha Rasi: 28.05 Tithi 18

737413464

Gulika 7:43AM – 9:06AM
Yama 2:36PM – 3:59PM
Rahu 10:28AM – 11:51AM

Mrigashira Until 9:38PM
Shiva Until 6:31AM
Vanija Until 6:23AM
Tritiya Until 6:14PM

Ganesha: Clear *Sunrise: 6:20AM*
Muruqa: Purple *Sunset: 5:22PM*
Nataraja: Purple
Moon – Yellow
Karttika-Aipasi

Vikarin 5121
Moon 11 - Phase 30
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Saturday, November 16, 2019

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

Muscat, Oman

Sun 3 Sutra 216

Mithuna Rasi: 11.16 Tithi 19 – 20

737413464

Gulika 6:21AM – 7:43AM
Yama 1:14PM – 2:36PM
Rahu 9:06AM – 10:29AM

Ardra Until 9:32PM
Sadhya Until 3:19AM Sun
Bava Until 6:02AM
Chaturthi* Until 5:42PM

Ganesha: Clear *Sunrise: 6:21AM*
Muruqa: Purple *Sunset: 5:22PM*
Nataraja: Purple
Moon – Yellow
Karttika-Karttikai

Vikarin 5121
Moon 11 - Phase 30
1st Phase

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 Taitila/Gara Karana Panchami/Shashthyam Titau

Muscat, Oman

Sun 4 Sutra 217

Mithuna Rasi: 24.38 Tithi 20 – 21

747413465

Gulika 2:36PM – 3:59PM
Yama 11:51AM – 1:14PM
Rahu 3:59PM – 5:21PM

Punarvasu Until 9:24PM
Subha Until 1:20AM Mon
Gara Until 4:17AM Mon
Panchami Until 4:50PM

Ganesha: Purple *Sunrise: 6:22AM*
Muruqa: Purple *Sunset: 5:21PM*
Nataraja: Clear
Moon – Blue
Karttika-Karttikai

Vikarin 5121
Moon 11 - Phase 30
1st Phase

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

Muscat, Oman

Sun 5 Sutra 218

Kataka Rasi: 8.13 Tithi 21 – 22

748413465

Family Home Evening

Gulika 1:14PM – 2:36PM
Yama 10:29AM – 11:52AM
Rahu 7:45AM – 9:07AM

Pushya Until 8:46PM
Sukla Until 11:03PM
Visti Until 2:53AM Tue
Shashthi* Until 3:37PM

Ganesha: Clear *Sunrise: 6:22AM*
Muruqa: Purple *Sunset: 5:21PM*
Nataraja: Clear
Moon – Blue
Karttika-Karttikai

Vikarin 5121
Moon 11 - Phase 30
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

D

Tuesday, November 19, 2019

Retreat Star

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

Muscat, Oman

Sun 6 Sutra 219

Kataka Rasi: 21.58 Tithi 22 – 23

748413465

Gulika 11:52AM – 1:14PM
Yama 9:07AM – 10:30AM
Rahu 2:36PM – 3:58PM

Ashlesha* Until 7:40PM
Brahma Until 8:31PM
Balava Until 1:10AM Wed
Saptami Until 2:03PM

Ganesha: Clear *Sunrise: 6:23AM*
Muruqa: Purple *Sunset: 5:21PM*
Nataraja: Clear
Moon – Blue
Karttika-Karttikai

Vikarin 5121
Moon 11 - Phase 30
Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

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

Muscat, Oman

Sun 7 Sutra 220

Simha Rasi: 5.56 Tithi 23 – 24

758413465

Gulika 10:30AM – 11:52AM
Yama 7:46AM – 9:08AM
Rahu 11:52AM – 1:14PM

Magha* Until 6:32PM
Indra Until 5:44PM
Taitila Until 11:08PM
Ashtami* Until 12:10PM

Ganesha: White *Sunrise: 6:24AM*
Muruqa: Purple *Sunset: 5:21PM*
Nataraja: Clear
Moon – Red
Karttika-Karttikai

Vikarin 5121
Moon 11 - Phase 30
Navami

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 6:32PM

Then Creative Work - Amrita Yoga


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|---------------------------|---------------|------------------------------------|--|--|--|---|---|
| 1 | | Thursday, November 21, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhrili*/Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | Muscat, Oman |
| Simha Rasi: 20.07 | Tithi 24 – 25 | 758413465 | Gulika 9:08AM – 10:30AM Yama 6:24AM – 7:46AM Rahu 1:14PM – 2:36PM | Purvaphalguni Until 4:59PM Vaidhrili* Until 2:42PM Vanija Until 8:49PM Navami* Until 9:59AM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Red | <i>Sunrise:</i> 6:24AM <i>Sunset:</i> 5:20PM | Sun 8 Sutra 221 Vikarin 5121 Moon 11 - Phase 31 2nd Phase Subha Sivaloka Day Karttika-Karttikai |
| Creative Work Siddha Yoga | | | | | | | |

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| 2 | | Friday, November 22, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | Muscat, Oman |
| Kanya Rasi: 4.28 | Tithi 25 – 26 | 758413465 | Gulika 7:47AM – 9:09AM Yama 2:36PM – 3:58PM Rahu 10:31AM – 11:53AM | Uttaraphalguni Until 3:03PM Vishkambha* Until 11:29AM Bava Until 6:17PM Dashami Until 7:33AM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Red | <i>Sunrise:</i> 6:25AM <i>Sunset:</i> 5:20PM | Sun 9 Sutra 222 Vikarin 5121 Moon 11 - Phase 31 2nd Phase Subha Sivaloka Day Karttika-Karttikai |
| Creative Work Siddha Yoga Until 3:03PM Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Saturday, November 23, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | Muscat, Oman |
| Kanya Rasi: 18.55 | Tithi 27 | 768413465 | Gulika 6:26AM – 7:47AM Yama 1:15PM – 2:36PM Rahu 9:09AM – 10:31AM | Hasta Until 1:16PM Priti Until 8:09AM Kaulava Until 3:39PM Dvadashi* Until 2:17AM Sun | Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – Green | <i>Sunrise:</i> 6:26AM <i>Sunset:</i> 5:20PM | Sun 10 Sutra 223 Vikarin 5121 Moon 11 - Phase 31 2nd Phase Sivaloka Day Karttika-Karttikai |
| Routine Work Marana Yoga | | | | | | | |

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| 4 | | Sunday, November 24, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau | | | Muscat, Oman |
| Tula Rasi: 3.26 | Tithi 28 | 769413465 | Gulika 2:36PM – 3:58PM Yama 11:53AM – 1:15PM Rahu 3:58PM – 5:20PM | Chitra Until 11:20AM Saubhagya Until 1:25AM Mon Gara Until 12:59PM Trayodashi* Until 11:40PM | Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green | <i>Sunrise:</i> 6:26AM <i>Sunset:</i> 5:20PM | Sun 11 Sutra 224 Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Karttika-Karttikai <i>Pradosha Vrata (Fasting)</i> |
| Creative Work Siddha Yoga | | | | | | | |

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| 5 | | Monday, November 25, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | Muscat, Oman |
| Tula Rasi: 17.54 | Tithi 29 | 769413465 | Gulika 1:15PM – 2:37PM Yama 10:32AM – 11:53AM Rahu 7:49AM – 9:10AM | Svati Until 9:21AM Sobhana Until 10:15PM Visti Until 10:26AM Chaturdashi* Until 9:14PM | Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Green | <i>Sunrise:</i> 6:27AM <i>Sunset:</i> 5:20PM | Sun 12 Sutra 225 Vikarin 5121 Moon 11 - Phase 31 2nd Phase Devaloka Day Karttika-Karttikai |
| Family Home Evening Creative Work Amrita Yoga Until 9:21AM Then Routine Work - Marana Yoga | | | | | | | |

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|  | | Tuesday, November 26, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | Muscat, Oman | | |
| Retreat Star | | Vrischika Rasi: 2.12 Tithi 30 | | 779413465 | Gulika 11:54AM – 1:15PM Yama 9:11AM – 10:32AM Rahu 2:37PM – 3:58PM | Vishakha Until 7:54AM Athiganda* Until 7:20PM Catuspada Until 8:09AM Amavasya* Until 7:08PM | Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange | <i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:20PM | Sun 13 Sutra 226 Vikarin 5121 Moon 11 - Phase 31 Amavasya Devaloka Day Karttika-Karttikai |
| Routine Work Marana Yoga Until 7:54AM Then Creative Work - Siddha Yoga | | | | | | | | | |

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| Retreat Star | | Wednesday, November 27, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma/Dhrili Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau | | | Muscat, Oman |
| Vrischika Rasi: 16.15 Tithi 1 – 2 | | 779413465 | Gulika 10:33AM – 11:54AM Yama 7:50AM – 9:11AM Rahu 11:54AM – 1:15PM | Anuradha Until 6:42AM Sukarma Until 4:49PM Kintughna Until 6:16AM Prathama* Until 5:30PM | Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Orange | <i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:20PM | Sun 14 Sutra 227 Vikarin 5121 Moon 11 - Phase 31 Prathama Devaloka Day Margasira-Karttikai |
| Creative Work Siddha Yoga | | | | | | | |

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| 1 | | Thursday, November 28, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Muscat, Oman Sun 15 Sutra 228 Vikarin 5121 |
| Vrischika Rasi: 29.58 | Tithi 2 – 3 | Gulika 9:12AM – 10:33AM | Mula* Until 6:02AM Fri | Ganesha: Blue | <i>Sunrise:</i> 6:29AM | |
| | | Yama 6:29AM – 7:50AM | Dhriti Until 2:47PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 1:16PM – 2:37PM | Taitila Until 4:15AM Fri | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Dvitiya Until 4:29PM | Moon – Orange | | Devaloka Day |
| Until 6:02AM Fri | | | | Margasira-Karttikai | | |
| Then Routine Work - Prabararishta Yoga | | | | | | |

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| 2 | | Friday, November 29, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau | | Muscat, Oman Sun 16 Sutra 229 Vikarin 5121 |
| Dhanus Rasi: 13.18 | Tithi 3 – 4 | Gulika 7:51AM – 9:12AM | Mula* Until 6:02AM | Ganesha: Blue | <i>Sunrise:</i> 6:30AM | |
| | | Yama 2:37PM – 3:58PM | Shula* Until 1:16PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 10:33AM – 11:55AM | Vanija Until 4:19AM Sat | Nataraja: Clear | | 3rd Phase |
| Creative Work Amrita Yoga | | | Tritiya Until 4:10PM | Moon – Light Blue | | Devaloka Day |
| Until 6:02AM | | | | Margasira-Karttikai | | |
| Then Routine Work - Prabararishta Yoga | | | | | | |

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| 3 | | Saturday, November 30, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda*/Vridhi* Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau | | Muscat, Oman Sun 17 Sutra 230 Vikarin 5121 |
| Dhanus Rasi: 26.16 | Tithi 4 – 5 | Gulika 6:30AM – 7:52AM | Purvashadha* Until 6:45AM | Ganesha: Blue | <i>Sunrise:</i> 6:30AM | |
| | | Yama 1:16PM – 2:37PM | Ganda* Until 12:21PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 9:13AM – 10:34AM | Bava Until 5:08AM Sun | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Chaturthi* Until 4:37PM | Moon – Light Blue | | Devaloka Day |
| Until 6:45AM | | | | Margasira-Karttikai | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| 4 | | Sunday, December 1, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Muscat, Oman Sun 18 Sutra 231 Vikarin 5121 |
| Makara Rasi: 8.52 | Tithi 5 – 6 | Gulika 2:38PM – 3:59PM | Uttarashadha Until 8:01AM | Ganesha: Blue | <i>Sunrise:</i> 6:31AM | |
| | | Yama 11:55AM – 1:16PM | Vridhi Until 12:01PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 3:59PM – 5:20PM | Kaulava Until 6:39AM Mon | Nataraja: Clear | | 3rd Phase |
| Creative Work Amrita Yoga | | | Panchami Until 5:47PM | Moon – Light Blue | | Devaloka Day |
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| 5 | | Monday, December 2, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau | | Muscat, Oman Sun 19 Sutra 232 Vikarin 5121 |
| Makara Rasi: 21.1 | Tithi 6 | Gulika 1:17PM – 2:38PM | Shravana Until 10:16AM | Ganesha: Clear | <i>Sunrise:</i> 6:32AM | |
| Family Home Evening | | Yama 10:35AM – 11:56AM | Dhruva Until 12:09PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 7:53AM – 9:14AM | Kaulava Until 6:39AM | Nataraja: Clear | | 3rd Phase |
| Creative Work Amrita Yoga | | | Shashthi* Until 7:35PM | Moon – Purple | | Sivaloka Day |
| Until 10:16AM | | | | Margasira-Karttikai | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 6 | | Tuesday, December 3, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana* Yoga Gara/Vanija Karana Saptamyam Titau | | Muscat, Oman Sun 20 Sutra 233 Vikarin 5121 |
| Kumbha Rasi: 3.14 | Tithi 7 | Gulika 11:56AM – 1:17PM | Dhanishtha Until 12:51PM | Ganesha: Clear | <i>Sunrise:</i> 6:32AM | |
| | | Yama 9:14AM – 10:35AM | Vyaghata* Until 12:41PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 2:38PM – 3:59PM | Gara Until 8:42AM | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Saptami Until 9:51PM | Moon – Purple | | Sivaloka Day |
| Until 12:51PM | | | | Margasira-Karttikai | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| Retreat Star | | Wednesday, December 4, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visli*/Bava Karana Ashlamyam Titau | | Muscat, Oman Sun 21 Sutra 234 Vikarin 5121 |
| Kumbha Rasi: 15.11 | Tithi 8 | Gulika 10:36AM – 11:57AM | Shatabhishak Until 3:33PM | Ganesha: Clear | <i>Sunrise:</i> 6:33AM | |
| | | Yama 7:54AM – 9:15AM | Harshana Until 1:27PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 11:57AM – 1:17PM | Visti Until 11:05AM | Nataraja: Clear | | Ashtami |
| Creative Work Siddha Yoga | | | Ashtami* Until 12:19AM Thu | Moon – Purple | | Sivaloka Day |
| Until 3:33PM | | | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| Retreat Star | | Thursday, December 5, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra*/Siddhi* Yoga Balava/Kaulava Karana Navamyam Titau | | Muscat, Oman Sun 22 Sutra 235 Vikarin 5121 |
| Kumbha Rasi: 27.04 | Tithi 9 | Gulika 9:15AM – 10:36AM | Purvaproshtapada* Until 6:39PM | Ganesha: Yellow | <i>Sunrise:</i> 6:34AM | |
| | | Yama 6:34AM – 7:55AM | Vajra* Until 2:15PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | Moon 11 - Phase 32 |
| | | Rahu 1:18PM – 2:39PM | Balava Until 1:36PM | Nataraja: Clear | | Navami |
| Creative Work Siddha Yoga | | | Navami* Until 2:48AM Fri | Moon – Clear | | Sivaloka Day |
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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


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| 1 | | Friday, December 6, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi/Vyatiyata* Yoga Taitila/Gara Karana Dashamyam Titau | | | | Muscat, Oman |
| Meena Rasi: 8.57 | Tithi 10 | Gulika 7:55AM – 9:16AM | Uttaraproshtapada Until 9:27PM | Ganesha: Yellow | <i>Sunrise:</i> 6:35AM | Sun 23 | Sutra 236 | Vikarin 5121 |
| | | Yama 2:39PM – 4:00PM | Siddhi Until 2:59PM | Muruqa: Purple | <i>Sunset:</i> 5:20PM | | | Moon 11 - Phase 33 |
| Creative Work | Siddha Yoga | 711413465 Rahu 10:37AM – 11:57AM | Taitila Until 4:00PM | Nataraja: Clear | | | | 4th Phase |
| | | | Dashami Until 5:05AM Sat | Moon – Clear | | Sivaloka Day | | |
| | | | | Margasira-Karttikai | | | | |

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| 2 | | Saturday, December 7, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija Karana Ekadashyam Titau | | | | Muscat, Oman |
| Meena Rasi: 20.56 | Tithi 11 | Gulika 6:35AM – 7:56AM | Revati Until 11:46PM | Ganesha: White | <i>Sunrise:</i> 6:35AM | Sun 24 | Sutra 237 | Vikarin 5121 |
| | | Yama 1:19PM – 2:39PM | Vyatipata* Until 3:31PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | | Moon 11 - Phase 33 |
| Routine Work | Prabalarishta Yoga | 711513465 Rahu 9:17AM – 10:37AM | Vanija Until 6:07PM | Nataraja: Clear | | | | 4th Phase |
| Until 11:46PM | | | Ekadashi Until 6:59AM Sun | Moon – Clear | | Subha Sivaloka Day | | |
| Then Creative Work - Siddha Yoga | | | | Margasira-Karttikai | | | | |

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| 3 | | Sunday, December 8, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman |
| Mesha Rasi: 3.04 | Tithi 11 – 12 | Gulika 2:40PM – 4:00PM | Ashvini Until 1:59AM Mon | Ganesha: Clear | <i>Sunrise:</i> 6:36AM | Sun 25 | Sutra 238 | Vikarin 5121 |
| | | Yama 11:58AM – 1:19PM | Variyan Until 3:43PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | | Moon 11 - Phase 33 |
| Creative Work | Siddha Yoga | 721513465 Rahu 4:00PM – 5:21PM | Bava Until 7:47PM | Nataraja: Clear | | | | 4th Phase |
| | | | Ekadashi Until 6:59AM | Moon – White | | Sivaloka Day | | |
| | | | | Margasira-Karttikai | | | | |

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| 4 | | Monday, December 9, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| Mesha Rasi: 15.24 | Tithi 12 – 13 | Gulika 1:19PM – 2:40PM | Bharani Until 3:30AM Tue | Ganesha: Clear | <i>Sunrise:</i> 6:36AM | Sun 26 | Sutra 239 | Vikarin 5121 |
| Family Home Evening | | Yama 10:38AM – 11:59AM | Parigha* Until 3:31PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | | Moon 11 - Phase 33 |
| Creative Work | Siddha Yoga | 721513465 Rahu 7:57AM – 9:18AM | Kaulava Until 8:55PM | Nataraja: Clear | | | | 4th Phase |
| | | | Dvadashi Until 8:24AM | Moon – White | | Sivaloka Day | | |
| | | | | Margasira-Karttikai | | | | |
| | | | | <i>Pradosha Vrata</i> | | | | |

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| 5 | | Tuesday, December 10, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman |
| Mesha Rasi: 27.59 | Tithi 13 – 14 | Gulika 11:59AM – 1:20PM | Krittika Until 4:18AM Wed | Ganesha: Clear | <i>Sunrise:</i> 6:37AM | Sun 27 | Sutra 240 | Vikarin 5121 |
| | | Yama 9:18AM – 10:39AM | Shiva Until 2:54PM | Muruqa: Purple | <i>Sunset:</i> 5:21PM | | | Moon 11 - Phase 33 |
| Creative Work | Siddha Yoga | 721513465 Rahu 2:40PM – 4:01PM | Gara Until 9:29PM | Nataraja: Clear | | | | 4th Phase |
| | | | Trayodashi Until 9:15AM | Moon – White | | Sivaloka Day | | |
| | | | | Margasira-Karttikai | | | | |
| | | | Krittika Deepam | | | | | |

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|  | | Wednesday, December 11, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman |
| Copper Retreat Star | | Gulika 10:39AM – 12:00PM | Rohini Until 4:52AM Thu | Ganesha: Purple | <i>Sunrise:</i> 6:38AM | Sun 28 | Sutra 241 | Vikarin 5121 |
| Vrishabha Rasi: 10.49 | Tithi 14 – 15 | Yama 7:58AM – 9:19AM | Siddha Until 1:49PM | Muruqa: Clear | <i>Sunset:</i> 5:22PM | | | Moon 11 - Phase 33 |
| Creative Work | Siddha Yoga | 731523465 Rahu 12:00PM – 1:20PM | Visti Until 9:28PM | Nataraja: Clear | | | | Purnima |
| Until 4:52AM Thu | | | Chaturdashi* Until 9:31AM | Moon – Yellow | | Sivaloka Day | | |
| Then Routine Work - Marana Yoga | | | | Margasira-Karttikai | | | | |

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| Thursday, December 12, 2019 | | Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman | | |
| Silver Retreat Star | | Gulika 9:19AM – 10:40AM | Mrigashira Until 4:48AM Fri | Ganesha: Clear | <i>Sunrise:</i> 6:38AM | Sun 29 | Sutra 242 | Vikarin 5121 |
| Vrishabha Rasi: 23.56 | Tithi 15 – 16 | Yama 6:38AM – 7:59AM | Sadhya Until 12:20PM | Muruqa: Clear | <i>Sunset:</i> 5:22PM | | | Moon 11 - Phase 33 |
| Creative Work | Marana Yoga | 732523465 Rahu 1:21PM – 2:41PM | Balava Until 8:55PM | Nataraja: Clear | | | | Prathama |
| Until 4:48AM Fri | | | Purnima* Until 9:14AM | Moon – Yellow | | Devaloka Day | | |
| Then Creative Work - Siddha Yoga | | | | Margasira-Karttikai | | | | |
| | | | Vinayaga Viratam Begins | | | | | |

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



Friday, December 13, 2019

Gold Retreat Star

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

Muscat, Oman

Sutra 243

Mithuna Rasi: 7.2 Tithi 16 - 17

732523465

Gulika 7:59AM - 9:20AM
Yama 2:41PM - 4:02PM
Rahu 10:40AM - 12:01PM

Ardra Until 4:09AM Sat

Subha Until 10:28AM

Taitila Until 7:56PM

Prathama* Until 8:27AM

Ganesha: Clear *Sunrise:* 6:39AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Clear

Moon - Yellow

Margasira-Karttikai

Devaloka Day

Moon 12 - Phase 34

1st Phase

Creative Work Siddha Yoga

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Saturday, December 14, 2019

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

Muscat, Oman

Sun 1 Sutra 244

Mithuna Rasi: 20.58 Tithi 17 - 18

742523465

Gulika 6:40AM - 8:00AM
Yama 1:21PM - 2:42PM
Rahu 9:20AM - 10:41AM

Punarvasu Until 3:29AM Sun

Sukla Until 8:15AM

Vanija Until 6:34PM

Dvitiya Until 7:16AM

Ganesha: Purple *Sunrise:* 6:40AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya Nakshatra Indra Yoga Bava/Balava Karana Chaturtham Titau

Muscat, Oman

Sun 2 Sutra 245

Kataka Rasi: 4.47 Tithi 19

742523465

Gulika 2:42PM - 4:03PM
Yama 12:02PM - 1:22PM
Rahu 4:03PM - 5:23PM

Pushya Until 2:25AM Mon

Indra Until 3:11AM Mon

Bava Until 4:55PM

Chaturthi* Until 4:00AM Mon

Ganesha: Purple *Sunrise:* 6:40AM

Muruqa: Clear *Sunset:* 5:23PM

Nataraja: Clear

Moon - Blue

Margasira-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

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

Muscat, Oman

Sun 3 Sutra 246

Kataka Rasi: 18.45 Tithi 20

742523465

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:22PM - 2:43PM
Yama 10:42AM - 12:02PM
Rahu 8:01AM - 9:21AM

Ashlesha* Until 1:02AM Tue

Vaidhriti* Until 12:24AM Tue

Kaulava Until 3:04PM

Panchami Until 2:04AM Tue

Ganesha: Purple *Sunrise:* 6:41AM

Muruqa: Clear *Sunset:* 5:23PM

Nataraja: Clear

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

Markali Pillaiyar

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

Muscat, Oman

Sun 4 Sutra 247

Simha Rasi: 2.49 Tithi 21

852523465

Creative Work Siddha Yoga

Gulika 12:03PM - 1:23PM
Yama 9:22AM - 10:42AM
Rahu 2:43PM - 4:03PM

Magha* Until 11:50PM

Vishkambha* Until 9:33PM

Gara Until 1:06PM

Shashthi* Until 12:03AM Wed

Ganesha: Purple *Sunrise:* 6:41AM

Muruqa: Clear *Sunset:* 5:24PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

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

Muscat, Oman

Sun 5 Sutra 248

Simha Rasi: 16.57 Tithi 22

852523465

Creative Work Amrita Yoga

Gulika 10:43AM - 12:03PM
Yama 8:02AM - 9:22AM
Rahu 12:03PM - 1:23PM

Purvaphalguni Until 10:27PM

Priti Until 6:40PM

Visti Until 11:02AM

Saptami Until 9:59PM

Ganesha: Purple *Sunrise:* 6:42AM

Muruqa: Clear *Sunset:* 5:24PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

1st Phase

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

Muscat, Oman

Sun 6 Sutra 249

Kanya Rasi: 1.07 Tithi 23

852523465

Amrita Yoga

Until 8:55PM

Then Routine Work - Marana Yoga

Gulika 9:23AM - 10:43AM
Yama 6:42AM - 8:03AM
Rahu 1:24PM - 2:44PM

Uttaraphalguni Until 8:55PM

Ayushman Until 3:44PM

Balava Until 8:57AM

Ashtami* Until 7:54PM

Ganesha: Purple *Sunrise:* 6:42AM

Muruqa: Clear *Sunset:* 5:25PM

Nataraja: Clear

Moon - Red

Margasira-Markali

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Moon 12 - Phase 34

Ashtami

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/Vanija Karana Navami/Dashamyam Titau

Muscat, Oman

Sun 7 Sutra 250

Kanya Rasi: 15.16 Tithi 24 - 25

862523465

Creative Work Amrita Yoga

Until 7:41PM

Then Creative Work - Siddha Yoga

Gulika 8:03AM - 9:24AM
Yama 2:44PM - 4:05PM
Rahu 10:44AM - 12:04PM

Hasta Until 7:41PM

Saubhagya Until 12:50PM

Taitila Until 6:53AM

Navami* Until 5:50PM

Ganesha: Clear *Sunrise:* 6:43AM

Muruqa: Clear *Sunset:* 5:25PM

Nataraja: Clear

Moon - Green

Margasira-Markali

Devaloka Day

Moon 12 - Phase 34

Navami

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

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|----------|------------------------------------|---------------|--|--|---|---|--|
| 1 | Saturday, December 21, 2019 | | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman |
| | Kanya Rasi: 29.23 | Tithi 25 – 26 | 862523465 | Gulika 6:44AM – 8:04AM Yama 1:25PM – 2:45PM Rahu 9:24AM – 10:44AM | Chitra Until 6:22PM Sobhana Until 9:59AM Bava Until 2:54AM Sun | Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Green | Sun 8 Sutra 251 Vikarin 5121 Moon 12 - Phase 35 2nd Phase |
| | Routine Work | Marana Yoga | | Day 1 of Pancha Ganapati | Dashami Until 3:51PM | Margasira-Markali | Devaloka Day |
| | Until 6:22PM | | | | | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

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|----------|----------------------------------|---------------|--|--|--|---|--|
| 2 | Sunday, December 22, 2019 | | Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman |
| | Tula Rasi: 13.28 | Tithi 26 – 27 | 862523465 | Gulika 2:45PM – 4:06PM Yama 12:05PM – 1:25PM Rahu 4:06PM – 5:26PM | Svati Until 5:03PM Athiganda* Until 7:12AM Kaulava Until 1:07AM Mon | Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Green | Sun 9 Sutra 252 Vikarin 5121 Moon 12 - Phase 35 2nd Phase |
| | Creative Work | Siddha Yoga | | Day 2 of Pancha Ganapati | Ekadashi* Until 1:58PM | Margasira-Markali | Devaloka Day |
| | Until 5:03PM | | | | | | |
| | Then Routine Work - Marana Yoga | | | | | | |

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| 3 | Monday, December 23, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| | Tula Rasi: 27.25 | Tithi 27 – 28 | 872523465 | Gulika 1:26PM – 2:46PM Yama 10:45AM – 12:06PM Rahu 8:05AM – 9:25AM | Vishakha Until 4:13PM Dhriti Until 2:07AM Tue Gara Until 11:34PM | Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange | Sun 10 Sutra 253 Vikarin 5121 Moon 12 - Phase 35 2nd Phase |
| | Family Home Evening | Marana Yoga | | Day 3 of Pancha Ganapati | Dvadashi* Until 12:17PM | Margasira-Markali | Bhuloka Day |
| | Until 4:13PM | | | | | | Devaloka Time: 3:PM to 6:PM |
| | Then Creative Work - Siddha Yoga | | | | <i>Pradosha Vrata (Fasting)</i> | | |

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| 4 | Tuesday, December 24, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman |
| | Vrischika Rasi: 11.14 | Tithi 28 – 29 | 872523465 | Gulika 12:06PM – 1:26PM Yama 9:26AM – 10:46AM Rahu 2:47PM – 4:07PM | Anuradha Until 3:31PM Shula* Until 11:54PM Visti Until 10:19PM | Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange | Sun 11 Sutra 254 Vikarin 5121 Moon 12 - Phase 35 2nd Phase |
| | Creative Work | Siddha Yoga | | Day 4 of Pancha Ganapati | Trayodashi* Until 10:52AM | Margasira-Markali | Bhuloka Day |
| | Until 3:31PM | | | | | | Devaloka Time: 3:PM to 6:PM |
| | Then Routine Work - Marana Yoga | | | | | | |

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|  | Wednesday, December 25, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Muscat, Oman |
| | Vrischika Rasi: 24.5 | Tithi 29 – 30 | 872523465 | Gulika 10:46AM – 12:07PM Yama 8:06AM – 9:26AM Rahu 12:07PM – 1:27PM | Jyeshtha* Until 3:02PM Ganda* Until 10:02PM Catuspada Until 9:29PM | Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Orange | Sun 12 Sutra 255 Vikarin 5121 Moon 12 - Phase 35 Amavasya |
| | Retreat Star | Siddha Yoga | | Day 5 of Pancha Ganapati | Chaturdashi* Until 9:49AM | Margasira-Markali | Bhuloka Day |
| | Until 3:02PM | | | | | | Devaloka Time: 3:PM to 6:PM |
| | Then Routine Work - Marana Yoga | | | | | | |

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| Retreat Star | Thursday, December 26, 2019 | | Vikarin Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Muscat, Oman |
| | Dhanus Rasi: 8.13 | Tithi 30 – 1 | 883523465 | Gulika 9:26AM – 10:47AM Yama 6:46AM – 8:06AM Rahu 1:27PM – 2:48PM | Mula* Until 3:19PM Vriddhi Until 8:34PM Kintughna Until 9:09PM | Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Light Blue | Sun 13 Sutra 256 Vikarin 5121 Moon 12 - Phase 35 Prathama |
| | Creative Work | Siddha Yoga | | Annular Solar Eclipse | Amavasya* Until 9:14AM | Pausha-Markali | Devaloka Day |
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| 1 | | Friday, December 27, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Muscat, Oman Sun 14 Sutra 257 Vikarin 5121 |
| Dhanus Rasi: 21.17 | Tithi 1 – 2 | Gulika 8:07AM – 9:27AM | Purvashadha* Until 3:59PM | Ganesha: Orange | <i>Sunrise:</i> 6:46AM | |
| | | Yama 2:48PM – 4:08PM | Dhruva Until 7:31PM | Muruqa: Clear | <i>Sunset:</i> 5:29PM | Moon 12 - Phase 36 |
| | | 883523466 Rahu 10:47AM – 12:08PM | Balava Until 9:22PM | Nataraja: Orange | | 3rd Phase |
| Routine Work | Prabalarishta Yoga | | Prathama* Until 9:10AM | Moon – Light Blue | | Devaloka Day |
| Until 3:59PM | | | | Pausa-Markali | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| 2 | | Saturday, December 28, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Muscat, Oman Sun 15 Sutra 258 Vikarin 5121 |
| Makara Rasi: 4.06 | Tithi 2 – 3 | Gulika 6:47AM – 8:07AM | Uttarashadha Until 5:04PM | Ganesha: Orange | <i>Sunrise:</i> 6:47AM | |
| | | Yama 1:28PM – 2:49PM | Vyaghata* Until 6:56PM | Muruqa: Clear | <i>Sunset:</i> 5:29PM | Moon 12 - Phase 36 |
| | | 883523466 Rahu 9:27AM – 10:48AM | Taitila Until 10:12PM | Nataraja: Orange | | 3rd Phase |
| Routine Work | Marana Yoga | | Dvitiya Until 9:42AM | Moon – Light Blue | | Devaloka Day |
| Until 5:04PM | | | | Pausa-Markali | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 3 | | Sunday, December 29, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Harshana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Muscat, Oman Sun 16 Sutra 259 Vikarin 5121 |
| Makara Rasi: 16.37 | Tithi 3 – 4 | Gulika 2:49PM – 4:10PM | Shravana Until 7:02PM | Ganesha: Clear | <i>Sunrise:</i> 6:47AM | |
| | | Yama 12:08PM – 1:29PM | Harshana Until 6:48PM | Muruqa: Clear | <i>Sunset:</i> 5:30PM | Moon 12 - Phase 36 |
| | | 893523466 Rahu 4:10PM – 5:30PM | Vanija Until 11:37PM | Nataraja: Orange | | 3rd Phase |
| Creative Work | Amrita Yoga | | Tritiya Until 10:49AM | Moon – Purple | | Devaloka Day |
| Until 7:02PM | | | | Pausa-Markali | | |
| Then Routine Work - Marana Yoga | | | | | | |

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| 4 | | Monday, December 30, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Muscat, Oman Sun 17 Sutra 260 Vikarin 5121 |
| Makara Rasi: 28.55 | Tithi 4 – 5 | Gulika 1:29PM – 2:50PM | Dhanishtha Until 9:20PM | Ganesha: Clear | <i>Sunrise:</i> 6:48AM | |
| | | Yama 10:49AM – 12:09PM | Vajra* Until 7:03PM | Muruqa: Clear | <i>Sunset:</i> 5:30PM | Moon 12 - Phase 36 |
| Family Home Evening | | 893523466 Rahu 8:08AM – 9:28AM | Bava Until 1:31AM Tue | Nataraja: Orange | | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 12:29PM | Moon – Purple | | Devaloka Day |
| | | | | Pausa-Markali | | |

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| 5 | | Tuesday, December 31, 2019 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Muscat, Oman Sun 18 Sutra 261 Vikarin 5121 |
| Kumbha Rasi: 11 | Tithi 5 – 6 | Gulika 12:09PM – 1:30PM | Shatabhishak Until 11:50PM | Ganesha: Clear | <i>Sunrise:</i> 6:48AM | |
| | | Yama 9:29AM – 10:49AM | Siddhi Until 7:36PM | Muruqa: Clear | <i>Sunset:</i> 5:31PM | Moon 12 - Phase 36 |
| | | 893523466 Rahu 2:50PM – 4:11PM | Kaulava Until 3:48AM Wed | Nataraja: Orange | | 3rd Phase |
| Routine Work | Marana Yoga | | Panchami Until 2:36PM | Moon – Purple | | Devaloka Day |
| | | | | Pausa-Markali | | |

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| 6 | | Wednesday, January 1, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthpada* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Muscat, Oman Sun 19 Sutra 262 Vikarin 5121 |
| Kumbha Rasi: 22.58 | Tithi 6 – 7 | Gulika 10:50AM – 12:10PM | Purvaprosarthpada* Until 2:54AM Thu | Ganesha: Blue | <i>Sunrise:</i> 6:48AM | |
| | | Yama 8:09AM – 9:29AM | Vyatipata* Until 8:21PM | Muruqa: Clear | <i>Sunset:</i> 5:32PM | Moon 12 - Phase 36 |
| | | 813623466 Rahu 12:10PM – 1:31PM | Gara Until 6:17AM Thu | Nataraja: Orange | | 3rd Phase |
| Creative Work | Amrita Yoga | | Shashthi* Until 5:01PM | Moon – Clear | | Bhuloka Day |
| Until 2:54AM Thu | | | | Pausa-Markali | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | Vinayaga Viratam Ends | | | | |

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|---------------------|-------------|---------------------------------------|--|--|------------------------|--|
| Retreat Star | | Thursday, January 2, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthpada Nakshatra Variyan Yoga Gara/Vanija Karana Saptamyam Titau | | Muscat, Oman Sun 20 Sutra 263 Vikarin 5121 |
| Meena Rasi: 4.52 | Tithi 7 | Gulika 9:30AM – 10:50AM | Uttaraprosarthpada Until 5:48AM Fri | Ganesha: Blue | <i>Sunrise:</i> 6:49AM | |
| | | Yama 6:49AM – 8:09AM | Variyan Until 9:08PM | Muruqa: Clear | <i>Sunset:</i> 5:33PM | Moon 12 - Phase 36 |
| | | 813623466 Rahu 1:31PM – 2:52PM | Gara Until 6:17AM | Nataraja: Orange | | 3rd Phase |
| Creative Work | Siddha Yoga | | Saptami Until 7:31PM | Moon – Clear | | Bhuloka Day |
| | | | | Pausa-Markali | | Devaloka Time: 3:PM to 6:PM |

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|---------------------|-------------|---|--------------------------------|--|------------------------|--|
| Retreat Star | | Friday, January 3, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Visti*/Bava Karana Ashtamyam Titau | | Muscat, Oman Sun 21 Sutra 264 Vikarin 5121 |
| Meena Rasi: 16.45 | Tithi 8 | Gulika 8:10AM – 9:30AM | Revati Until 8:23AM Sat | Ganesha: Blue | <i>Sunrise:</i> 6:49AM | |
| | | Yama 2:53PM – 4:13PM | Parigha* Until 9:51PM | Muruqa: Clear | <i>Sunset:</i> 5:34PM | Moon 12 - Phase 36 |
| | | 813623466 Rahu 10:51AM – 12:11PM | Visti Until 8:46AM | Nataraja: Orange | | Ashtami |
| Creative Work | Siddha Yoga | | Ashtami* Until 9:55PM | Moon – Clear | | Bhuloka Day |
| | | | | Pausa-Markali | | Devaloka Time: 3:PM to 6:PM |

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| Retreat Star | | Saturday, January 4, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau | | Muscat, Oman Sun 22 Sutra 265 Vikarin 5121 |
| Meena Rasi: 28.43 | Tithi 9 | Gulika 6:49AM – 8:10AM | Revati Until 8:23AM | Ganesha: Blue | <i>Sunrise:</i> 6:49AM | |
| | | Yama 1:32PM – 2:53PM | Shiva Until 10:21PM | Muruqa: Clear | <i>Sunset:</i> 5:34PM | Moon 12 - Phase 36 |
| | | 813623466 Rahu 9:31AM – 10:51AM | Balava Until 11:02AM | Nataraja: Orange | | Navami |
| Routine Work | Prabalarishta Yoga | | Navami* Until 12:01AM Sun | Moon – Clear | | Bhuloka Day |
| Until 8:23AM | | | | Pausa-Markali | | Devaloka Time: 3:PM to 6:PM |
| 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

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| 1 Sunday, January 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau | | | | Muscat, Oman Sun 23 Sutra 266 Vikarin 5121 |
| Mesha Rasi: 10.49 | Tithi 10 | Gulika 2:54PM – 4:14PM | Ashvini Until 10:54AM | Ganesha: Yellow <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:35PM | Moon 12 - Phase 37 |
| | | Yama 12:12PM – 1:33PM | Siddha Until 10:27PM | Muruqa: Clear | | 4th Phase |
| | | 823623466 Rahu 4:14PM – 5:35PM | Taitila Until 12:54PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – White | | Devaloka Day |
| Until 10:54AM | | Subramuniyaswami Jayanti | Dashami Until 1:36AM Mon | Pausha-Markali | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | |

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| 2 Monday, January 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Muscat, Oman Sun 24 Sutra 267 Vikarin 5121 |
| Mesha Rasi: 23.09 | Tithi 11 | Gulika 1:33PM – 2:54PM | Bharani Until 12:44PM | Ganesha: Yellow <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:36PM | Moon 12 - Phase 37 |
| Family Home Evening | | Yama 10:52AM – 12:13PM | Sadhya Until 10:06PM | Muruqa: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | 823623466 Rahu 8:10AM – 9:31AM | Vanija Until 2:11PM | Nataraja: Orange | | |
| Until 12:44PM | | | | Moon – White | | Devaloka Day |
| Then Routine Work - Marana Yoga | | Vaikuntha Ekadasi | Ekadashi Until 2:33AM Tue | Pausha-Markali | | |

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| 3 Tuesday, January 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau | | | | Muscat, Oman Sun 25 Sutra 268 Vikarin 5121 |
| Vrishabha Rasi: 5.46 | Tithi 12 | Gulika 12:13PM – 1:34PM | Krittika Until 1:45PM | Ganesha: Yellow <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:36PM | Moon 12 - Phase 37 |
| | | Yama 9:32AM – 10:52AM | Subha Until 9:13PM | Muruqa: Clear | | 4th Phase |
| | | 823623466 Rahu 2:55PM – 4:16PM | Bava Until 2:47PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – White | | Devaloka Day |
| Until 1:45PM | | | Dvadashi Until 2:47AM Wed | Pausha-Markali | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| 4 Wednesday, January 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Muscat, Oman Sun 26 Sutra 269 Vikarin 5121 |
| Vrishabha Rasi: 18.43 | Tithi 13 | Gulika 10:53AM – 12:14PM | Rohini Until 2:22PM | Ganesha: White <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:37PM | Moon 12 - Phase 37 |
| | | Yama 8:11AM – 9:32AM | Sukla Until 7:44PM | Muruqa: Clear | | 4th Phase |
| | | 833623466 Rahu 12:14PM – 1:34PM | Kaulava Until 2:38PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – Yellow | | Bhuloka Day |
| | | | Trayodashi Until 2:17AM Thu | Pausha-Markali | | Devaloka Time: 3:PM to 6:PM |
| | | | | | | <i>Pradosha Vrata</i> |

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| 5 Thursday, January 9, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Muscat, Oman Sun 27 Sutra 270 Vikarin 5121 |
| Mithuna Rasi: 2.02 | Tithi 14 | Gulika 9:32AM – 10:53AM | Mrigashira Until 2:09PM | Ganesha: Yellow <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:38PM | Moon 12 - Phase 37 |
| | | Yama 6:50AM – 8:11AM | Brahma Until 5:44PM | Muruqa: Clear | | 4th Phase |
| | | 834623466 Rahu 1:35PM – 2:56PM | Gara Until 1:48PM | Nataraja: Orange | | |
| Routine Work Marana Yoga | | | | Moon – Yellow | | Devaloka Day |
| | | | Chaturdashi* Until 1:07AM Fri | Pausha-Markali | | |

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| Friday, January 10, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Muscat, Oman Sutra 271 Vikarin 5121 |
| Copper Retreat Star | | Gulika 8:11AM – 9:32AM | Ardra Until 1:10PM | Ganesha: Yellow <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:38PM | Moon 12 - Phase 37 |
| Mithuna Rasi: 15.44 | Tithi 15 | Yama 2:56PM – 4:17PM | Indra Until 3:16PM | Muruqa: Clear | | Purnima |
| | | 834623466 Rahu 10:53AM – 12:14PM | Visti Until 12:19PM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – Yellow | | Devaloka Day |
| | | Penumbral Lunar Eclipse | Purnima* Until 11:22PM | Pausha-Markali | | |
| | | Ardra Darshanam | | | | |

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| Saturday, January 11, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Muscat, Oman Sutra 272 Vikarin 5121 |
| Silver Retreat Star | | Gulika 6:50AM – 8:11AM | Punarvasu Until 11:59AM | Ganesha: White <i>Sunrise:</i> 6:50AM | <i>Sunset:</i> 5:39PM | Moon 12 - Phase 37 |
| Mithuna Rasi: 29.47 | Tithi 16 | Yama 1:36PM – 2:57PM | Vaidhriti* Until 12:22PM | Muruqa: Clear | | Prathama |
| | | 844623466 Rahu 9:33AM – 10:54AM | Balava Until 10:20AM | Nataraja: Orange | | |
| Creative Work Siddha Yoga | | | | Moon – Blue | | Sivaloka Day |
| | | | Prathama* Until 9:10PM | Pausha-Markali | | |



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 14.05 Tithi 17

Creative Work Siddha Yoga

844623466

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

Gulika 2:58PM – 4:19PM **Pushya** Until 10:17AM

Yama 12:15PM – 1:36PM **Vishkambha*** Until 9:12AM

Rahu 4:19PM – 5:40PM **Taitila** Until 7:58AM

Dvitiya Until 6:40PM

Ganesha: White **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:40PM

Nataraja: Orange

Moon – Blue

Pausha-Markali

Sivaloka Day

Muscat, Oman

Sun 1 Sutra 273

Vikarin 5121

Moon 1 - Phase 38

1st Phase

1

Monday, January 13, 2020

Kataka Rasi: 28.34 Tithi 18 – 19

Family Home Evening

Creative Work Siddha Yoga

Until 8:13AM

Then Routine Work - Marana Yoga

844623466

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

Gulika 1:37PM – 2:58PM **Ashlesha*** Until 8:13AM

Yama 10:54AM – 12:16PM **Ayushman** Until 2:24AM Tue

Rahu 8:12AM – 9:33AM **Bava** Until 2:39AM Tue

Tritiya Until 3:59PM

Ganesha: White **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:41PM

Nataraja: Orange

Moon – Blue

Pausha-Markali

Sivaloka Day

Muscat, Oman

Sun 2 Sutra 274

Vikarin 5121

Moon 1 - Phase 38

1st Phase

2

Tuesday, January 14, 2020

Simha Rasi: 13.07 Tithi 19 – 20

Creative Work Siddha Yoga

854623466

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 12:16PM – 1:37PM **Magha*** Until 6:21AM

Yama 9:33AM – 10:55AM **Saubhagya** Until 10:58PM

Rahu 2:59PM – 4:20PM **Kaulava** Until 11:57PM

Chaturthi* Until 1:16PM

Ganesha: Clear **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:41PM

Nataraja: Orange

Moon – Red

Pausha-Markali

Devaloka Day

Muscat, Oman

Sun 3 Sutra 275

Vikarin 5121

Moon 1 - Phase 38

1st Phase

3

Wednesday, January 15, 2020

Simha Rasi: 27.38 Tithi 20 – 21

Creative Work Amrita Yoga

Until 2:26AM Thu

Then Routine Work - Marana Yoga

854623466

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

Gulika 10:55AM – 12:16PM **Uttaraphalguni** Until 2:26AM Thu

Yama 8:12AM – 9:33AM **Sobhana** Until 7:40PM

Rahu 12:16PM – 1:38PM **Gara** Until 9:24PM

Panchami Until 10:38AM

Ganesha: Clear **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:42PM

Nataraja: Orange

Moon – Red

Pausha-Thai

Devaloka Day

Muscat, Oman

Sun 4 Sutra 276

Vikarin 5121

Moon 1 - Phase 38

1st Phase

4

Thursday, January 16, 2020

Kanya Rasi: 12.02 Tithi 21 – 22

Routine Work Marana Yoga

Until 1:00AM Fri

Then Creative Work - Siddha Yoga

864623466

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

Gulika 9:34AM – 10:55AM **Hasta** Until 1:00AM Fri

Yama 6:50AM – 8:12AM **Athiganda*** Until 4:30PM

Rahu 1:38PM – 3:00PM **Visti** Until 7:04PM

Shashthi* Until 8:11AM

Ganesha: Purple **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:43PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Muscat, Oman

Sun 5 Sutra 277

Vikarin 5121

Moon 1 - Phase 38

1st Phase

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 26.16 Tithi 23

Creative Work Siddha Yoga

864623466

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

Gulika 8:12AM – 9:34AM **Chitra** Until 11:43PM

Yama 3:00PM – 4:22PM **Sukarma** Until 1:35PM

Rahu 10:55AM – 12:17PM **Kaulava** Until 5:01PM

Ashtami* Until 4:06AM Sat

Ganesha: Purple **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:44PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Muscat, Oman

Sun 6 Sutra 278

Vikarin 5121

Moon 1 - Phase 38

Ashtami

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 10.18 Tithi 24

Creative Work Siddha Yoga

864623466

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

Gulika 6:50AM – 8:12AM **Svati** Until 10:39PM

Yama 1:39PM – 3:01PM **Dhriti** Until 10:56AM

Rahu 9:34AM – 10:56AM **Taitila** Until 3:19PM

Navami* Until 2:35AM Sun

Ganesha: Purple **Sunrise:** 6:50AM

Muruqa: Clear **Sunset:** 5:44PM

Nataraja: Orange

Moon – Green

Pausha-Thai

Sivaloka Day

Muscat, Oman

Sun 7 Sutra 279

Vikarin 5121

Moon 1 - Phase 38

Navami


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| 1 | | Sunday, January 19, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau | Muscat, Oman Sun 8 Sutra 280 Vikarin 5121 |
| Tula Rasi: 24.07 | Tithi 25 | Gulika 3:01PM – 4:23PM | Vishakha Until 10:14PM | Ganesha: Clear | <i>Sunrise:</i> 6:50AM | | |
| | | Yama 12:18PM – 1:39PM | Shula* Until 8:33AM | Muruqa: Clear | <i>Sunset:</i> 5:45PM | Moon 1 - Phase 39 | |
| | | 874623466 Rahu 4:23PM – 5:45PM | Vanija Until 1:58PM | Nataraja: Orange | | 2nd Phase | |
| Routine Work | Marana Yoga | | Dashami Until 1:26AM Mon | Moon – Orange | | Devaloka Day | |
| | | | | Pausha*Thai | | | |

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| 2 | | Monday, January 20, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Ekadashyam Titau | Muscat, Oman Sun 9 Sutra 281 Vikarin 5121 |
| Vrischika Rasi: 7.42 | Tithi 26 | Gulika 1:40PM – 3:02PM | Anuradha Until 10:02PM | Ganesha: Clear | <i>Sunrise:</i> 6:50AM | | |
| Family Home Evening | | Yama 10:56AM – 12:18PM | Ganda* Until 6:30AM | Muruqa: Clear | <i>Sunset:</i> 5:46PM | Moon 1 - Phase 39 | |
| | | 874623466 Rahu 8:12AM – 9:34AM | Bava Until 1:01PM | Nataraja: Orange | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Ekadashi* Until 12:40AM Tue | Moon – Orange | | Devaloka Day | |
| | | | | Pausha*Thai | | | |

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| 3 | | Tuesday, January 21, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau | Muscat, Oman Sun 10 Sutra 282 Vikarin 5121 |
| Vrischika Rasi: 21.04 | Tithi 27 | Gulika 12:18PM – 1:40PM | Jyeshtha* Until 10:05PM | Ganesha: Purple | <i>Sunrise:</i> 6:50AM | | |
| | | Yama 9:34AM – 10:56AM | Dhruva Until 3:17AM Wed | Muruqa: Clear | <i>Sunset:</i> 5:46PM | Moon 1 - Phase 39 | |
| | | 875623466 Rahu 3:02PM – 4:24PM | Kaulava Until 12:27PM | Nataraja: Orange | | 2nd Phase | |
| Routine Work | Marana Yoga | | Dvadashi* Until 12:18AM Wed | Moon – Orange | | Bhuloka Day | |
| Until 10:05PM | | | | Pausha*Thai | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 4 | | Wednesday, January 22, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau | Muscat, Oman Sun 11 Sutra 283 Vikarin 5121 |
| Dhanus Rasi: 4.13 | Tithi 28 | Gulika 10:56AM – 12:18PM | Mula* Until 10:51PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:50AM | | |
| | | Yama 8:12AM – 9:34AM | Vyaghata* Until 2:10AM Thu | Muruqa: Clear | <i>Sunset:</i> 5:47PM | Moon 1 - Phase 39 | |
| | | 885623466 Rahu 12:18PM – 1:41PM | Gara Until 12:18PM | Nataraja: Orange | | 2nd Phase | |
| Routine Work | Marana Yoga | | Trayodashi* Until 12:21AM Thu | Moon – Light Blue | | Bhuloka Day | |
| Until 10:51PM | | | | Pausha*Thai | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 5 | | Thursday, January 23, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | Muscat, Oman Sun 12 Sutra 284 Vikarin 5121 |
| Dhanus Rasi: 17.1 | Tithi 29 | Gulika 9:34AM – 10:56AM | Purvashadha* Until 11:51PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:50AM | | |
| | | Yama 6:50AM – 8:12AM | Harshana Until 1:23AM Fri | Muruqa: Clear | <i>Sunset:</i> 5:48PM | Moon 1 - Phase 39 | |
| | | 885623466 Rahu 1:41PM – 3:03PM | Visti* Until 12:34PM | Nataraja: Orange | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 12:50AM Fri | Moon – Light Blue | | Bhuloka Day | |
| Until 11:51PM | | | | Pausha*Thai | | Devaloka Time: 3:PM to 6:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|  | | Friday, January 24, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | Muscat, Oman Sun 13 Sutra 285 Vikarin 5121 |
| Retreat Star | | Gulika 8:12AM – 9:34AM | Uttarashadha Until 1:07AM Sat | Ganesha: Light Blue | <i>Sunrise:</i> 6:49AM | | |
| Dhanus Rasi: 29.54 | Tithi 30 | Yama 3:04PM – 4:26PM | Vajra* Until 12:54AM Sat | Muruqa: Clear | <i>Sunset:</i> 5:49PM | Moon 1 - Phase 39 | |
| | | 885623466 Rahu 10:57AM – 12:19PM | Catuspada Until 1:15PM | Nataraja: Orange | | Amavasya | |
| Routine Work | Marana Yoga | | Amavasya* Until 1:44AM Sat | Moon – Light Blue | | Bhuloka Day | |
| Until 1:07AM Sat | | | | Pausha*Thai | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| Retreat Star | | Saturday, January 25, 2020 | | | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau | Muscat, Oman Sun 14 Sutra 286 Vikarin 5121 |
| Makara Rasi: 12.26 | Tithi 1 | Gulika 6:49AM – 8:12AM | Shravana Until 3:08AM Sun | Ganesha: Light Blue | <i>Sunrise:</i> 6:49AM | | |
| | | Yama 1:42PM – 3:04PM | Siddhi Until 12:46AM Sun | Muruqa: Clear | <i>Sunset:</i> 5:49PM | Moon 1 - Phase 39 | |
| | | 995623466 Rahu 9:34AM – 10:57AM | Kintughna Until 2:23PM | Nataraja: Orange | | Prathama | |
| Creative Work | Siddha Yoga | | Prathama* Until 3:05AM Sun | Moon – Purple | | Bhuloka Day | |
| Until 3:08AM Sun | | | | Magha*Thai | | Devaloka Time: 3:PM to 6:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |

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

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| 1 | | Sunday, January 26, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Muscat, Oman Sun 15 Sutra 287 Vikarin 5121 |
| Makara Rasi: 24.47 | Tithi 2 | Gulika 3:05PM – 4:27PM | Dhanishtha Until 5:21AM Mon | Ganesha: Orange | <i>Sunrise:</i> 6:49AM | | | |
| | | Yama 12:19PM – 1:42PM | Vyatipata* Until 12:57AM Mon | Muruqa: Clear | <i>Sunset:</i> 5:50PM | | Moon 1 - Phase 40 | |
| | | 995723466 Rahu 4:27PM – 5:50PM | Balava Until 3:56PM | Nataraja: Orange | | | 3rd Phase | |
| Routine Work | Marana Yoga | | Dvitiya Until 4:50AM Mon | Moon – Purple | | | Devaloka Day | |
| Until 5:21AM Mon | | | | Magha-Thai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 2 | | Monday, January 27, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Muscat, Oman Sun 16 Sutra 288 Vikarin 5121 |
| Kumbha Rasi: 6.59 | Tithi 3 | Gulika 1:42PM – 3:05PM | Shatabhishak Until 7:45AM Tue | Ganesha: Orange | <i>Sunrise:</i> 6:49AM | | | |
| Family Home Evening | | Yama 10:57AM – 12:20PM | Variyan Until 1:23AM Tue | Muruqa: Clear | <i>Sunset:</i> 5:51PM | | Moon 1 - Phase 40 | |
| Creative Work | Siddha Yoga | 995723466 Rahu 8:11AM – 9:34AM | Taitila Until 5:52PM | Nataraja: Orange | | | 3rd Phase | |
| Until 7:45AM Tue | | | Tritiya Until 6:56AM Tue | Moon – Purple | | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Magha-Thai | | | | |

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| 3 | | Tuesday, January 28, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Muscat, Oman Sun 17 Sutra 289 Vikarin 5121 |
| Kumbha Rasi: 19.02 | Tithi 3 – 4 | Gulika 12:20PM – 1:43PM | Shatabhishak Until 7:45AM | Ganesha: Orange | <i>Sunrise:</i> 6:48AM | | | |
| | | Yama 9:34AM – 10:57AM | Parigha* Until 2:02AM Wed | Muruqa: Clear | <i>Sunset:</i> 5:51PM | | Moon 1 - Phase 40 | |
| | | 995723466 Rahu 3:06PM – 4:28PM | Vanija Until 8:06PM | Nataraja: Orange | | | 3rd Phase | |
| Routine Work | Marana Yoga | | Tritiya Until 6:56AM | Moon – Purple | | | Devaloka Day | |
| | | | | Magha-Thai | | | | |

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| 4 | | Wednesday, January 29, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau | | | | Muscat, Oman Sun 18 Sutra 290 Vikarin 5121 |
| Meena Rasi: 0.59 | Tithi 4 – 5 | Gulika 10:57AM – 12:20PM | Purvaproshtapada* Until 10:44AM | Ganesha: Green | <i>Sunrise:</i> 6:48AM | | | |
| | | Yama 8:11AM – 9:34AM | Shiva Until 2:51AM Thu | Muruqa: Clear | <i>Sunset:</i> 5:52PM | | Moon 1 - Phase 40 | |
| | | 915723466 Rahu 12:20PM – 1:43PM | Bava Until 10:34PM | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Amrita Yoga | | Chaturthi* Until 9:18AM | Moon – Clear | | | Sivaloka Day | |
| Until 10:44AM | | | | Magha-Thai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 5 | | Thursday, January 30, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau | | | | Muscat, Oman Sun 19 Sutra 291 Vikarin 5121 |
| Meena Rasi: 12.52 | Tithi 5 – 6 | Gulika 9:34AM – 10:57AM | Uttaraproshtapada Until 1:41PM | Ganesha: Green | <i>Sunrise:</i> 6:48AM | | | |
| | | Yama 6:48AM – 8:11AM | Siddha Until 3:40AM Fri | Muruqa: Clear | <i>Sunset:</i> 5:53PM | | Moon 1 - Phase 40 | |
| | | 915723466 Rahu 1:43PM – 3:06PM | Kaulava Until 1:06AM Fri | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Panchami Until 11:49AM | Moon – Clear | | | Sivaloka Day | |
| | | | | Magha-Thai | | | | |

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|----------------------------------|-------------|---|-------------------------------|--|------------------------|--|---------------------|--|
| 6 | | Friday, January 31, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Muscat, Oman Sun 20 Sutra 292 Vikarin 5121 |
| Meena Rasi: 24.44 | Tithi 6 – 7 | Gulika 8:10AM – 9:34AM | Revati Until 4:26PM | Ganesha: Orange | <i>Sunrise:</i> 6:47AM | | | |
| | | Yama 3:07PM – 4:30PM | Sadhya Until 4:25AM Sat | Muruqa: Clear | <i>Sunset:</i> 5:53PM | | Moon 1 - Phase 40 | |
| | | 916723466 Rahu 10:57AM – 12:20PM | Gara Until 3:32AM Sat | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Shashthi* Until 2:19PM | Moon – Clear | | | Devaloka Day | |
| Until 4:26PM | | | | Magha-Thai | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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|---------------------|-------------|--|-----------------------------|---|------------------------|--|-----------------------------|--|
| Retreat Star | | Saturday, February 1, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Subha Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau | | | | Muscat, Oman Sun 21 Sutra 293 Vikarin 5121 |
| Mesha Rasi: 6.39 | Tithi 7 – 8 | Gulika 6:47AM – 8:10AM | Ashvini Until 7:20PM | Ganesha: Green | <i>Sunrise:</i> 6:47AM | | | |
| | | Yama 1:44PM – 3:07PM | Subha Until 4:57AM Sun | Muruqa: Clear | <i>Sunset:</i> 5:53PM | | Moon 1 - Phase 40 | |
| | | 926723466 Rahu 9:34AM – 10:57AM | Vistil Until 5:40AM Sun | Nataraja: Orange | | | 3rd Phase | |
| Creative Work | Siddha Yoga | | Saptami Until 4:38PM | Moon – White | | | Bhuloka Day | |
| | | | | Magha-Thai | | | Devaloka Time: 3:PM to 6:PM | |

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|----------------------------------|--------------------|---------------------------------------|------------------------------|---|------------------------|--|-----------------------------|--|
| Retreat Star | | Sunday, February 2, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava Karana Ashtamyam Titau | | | | Muscat, Oman Sun 22 Sutra 294 Vikarin 5121 |
| Mesha Rasi: 18.41 | Tithi 8 | Gulika 3:07PM – 4:31PM | Bharani Until 9:39PM | Ganesha: Green | <i>Sunrise:</i> 6:47AM | | | |
| | | Yama 12:20PM – 1:44PM | Sukla Until 5:05AM Mon | Muruqa: Clear | <i>Sunset:</i> 5:54PM | | Moon 1 - Phase 40 | |
| | | 926723466 Rahu 4:31PM – 5:54PM | Bava Until 6:32PM | Nataraja: Orange | | | Ashtami | |
| Routine Work | Prabalarishta Yoga | | Ashtami* Until 6:32PM | Moon – White | | | Bhuloka Day | |
| Until 9:39PM | | | | Magha-Thai | | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | | |


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|----------------------------------|-------------|---------------------------------------|-------------------------------|---|------------------------|--|-----------------------------|--|
| Retreat Star | | Monday, February 3, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Balava/Kaulava Karana Navamyam Titau | | | | Muscat, Oman Sun 23 Sutra 295 Vikarin 5121 |
| Vrishabha Rasi: 0.56 | Tithi 9 | Gulika 1:44PM – 3:08PM | Krittika Until 11:12PM | Ganesha: Green | <i>Sunrise:</i> 6:46AM | | | |
| Family Home Evening | | Yama 10:57AM – 12:21PM | Brahma Until 4:42AM Tue | Muruqa: Clear | <i>Sunset:</i> 5:55PM | | Moon 1 - Phase 40 | |
| Routine Work | Marana Yoga | 926723466 Rahu 8:10AM – 9:33AM | Balava Until 7:18AM | Nataraja: Orange | | | Navami | |
| Until 11:12PM | | | Navami* Until 7:50PM | Moon – White | | | Bhuloka Day | |
| Then Creative Work - Amrita Yoga | | | | Magha-Thai | | | Devaloka Time: 3:PM to 6:PM | |


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| 1 | Tuesday, February 4, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Tailila/Gara Karana Dashamyam Titau | | | | Muscat, Oman Sun 24 Sutra 296 |
| | Vishabha Rasi: 13.29 | Tithi 10 | 936723467 | Gulika 12:21PM – 1:44PM Yama 9:33AM – 10:57AM Rahu 3:08PM – 4:32PM | Rohini Until 12:20AM Wed Indra Until 3:44AM Wed Taitila Until 8:13AM Dashami Until 8:21PM | Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 6:46AM Sunset: 5:55PM Moon 1 - Phase 41 4th Phase Devaloka Day |
| | Creative Work Amrita Yoga | | | | | | |
| | Until 12:20AM Wed Then Creative Work - Siddha Yoga | | | | | | |

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| 2 | Wednesday, February 5, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Muscat, Oman Sun 25 Sutra 297 |
| | Vishabha Rasi: 26.25 | Tithi 11 | 936723467 | Gulika 10:57AM – 12:21PM Yama 8:09AM – 9:33AM Rahu 12:21PM – 1:45PM | Mrigashira Until 12:29AM Thu Vaidhriti* Until 2:05AM Thu Vanija Until 8:19AM Ekadashi Until 8:02PM | Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 6:45AM Sunset: 5:56PM Moon 1 - Phase 41 4th Phase Devaloka Day |
| | Creative Work Siddha Yoga | | | | | | |
| | Until 12:29AM Thu Then Routine Work - Marana Yoga | | | | | | |

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| 3 | Thursday, February 6, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvodashyam Titau | | | | Muscat, Oman Sun 26 Sutra 298 |
| | Mithuna Rasi: 9.46 | Tithi 12 | 936723467 | Gulika 9:33AM – 10:57AM Yama 6:45AM – 8:09AM Rahu 1:45PM – 3:09PM | Ardra Until 11:41PM Vishkambha* Until 11:48PM Bava Until 7:35AM Dvodashi Until 6:54PM | Ganesha: Red Muruqa: Clear Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 6:45AM Sunset: 5:57PM Moon 1 - Phase 41 4th Phase Devaloka Day |
| | Routine Work Marana Yoga | | | | | | |
| | Until 11:41PM Then Creative Work - Amrita Yoga | | | | | | |

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|----------|--|---------------|---|--|--|--|--|
| 4 | Friday, February 7, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman Sun 27 Sutra 299 |
| | Mithuna Rasi: 23.35 | Tithi 13 – 14 | 947723467 | Gulika 8:09AM – 9:33AM Yama 3:09PM – 4:33PM Rahu 10:57AM – 12:21PM | Punarvasu Until 10:28PM Priti Until 8:57PM Kaulava Until 6:03AM Trayodashi Until 5:00PM | Ganesha: Blue Muruqa: Clear Nataraja: Clear Moon – Blue Magha-Thai | Sunrise: 6:44AM Sunset: 5:57PM Moon 1 - Phase 41 4th Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga | | | | | | |
| | Until 10:28PM Then Routine Work - Marana Yoga | | <i>Pradosha Vrata</i> | | | | |

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|  | Saturday, February 8, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman Sutra 300 |
| | Copper Retreat Star | | | | | | Vikarin 5121 |
| | Kataka Rasi: 7.5 | Tithi 14 – 15 | 947723467 | Gulika 6:44AM – 8:08AM Yama 1:45PM – 3:09PM Rahu 9:32AM – 10:57AM | Pushya Until 8:31PM Ayushman Until 5:36PM Visti Until 1:03AM Sun Chaturdashi* Until 2:29PM | Ganesha: Blue Muruqa: Clear Nataraja: Clear Moon – Blue Magha-Thai | Sunrise: 6:44AM Sunset: 5:58PM Moon 1 - Phase 41 Purnima Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga | | | | | | |
| Until 8:31PM Then Routine Work - Marana Yoga | | | | | | | |

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|---|---------------------------------|---------------|---|---|---|--|---|
|  | Sunday, February 9, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman Sutra 301 |
| | Silver Retreat Star | | | | | | Vikarin 5121 |
| | Kataka Rasi: 22.28 | Tithi 15 – 16 | 947723467 | Gulika 3:10PM – 4:34PM Yama 12:21PM – 1:45PM Rahu 4:34PM – 5:58PM | Ashlesha* Until 6:01PM Saubhagya Until 1:54PM Balava Until 9:54PM Purnima* Until 11:30AM | Ganesha: Blue Muruqa: Clear Nataraja: Clear Moon – Blue Magha-Thai | Sunrise: 6:43AM Sunset: 5:58PM Moon 1 - Phase 41 Prathama Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | Creative Work Siddha Yoga | | | | | | |
| Until 6:01PM Then Routine Work - Marana Yoga | | | | | | | |



Monday, February 10, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Sobhana/Alhiganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Muscat, Oman

Sutra 302

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 7.22 Tithi 16 - 17

Family Home Evening

957723467

Gulika

1:46PM - 3:10PM

Magha* Until 3:33PM

Ganesha: Red

Sunrise: 6:43AM

Yama

10:56AM - 12:21PM

Sobhana Until 9:59AM

Muruqa: Clear

Sunset: 5:59PM

Routine Work Marana Yoga

Rahu

8:07AM - 9:32AM

Taitila Until 6:31PM

Nataraja: Clear

Moon - Red

Devaloka Day

Until 3:33PM

Then Creative Work - Siddha Yoga

Magha*Thai

1

Tuesday, February 11, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Sukarma Yoga Vanija/Visli* Karana Tritiyayam Titau

Muscat, Oman

Sun 1 Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 22.22 Tithi 18

Creative Work Siddha Yoga

957723467

Gulika

12:21PM - 1:46PM

Purvaphalguni Until 12:52PM

Ganesha: Red

Sunrise: 6:42AM

Yama

9:32AM - 10:56AM

Sukarma Until 1:57AM Wed

Muruqa: Clear

Sunset: 6:00PM

Until 12:52PM

Then Creative Work - Amrita Yoga

Vanija Until 3:06PM

Nataraja: Clear

Moon - Red

Devaloka Day

Tritiya Until 1:24AM Wed

Magha*Thai

2

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

Muscat, Oman

Sun 2 Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 7.2 Tithi 19

Creative Work Amrita Yoga

957723467

Gulika

10:56AM - 12:21PM

Uttaraphalguni Until 10:08AM

Ganesha: Red

Sunrise: 6:42AM

Yama

8:07AM - 9:31AM

Dhriti Until 10:07PM

Muruqa: Clear

Sunset: 6:00PM

Until 10:08AM

Then Routine Work - Marana Yoga

Bava Until 11:47AM

Nataraja: Clear

Moon - Red

Devaloka Day

Maha Sankatahara Chaturthi

Chaturthi* Until 10:11PM

Magha*Thai

3

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

Muscat, Oman

Sun 3 Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 22.08 Tithi 20

Routine Work Marana Yoga

967723467

Gulika

9:31AM - 10:56AM

Hasta Until 7:56AM

Ganesha: Green

Sunrise: 6:41AM

Yama

6:41AM - 8:06AM

Shula* Until 6:32PM

Muruqa: Clear

Sunset: 6:01PM

Until 7:56AM

Then Creative Work - Siddha Yoga

Kaulava Until 8:43AM

Nataraja: Clear

Moon - Green

Bhuloka Day

Panchami Until 7:19PM

Magha*Masi

Devaloka Time: 3:PM to 6:PM

4

Friday, February 14, 2020

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati Nakshatra Ganda*/Vridhdi Yoga Gara/Visli* Karana Shashthi/Saptamyam Titau

Muscat, Oman

Sun 4 Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 6.4 Tithi 21 - 22

Creative Work Siddha Yoga

968723467

Gulika

8:06AM - 9:31AM

Svati Until 4:23AM Sat

Ganesha: White

Sunrise: 6:40AM

Yama

3:11PM - 4:36PM

Ganda* Until 3:20PM

Muruqa: Clear

Sunset: 6:01PM

Until 3:39AM Sun

Then Routine Work - Marana Yoga

Gara Until 6:03AM

Nataraja: Clear

Moon - Green

Bhuloka Day

Shashthi* Until 4:53PM

Magha*Masi

Devaloka Time: 3:PM to 6:PM

D

Saturday, February 15, 2020

Retreat Star

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

Muscat, Oman

Sun 5 Sutra 307

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Tula Rasi: 20.51 Tithi 22 - 23

Creative Work Siddha Yoga

978723467

Gulika

6:40AM - 8:05AM

Vishakha Until 3:39AM Sun

Ganesha: Clear

Sunrise: 6:40AM

Yama

1:46PM - 3:12PM

Vridhdi Until 12:35PM

Muruqa: Clear

Sunset: 6:02PM

Until 3:39AM Sun

Then Routine Work - Marana Yoga

Balava Until 2:19AM Sun

Nataraja: Clear

Moon - Orange

Devaloka Day

Saptami Until 3:01PM

Magha*Masi

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

Muscat, Oman

Sun 6 Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 4.4 Tithi 23 - 24

Routine Work Marana Yoga

978723467

Gulika

3:12PM - 4:37PM

Anuradha Until 3:23AM Mon

Ganesha: Clear

Sunrise: 6:39AM

Yama

12:21PM - 1:46PM

Dhruva Until 10:17AM

Muruqa: Clear

Sunset: 6:03PM

Until 3:23AM Mon

Then Creative Work - Siddha Yoga

Taitila Until 1:22AM Mon

Nataraja: Clear

Moon - Orange

Devaloka Day

Ashtami* Until 1:44PM

Magha*Masi

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

All times are standard time

www.gurudeva.org/panchang

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|----------------------------------|---|--|--|--|---|---|
| Monday, February 17, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Muscat, Oman Sun 7 Sutra 309 Vikarin 5121 |
| 1 | Vrischika Rasi: 18.07 Tithi 24 – 25 Family Home Evening Creative Work Siddha Yoga Until 3:33AM Tue Then Creative Work - Amrita Yoga | Gulika 1:46PM – 3:12PM Yama 10:55AM – 12:21PM Rahu 8:04AM – 9:30AM | Jyeshtha* Until 3:33AM Tue Vyaghata* Until 8:30AM Vanija Until 1:01AM Tue Navami* Until 1:06PM | Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Orange | Sunrise: 6:38AM Sunset: 6:03PM | Moon 2 - Phase 43 2nd Phase Devaloka Day |

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|-----------------------------------|--|--|---|---|---|---|
| Tuesday, February 18, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau | | | | Muscat, Oman Sun 8 Sutra 310 Vikarin 5121 |
| 2 | Dhanus Rasi: 1.14 Tithi 25 – 26 988723467 Creative Work Amrita Yoga | Gulika 12:21PM – 1:47PM Yama 9:29AM – 10:55AM Rahu 3:12PM – 4:38PM | Mula* Until 4:36AM Wed Harshana Until 7:12AM Bava Until 1:16AM Wed Dashami Until 1:03PM | Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue | Sunrise: 6:38AM Sunset: 6:04PM | Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Wednesday, February 19, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Muscat, Oman Sun 9 Sutra 311 Vikarin 5121 |
| 3 | Dhanus Rasi: 14.04 Tithi 26 – 27 988723467 Creative Work Amrita Yoga Until 5:58AM Thu Then Routine Work - Marana Yoga | Gulika 10:55AM – 12:21PM Yama 8:03AM – 9:29AM Rahu 12:21PM – 1:47PM | Purvashadha* Until 5:58AM Thu Vajra* Until 6:19AM Kaulava Until 2:01AM Thu Ekadashi* Until 1:34PM | Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue | Sunrise: 6:37AM Sunset: 6:04PM | Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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| Thursday, February 20, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman Sun 10 Sutra 312 Vikarin 5121 |
| 4 | Dhanus Rasi: 26.4 Tithi 27 – 28 989823467 Routine Work Marana Yoga | Gulika 9:28AM – 10:55AM Yama 6:36AM – 8:02AM Rahu 1:47PM – 3:13PM | Uttarashadha Until 7:35AM Fri Vyatipata* Until 5:40AM Fri Gara Until 3:12AM Fri Dvadashi* Until 2:32PM | Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue | Sunrise: 6:36AM Sunset: 6:05PM | Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

Pradosha Vrata (Fasting)

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|----------------------------------|---|--|--|---|---|---|
| Friday, February 21, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Varyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman Sun 11 Sutra 313 Vikarin 5121 |
| 5 | Makara Rasi: 9.05 Tithi 28 – 29 989823467 Routine Work Marana Yoga | Gulika 8:02AM – 9:28AM Yama 3:13PM – 4:39PM Rahu 10:54AM – 12:20PM | Uttarashadha Until 7:35AM Variyan Until 5:45AM Sat Visti Until 4:45AM Sat Trayodashi* Until 3:55PM | Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Light Blue | Sunrise: 6:36AM Sunset: 6:05PM | Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

Mahasivaratri (Lunar)
Mahasivaratri (Solar)

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| Saturday, February 22, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Muscat, Oman Sun 12 Sutra 314 Vikarin 5121 |
| 6 | Makara Rasi: 21.22 Tithi 29 – 30 999823467 Creative Work Siddha Yoga | Gulika 6:35AM – 8:01AM Yama 1:47PM – 3:13PM Rahu 9:28AM – 10:54AM | Shravana Until 9:52AM Parigha* Until 6:04AM Sun Catuspada Until 6:36AM Sun Chaturdashi* Until 5:37PM | Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple | Sunrise: 6:35AM Sunset: 6:06PM | Moon 2 - Phase 43 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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|----------------------------------|--|--|--|---|---|--|
| Sunday, February 23, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Muscat, Oman Sun 13 Sutra 315 Vikarin 5121 |
| Retreat Star | Kumbha Rasi: 3.3 Tithi 30 999823467 Routine Work Marana Yoga Until 12:16PM Then Creative Work - Siddha Yoga | Gulika 3:13PM – 4:40PM Yama 12:20PM – 1:47PM Rahu 4:40PM – 6:06PM | Dhanishtha Until 12:16PM Parigha* Until 6:04AM Catuspada Until 6:36AM Amavasya* Until 7:36PM | Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple | Sunrise: 6:34AM Sunset: 6:06PM | Moon 2 - Phase 43 Amavasya Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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|----------------------------------|---|---|--|---|---|--|
| Monday, February 24, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Muscat, Oman Sun 14 Sutra 316 Vikarin 5121 |
| Retreat Star | Kumbha Rasi: 15.33 Tithi 1 Family Home Evening Creative Work Siddha Yoga Until 2:43PM Then Routine Work - Marana Yoga | Gulika 1:47PM – 3:14PM Yama 10:53AM – 12:20PM Rahu 8:00AM – 9:27AM | Shatabhishak Until 2:43PM Shiva Until 6:36AM Kintughna Until 8:42AM Prathama* Until 9:48PM | Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Purple | Sunrise: 6:33AM Sunset: 6:07PM | Moon 2 - Phase 43 Prathama Bhuloka Day Devaloka Time: 3:PM to 6:PM |

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

All times are standard time

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|----------------------------------|----------------------------------|---|---------------------------------------|---|----------------------------------|
| 1 | | Tuesday, February 25, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvityayam Titau | Muscat, Oman Sun 15 Sutra 317 |
| Kumbha Rasi: 27.31 | Tithi 2 | Gulika 12:20PM – 1:47PM | Purvaproshtapada* Until 5:41PM | Ganesha: Orange <i>Sunrise:</i> 6:32AM | Vikarin 5121 |
| | | Yama 9:26AM – 10:53AM | Siddha Until 7:15AM | Muruqa: Clear <i>Sunset:</i> 6:07PM | Moon 2 - Phase 44 |
| | | 919823467 Rahu 3:14PM – 4:41PM | Balava Until 11:00AM | Nataraja: Clear | 3rd Phase |
| Routine Work | Marana Yoga | | Dvitiya Until 12:11AM Wed | Moon – Clear | Devaloka Day |
| Until 5:41PM | | | | Phalguna-Masi | |
| Then Creative Work - Amrita Yoga | | | | | |
| 2 | | Wednesday, February 26, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau | Muscat, Oman Sun 16 Sutra 318 |
| Meena Rasi: 9.26 | Tithi 3 | Gulika 10:53AM – 12:20PM | Uttaraproshtapada Until 8:36PM | Ganesha: Orange <i>Sunrise:</i> 6:32AM | Vikarin 5121 |
| | | Yama 7:59AM – 9:26AM | Sadhya Until 8:02AM | Muruqa: Clear <i>Sunset:</i> 6:08PM | Moon 2 - Phase 44 |
| | | 919823467 Rahu 12:20PM – 1:47PM | Taitila Until 1:27PM | Nataraja: Clear | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 2:41AM Thu | Moon – Clear | Devaloka Day |
| Until 8:36PM | | | | Phalguna-Masi | |
| Then Routine Work - Marana Yoga | | | | | |
| 3 | | Thursday, February 27, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau | Muscat, Oman Sun 17 Sutra 319 |
| Meena Rasi: 21.18 | Tithi 4 | Gulika 9:25AM – 10:52AM | Revati Until 11:25PM | Ganesha: Orange <i>Sunrise:</i> 6:31AM | Vikarin 5121 |
| | | Yama 6:31AM – 7:58AM | Subha Until 8:55AM | Muruqa: Clear <i>Sunset:</i> 6:08PM | Moon 2 - Phase 44 |
| | | 919823467 Rahu 1:47PM – 3:14PM | Vanija Until 3:58PM | Nataraja: Clear | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 5:12AM Fri | Moon – Clear | Devaloka Day |
| Until 11:25PM | | | | Phalguna-Masi | |
| Then Creative Work - Amrita Yoga | Subramuniyaswami Siva Vision Day | | | | |
| 4 | | Friday, February 28, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava Karana Panchamyam Titau | Muscat, Oman Sun 18 Sutra 320 |
| Mesha Rasi: 3.1 | Tithi 5 | Gulika 7:57AM – 9:25AM | Ashvini Until 2:29AM Sat | Ganesha: Purple <i>Sunrise:</i> 6:30AM | Vikarin 5121 |
| | | Yama 3:14PM – 4:42PM | Sukla Until 9:45AM | Muruqa: Clear <i>Sunset:</i> 6:09PM | Moon 2 - Phase 44 |
| | | 921823467 Rahu 10:52AM – 12:19PM | Bava Until 6:27PM | Nataraja: Clear | 3rd Phase |
| Creative Work | Amrita Yoga | | Panchami Until 7:37AM Sat | Moon – White | Bhuloka Day |
| Until 2:29AM Sat | | | | Phalguna-Masi | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | |
| 5 | | Saturday, February 29, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | Muscat, Oman Sun 19 Sutra 321 |
| Mesha Rasi: 15.04 | Tithi 5 – 6 | Gulika 6:29AM – 7:57AM | Bharani Until 5:10AM Sun | Ganesha: Purple <i>Sunrise:</i> 6:29AM | Vikarin 5121 |
| | | Yama 1:47PM – 3:14PM | Brahma Until 10:31AM | Muruqa: Clear <i>Sunset:</i> 6:09PM | Moon 2 - Phase 44 |
| | | 921823467 Rahu 9:24AM – 10:52AM | Kaulava Until 8:45PM | Nataraja: Clear | 3rd Phase |
| Creative Work | Siddha Yoga | | Panchami Until 7:37AM | Moon – White | Bhuloka Day |
| | | | | Phalguna-Masi | Devaloka Time: 3:PM to 6:PM |
| | | | | | |
| 6 | | Sunday, March 1, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | Muscat, Oman Sun 20 Sutra 322 |
| Mesha Rasi: 27.04 | Tithi 6 – 7 | Gulika 3:15PM – 4:42PM | Krittika Until 7:16AM Mon | Ganesha: Purple <i>Sunrise:</i> 6:27AM | Vikarin 5121 |
| | | Yama 12:19PM – 1:47PM | Indra Until 11:05AM | Muruqa: Orange <i>Sunset:</i> 6:10PM | Moon 2 - Phase 44 |
| | | 921833467 Rahu 4:42PM – 6:10PM | Gara Until 10:41PM | Nataraja: Clear | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 9:45AM | Moon – White | Bhuloka Day |
| Until 7:16AM Mon | | | | Phalguna-Masi | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga | | | | | |
| Retreat Star | | Monday, March 2, 2020 | | 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 | Muscat, Oman Sun 21 Sutra 323 |
| Vrishabha Rasi: 9.16 | Tithi 7 – 8 | Gulika 1:47PM – 3:15PM | Krittika Until 7:16AM | Ganesha: Purple <i>Sunrise:</i> 6:27AM | Vikarin 5121 |
| Family Home Evening | | Yama 10:51AM – 12:19PM | Vaidhriti* Until 11:14AM | Muruqa: Orange <i>Sunset:</i> 6:11PM | Moon 2 - Phase 44 |
| | | 921833467 Rahu 7:55AM – 9:23AM | Visti Until 12:01AM Tue | Nataraja: Clear | Ashtami |
| Routine Work | Marana Yoga | | Saptami Until 11:25AM | Moon – White | Bhuloka Day |
| Until 7:16AM | | | | Phalguna-Masi | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Amrita Yoga | | | | | |
| Retreat Star | | Tuesday, March 3, 2020 | | 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 | Muscat, Oman Sun 22 Sutra 324 |
| Vrishabha Rasi: 21.43 | Tithi 8 – 9 | Gulika 12:18PM – 1:47PM | Rohini Until 9:04AM | Ganesha: Clear <i>Sunrise:</i> 6:26AM | Vikarin 5121 |
| | | Yama 9:22AM – 10:50AM | Vishkambha* Until 10:54AM | Muruqa: Orange <i>Sunset:</i> 6:11PM | Moon 2 - Phase 44 |
| | | 931833467 Rahu 3:15PM – 4:43PM | Balava Until 12:36AM Wed | Nataraja: Clear | Navami |
| Creative Work | Amrita Yoga | | Ashtami* Until 12:23PM | Moon – Yellow | Devaloka Day |
| Until 9:04AM | | | | Phalguna-Masi | |
| 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

All times are standard time

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| 1 | | Wednesday, March 4, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Muscat, Oman Sun 23 Sutra 325 |
| Mithuna Rasi: 4.31 | Tithi 9 – 10 | Gulika 10:50AM – 12:18PM | Mrigashira Until 9:55AM | Ganesha: Clear | <i>Sunrise:</i> 6:25AM | Vikarin 5121 |
| | | Yama 7:53AM – 9:21AM | Priti Until 9:57AM | Muruqa: Orange | <i>Sunset:</i> 6:12PM | Moon 2 - Phase 45 |
| 931833467 | Rahu 12:18PM – 1:47PM | | Taitila Until 12:19AM Thu | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Navami* Until 12:33PM | Moon – Yellow | | Devaloka Day |
| | | | | Phalguna-Masi | | |

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| 2 | | Thursday, March 5, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Muscat, Oman Sun 24 Sutra 326 |
| Mithuna Rasi: 17.46 | Tithi 10 – 11 | Gulika 9:21AM – 10:49AM | Ardra Until 9:47AM | Ganesha: Red | <i>Sunrise:</i> 6:24AM | Vikarin 5121 |
| | | Yama 6:24AM – 7:52AM | Ayushman Until 8:18AM | Muruqa: Orange | <i>Sunset:</i> 6:12PM | Moon 2 - Phase 45 |
| 131833467 | Rahu 1:47PM – 3:15PM | | Vanija Until 11:09PM | Nataraja: Clear | | 4th Phase |
| Routine Work | Marana Yoga | | Dashami Until 11:49AM | Moon – Yellow | | Devaloka Day |
| Until 9:47AM | | | | Phalguna-Masi | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| 3 | | Friday, March 6, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | Muscat, Oman Sun 25 Sutra 327 |
| Kataka Rasi: 1.31 | Tithi 11 – 12 | Gulika 7:52AM – 9:20AM | Punarvasu Until 9:05AM | Ganesha: Blue | <i>Sunrise:</i> 6:23AM | Vikarin 5121 |
| | | Yama 3:15PM – 4:44PM | Sobhana Until 3:00AM Sat | Muruqa: Orange | <i>Sunset:</i> 6:13PM | Moon 2 - Phase 45 |
| 141833467 | Rahu 10:49AM – 12:18PM | | Bava Until 9:10PM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 10:14AM | Moon – Blue | | Bhuloka Day |
| Until 9:05AM | | | | Phalguna-Masi | | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | | |

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| 4 | | Saturday, March 7, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Muscat, Oman Sun 26 Sutra 328 |
| Kataka Rasi: 15.46 | Tithi 12 – 13 | Gulika 6:22AM – 7:51AM | Pushya Until 7:29AM | Ganesha: Blue | <i>Sunrise:</i> 6:22AM | Vikarin 5121 |
| | | Yama 1:46PM – 3:15PM | Athiganda* Until 11:29PM | Muruqa: Orange | <i>Sunset:</i> 6:13PM | Moon 2 - Phase 45 |
| 141833467 | Rahu 9:20AM – 10:49AM | | Kaulava Until 6:29PM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 7:53AM | Moon – Blue | | Bhuloka Day |
| Until 7:29AM | | | | Phalguna-Masi | | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | | |
| | | | | | | <i>Pradosha Vrata</i> |

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| 5 | | Sunday, March 8, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau | | Muscat, Oman Sun 27 Sutra 329 |
| Simha Rasi: 0.27 | Tithi 14 | Gulika 3:15PM – 4:44PM | Magha* Until 2:33AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 6:21AM | Vikarin 5121 |
| | | Yama 12:17PM – 1:46PM | Sukarma Until 7:34PM | Muruqa: Orange | <i>Sunset:</i> 6:13PM | Moon 2 - Phase 45 |
| 151833467 | Rahu 4:44PM – 6:13PM | | Gara Until 3:15PM | Nataraja: Clear | | 4th Phase |
| Routine Work | Marana Yoga | | Chaturdashi* Until 1:27AM Mon | Moon – Red | | Devaloka Day |
| Until 2:33AM Mon | | Chidambaram Abhishekam | | Phalguna-Masi | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| ○ | | Monday, March 9, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau | | Muscat, Oman Sutra 330 |
| Copper Retreat Star | | Gulika 1:46PM – 3:15PM | Purvaphalguni Until 11:34PM | Ganesha: White | <i>Sunrise:</i> 6:20AM | Vikarin 5121 |
| Simha Rasi: 15.3 | Tithi 15 | Yama 10:48AM – 12:17PM | Dhriti Until 3:23PM | Muruqa: Orange | <i>Sunset:</i> 6:14PM | Moon 2 - Phase 45 |
| Family Home Evening | 152833467 | Rahu 7:49AM – 9:19AM | Visti Until 11:38AM | Nataraja: Clear | | Purnima |
| Creative Work | Siddha Yoga | | Purnima* Until 9:43PM | Moon – Red | | Sivaloka Day |
| | | Holi | | Phalguna-Masi | | |

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| ○ | | Tuesday, March 10, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau | | Muscat, Oman Sutra 331 |
| Silver Retreat Star | | Gulika 12:17PM – 1:46PM | Uttaraphalguni Until 8:22PM | Ganesha: White | <i>Sunrise:</i> 6:19AM | Vikarin 5121 |
| Kanya Rasi: 0.45 | Tithi 16 – 17 | Yama 9:18AM – 10:47AM | Shula* Until 11:01AM | Muruqa: Orange | <i>Sunset:</i> 6:14PM | Moon 2 - Phase 45 |
| 152833467 | Rahu 3:15PM – 4:45PM | | Balava Until 7:49AM | Nataraja: Clear | | Prathama |
| Creative Work | Amrita Yoga | | Prathama* Until 5:53PM | Moon – Red | | Sivaloka Day |
| Until 8:22PM | | | | Phalguna-Masi | | |
| 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
Hasta/Chitra Nakshatra Ganda/Vridhhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Muscat, Oman

Sun 1 Sutra 332

Vikarin 5121

Kanya Rasi: 16.02 Tithi 17 - 18

Gulika 10:47AM - 12:16PM

Hasta Until 5:31PM

Ganesha: Clear Sunrise: 6:18AM

Yama 7:48AM - 9:17AM

Ganda* Until 6:41AM

Muruqa: Orange Sunset: 6:15PM

Moon 3 - Phase 46

162833467 Rahu 12:16PM - 1:46PM

Vanija Until 12:18AM Thu

Nataraja: Clear

1st Phase

Routine Work Marana Yoga

Dvitiya Until 2:06PM

Moon - Green
Phalguna-Masi

Devaloka Day

Until 5:31PM

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/Chaturthyam Titau

Muscat, Oman

Sun 2 Sutra 333

Vikarin 5121

Tula Rasi: 1.1 Tithi 18 - 19

Gulika 9:17AM - 10:46AM

Chitra Until 2:49PM

Ganesha: Clear Sunrise: 6:17AM

Yama 6:17AM - 7:47AM

Dhruva Until 10:36PM

Muruqa: Orange Sunset: 6:15PM

Moon 3 - Phase 46

162833467 Rahu 1:46PM - 3:16PM

Bava Until 8:57PM

Nataraja: Clear

1st Phase

Creative Work Siddha Yoga

Tritiya Until 10:33AM

Moon - Green
Phalguna-Masi

Devaloka Day

Until 2:49PM

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

Muscat, Oman

Sun 3 Sutra 334

Vikarin 5121

Tula Rasi: 16.01 Tithi 19 - 20

Gulika 7:46AM - 9:16AM

Svati Until 12:24PM

Ganesha: Clear Sunrise: 6:16AM

Yama 3:16PM - 4:46PM

Vyaghata* Until 7:06PM

Muruqa: Orange Sunset: 6:15PM

Moon 3 - Phase 46

162833467 Rahu 10:46AM - 12:16PM

Kaulava Until 6:04PM

Nataraja: Clear

1st Phase

Creative Work Siddha Yoga

Chaturthi* Until 7:25AM

Moon - Green
Phalguna-Masi

Devaloka Day

Saturday, March 14, 2020

3

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

Muscat, Oman

Sun 4 Sutra 335

Vikarin 5121

Vrischika Rasi: 0.27 Tithi 21

Gulika 6:15AM - 7:45AM

Vishakha Until 10:51AM

Ganesha: Purple Sunrise: 6:15AM

Yama 1:46PM - 3:16PM

Harshana Until 4:08PM

Muruqa: Orange Sunset: 6:16PM

Moon 3 - Phase 46

172833467 Rahu 9:15AM - 10:46AM

Gara Until 3:49PM

Nataraja: Clear

1st Phase

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Shashthi* Until 2:56AM Sun

Moon - Orange
Phalguna-Panguni

Sivaloka Day

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

Muscat, Oman

Sun 5 Sutra 336

Vikarin 5121

Vrischika Rasi: 14.26 Tithi 22

Gulika 3:16PM - 4:46PM

Anuradha Until 9:52AM

Ganesha: Purple Sunrise: 6:14AM

Yama 12:15PM - 1:46PM

Vajra* Until 1:44PM

Muruqa: Orange Sunset: 6:16PM

Moon 3 - Phase 46

172833468 Rahu 4:46PM - 6:16PM

Visti Until 2:17PM

Nataraja: Purple

1st Phase

Routine Work Marana Yoga

Saptami Until 1:48AM Mon

Moon - Orange
Phalguna-Panguni

Subha Sivaloka Day

Monday, March 16, 2020

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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

Muscat, Oman

Sun 6 Sutra 337

Vikarin 5121

Vrischika Rasi: 27.58 Tithi 23

Gulika 1:45PM - 3:16PM

Jyeshtha* Until 9:31AM

Ganesha: Clear Sunrise: 6:13AM

Yama 10:45AM - 12:15PM

Siddhi Until 11:58AM

Muruqa: Orange Sunset: 6:17PM

Moon 3 - Phase 46

Family Home Evening

172933468 Rahu 7:44AM - 9:14AM

Balava Until 1:33PM

Nataraja: Purple

Ashtami

Creative Work Siddha Yoga

Ashtami* Until 1:28AM Tue

Moon - Orange
Phalguna-Panguni

Sivaloka Day

Tuesday, March 17, 2020

Retreat Star

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

Muscat, Oman

Sun 7 Sutra 338

Vikarin 5121

Dhanus Rasi: 11.04 Tithi 24

Gulika 12:15PM - 1:45PM

Mula* Until 10:13AM

Ganesha: Purple Sunrise: 6:12AM

Yama 9:14AM - 10:44AM

Vyatipata* Until 10:50AM

Muruqa: Orange Sunset: 6:17PM

Moon 3 - Phase 46

182933468 Rahu 3:16PM - 4:46PM

Taitila Until 1:36PM

Nataraja: Purple

Navami

Creative Work Amrita Yoga

Navami* Until 1:52AM Wed

Moon - Light Blue
Phalguna-Panguni

Devaloka Day

Until 10:13AM

Then Creative Work - Siddha Yoga

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|--------------------|-------------|--|-----------------------------------|--|---------------------|
| 1 | | Wednesday, March 18, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau | Muscat, Oman |
| Dhanus Rasi: 23.47 | Tithi 25 | Gulika 10:44AM – 12:14PM | Purvashadha* Until 11:29AM | Ganesha: Purple | Sun 8 Sutra 339 |
| | | Yama 7:42AM – 9:13AM | Variyan Until 10:14AM | Muruqa: Orange | Vikarin 5121 |
| | | 182933468 Rahu 12:14PM – 1:45PM | Vanija Until 2:21PM | Nataraja: Purple | Moon 3 - Phase 47 |
| Creative Work | Amrita Yoga | | Dashami Until 2:57AM Thu | Moon – Light Blue | 2nd Phase |
| | | | | Phalguna-Panguni | Devaloka Day |

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| 2 | | Thursday, March 19, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau | Muscat, Oman |
| Makara Rasi: 6.14 | Tithi 26 | Gulika 9:12AM – 10:43AM | Uttarashadha Until 1:10PM | Ganesha: Purple | Sun 9 Sutra 340 |
| | | Yama 6:11AM – 7:41AM | Parigha* Until 10:07AM | Muruqa: Orange | Vikarin 5121 |
| | | 182933468 Rahu 1:45PM – 3:16PM | Bava Until 3:42PM | Nataraja: Purple | Moon 3 - Phase 47 |
| Routine Work | Marana Yoga | | Ekadashi* Until 4:32AM Fri | Moon – Light Blue | 2nd Phase |
| Until 1:10PM | | | | Phalguna-Panguni | Devaloka Day |
| Then Creative Work - Siddha Yoga | | | | | |

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|----------------------------------|-------------|---|-----------------------------------|--|---------------------|
| 3 | | Friday, March 20, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau | Muscat, Oman |
| Makara Rasi: 18.28 | Tithi 27 | Gulika 7:41AM – 9:12AM | Shravana Until 3:37PM | Ganesha: Clear | Sun 10 Sutra 341 |
| | | Yama 3:16PM – 4:47PM | Shiva Until 10:23AM | Muruqa: Orange | Vikarin 5121 |
| | | 192933468 Rahu 10:43AM – 12:14PM | Kaulava Until 5:30PM | Nataraja: Purple | Moon 3 - Phase 47 |
| Routine Work | Marana Yoga | | Dvadashi* Until 6:29AM Sat | Moon – Purple | 2nd Phase |
| Until 3:37PM | | | | Phalguna-Panguni | Sivaloka Day |
| Then Creative Work - Siddha Yoga | | | | | |

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|----------------------------------|---------------|--|---------------------------------|--|---------------------|
| 4 | | Saturday, March 21, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | Muscat, Oman |
| Kumbha Rasi: 0.33 | Tithi 27 – 28 | Gulika 6:09AM – 7:40AM | Dhanishtha Until 6:12PM | Ganesha: Clear | Sun 11 Sutra 342 |
| | | Yama 1:45PM – 3:16PM | Siddha Until 10:53AM | Muruqa: Orange | Vikarin 5121 |
| | | 192933468 Rahu 9:11AM – 10:42AM | Gara Until 7:36PM | Nataraja: Purple | Moon 3 - Phase 47 |
| Creative Work | Siddha Yoga | | Dvadashi* Until 6:29AM | Moon – Purple | 2nd Phase |
| Until 6:12PM | | | | Phalguna-Panguni | Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | |

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|--------------------|---------------|---------------------------------------|----------------------------------|---|---------------------|
| 5 | | Sunday, March 22, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | Muscat, Oman |
| Kumbha Rasi: 12.32 | Tithi 28 – 29 | Gulika 3:16PM – 4:48PM | Shatabhishak Until 8:48PM | Ganesha: Clear | Sun 12 Sutra 343 |
| | | Yama 12:13PM – 1:45PM | Sadhya Until 11:34AM | Muruqa: Orange | Vikarin 5121 |
| | | 192933468 Rahu 4:48PM – 6:19PM | Visti Until 9:53PM | Nataraja: Purple | Moon 3 - Phase 47 |
| Creative Work | Siddha Yoga | | Trayodashi* Until 8:42AM | Moon – Purple | 2nd Phase |
| | | | | Phalguna-Panguni | Sivaloka Day |

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|----------------------------------|---------------|---------------------------------------|--|--|---------------------|
| Monday, March 23, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | Muscat, Oman |
| Kumbha Rasi: 24.28 | Tithi 29 – 30 | Gulika 1:45PM – 3:16PM | Purvaproshtapada* Until 11:51PM | Ganesha: Yellow | Sun 13 Sutra 344 |
| Family Home Evening | | Yama 10:41AM – 12:13PM | Subha Until 12:22PM | Muruqa: Orange | Vikarin 5121 |
| Routine Work | Marana Yoga | 113933468 Rahu 7:38AM – 9:10AM | Catuspada Until 12:17AM Tue | Nataraja: Purple | Moon 3 - Phase 47 |
| Until 11:51PM | | | Chaturdashi* Until 11:03AM | Moon – Clear | Amavasya |
| Then Creative Work - Siddha Yoga | | | | Phalguna-Panguni | Sivaloka Day |

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|---------------------------------|--------------|---------------------------------------|---|---|---------------------|
| Tuesday, March 24, 2020 | | Retreat Star | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | Muscat, Oman |
| Meena Rasi: 6.22 | Tithi 30 – 1 | Gulika 12:13PM – 1:44PM | Uttaraproshtapada Until 2:47AM Wed | Ganesha: Yellow | Sun 14 Sutra 345 |
| | | Yama 9:09AM – 10:41AM | Sukla Until 1:12PM | Muruqa: Orange | Vikarin 5121 |
| | | 113933468 Rahu 3:16PM – 4:48PM | Kintughna Until 2:43AM Wed | Nataraja: Purple | Moon 3 - Phase 47 |
| Creative Work | Amrita Yoga | | Amavasya* Until 1:28PM | Moon – Clear | Prathama |
| Until 2:47AM Wed | | Yugadhi | | Chaitra-Panguni | Sivaloka Day |
| Then Routine Work - Marana Yoga | | | | | |

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

All times are standard time

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| 1 | | Wednesday, March 25, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Muscat, Oman Sun 15 Sutra 346 |
| Meena Rasi: 18.14 | Tithi 1 – 2 | Gulika 10:40AM – 12:12PM | Revati Until 5:33AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 6:05AM | Vikarin 5121 |
| | | Yama 7:37AM – 9:08AM | Brahma Until 2:04PM | Muruqa: Orange | <i>Sunset:</i> 6:20PM | Moon 3 - Phase 48 |
| | | 113933468 Rahu 12:12PM – 1:44PM | Balava Until 5:10AM Thu | Nataraja: Purple | | 3rd Phase |
| Routine Work | Marana Yoga | | Prathama* Until 3:55PM | Moon – Clear | | Sivaloka Day |
| Until 5:33AM Thu | | | | Chaitra•Panguni | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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| 2 | | Thursday, March 26, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava Karana Dvitiyayam Titau | | Muscat, Oman Sun 16 Sutra 347 |
| Mesha Rasi: 0.08 | Tithi 2 | Gulika 9:08AM – 10:40AM | Ashvini Until 8:36AM Fri | Ganesha: Red | <i>Sunrise:</i> 6:04AM | Vikarin 5121 |
| | | Yama 6:04AM – 7:36AM | Indra Until 2:55PM | Muruqa: Orange | <i>Sunset:</i> 6:20PM | Moon 3 - Phase 48 |
| | | 123933468 Rahu 1:44PM – 3:16PM | Kaulava Until 6:21PM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Amrita Yoga | | Dvitiya Until 6:21PM | Moon – White | | Sivaloka Day |
| Until 8:36AM Fri | | Chellappaswami Mahasamadhi | | Chaitra•Panguni | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 3 | | Friday, March 27, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Tritiyayam Titau | | Muscat, Oman Sun 17 Sutra 348 |
| Mesha Rasi: 12.02 | Tithi 3 | Gulika 7:35AM – 9:07AM | Ashvini Until 8:36AM | Ganesha: Red | <i>Sunrise:</i> 6:03AM | Vikarin 5121 |
| | | Yama 3:16PM – 4:49PM | Vaidhriti* Until 3:41PM | Muruqa: Orange | <i>Sunset:</i> 6:21PM | Moon 3 - Phase 48 |
| | | 123933468 Rahu 10:39AM – 12:12PM | Tailila Until 7:33AM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Amrita Yoga | | Tritiya Until 8:40PM | Moon – White | | Sivaloka Day |
| Until 8:36AM | | | | Chaitra•Panguni | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 4 | | Saturday, March 28, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau | | Muscat, Oman Sun 18 Sutra 349 |
| Mesha Rasi: 23.59 | Tithi 4 | Gulika 6:02AM – 7:34AM | Bharani Until 11:19AM | Ganesha: Red | <i>Sunrise:</i> 6:02AM | Vikarin 5121 |
| | | Yama 1:44PM – 3:16PM | Vishkambha* Until 4:20PM | Muruqa: Orange | <i>Sunset:</i> 6:21PM | Moon 3 - Phase 48 |
| | | 123933468 Rahu 9:07AM – 10:39AM | Vanija Until 9:47AM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 10:47PM | Moon – White | | Sivaloka Day |
| Until 11:19AM | | | | Chaitra•Panguni | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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|----------------------|-------------|---------------------------------------|-----------------------------------|--|------------------------|----------------------------------|
| 5 | | Sunday, March 29, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau | | Muscat, Oman Sun 19 Sutra 350 |
| Vrishabha Rasi: 6.03 | Tithi 5 | Gulika 3:16PM – 4:49PM | Krittika Until 1:37PM | Ganesha: Red | <i>Sunrise:</i> 6:01AM | Vikarin 5121 |
| | | Yama 12:11PM – 1:44PM | Priti Until 4:46PM | Muruqa: Orange | <i>Sunset:</i> 6:22PM | Moon 3 - Phase 48 |
| | | 123933468 Rahu 4:49PM – 6:22PM | Bava Until 11:44AM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Siddha Yoga | | Panchami Until 12:33AM Mon | Moon – White | | Sivaloka Day |
| | | | | Chaitra•Panguni | | |

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|----------------------------|-------------|---------------------------------------|-----------------------------------|--|------------------------|----------------------------------|
| 6 | | Monday, March 30, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushmani/Saubhagya Yoga Kaulava/Tailila Karana Shashthyam Titau | | Muscat, Oman Sun 20 Sutra 351 |
| Vrishabha Rasi: 18.16 | Tithi 6 | Gulika 1:44PM – 3:16PM | Rohini Until 3:50PM | Ganesha: Blue | <i>Sunrise:</i> 6:00AM | Vikarin 5121 |
| Family Home Evening | | Yama 10:38AM – 12:11PM | Ayushman Until 4:50PM | Muruqa: Orange | <i>Sunset:</i> 6:22PM | Moon 3 - Phase 48 |
| | | 133933468 Rahu 7:32AM – 9:05AM | Kaulava Until 1:16PM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Amrita Yoga | | Shashthi* Until 1:49AM Tue | Moon – Yellow | | Subha Sivaloka Day |
| | | | | Chaitra•Panguni | | |

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|---------------------------------|-------------|---------------------------------------|---------------------------------|---|------------------------|----------------------------------|
| Retreat Star | | Tuesday, March 31, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau | | Muscat, Oman Sun 21 Sutra 352 |
| Mithuna Rasi: 0.42 | Tithi 7 | Gulika 12:11PM – 1:43PM | Mrigashira Until 5:17PM | Ganesha: Blue | <i>Sunrise:</i> 5:59AM | Vikarin 5121 |
| | | Yama 9:05AM – 10:38AM | Saubhagya Until 4:26PM | Muruqa: Orange | <i>Sunset:</i> 6:22PM | Moon 3 - Phase 48 |
| | | 133933468 Rahu 3:16PM – 4:49PM | Gara Until 2:13PM | Nataraja: Purple | | 3rd Phase |
| Creative Work | Siddha Yoga | | Saptami Until 2:25AM Wed | Moon – Yellow | | Subha Sivaloka Day |
| Until 5:17PM | | | | Chaitra•Panguni | | |
| Then Routine Work - Marana Yoga | | | | | | |

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|---------------------|-------------|--|----------------------------------|---|------------------------|----------------------------------|
| Retreat Star | | Wednesday, April 1, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau | | Muscat, Oman Sun 22 Sutra 353 |
| Mithuna Rasi: 13.27 | Tithi 8 | Gulika 10:38AM – 12:11PM | Ardra Until 5:53PM | Ganesha: Blue | <i>Sunrise:</i> 5:59AM | Vikarin 5121 |
| | | Yama 7:32AM – 9:05AM | Sobhana Until 3:29PM | Muruqa: Orange | <i>Sunset:</i> 6:22PM | Moon 3 - Phase 48 |
| | | 133933468 Rahu 12:11PM – 1:43PM | Visti Until 2:26PM | Nataraja: Purple | | Ashtami |
| Creative Work | Siddha Yoga | | Ashtami* Until 2:14AM Thu | Moon – Yellow | | Subha Sivaloka Day |
| | | | | Chaitra•Panguni | | |

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| Retreat Star | | Thursday, April 2, 2020 | | Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau | | Muscat, Oman Sun 23 Sutra 354 |
| Mithuna Rasi: 26.35 | Tithi 9 | Gulika 9:04AM – 10:37AM | Punarvasu Until 5:59PM | Ganesha: Yellow | <i>Sunrise:</i> 5:58AM | Vikarin 5121 |
| | | Yama 5:58AM – 7:31AM | Athiganda* Until 1:52PM | Muruqa: Orange | <i>Sunset:</i> 6:23PM | Moon 3 - Phase 48 |
| | | 143933468 Rahu 1:43PM – 3:16PM | Balava Until 1:51PM | Nataraja: Purple | | Navami |
| Creative Work | Amrita Yoga | | Navami* Until 1:13AM Fri | Moon – Blue | | Sivaloka Day |
| | | Sri Rama Navami | | Chaitra•Panguni | | |


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

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|----------|------------------------------|-------------|--|----------------------------|-------------------------|------------------------|-------------------|
| 1 | Friday, April 3, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau | | | | Muscat, Oman |
| | Kataka Rasi: 10.11 | Tithi 10 | Gulika 7:30AM – 9:03AM | Pushya Until 5:08PM | Ganesha: Yellow | <i>Sunrise:</i> 5:57AM | Sun 24 Sutra 356 |
| | | | Yama 3:17PM – 4:50PM | Sukarma Until 11:37AM | Muruqa: Orange | <i>Sunset:</i> 6:23PM | Vikarin 5121 |
| | Routine Work | Marana Yoga | 143933468 Rahu 10:37AM – 12:10PM | Taitila Until 12:26PM | Nataraja: Purple | | Moon 3 - Phase 49 |
| | | | Dashami Until 11:25PM | Moon – Blue | | 4th Phase | |
| | | | | Chaitra•Panguni | | Sivaloka Day | |

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| 2 | Saturday, April 4, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Muscat, Oman |
| | Kataka Rasi: 24.16 | Tithi 11 | Gulika 5:56AM – 7:29AM | Ashlesha* Until 3:24PM | Ganesha: Yellow | <i>Sunrise:</i> 5:56AM | Sun 25 Sutra 356 |
| | | | Yama 1:43PM – 3:17PM | Dhriti Until 8:46AM | Muruqa: Orange | <i>Sunset:</i> 6:23PM | Vikarin 5121 |
| | Routine Work | Marana Yoga | 143933468 Rahu 9:03AM – 10:36AM | Vanija Until 10:15AM | Nataraja: Purple | | Moon 3 - Phase 49 |
| Until 3:24PM | | | | Moon – Blue | | 4th Phase | |
| Then Creative Work - Amrita Yoga | | Yogaswami Mahasamadhi | Ekadashi Until 8:54PM | Chaitra•Panguni | | Sivaloka Day | |

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| 3 | Sunday, April 5, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Muscat, Oman |
| | Simha Rasi: 8.48 | Tithi 12 – 13 | Gulika 3:17PM – 4:50PM | Magha* Until 1:19PM | Ganesha: White | <i>Sunrise:</i> 5:55AM | Sun 26 Sutra 357 |
| | | | Yama 12:09PM – 1:43PM | Ganda* Until 1:29AM Mon | Muruqa: Orange | <i>Sunset:</i> 6:24PM | Vikarin 5121 |
| | Routine Work | Marana Yoga | 153933468 Rahu 4:50PM – 6:24PM | Bava Until 7:25AM | Nataraja: Purple | | Moon 3 - Phase 49 |
| Until 1:19PM | | | | Moon – Red | | 4th Phase | |
| Then Creative Work - Siddha Yoga | | | Dvadashi Until 5:47PM | Chaitra•Panguni | | Subha Sivaloka Day | |
| | | | <i>Pradosha Vrata</i> | | | | |

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|----------|------------------------------|---------------|---|------------------------------------|-------------------------|------------------------|-------------------|
| 4 | Monday, April 6, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Muscat, Oman |
| | Simha Rasi: 23.44 | Tithi 13 – 14 | Gulika 1:43PM – 3:17PM | Purvaphalguni Until 10:38AM | Ganesha: Clear | <i>Sunrise:</i> 5:54AM | Sun 27 Sutra 358 |
| | Family Home Evening | | Yama 10:35AM – 12:09PM | Vriddhi Until 9:21PM | Muruqa: Orange | <i>Sunset:</i> 6:24PM | Vikarin 5121 |
| | Creative Work | Siddha Yoga | 154933468 Rahu 7:28AM – 9:02AM | Gara Until 12:23AM Tue | Nataraja: Purple | | Moon 3 - Phase 49 |
| | | | | Moon – Red | | 4th Phase | |
| | | | Trayodashi Until 2:15PM | Chaitra•Panguni | | Sivaloka Day | |

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|  | Tuesday, April 7, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Muscat, Oman |
| | Copper Retreat Star | | Gulika 12:09PM – 1:43PM | Uttaraphalguni Until 7:32AM | Ganesha: Clear | <i>Sunrise:</i> 5:53AM | Sun 28 Sutra 359 |
| | Kanya Rasi: 8.56 | Tithi 14 – 15 | Yama 9:01AM – 10:35AM | Dhruva Until 5:01PM | Muruqa: Orange | <i>Sunset:</i> 6:25PM | Vikarin 5121 |
| | | | 154933468 Rahu 3:17PM – 4:51PM | Visti Until 8:31PM | Nataraja: Purple | | Moon 3 - Phase 49 |
| Creative Work | Amrita Yoga | | | Moon – Red | | Purnima | |
| Until 7:32AM | | Panguni Uttiram | Chaturdashi* Until 10:27AM | Chaitra•Panguni | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | Hanuman Jayanti | | | | | |

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| Silver Retreat Star | Wednesday, April 8, 2020 | | Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau | | | | Muscat, Oman |
| | Kanya Rasi: 24.14 | Tithi 15 – 16 | Gulika 10:34AM – 12:09PM | Chitra Until 1:33AM Thu | Ganesha: Purple | <i>Sunrise:</i> 5:52AM | Sun 29 Sutra 360 |
| | | | Yama 7:26AM – 9:00AM | Vyaghata* Until 12:40PM | Muruqa: Clear | <i>Sunset:</i> 6:25PM | Vikarin 5121 |
| | | | 164934468 Rahu 12:09PM – 1:43PM | Kaulava Until 2:45AM Thu | Nataraja: Purple | | Moon 3 - Phase 49 |
| Creative Work | Siddha Yoga | | | Moon – Green | | Prathama | |
| Until 1:33AM Thu | | | Purnima* Until 6:33AM | Chaitra•Panguni | | Devaloka Day | |
| Then Creative Work - Amrita Yoga | | | | | | | |



Thursday, April 9, 2020
Gold Retreat Star

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

Muscat, Oman
Sutra 361
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 9.28 Tithi 17
164134468
Creative Work Amrita Yoga
Until 10:39PM
Then Creative Work - Siddha Yoga

Gulika 9:00AM – 10:34AM
Yama 5:51AM – 7:25AM
Rahu 1:43PM – 3:17PM
Svati Until 10:39PM
Harshana Until 8:27AM
Taitila Until 12:57PM
Dvitiya Until 11:12PM

Ganesha: White *Sunrise:* 5:51AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Purple
Moon – Green
Devaloka Day
Chaitra•Panguni

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

Muscat, Oman
Sun 1 Sutra 362
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Tula Rasi: 24.28 Tithi 18
174134468
Creative Work Siddha Yoga

Gulika 7:25AM – 8:59AM
Yama 3:17PM – 4:51PM
Rahu 10:34AM – 12:08PM
Vishakha Until 8:27PM
Siddhi Until 12:54AM Sat
Vanija Until 9:36AM
Tritiya Until 8:06PM

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Purple
Moon – Orange
Sivaloka Day
Chaitra•Panguni

2

Saturday, April 11, 2020

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

Muscat, Oman
Sun 2 Sutra 363
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virchika Rasi: 9.05 Tithi 19 – 20
174134468
Creative Work Siddha Yoga

Gulika 5:49AM – 7:24AM
Yama 1:42PM – 3:17PM
Rahu 8:58AM – 10:33AM
Anuradha Until 6:43PM
Vyatipata* Until 9:51PM
Bava Until 6:46AM
Chaturthi* Until 5:34PM

Ganesha: Yellow *Sunrise:* 5:49AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Purple
Moon – Orange
Sivaloka Day
Chaitra•Panguni

3

Sunday, April 12, 2020

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

Muscat, Oman
Sun 3 Sutra 364
Vikarin 5121
Moon 4 - Phase 50
1st Phase

Virchika Rasi: 23.16 Tithi 20 – 21
174134468
Routine Work Marana Yoga
Until 5:33PM
Then Creative Work - Amrita Yoga

Gulika 3:17PM – 4:52PM
Yama 12:07PM – 1:42PM
Rahu 4:52PM – 6:27PM
Jyeshtha* Until 5:33PM
Variyan Until 7:23PM
Gara Until 3:12AM Mon
Panchami Until 3:47PM

Ganesha: Yellow *Sunrise:* 5:48AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Purple
Moon – Orange
Sivaloka Day
Chaitra•Panguni

4

Monday, April 13, 2020

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

Muscat, Oman
Sun 4 Sutra 1
Sarvari 5122
Moon 4 - Phase 50
1st Phase

Dhanus Rasi: 6.56 Tithi 21 – 22
184134468
Family Home Evening
Creative Work Siddha Yoga
Until 5:31PM
Then Routine Work - Marana Yoga

Gulika 1:42PM – 3:17PM
Yama 10:32AM – 12:07PM
Rahu 7:22AM – 8:57AM
Mula* Until 5:31PM
Parigha* Until 5:36PM
Visti Until 2:39AM Tue
Shashthi* Until 2:48PM

Ganesha: Blue *Sunrise:* 5:47AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Purple
Moon – Light Blue
Devaloka Day
Chaitra•Chaitra

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Tuesday, April 14, 2020
Retreat Star

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

Muscat, Oman
Sun 5 Sutra 2
Sarvari 5122
Moon 4 - Phase 50
Ashtami

Dhanus Rasi: 20.08 Tithi 22 – 23
284134468
Creative Work Siddha Yoga
Until 6:09PM
Then Routine Work - Prabalarishta Yoga

Gulika 12:07PM – 1:42PM
Yama 8:57AM – 10:32AM
Rahu 3:17PM – 4:52PM
Purvashadha* Until 6:09PM
Shiva Until 4:30PM
Balava Until 2:57AM Wed
Saptami Until 2:41PM

Ganesha: Yellow *Sunrise:* 5:47AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Purple
Moon – Light Blue
Sivaloka Day
Chaitra•Chaitra

Wednesday, April 15, 2020
Retreat Star

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

Muscat, Oman
Sun 6 Sutra 3
Sarvari 5122
Moon 4 - Phase 50
Navami

Makara Rasi: 2.55 Tithi 23 – 24
284134468
Creative Work Amrita Yoga
Until 7:24PM
Then Creative Work - Siddha Yoga

Gulika 10:31AM – 12:07PM
Yama 7:21AM – 8:56AM
Rahu 12:07PM – 1:42PM
Uttarashadha Until 7:24PM
Siddha Until 4:00PM
Taitila Until 3:59AM Thu
Ashtami* Until 3:22PM

Ganesha: Yellow *Sunrise:* 5:46AM
Muruqa: Clear *Sunset:* 6:28PM
Nataraja: Purple
Moon – Light Blue
Sivaloka Day
Chaitra•Chaitra

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| 1 | | Thursday, April 16, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | Muscat, Oman Sun 7 Sutra 4 | |
| Makara Rasi: 15.22 | Tithi 24 – 25 | Gulika 8:56AM – 10:31AM | Shravana Until 9:36PM | Ganesha: Blue | Sunrise: 5:45AM | | Sarvari 5122 |
| | | Yama 5:45AM – 7:20AM | Sadhya Until 4:02PM | Muruqa: Clear | Sunset: 6:28PM | | Moon 4 - Phase 1 |
| 294134468 | | Rahu 1:42PM – 3:17PM | Vanija Until 5:38AM Fri | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | Chidambaram Abhishekam | | Moon – Purple | | Devaloka Day | |
| | | | Navami* Until 4:44PM | Chaitra*Chaitra | | | |

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| 2 | | Friday, April 17, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Sukla Yoga Visti* Karana Dashamyam Titau | | Muscat, Oman Sun 8 Sutra 5 | |
| Makara Rasi: 27.34 | Tithi 25 | Gulika 7:19AM – 8:55AM | Dhanishtha Until 12:07AM Sat | Ganesha: Blue | Sunrise: 5:44AM | | Sarvari 5122 |
| | | Yama 3:17PM – 4:53PM | Subha Until 4:30PM | Muruqa: Clear | Sunset: 6:29PM | | Moon 4 - Phase 1 |
| 294134468 | | Rahu 10:31AM – 12:06PM | Visti Until 6:37PM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | Then Creative Work - Amrita Yoga | | Moon – Purple | | Devaloka Day | |
| | | | Dashami Until 6:37PM | Chaitra*Chaitra | | | |

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| 3 | | Saturday, April 18, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau | | Muscat, Oman Sun 9 Sutra 6 | |
| Kumbha Rasi: 9.35 | Tithi 26 | Gulika 5:43AM – 7:19AM | Shatabhishak Until 2:46AM Sun | Ganesha: Yellow | Sunrise: 5:43AM | | Sarvari 5122 |
| | | Yama 1:42PM – 3:17PM | Sukla Until 5:12PM | Muruqa: Clear | Sunset: 6:29PM | | Moon 4 - Phase 1 |
| 295134468 | | Rahu 8:55AM – 10:30AM | Bava Until 7:43AM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Amrita Yoga | Then Creative Work - Siddha Yoga | | Moon – Purple | | Sivaloka Day | |
| | | | Ekadashi* Until 8:51PM | Chaitra*Chaitra | | | |

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| 4 | | Sunday, April 19, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau | | Muscat, Oman Sun 10 Sutra 7 | |
| Kumbha Rasi: 21.31 | Tithi 27 | Gulika 3:18PM – 4:53PM | Purvaproshtapada* Until 5:53AM Mon | Ganesha: Yellow | Sunrise: 5:42AM | | Sarvari 5122 |
| | | Yama 12:06PM – 1:42PM | Brahma Until 6:04PM | Muruqa: Clear | Sunset: 6:29PM | | Moon 4 - Phase 1 |
| 215134468 | | Rahu 4:53PM – 6:29PM | Kaulava Until 10:03AM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | Then Creative Work - Siddha Yoga | | Moon – Clear | | Sivaloka Day | |
| | | | Dvadashi* Until 11:15PM | Chaitra*Chaitra | | | |

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| 5 | | Monday, April 20, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra Yoga Gara/Vanija Karana Trayodashyam Titau | | Muscat, Oman Sun 11 Sutra 8 | |
| Meena Rasi: 3.23 | Tithi 28 | Gulika 1:42PM – 3:18PM | Uttaraproshtapada Until 8:51AM Tue | Ganesha: Yellow | Sunrise: 5:41AM | | Sarvari 5122 |
| Family Home Evening | | Yama 10:30AM – 12:06PM | Indra Until 7:00PM | Muruqa: Clear | Sunset: 6:30PM | | Moon 4 - Phase 1 |
| 215134468 | | Rahu 7:17AM – 8:53AM | Gara Until 12:30PM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Siddha Yoga | Then Creative Work - Siddha Yoga | | Moon – Clear | | Sivaloka Day | |
| | | | Trayodashi* Until 1:42AM Tue | Chaitra*Chaitra | | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 6 | | Tuesday, April 21, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vaidhriti* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Muscat, Oman Sun 12 Sutra 9 | |
| Meena Rasi: 15.15 | Tithi 29 | Gulika 12:05PM – 1:42PM | Uttaraproshtapada Until 8:51AM | Ganesha: Yellow | Sunrise: 5:41AM | | Sarvari 5122 |
| | | Yama 8:53AM – 10:29AM | Vaidhriti* Until 7:53PM | Muruqa: Clear | Sunset: 6:30PM | | Moon 4 - Phase 1 |
| 215134468 | | Rahu 3:18PM – 4:54PM | Visti Until 2:56PM | Nataraja: Purple | | | 2nd Phase |
| Creative Work | Amrita Yoga | Then Creative Work - Siddha Yoga | | Moon – Clear | | Sivaloka Day | |
| | | | Chaturdashi* Until 4:06AM Wed | Chaitra*Chaitra | | | |

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| Retreat Star | | Wednesday, April 22, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Muscat, Oman Sun 13 Sutra 10 | |
| Meena Rasi: 27.08 | Tithi 30 | Gulika 10:29AM – 12:05PM | Revati Until 11:35AM | Ganesha: Yellow | Sunrise: 5:40AM | | Sarvari 5122 |
| | | Yama 7:16AM – 8:52AM | Vishkambha* Until 8:43PM | Muruqa: Clear | Sunset: 6:31PM | | Moon 4 - Phase 1 |
| 215134468 | | Rahu 12:05PM – 1:42PM | Catuspada Until 5:17PM | Nataraja: Purple | | | Amavasya |
| Routine Work | Marana Yoga | Then Creative Work - Siddha Yoga | | Moon – Clear | | Sivaloka Day | |
| | | | Amavasya* Until 6:23AM Thu | Chaitra*Chaitra | | | |

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| Retreat Star | | Thursday, April 23, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Muscat, Oman Sun 14 Sutra 11 | |
| Mesha Rasi: 9.04 | Tithi 30 – 1 | Gulika 8:52AM – 10:28AM | Ashvini Until 2:31PM | Ganesha: Red | Sunrise: 5:39AM | | Sarvari 5122 |
| | | Yama 5:39AM – 7:15AM | Priti Until 9:27PM | Muruqa: Clear | Sunset: 6:31PM | | Moon 4 - Phase 1 |
| 225134468 | | Rahu 1:41PM – 3:18PM | Kintughna Until 7:29PM | Nataraja: Purple | | | Prathama |
| Creative Work | Amrita Yoga | Then Creative Work - Siddha Yoga | | Moon – White | | Sivaloka Day | |
| | | | Amavasya* Until 6:23AM | Vaisaka*Chaitra | | | |

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| 1 | | Friday, April 24, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Muscat, Oman Sun 15 Sutra 12 | |
| Mesha Rasi: 21.04 | Tithi 1 – 2 | Gulika 7:15AM – 8:51AM | Bharani Until 5:06PM | Ganesha: Red | <i>Sunrise:</i> 5:38AM | | Sarvari 5122 |
| | | Yama 3:18PM – 4:55PM | Ayushman Until 9:59PM | Muruqa: Clear | <i>Sunset:</i> 6:31PM | | Moon 4 - Phase 2 |
| 225134469 | Rahu 10:28AM – 12:05PM | | Balava Until 9:28PM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Prathama* Until 8:29AM | Moon – White | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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| 2 | | Saturday, April 25, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Muscat, Oman Sun 16 Sutra 13 | |
| Vrishabha Rasi: 3.1 | Tithi 2 – 3 | Gulika 5:37AM – 7:14AM | Krittika Until 7:16PM | Ganesha: Red | <i>Sunrise:</i> 5:37AM | | Sarvari 5122 |
| | | Yama 1:41PM – 3:18PM | Saubhagya Until 10:19PM | Muruqa: Clear | <i>Sunset:</i> 6:32PM | | Moon 4 - Phase 2 |
| 225134469 | Rahu 8:51AM – 10:28AM | | Taitila Until 11:11PM | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Dvitiya Until 10:21AM | Moon – White | | Devaloka Day | |
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| 3 | | Sunday, April 26, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Muscat, Oman Sun 17 Sutra 14 | |
| Vrishabha Rasi: 15.23 | Tithi 3 – 4 | Gulika 3:18PM – 4:55PM | Rohini Until 9:26PM | Ganesha: Yellow | <i>Sunrise:</i> 5:37AM | | Sarvari 5122 |
| | | Yama 12:04PM – 1:41PM | Sobhana Until 10:24PM | Muruqa: Clear | <i>Sunset:</i> 6:32PM | | Moon 4 - Phase 2 |
| 235134469 | Rahu 4:55PM – 6:32PM | | Vanija Until 12:32AM Mon | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 11:53AM | Moon – Yellow | | Devaloka Day | |
| | | Akshaya Tritiya | | Vaisaka-Chaitra | | | |

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| 4 | | Monday, April 27, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Muscat, Oman Sun 18 Sutra 15 | |
| Vrishabha Rasi: 27.46 | Tithi 4 – 5 | Gulika 1:41PM – 3:19PM | Mrigashira Until 11:00PM | Ganesha: Yellow | <i>Sunrise:</i> 5:36AM | | Sarvari 5122 |
| Family Home Evening | | Yama 10:27AM – 12:04PM | Athiganda* Until 10:07PM | Muruqa: Clear | <i>Sunset:</i> 6:33PM | | Moon 4 - Phase 2 |
| 235134469 | Rahu 7:13AM – 8:50AM | | Bava Until 1:27AM Tue | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Amrita Yoga | | Chaturthi* Until 1:02PM | Moon – Yellow | | Devaloka Day | |
| Until 11:00PM | | Adi Sankara Jayanthi | | Vaisaka-Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 5 | | Tuesday, April 28, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Muscat, Oman Sun 19 Sutra 16 | |
| Mithuna Rasi: 10.2 | Tithi 5 – 6 | Gulika 12:04PM – 1:41PM | Ardra Until 11:55PM | Ganesha: Blue | <i>Sunrise:</i> 5:35AM | | Sarvari 5122 |
| | | Yama 8:50AM – 10:27AM | Sukarma Until 9:27PM | Muruqa: Clear | <i>Sunset:</i> 6:33PM | | Moon 4 - Phase 2 |
| 236134469 | Rahu 3:19PM – 4:56PM | | Kaulava Until 1:49AM Wed | Nataraja: Clear | | | 3rd Phase |
| Routine Work | Marana Yoga | | Panchami Until 1:41PM | Moon – Yellow | | Bhuloka Day | |
| Until 11:55PM | | | | Vaisaka-Chaitra | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 6 | | Wednesday, April 29, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Muscat, Oman Sun 20 Sutra 17 | |
| Mithuna Rasi: 23.11 | Tithi 6 – 7 | Gulika 10:27AM – 12:04PM | Punarvasu Until 12:33AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 5:34AM | | Sarvari 5122 |
| | | Yama 7:12AM – 8:49AM | Dhriti Until 8:19PM | Muruqa: Clear | <i>Sunset:</i> 6:34PM | | Moon 4 - Phase 2 |
| 246134469 | Rahu 12:04PM – 1:41PM | | Gara Until 1:34AM Thu | Nataraja: Clear | | | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 1:45PM | Moon – Blue | | Devaloka Day | |
| Until 12:33AM Thu | | | | Vaisaka-Chaitra | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| ☾ | | Thursday, April 30, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | Muscat, Oman Sun 21 Sutra 18 | |
| Retreat Star | | Gulika 8:49AM – 10:26AM | Pushya Until 12:23AM Fri | Ganesha: Yellow | <i>Sunrise:</i> 5:34AM | | Sarvari 5122 |
| Kataka Rasi: 6.2 | Tithi 7 – 8 | Yama 5:34AM – 7:11AM | Shula* Until 6:39PM | Muruqa: Clear | <i>Sunset:</i> 6:34PM | | Moon 4 - Phase 2 |
| 246134469 | Rahu 1:41PM – 3:19PM | | Visti Until 12:40AM Fri | Nataraja: Clear | | | Ashtami |
| Creative Work | Amrita Yoga | | Saptami Until 1:11PM | Moon – Blue | | Devaloka Day | |
| Until 12:23AM Fri | | | | Vaisaka-Chaitra | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| ☽ | | Friday, May 1, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhiti Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | Muscat, Oman Sun 22 Sutra 19 | |
| Retreat Star | | Gulika 7:10AM – 8:48AM | Ashlesha* Until 11:24PM | Ganesha: Yellow | <i>Sunrise:</i> 5:32AM | | Sarvari 5122 |
| Kataka Rasi: 19.52 | Tithi 8 – 9 | Yama 3:19PM – 4:57PM | Ganda* Until 4:27PM | Muruqa: Clear | <i>Sunset:</i> 6:35PM | | Moon 4 - Phase 2 |
| 246134469 | Rahu 10:26AM – 12:04PM | | Balava Until 11:06PM | Nataraja: Clear | | | Navami |
| Routine Work | Marana Yoga | | Ashtami* Until 11:57AM | Moon – Blue | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |


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| 1 | | Saturday, May 2, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Muscat, Oman Sun 23 Sutra 20 | |
| Simha Rasi: 3.46 | Tithi 9 – 10 | Gulika 5:32AM – 7:10AM | Magha* Until 10:06PM | Ganesha: White | <i>Sunrise:</i> 5:32AM | Sarvari 5122 | |
| | | Yama 1:42PM – 3:19PM | Vriddhi Until 1:45PM | Muruqa: Clear | <i>Sunset:</i> 6:35PM | Moon 4 - Phase 3 | |
| | 256134469 | Rahu 8:48AM – 10:26AM | Taitila Until 8:55PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Amrita Yoga | | Navami* Until 10:04AM | Moon – Red | | Bhuloka Day | |
| Until 10:06PM | | | | Vaisaka*Chaitra | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Sunday, May 3, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Muscat, Oman Sun 24 Sutra 21 | |
| Simha Rasi: 18.04 | Tithi 10 – 11 | Gulika 3:20PM – 4:58PM | Purvaphalguni Until 8:08PM | Ganesha: White | <i>Sunrise:</i> 5:31AM | Sarvari 5122 | |
| | | Yama 12:03PM – 1:42PM | Dhruva Until 10:34AM | Muruqa: Clear | <i>Sunset:</i> 6:36PM | Moon 4 - Phase 3 | |
| | 256134469 | Rahu 4:58PM – 6:36PM | Vanija Until 6:11PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 7:36AM | Moon – Red | | Bhuloka Day | |
| Until 8:08PM | | | | Vaisaka*Chaitra | | Devaloka Time: 3:PM to 6:PM | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Monday, May 4, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau | | Muscat, Oman Sun 25 Sutra 22 | |
| Kanya Rasi: 2.43 | Tithi 12 | Gulika 1:42PM – 3:20PM | Uttaraphalguni Until 5:36PM | Ganesha: Clear | <i>Sunrise:</i> 5:30AM | Sarvari 5122 | |
| Family Home Evening | | Yama 10:25AM – 12:03PM | Vyaghata* Until 7:00AM | Muruqa: Clear | <i>Sunset:</i> 6:36PM | Moon 4 - Phase 3 | |
| | 256234469 | Rahu 7:09AM – 8:47AM | Bava Until 3:02PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dvadashi Until 1:20AM Tue | Moon – Red | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |

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| 4 | | Tuesday, May 5, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Muscat, Oman Sun 26 Sutra 23 | |
| Kanya Rasi: 17.38 | Tithi 13 | Gulika 12:03PM – 1:42PM | Hasta Until 3:05PM | Ganesha: Clear | <i>Sunrise:</i> 5:30AM | Sarvari 5122 | |
| | | Yama 8:46AM – 10:25AM | Vajra* Until 11:09PM | Muruqa: Clear | <i>Sunset:</i> 6:37PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 3:20PM – 4:58PM | Kaulava Until 11:36AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Trayodashi Until 9:48PM | Moon – Green | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |
| | | | | <i>Pradosha Vrata</i> | | | |

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| 5 | | Wednesday, May 6, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau | | Muscat, Oman Sun 27 Sutra 24 | |
| Tula Rasi: 2.41 | Tithi 14 | Gulika 10:25AM – 12:03PM | Chitra Until 12:19PM | Ganesha: Clear | <i>Sunrise:</i> 5:29AM | Sarvari 5122 | |
| | | Yama 7:08AM – 8:46AM | Siddhi Until 7:06PM | Muruqa: Clear | <i>Sunset:</i> 6:37PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 12:03PM – 1:42PM | Gara Until 8:02AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 6:14PM | Moon – Green | | Devaloka Day | |
| | | | | Vaisaka*Chaitra | | | |

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|  | | Thursday, May 7, 2020 | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | Muscat, Oman Sun 28 Sutra 25 | |
| Tula Rasi: 17.44 | Tithi 15 – 16 | Gulika 8:46AM – 10:24AM | Svati Until 9:28AM | Ganesha: Clear | <i>Sunrise:</i> 5:28AM | Sarvari 5122 | |
| | | Yama 5:28AM – 7:07AM | Vyatipata* Until 3:09PM | Muruqa: Clear | <i>Sunset:</i> 6:38PM | Moon 4 - Phase 3 | |
| | 267234469 | Rahu 1:42PM – 3:20PM | Balava Until 1:07AM Fri | Nataraja: Clear | | Purnima | |
| Creative Work | Amrita Yoga | | Purnima* Until 2:45PM | Moon – Green | | Devaloka Day | |
| Until 9:28AM | | Budha Purnima (Tamil Nadu) | | Vaisaka*Chaitra | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| Friday, May 8, 2020 | | Silver Retreat Star | | Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau | | Muscat, Oman Sun 29 Sutra 26 | |
| Vrischika Rasi: 2.38 | Tithi 16 – 17 | Gulika 7:07AM – 8:46AM | Vishakha Until 7:08AM | Ganesha: Purple | <i>Sunrise:</i> 5:28AM | Sarvari 5122 | |
| | | Yama 3:21PM – 4:59PM | Variyan Until 11:25AM | Muruqa: Clear | <i>Sunset:</i> 6:38PM | Moon 4 - Phase 3 | |
| | 277234469 | Rahu 10:24AM – 12:03PM | Taitila Until 10:07PM | Nataraja: Clear | | Prathama | |
| Creative Work | Siddha Yoga | | Prathama* Until 11:33AM | Moon – Orange | | Bhuloka Day | |
| | | | | Vaisaka*Chaitra | | 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