



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

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

Oslo, Norway  
Sutra 7

Tula Rasi: 29.37 Tithi 17 – 18

**Gulika** 4:03PM – 5:56PM  
Yama 12:18PM – 2:10PM  
274483468 **Rahu** 5:56PM – 7:48PM

**Vishakha** **Until 12:28PM**  
Vyatipata\* **Until 10:59PM**  
Vanija **Until 7:23PM**  
**Dvitiya** **Until 8:01AM**

**Ganesha:** Blue *Sunrise: 4:47AM*  
**Muruqa:** Yellow *Sunset: 7:48PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

Routine Work Marana Yoga

**Devaloka Day**

**1**

**Monday, April 22, 2019**

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

Oslo, Norway  
Sun 1 Sutra 8

Vrischika Rasi: 13.12 Tithi 18 – 19

**Gulika** 2:11PM – 4:04PM  
Yama 10:24AM – 12:17PM  
274483468 **Rahu** 6:37AM – 8:31AM

**Anuradha** **Until 12:13PM**  
Variyan **Until 9:23PM**  
Bava **Until 6:39PM**  
**Tritiya** **Until 6:54AM**

**Ganesha:** Blue *Sunrise: 4:44AM*  
**Muruqa:** Yellow *Sunset: 7:51PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

**Family Home Evening**  
Creative Work Siddha Yoga

**Devaloka Day**

**2**

**Tuesday, April 23, 2019**

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

Oslo, Norway  
Sun 2 Sutra 9

Vrischika Rasi: 26.22 Tithi 19 – 20

**Gulika** 12:17PM – 2:11PM  
Yama 8:29AM – 10:23AM  
274483468 **Rahu** 4:05PM – 5:59PM

**Jyeshtha\*** **Until 12:35PM**  
Parigha\* **Until 8:27PM**  
Kaulava **Until 6:43PM**  
**Chaturthi\*** **Until 6:33AM**

**Ganesha:** Blue *Sunrise: 4:41AM*  
**Muruqa:** Yellow *Sunset: 7:53PM*  
**Nataraja:** Purple  
Moon – Orange  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

Routine Work Marana Yoga  
Until 12:35PM  
Then Creative Work - Amrita Yoga

**Devaloka Day**

**3**

**Wednesday, April 24, 2019**

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

Oslo, Norway  
Sun 3 Sutra 10

Dhanus Rasi: 9.07 Tithi 20 – 21

**Gulika** 10:22AM – 12:17PM  
Yama 6:33AM – 8:28AM  
284483468 **Rahu** 12:17PM – 2:12PM

**Mula\*** **Until 2:04PM**  
Shiva **Until 8:09PM**  
Gara **Until 7:36PM**  
**Panchami** **Until 7:02AM**

**Ganesha:** Yellow *Sunrise: 4:38AM*  
**Muruqa:** Yellow *Sunset: 7:56PM*  
**Nataraja:** Purple  
Moon – Light Blue  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

Routine Work Marana Yoga  
Until 2:04PM  
Then Creative Work - Amrita Yoga

**Sivaloka Day**

**4**

**Thursday, April 25, 2019**

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

Oslo, Norway  
Sun 4 Sutra 11

Dhanus Rasi: 21.31 Tithi 21 – 22

**Gulika** 8:26AM – 10:22AM  
Yama 4:36AM – 6:31AM  
284483469 **Rahu** 2:12PM – 4:07PM

**Purvashadha\*** **Until 4:08PM**  
Siddha **Until 8:23PM**  
Visti **Until 9:12PM**  
**Shashthi\*** **Until 8:18AM**

**Ganesha:** Yellow *Sunrise: 4:36AM*  
**Muruqa:** Yellow *Sunset: 7:58PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
1st Phase

Creative Work Siddha Yoga  
Until 4:08PM  
Then Routine Work - Marana Yoga

**Devaloka Day**

**D**

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

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

Oslo, Norway  
Sun 5 Sutra 12

Makara Rasi: 3.38 Tithi 22 – 23

**Gulika** 6:29AM – 8:25AM  
Yama 4:09PM – 6:05PM  
284583469 **Rahu** 10:21AM – 12:17PM

**Uttarashadha** **Until 6:35PM**  
Sadhya **Until 9:04PM**  
Balava **Until 11:22PM**  
**Saptami** **Until 10:13AM**

**Ganesha:** Red *Sunrise: 4:33AM*  
**Muruqa:** Yellow *Sunset: 8:00PM*  
**Nataraja:** Clear  
Moon – Light Blue  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
Ashtami

Routine Work Marana Yoga

**Devaloka Day**

**Saturday, April 27, 2019**

**Retreat Star**

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

Oslo, Norway  
Sun 6 Sutra 13

Makara Rasi: 15.34 Tithi 23 – 24

**Gulika** 4:30AM – 6:27AM  
Yama 2:13PM – 4:10PM  
294583469 **Rahu** 8:23AM – 10:20AM

**Shravana** **Until 9:44PM**  
Subha **Until 10:01PM**  
Taitila **Until 1:51AM** Sun  
**Ashtami\*** **Until 12:34PM**

**Ganesha:** Green *Sunrise: 4:30AM*  
**Muruqa:** Yellow *Sunset: 8:03PM*  
**Nataraja:** Clear  
Moon – Purple  
**Chaitra+Chaitra**

Vikarin 5121  
Moon 4 - Phase 2  
Navami

Creative Work Siddha Yoga

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

<b>1 Sunday, April 28, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Dhanishtha Nakshatra Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Oslo, Norway Sun 7 Sutra 14 Vikarin 5121
Makara Rasi: 27.23	Tithi 24 – 25	<b>Gulika</b> 4:11PM – 6:08PM	<b>Dhanishtha</b> Until 12:48AM Mon	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:27AM	
		Yama 12:16PM – 2:14PM	Sukla Until 11:01PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:05PM	Moon 4 - Phase 3
		294583469 <b>Rahu</b> 6:08PM – 8:05PM	Vanija Until 4:24AM Mon	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Navami*</b> Until 3:06PM	Moon – Purple		<b>Bhuloka Day</b>
Until 12:48AM Mon				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>2 Monday, April 29, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yukhtayam Shatabhishak Nakshatra Brahma Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 8 Sutra 15 Vikarin 5121
Kumbha Rasi: 9.13	Tithi 25 – 26	<b>Gulika</b> 2:14PM – 4:12PM	<b>Shatabhishak</b> Until 3:34AM Tue	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:25AM	
<b>Family Home Evening</b>		Yama 10:18AM – 12:16PM	Brahma Until 11:57PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:08PM	Moon 4 - Phase 3
Creative Work	Siddha Yoga	294583469 <b>Rahu</b> 6:23AM – 8:20AM	Bava Until 6:46AM Tue	<b>Nataraja:</b> Clear		2nd Phase
Until 3:34AM Tue			<b>Dashami</b> Until 5:36PM	Moon – Purple		<b>Bhuloka Day</b>
Then Routine Work - Marana Yoga				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM

<b>3 Tuesday, April 30, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yukhtayam Purvaproshtapada* Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 9 Sutra 16 Vikarin 5121
Kumbha Rasi: 21.07	Tithi 26	<b>Gulika</b> 12:16PM – 2:15PM	<b>Purvaproshtapada*</b> Until 6:21AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:22AM	
		Yama 8:19AM – 10:18AM	Indra Until 12:39AM Wed	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:10PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 4:13PM – 6:12PM	Bava Until 6:46AM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 7:49PM	Moon – Clear		<b>Bhuloka Day</b>
Until 6:21AM Wed				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, May 1, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yukhtayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau				Oslo, Norway Sun 10 Sutra 17 Vikarin 5121
Meena Rasi: 3.08	Tithi 27	<b>Gulika</b> 10:17AM – 12:16PM	<b>Purvaproshtapada*</b> Until 6:21AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:19AM	
		Yama 6:19AM – 8:18AM	Vaidhriti* Until 12:59AM Thu	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:13PM	Moon 4 - Phase 3
		214583469 <b>Rahu</b> 12:16PM – 2:15PM	Kaulava Until 8:47AM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 9:36PM	Moon – Clear		<b>Bhuloka Day</b>
Until 6:21AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>5 Thursday, May 2, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yukhtayam Uttaraproshtapada/Revati Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 11 Sutra 18 Vikarin 5121
Meena Rasi: 15.22	Tithi 28	<b>Gulika</b> 8:16AM – 10:16AM	<b>Uttaraproshtapada</b> Until 8:31AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:17AM	
		Yama 4:17AM – 6:16AM	Vishkambha* Until 12:56AM Fri	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:15PM	Moon 4 - Phase 3
		215583469 <b>Rahu</b> 2:16PM – 4:15PM	Gara Until 10:19AM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 10:52PM	Moon – Clear		<b>Bhuloka Day</b>
Until 10:01AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>6 Friday, May 3, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yukhtayam Revati/Ashvini Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway Sun 12 Sutra 19 Vikarin 5121
Meena Rasi: 27.48	Tithi 29	<b>Gulika</b> 6:14AM – 8:15AM	<b>Revati</b> Until 10:01AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:14AM	
		Yama 4:17PM – 6:17PM	Priti Until 12:28AM Sat	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:17PM	Moon 4 - Phase 3
		215583469 <b>Rahu</b> 10:15AM – 12:16PM	Visti Until 11:19AM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:36PM	Moon – Clear		<b>Bhuloka Day</b>
Until 10:01AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Ashvini/Bharani Nakshatra Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway Sun 13 Sutra 20 Vikarin 5121
Mesha Rasi: 10.29	Tithi 30	<b>Gulika</b> 4:11AM – 6:12AM	<b>Ashvini</b> Until 11:18AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:11AM	
		Yama 2:17PM – 4:18PM	Ayushman Until 11:34PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:20PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 8:14AM – 10:15AM	Catuspada Until 11:47AM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 11:47PM	Moon – White		<b>Bhuloka Day</b>
Until 11:55AM				<b>Chaitra+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Bharani/Krittika Nakshatra Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway Sun 14 Sutra 21 Vikarin 5121
Mesha Rasi: 23.26	Tithi 1	<b>Gulika</b> 4:19PM – 6:21PM	<b>Bharani</b> Until 11:55AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:09AM	
		Yama 12:16PM – 2:17PM	Saubhagya Until 10:18PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 8:22PM	Moon 4 - Phase 3
		225583469 <b>Rahu</b> 6:21PM – 8:22PM	Kintughna Until 11:43AM	<b>Nataraja:</b> Clear		Prathama
Routine Work	Prabalarishta Yoga		<b>Prathama*</b> Until 11:30PM	Moon – White		<b>Bhuloka Day</b>
Until 11:55AM				<b>Vaisaka+Chaitra</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

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

<b>Monday, May 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 15 Sutra 22
<b>1</b>		<b>Gulika</b> 2:18PM – 4:20PM	<b>Krittika</b> Until 11:58AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:06AM	Vikarin 5121
Vrishabha Rasi: 7	Tithi 2	Yama 10:13AM – 12:15PM	Sobhana Until 8:43PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:25PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	225583469	<b>Rahu</b> 6:09AM – 8:11AM	Balava Until 11:13AM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya</b> Until 10:49PM	Moon – White		
Until 11:58AM				<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>Tuesday, May 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 23
<b>2</b>		<b>Gulika</b> 12:15PM – 2:18PM	<b>Rohini</b> Until 11:56AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:04AM	Vikarin 5121
Vrishabha Rasi: 19.59	Tithi 3	Yama 8:10AM – 10:12AM	Athiganda* Until 6:50PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:27PM	Moon 4 - Phase 4
<b>Creative Work</b> Amrita Yoga	235583469	<b>Rahu</b> 4:21PM – 6:24PM	Taitila Until 10:21AM	<b>Nataraja:</b> Clear		3rd Phase
Until 11:56AM			Taitila Until 10:21AM	Moon – Yellow		
Then Creative Work - Siddha Yoga		<b>Akshaya Tritiya</b>	<b>Tritiya</b> Until 9:46PM	<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Wednesday, May 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma/Dhriti* Yoga Vanija/Vishti* Karana Chaturthyam Titau				Oslo, Norway Sun 17 Sutra 24
<b>3</b>		<b>Gulika</b> 10:12AM – 12:15PM	<b>Mrigashira</b> Until 11:27AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:01AM	Vikarin 5121
Mithuna Rasi: 3.33	Tithi 4	Yama 6:05AM – 8:08AM	Sukarma Until 4:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:29PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	235583469	<b>Rahu</b> 12:15PM – 2:19PM	Vanija Until 9:10AM	<b>Nataraja:</b> Clear		3rd Phase
Until 11:58AM			<b>Chaturthi*</b> Until 8:27PM	Moon – Yellow		
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Thursday, May 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 25
<b>4</b>		<b>Gulika</b> 8:07AM – 10:11AM	<b>Ardra</b> Until 10:35AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 3:59AM	Vikarin 5121
Mithuna Rasi: 17.16	Tithi 5	Yama 3:59AM – 6:03AM	Dhriti Until 2:28PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:32PM	Moon 4 - Phase 4
<b>Routine Work</b> Marana Yoga	235583469	<b>Rahu</b> 2:19PM – 4:24PM	Bava Until 7:43AM	<b>Nataraja:</b> Clear		3rd Phase
Until 10:35AM			<b>Panchami</b> Until 6:54PM	Moon – Yellow		
Then Creative Work - Amrita Yoga				<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM

<b>Friday, May 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Shashthi/Saplamyam Titau				Oslo, Norway Sun 19 Sutra 26
<b>5</b>		<b>Gulika</b> 6:01AM – 8:06AM	<b>Punarvasu</b> Until 9:48AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:56AM	Vikarin 5121
Kataka Rasi: 1.07	Tithi 6 – 7	Yama 4:25PM – 6:29PM	Shula* Until 11:59AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:34PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 10:10AM – 12:15PM	Kaulava Until 6:04AM	<b>Nataraja:</b> Clear		3rd Phase
Until 9:48AM			<b>Shashthi*</b> Until 5:09PM	Moon – Blue		
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>	

<b>Saturday, May 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhhi* Yoga Vanija/Vishti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 20 Sutra 27
<b>6</b>		<b>Gulika</b> 3:54AM – 5:59AM	<b>Pushya</b> Until 8:40AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:54AM	Vikarin 5121
Kataka Rasi: 15.05	Tithi 7 – 8	Yama 2:21PM – 4:26PM	Ganda* Until 9:22AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:37PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	245583469	<b>Rahu</b> 8:05AM – 10:10AM	Vishti Until 2:11AM Sun	<b>Nataraja:</b> Clear		3rd Phase
Until 8:40AM			<b>Saptami</b> Until 3:12PM	Moon – Blue		
Then Routine Work - Marana Yoga				<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>	

<b>Sunday, May 12, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 21 Sutra 28
<b>Retreat Star</b>		<b>Gulika</b> 4:27PM – 6:33PM	<b>Ashlesha*</b> Until 7:14AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:51AM	Vikarin 5121
Kataka Rasi: 29.11	Tithi 8 – 9	Yama 12:15PM – 2:21PM	Vridhhi Until 6:38AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:39PM	Moon 4 - Phase 4
<b>Creative Work</b> Siddha Yoga	246583469	<b>Rahu</b> 6:33PM – 8:39PM	Balava Until 12:00AM Mon	<b>Nataraja:</b> Clear		Ashtami
Until 7:14AM			<b>Ashtami*</b> Until 1:05PM	Moon – Blue		
Then Routine Work - Marana Yoga		<b>Mother's Day</b>		<b>Vaisaka-Chaitra</b>	<b>Devaloka Day</b>	


<b>Monday, May 13, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 22 Sutra 29
<b>Retreat Star</b>		<b>Gulika</b> 2:22PM – 4:28PM	<b>Purvaphalguni</b> Until 4:22AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:49AM	Vikarin 5121
Simha Rasi: 13.22	Tithi 9 – 10	Yama 10:09AM – 12:15PM	Vyaghata* Until 12:46AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:41PM	Moon 4 - Phase 4
<b>Family Home Evening</b>	256583469	<b>Rahu</b> 5:56AM – 8:02AM	Taitila Until 9:41PM	<b>Nataraja:</b> Clear		Navami
<b>Creative Work</b> Siddha Yoga			<b>Navami*</b> Until 10:50AM	Moon – Red		
Until 4:22AM Tue				<b>Vaisaka-Chaitra</b>	<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga						

<b>1</b>		<b>Tuesday, May 14, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 23 Sutra 30
Simha Rasi: 27.38	Tithi 10 – 11	<b>Gulika</b>	12:15PM – 2:22PM	<b>Uttaraphalguni</b> Until 2:37AM Wed	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:47AM	Vikarin 5121	
		Yama	8:01AM – 10:08AM	Harshana Until 9:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:43PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	4:29PM – 6:36PM	Vanija Until 7:19PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga			<b>Dashami</b> Until 8:29AM	Moon – Red	<b>Bhuloka Day</b>		
Until 2:37AM Wed					<b>Vaisaka-Chaitra</b>	Devaloka Time: 3:PM to 6:PM		
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Wednesday, May 15, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Vajra* Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 24 Sutra 31
Kanya Rasi: 11.55	Tithi 11 – 12	<b>Gulika</b>	10:07AM – 12:15PM	<b>Hasta</b> Until 1:11AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:44AM	Vikarin 5121	
		Yama	5:52AM – 8:00AM	Vajra* Until 6:44PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:46PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	12:15PM – 2:23PM	Balava Until 3:45AM Thu	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga			<b>Ekadashi</b> Until 6:06AM	Moon – Green	<b>Devaloka Day</b>		
Until 1:11AM Thu					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Thursday, May 16, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Oslo, Norway Sun 25 Sutra 32
Kanya Rasi: 26.11	Tithi 13	<b>Gulika</b>	7:59AM – 10:07AM	<b>Chitra</b> Until 11:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:42AM	Vikarin 5121	
		Yama	3:42AM – 5:50AM	Siddhi Until 3:49PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:48PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	2:23PM – 4:32PM	Kaulava Until 2:39PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Trayodashi</b> Until 1:34AM Fri	Moon – Green	<b>Devaloka Day</b>		
Until 11:45PM					<b>Vaisaka-Vaikasi</b>			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>				

<b>4</b>		<b>Friday, May 17, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Chaturdashyam Titau		Oslo, Norway Sun 26 Sutra 33
Tula Rasi: 10.19	Tithi 14	<b>Gulika</b>	5:49AM – 7:58AM	<b>Svati</b> Until 10:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:40AM	Vikarin 5121	
		Yama	4:33PM – 6:42PM	Vyatipata* Until 1:05PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:50PM	Moon 4 - Phase 5	
		266583469 <b>Rahu</b>	10:06AM – 12:15PM	Gara Until 12:35PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Chaturdashi*</b> Until 11:39PM	Moon – Green	<b>Devaloka Day</b>		
					<b>Vaisaka-Vaikasi</b>			

		<b>Saturday, May 18, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Purnimayam Titau		Oslo, Norway Sun 27 Sutra 34
<b>Copper Retreat Star</b>		<b>Gulika</b>	3:38AM – 5:47AM	<b>Vishakha</b> Until 9:48PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 3:38AM	Vikarin 5121	
Tula Rasi: 24.17	Tithi 15	Yama	2:24PM – 4:34PM	Variyan Until 10:37AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:53PM	Moon 4 - Phase 5	
		276583469 <b>Rahu</b>	7:56AM – 10:06AM	Visti Until 10:52AM	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Siddha Yoga			<b>Purnima*</b> Until 10:09PM	Moon – Orange	<b>Bhuloka Day</b>		
					<b>Vaisaka-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM		

<b>5</b>		<b>Sunday, May 19, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau		Oslo, Norway Sun 28 Sutra 35
<b>Silver Retreat Star</b>		<b>Gulika</b>	4:35PM – 6:45PM	<b>Anuradha</b> Until 9:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:36AM	Vikarin 5121	
Vrischika Rasi: 7.58	Tithi 16	Yama	12:15PM – 2:25PM	Parigha* Until 8:32AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 8:55PM	Moon 4 - Phase 5	
		277583469 <b>Rahu</b>	6:45PM – 8:55PM	Balava Until 9:36AM	<b>Nataraja:</b> Clear		Prathama	
Routine Work	Marana Yoga			<b>Prathama*</b> Until 9:10PM	Moon – Orange	<b>Devaloka Day</b>		
					<b>Vaisaka-Vaikasi</b>			

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

All times are standard time

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

Vrischika Rasi: 21.19 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga

277583469

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

**Gulika** 2:26PM – 4:36PM  
**Yama** 10:05AM – 12:15PM  
**Rahu** 5:44AM – 7:54AM

**Jyeshtha\* Until 9:47PM**  
Shiva Until 6:56AM  
Taitila Until 8:56AM  
**Dvitiya Until 8:49PM**

Oslo, Norway  
Sun 1  
Sutra 36  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Yellow *Sunrise:* 3:33AM  
**Muruqa:** Yellow *Sunset:* 8:57PM  
**Nataraja:** Clear  
Moon – Orange

**Devaloka Day**  
**Vaisaka-Vaikasi**

**1**

**Tuesday, May 21, 2019**

Dhanus Rasi: 4.19 Tithi 18  
Creative Work Amrita Yoga  
Until 10:59PM  
Then Creative Work - Siddha Yoga

287683469

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

**Gulika** 12:15PM – 2:26PM  
**Yama** 7:53AM – 10:04AM  
**Rahu** 4:37PM – 6:48PM

**Mula\* Until 10:59PM**  
Sadhya Until 5:18AM Wed  
Vanija Until 8:55AM  
**Tritiya Until 9:10PM**

Oslo, Norway  
Sun 2  
Sutra 37  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 3:31AM  
**Muruqa:** Yellow *Sunset:* 8:59PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

**2**

**Wednesday, May 22, 2019**

Dhanus Rasi: 16.59 Tithi 19  
Creative Work Amrita Yoga  
Until 12:43AM Thu  
Then Routine Work - Marana Yoga

287683469

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

**Gulika** 10:04AM – 12:15PM  
**Yama** 5:41AM – 7:52AM  
**Rahu** 12:15PM – 2:27PM

**Purvashadha\* Until 12:43AM Thu**  
Subha Until 5:19AM Thu  
Bava Until 9:37AM  
**Chaturthi\* Until 10:12PM**

Oslo, Norway  
Sun 3  
Sutra 38  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 3:29AM  
**Muruqa:** Yellow *Sunset:* 9:01PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

**3**

**Thursday, May 23, 2019**

Dhanus Rasi: 29.21 Tithi 20  
Routine Work Marana Yoga

287683469

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

**Gulika** 7:51AM – 10:03AM  
**Yama** 3:27AM – 5:39AM  
**Rahu** 2:27PM – 4:39PM

**Uttarashadha Until 2:52AM Fri**  
Sukla Until 5:45AM Fri  
Kaulava Until 10:59AM  
**Panchami Until 11:51PM**

Oslo, Norway  
Sun 4  
Sutra 39  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Red *Sunrise:* 3:27AM  
**Muruqa:** Yellow *Sunset:* 9:03PM  
**Nataraja:** Clear  
Moon – Light Blue

**Devaloka Day**  
**Vaisaka-Vaikasi**

**4**

**Friday, May 24, 2019**

Makara Rasi: 11.29 Tithi 21  
Routine Work Marana Yoga  
Until 5:47AM Sat  
Then Creative Work - Siddha Yoga

297683469

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

**Gulika** 5:38AM – 7:51AM  
**Yama** 4:40PM – 6:53PM  
**Rahu** 10:03AM – 12:15PM

**Shravana Until 5:47AM Sat**  
Brahma Until 6:31AM Sat  
Gara Until 12:54PM  
**Shashthi\* Until 1:59AM Sat**

Oslo, Norway  
Sun 5  
Sutra 40  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Green *Sunrise:* 3:26AM  
**Muruqa:** Yellow *Sunset:* 9:05PM  
**Nataraja:** Clear  
Moon – Purple

**Bhuloka Day**  
**Vaisaka-Vaikasi**  
Devaloka Time: 3:PM to 6:PM

**5**

**Saturday, May 25, 2019**

Makara Rasi: 23.26 Tithi 22  
Creative Work Siddha Yoga

297683469

Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Dhanishtha Nakshatra Brahma/Indra Yoga Visti\*/Bava Karana Saplamyam Titau

**Gulika** 3:24AM – 5:37AM  
**Yama** 2:29PM – 4:41PM  
**Rahu** 7:50AM – 10:03AM

**Dhanishtha Until 8:44AM Sun**  
Brahma Until 6:31AM  
Visti Until 3:11PM  
**Saptami Until 4:22AM Sun**

Oslo, Norway  
Sun 6  
Sutra 41  
Vikarin 5121  
Moon 5 - Phase 6  
1st Phase

**Ganesha:** Green *Sunrise:* 3:24AM  
**Muruqa:** Yellow *Sunset:* 9:07PM  
**Nataraja:** Clear  
Moon – Purple

**Bhuloka Day**  
**Vaisaka-Vaikasi**  
Devaloka Time: 3:PM to 6:PM

**D**

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

Kumbha Rasi: 5.18 Tithi 23  
Routine Work Marana Yoga  
Until 8:44AM  
Then Creative Work - Siddha Yoga

398683469

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

**Gulika** 4:43PM – 6:56PM  
**Yama** 12:16PM – 2:29PM  
**Rahu** 6:56PM – 9:09PM

**Dhanishtha Until 8:44AM**  
Indra Until 7:29AM  
Balava Until 5:37PM  
**Ashtami\* Until 6:47AM Mon**

Oslo, Norway  
Sun 7  
Sutra 42  
Vikarin 5121  
Moon 5 - Phase 6  
Ashtami

**Ganesha:** Blue *Sunrise:* 3:22AM  
**Muruqa:** Yellow *Sunset:* 9:09PM  
**Nataraja:** Clear  
Moon – Purple

**Sivaloka Day**  
**Vaisaka-Vaikasi**

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

Kumbha Rasi: 17.1 Tithi 23 – 24  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 11:32AM  
Then Routine Work - Marana Yoga

398683469

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

**Gulika** 2:30PM – 4:44PM  
**Yama** 10:02AM – 12:16PM  
**Rahu** 5:34AM – 7:48AM

**Shatabhishak Until 11:32AM**  
Vaidhriti\* Until 8:25AM  
Taitila Until 7:57PM  
**Ashtami\* Until 6:47AM**

Oslo, Norway  
Sun 8  
Sutra 43  
Vikarin 5121  
Moon 5 - Phase 6  
Navami

**Ganesha:** Blue *Sunrise:* 3:20AM  
**Muruqa:** Yellow *Sunset:* 9:11PM  
**Nataraja:** Clear  
Moon – Purple

**Sivaloka Day**  
**Vaisaka-Vaikasi**

<b>1</b>		<b>Tuesday, May 28, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Oslo, Norway Sun 9 Sutra 44
Kumbha Rasi: 29.06	Tithi 24 – 25	<b>Gulika</b>	12:16PM – 2:30PM	<b>Purvaproshtapada* Until 2:26PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:18AM	Vikarin 5121
		Yama	7:47AM – 10:01AM	Vishkambha* Until 9:12AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:13PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	4:45PM – 6:59PM	Vanija Until 10:00PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Navami* Until 9:00AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 2:26PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Wednesday, May 29, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Visti/Bava Karana Dashami/Ekadashyam Titau	Oslo, Norway Sun 10 Sutra 45
Meena Rasi: 11.11	Tithi 25 – 26	<b>Gulika</b>	10:01AM – 12:16PM	<b>Uttaraproshtapada Until 4:45PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:17AM	Vikarin 5121
		Yama	5:32AM – 7:46AM	Priti Until 9:43AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:15PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	12:16PM – 2:31PM	Bava Until 11:34PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 10:50AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 4:45PM					<b>Vaisaka-Vaikasi</b>		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Thursday, May 30, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Oslo, Norway Sun 11 Sutra 46
Meena Rasi: 23.28	Tithi 26 – 27	<b>Gulika</b>	7:46AM – 10:01AM	<b>Revati Until 6:22PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:15AM	Vikarin 5121
		Yama	3:15AM – 5:30AM	Ayushman Until 9:47AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:17PM	Moon 5 - Phase 7
		318683469 <b>Rahu</b>	2:31PM – 4:47PM	Kaulava Until 12:33AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 12:07PM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 6:22PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Friday, May 31, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau	Oslo, Norway Sun 12 Sutra 47
Mesha Rasi: 6.01	Tithi 27 – 28	<b>Gulika</b>	5:29AM – 7:45AM	<b>Ashvini Until 7:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:14AM	Vikarin 5121
		Yama	4:48PM – 7:03PM	Saubhagya Until 9:23AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:19PM	Moon 5 - Phase 7
		328683469 <b>Rahu</b>	10:01AM – 12:16PM	Gara Until 12:54AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 12:47PM</b>	Moon – White		<b>Devaloka Day</b>
Until 7:42PM					<b>Vaisaka-Vaikasi</b>		
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Saturday, June 1, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Oslo, Norway Sun 13 Sutra 48
Mesha Rasi: 18.53	Tithi 28 – 29	<b>Gulika</b>	3:12AM – 5:28AM	<b>Bharani Until 8:14PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:12AM	Vikarin 5121
		Yama	2:32PM – 4:48PM	Sobhana Until 8:30AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:21PM	Moon 5 - Phase 7
		329683469 <b>Rahu</b>	7:44AM – 10:00AM	Visti Until 12:37AM Sun	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 12:49PM</b>	Moon – White		<b>Bhuloka Day</b>
Until 8:14PM					<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Sunday, June 2, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Oslo, Norway Sun 14 Sutra 49
Vrishabha Rasi: 2.03	Tithi 29 – 30	<b>Gulika</b>	4:49PM – 7:06PM	<b>Krittika Until 8:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:11AM	Vikarin 5121
		Yama	12:16PM – 2:33PM	Athiganda* Until 7:05AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:22PM	Moon 5 - Phase 7
		329683469 <b>Rahu</b>	7:06PM – 9:22PM	Catuspada Until 11:44PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 12:14PM</b>	Moon – White		<b>Bhuloka Day</b>
					<b>Vaisaka-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Monday, June 3, 2019</b>				Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Oslo, Norway Sun 15 Sutra 50
Vrishabha Rasi: 15.32	Tithi 30 – 1	<b>Gulika</b>	2:33PM – 4:50PM	<b>Rohini Until 7:37PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 3:09AM	Vikarin 5121
<b>Family Home Evening</b>		Yama	10:00AM – 12:17PM	Dhriti Until 3:01AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:24PM	Moon 5 - Phase 7
		339683469 <b>Rahu</b>	5:26AM – 7:43AM	Kintughna Until 10:22PM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga			<b>Amavasya* Until 11:05AM</b>	Moon – Yellow		<b>Bhuloka Day</b>
					<b>Jyeshtha-Vaikasi</b>		Devaloka Time: 3:PM to 6:PM

<b>1</b>		<b>Tuesday, June 4, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Oslo, Norway Sun 16 Sutra 51 Vikarin 5121
Vrishabha Rasi: 29.18	Tithi 1 – 2	<b>Gulika</b> 12:17PM – 2:34PM	<b>Mrigashira Until 6:39PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 3:08AM	Moon 5 - Phase 8
		Yama 7:42AM – 10:00AM	Shula* Until 12:28AM Wed	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:25PM	3rd Phase
		339683461 <b>Rahu</b> 4:51PM – 7:08PM	Balava Until 8:35PM	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Prathama* Until 9:30AM</b>	Moon – Yellow	<b>Bhuloka Day</b>
Until 6:39PM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga					

<b>2</b>		<b>Wednesday, June 5, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau	Oslo, Norway Sun 17 Sutra 52 Vikarin 5121
Mithuna Rasi: 13.17	Tithi 2 – 3	<b>Gulika</b> 9:59AM – 12:17PM	<b>Ardra Until 5:14PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 3:07AM	Moon 5 - Phase 8
		Yama 5:24AM – 7:42AM	Ganda* Until 9:42PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:27PM	3rd Phase
		339683461 <b>Rahu</b> 12:17PM – 2:34PM	Taitila Until 6:31PM	<b>Nataraja:</b> Yellow	
Creative Work	Siddha Yoga		<b>Dvitiya Until 7:34AM</b>	Moon – Yellow	<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM

<b>3</b>		<b>Thursday, June 6, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi Yoga Vanija/Visti* Karana Chalurthyam Titau	Oslo, Norway Sun 18 Sutra 53 Vikarin 5121
Mithuna Rasi: 27.26	Tithi 4	<b>Gulika</b> 7:41AM – 9:59AM	<b>Punarvasu Until 3:55PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:06AM	Moon 5 - Phase 8
		Yama 3:06AM – 5:24AM	Vridhi Until 6:48PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:28PM	3rd Phase
		349683461 <b>Rahu</b> 2:35PM – 4:53PM	Vanija Until 4:15PM	<b>Nataraja:</b> Yellow	
Creative Work	Amrita Yoga		<b>Chaturthi* Until 3:04AM Fri</b>	Moon – Blue	<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM

<b>4</b>		<b>Friday, June 7, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau	Oslo, Norway Sun 19 Sutra 54 Vikarin 5121
Kataka Rasi: 11.41	Tithi 5	<b>Gulika</b> 5:23AM – 7:41AM	<b>Pushya Until 2:21PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:05AM	Moon 5 - Phase 8
		Yama 4:53PM – 7:12PM	Dhruva Until 3:49PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:30PM	3rd Phase
		349683461 <b>Rahu</b> 9:59AM – 12:17PM	Bava Until 1:54PM	<b>Nataraja:</b> Yellow	
Routine Work	Marana Yoga		<b>Panchami Until 12:42AM Sat</b>	Moon – Blue	<b>Bhuloka Day</b>
				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM

<b>5</b>		<b>Saturday, June 8, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau	Oslo, Norway Sun 20 Sutra 55 Vikarin 5121
Kataka Rasi: 25.58	Tithi 6	<b>Gulika</b> 3:04AM – 5:22AM	<b>Ashlesha* Until 12:38PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 3:04AM	Moon 5 - Phase 8
		Yama 2:36PM – 4:54PM	Vyaghata* Until 12:50PM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:31PM	3rd Phase
		349683461 <b>Rahu</b> 7:41AM – 9:59AM	Kaulava Until 11:32AM	<b>Nataraja:</b> Yellow	
Routine Work	Marana Yoga		<b>Shashthi* Until 10:20PM</b>	Moon – Blue	<b>Bhuloka Day</b>
Until 12:38PM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>6</b>		<b>Sunday, June 9, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Saptamyam Titau	Oslo, Norway Sun 21 Sutra 56 Vikarin 5121
Simha Rasi: 10.13	Tithi 7	<b>Gulika</b> 4:55PM – 7:14PM	<b>Magha* Until 11:14AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:03AM	Moon 5 - Phase 8
		Yama 12:18PM – 2:36PM	Harshana Until 9:53AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:32PM	3rd Phase
		351683461 <b>Rahu</b> 7:14PM – 9:32PM	Gara Until 9:12AM	<b>Nataraja:</b> Yellow	
Routine Work	Marana Yoga		<b>Saptami Until 8:03PM</b>	Moon – Red	<b>Devaloka Day</b>
Until 11:14AM				<b>Jyeshtha-Vaikasi</b>	
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		<b>Monday, June 10, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Balava Karana Ashtami/Navamyam Titau	Oslo, Norway Sun 22 Sutra 57 Vikarin 5121
Simha Rasi: 24.25	Tithi 8 – 9	<b>Gulika</b> 2:37PM – 4:56PM	<b>Purvaphalguni Until 9:48AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:02AM	Moon 5 - Phase 8
<b>Family Home Evening</b>		Yama 9:59AM – 12:18PM	Vajra* Until 7:00AM	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:33PM	Ashtami
		351683461 <b>Rahu</b> 5:21AM – 7:40AM	Visti Until 6:58AM	<b>Nataraja:</b> Yellow	
Creative Work	Siddha Yoga		<b>Ashtami* Until 5:52PM</b>	Moon – Red	<b>Devaloka Day</b>
				<b>Jyeshtha-Vaikasi</b>	

<b>Retreat Star</b>		<b>Tuesday, June 11, 2019</b>		Vikarin Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau	Oslo, Norway Sun 23 Sutra 58 Vikarin 5121
Kanya Rasi: 8.32	Tithi 9 – 10	<b>Gulika</b> 12:18PM – 2:37PM	<b>Uttaraphalguni Until 8:21AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:01AM	Moon 5 - Phase 8
		Yama 7:40AM – 9:59AM	Vyatipata* Until 1:36AM Wed	<b>Muruqa:</b> Yellow <i>Sunset:</i> 9:34PM	Navami
		351683461 <b>Rahu</b> 4:56PM – 7:15PM	Taitila Until 2:53AM Wed	<b>Nataraja:</b> Yellow	
Creative Work	Amrita Yoga		<b>Navami* Until 3:49PM</b>	Moon – Red	<b>Devaloka Day</b>
Until 8:21AM				<b>Jyeshtha-Vaikasi</b>	
Then Creative Work - Siddha Yoga					

Loose me from my sin as from a bond that binds me. May my life swell the stream of your river of Right. Rig Veda Samhita

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<b>1</b>		<b>Wednesday, June 12, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Varyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 24 Sutra 59
Kanya Rasi: 22.32	Tithi 10 – 11	<b>Gulika</b> 9:59AM – 12:18PM	<b>Hasta</b> <b>Until 7:21AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:01AM	Vikarin 5121
		Yama 5:20AM – 7:39AM	Variyan <b>Until 11:07PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:36PM	Moon 5 - Phase 9
	361683461	<b>Rahu</b> 12:18PM – 2:37PM	Vanija <b>Until 1:08AM Thu</b>	<b>Nataraja:</b> Yellow		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> <b>Until 1:58PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 7:21AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Thursday, June 13, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svatil Nakshatra Parigha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 25 Sutra 60
Tula Rasi: 6.25	Tithi 11 – 12	<b>Gulika</b> 7:39AM – 9:59AM	<b>Chitra</b> <b>Until 6:25AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:00AM	Vikarin 5121
		Yama 3:00AM – 5:20AM	Parigha* <b>Until 8:51PM</b>	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 9:36PM	Moon 5 - Phase 9
	361683461	<b>Rahu</b> 2:38PM – 4:57PM	Bava <b>Until 11:39PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> <b>Until 12:20PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 6:25AM				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Friday, June 14, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 26 Sutra 61
Tula Rasi: 20.07	Tithi 12 – 13	<b>Gulika</b> 5:19AM – 7:39AM	<b>Vishakha</b> <b>Until 5:27AM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:00AM	Vikarin 5121
		Yama 4:58PM – 7:18PM	Shiva <b>Until 6:52PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:37PM	Moon 5 - Phase 9
	371693461	<b>Rahu</b> 9:59AM – 12:19PM	Kaulava <b>Until 10:29PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> <b>Until 11:00AM</b>	Moon – Orange	<b>Sivaloka Day</b>	
		<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>		
			<i>Pradosha Vrata</i>			

<b>4</b>		<b>Saturday, June 15, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 62
Vrischika Rasi: 3.38	Tithi 13 – 14	<b>Gulika</b> 2:59AM – 5:19AM	<b>Anuradha</b> <b>Until 5:33AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 2:59AM	Vikarin 5121
		Yama 2:39PM – 4:58PM	Siddha <b>Until 5:09PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:38PM	Moon 5 - Phase 9
	371793461	<b>Rahu</b> 7:39AM – 9:59AM	Gara <b>Until 9:43PM</b>	<b>Nataraja:</b> Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> <b>Until 10:01AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 5:33AM Sun				<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga						

		<b>Sunday, June 16, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sutra 63
<b>Copper Retreat Star</b>		<b>Gulika</b> 4:59PM – 7:19PM	<b>Jyeshtha*</b> <b>Until 6:00AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 2:59AM	Vikarin 5121
Vrischika Rasi: 16.54	Tithi 14 – 15	Yama 12:19PM – 2:39PM	Sadhya <b>Until 3:49PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:39PM	Moon 5 - Phase 9
	371793461	<b>Rahu</b> 7:19PM – 9:39PM	Visti <b>Until 9:25PM</b>	<b>Nataraja:</b> Yellow		Purnima
Routine Work	Marana Yoga		<b>Chaturdashi*</b> <b>Until 9:29AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 6:00AM Mon		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, June 17, 2019</b>		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		Oslo, Norway Sutra 64		
<b>Silver Retreat Star</b>		<b>Gulika</b> 2:39PM – 4:59PM	<b>Jyeshtha*</b> <b>Until 6:00AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 2:59AM	Vikarin 5121
Vrischika Rasi: 29.55	Tithi 15 – 16	Yama 9:59AM – 12:19PM	Subha <b>Until 2:55PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:39PM	Moon 5 - Phase 9
<b>Family Home Evening</b>	371793461	<b>Rahu</b> 5:19AM – 7:39AM	Balava <b>Until 9:39PM</b>	<b>Nataraja:</b> Yellow		Prathama
Creative Work	Siddha Yoga		<b>Purnima*</b> <b>Until 9:27AM</b>	Moon – Orange	<b>Subha Sivaloka Day</b>	
Until 6:00AM				<b>Jyeshtha-Ani</b>		
Then Routine Work - Marana Yoga						

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

Oslo, Norway  
Sutra 65

Dhanus Rasi: 12.39 Tithi 16 – 17

**Gulika** 12:19PM – 2:39PM  
Yama 7:39AM – 9:59AM  
Rahu 5:00PM – 7:20PM

**Mula\* Until 7:16AM**  
Sukla Until 2:26PM  
Taitila Until 10:28PM  
Prathama\* Until 9:58AM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:40PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Amrita Yoga  
Until 7:16AM  
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

Oslo, Norway  
Sun 1 Sutra 66

Dhanus Rasi: 25.08 Tithi 17 – 18

**Gulika** 9:59AM – 12:19PM  
Yama 5:19AM – 7:39AM  
Rahu 12:19PM – 2:40PM

**Purvashadha\* Until 8:57AM**  
Brahma Until 2:24PM  
Vanija Until 11:49PM  
Dvitiya Until 11:03AM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:40PM

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/Vaidhriti\* Yoga Visti\*/Bava Karana Trilya/Chaturthyam Titau

Oslo, Norway  
Sun 2 Sutra 67

Makara Rasi: 7.23 Tithi 18 – 19

**Gulika** 7:39AM – 9:59AM  
Yama 2:59AM – 5:19AM  
Rahu 2:40PM – 5:00PM

**Uttarashadha Until 10:59AM**  
Indra Until 2:47PM  
Bava Until 1:40AM Fri  
Tritya Until 12:40PM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 10:59AM  
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 Vaidhriti\*/Vishkambha\* Yoga Bala\*/Kaulava Karana Chaturthi/Panchamyam Titau

Oslo, Norway  
Sun 3 Sutra 68

Makara Rasi: 19.27 Tithi 19 – 20

**Gulika** 5:19AM – 7:39AM  
Yama 5:00PM – 7:21PM  
Rahu 10:00AM – 12:20PM

**Shravana Until 1:46PM**  
Vaidhriti\* Until 3:27PM  
Kaulava Until 3:51AM Sat  
Chaturthi\* Until 2:42PM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 1:46PM  
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/Shatabhishak Nakshatra Vishkambha\*/Priti Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Oslo, Norway  
Sun 4 Sutra 69

Kumbha Rasi: 1.23 Tithi 20 – 21

**Gulika** 2:59AM – 5:19AM  
Yama 2:40PM – 5:01PM  
Rahu 7:40AM – 10:00AM

**Dhanishtha Until 4:39PM**  
Vishkambha\* Until 4:21PM  
Gara Until 6:13AM Sun  
Panchami Until 5:00PM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Creative Work Siddha Yoga  
Until 4:39PM  
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/Ayushman Yoga Gara/Vanija Karana Shashthyam Titau

Oslo, Norway  
Sun 5 Sutra 70

Kumbha Rasi: 13.16 Tithi 21

**Gulika** 5:01PM – 7:21PM  
Yama 12:20PM – 2:40PM  
Rahu 7:21PM – 9:41PM

**Shatabhishak Until 7:27PM**  
Priti Until 5:20PM  
Gara Until 6:13AM  
Shashthi\* Until 7:24PM

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

**Sunrise:** 2:59AM  
**Sunset:** 9:41PM

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

Oslo, Norway  
Sun 6 Sutra 71

Kumbha Rasi: 25.08 Tithi 22

**Family Home Evening**

**Gulika** 2:41PM – 5:01PM  
Yama 10:00AM – 12:20PM  
Rahu 5:20AM – 7:40AM

**Purvaproshtapada\* Until 10:29PM**  
Ayushman Until 6:12PM  
Visti Until 8:35AM  
Saptami Until 9:41PM

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

**Sunrise:** 3:00AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
1st Phase

Routine Work Marana Yoga  
Until 10:29PM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**



**Tuesday, June 25, 2019**

**Retreat Star**

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

Oslo, Norway  
Sun 7 Sutra 72

Meena Rasi: 7.05 Tithi 23

**Gulika** 12:21PM – 2:41PM  
Yama 7:40AM – 10:01AM  
Rahu 5:01PM – 7:21PM

**Uttaraproshtapada Until 1:03AM Wed**  
Saubhagya Until 6:53PM  
Balava Until 10:45AM  
Ashtami\* Until 11:40PM

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

**Sunrise:** 3:00AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
Ashtami

Creative Work Amrita Yoga  
Until 1:03AM 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

Oslo, Norway  
Sun 8 Sutra 73

Meena Rasi: 19.1 Tithi 24

**Gulika** 10:01AM – 12:21PM  
Yama 5:21AM – 7:41AM  
Rahu 12:21PM – 2:41PM

**Revati Until 2:59AM Thu**  
Sobhana Until 7:14PM  
Taitila Until 12:31PM  
Navami\* Until 1:10AM Thu

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

**Sunrise:** 3:01AM  
**Sunset:** 9:41PM

Vikarin 5121  
Moon 6 - Phase 10  
Navami

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

**Sivaloka Day**

<b>1</b>		<b>Thursday, June 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Oslo, Norway Sun 9 Sutra 74	
Mesha Rasi: 1.28	Tithi 25	Gulika 7:41AM – 10:01AM	Ashvini Until 4:38AM Fri	Ganesha: Blue	Sunrise: 3:01AM		Vikarin 5121
		Yama 3:01AM – 5:21AM	Athiganda* Until 7:06PM	Muruqa: Blue	Sunset: 9:41PM	Moon 6 - Phase 11	
	322793461	Rahu 2:41PM – 5:01PM	Vanija Until 1:43PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 2:04AM Fri	Moon – White		<b>Devaloka Day</b>	
Until 4:38AM Fri				Jyeshtha-Ani			
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Friday, June 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Oslo, Norway Sun 10 Sutra 75	
Mesha Rasi: 14.02	Tithi 26	Gulika 5:22AM – 7:42AM	Bharani Until 5:26AM Sat	Ganesha: Blue	Sunrise: 3:02AM		Vikarin 5121
		Yama 5:01PM – 7:21PM	Sukarma Until 6:27PM	Muruqa: Blue	Sunset: 9:40PM	Moon 6 - Phase 11	
	322793461	Rahu 10:01AM – 12:21PM	Bava Until 2:16PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 2:15AM Sat	Moon – White		<b>Devaloka Day</b>	
Until 5:26AM Sat				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Saturday, June 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Oslo, Norway Sun 11 Sutra 76	
Mesha Rasi: 26.58	Tithi 27	Gulika 3:03AM – 5:23AM	Krittika Until 5:22AM Sun	Ganesha: Blue	Sunrise: 3:03AM		Vikarin 5121
		Yama 2:41PM – 5:01PM	Dhriti Until 5:14PM	Muruqa: Blue	Sunset: 9:40PM	Moon 6 - Phase 11	
	322793461	Rahu 7:42AM – 10:02AM	Kaulava Until 2:06PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 1:43AM Sun	Moon – White		<b>Devaloka Day</b>	
Until 5:22AM Sun				Jyeshtha-Ani			
Then Creative Work - Siddha Yoga							
<b>4</b>		<b>Sunday, June 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Oslo, Norway Sun 12 Sutra 77	
Vrishabha Rasi: 10.15	Tithi 28	Gulika 5:00PM – 7:20PM	Rohini Until 4:56AM Mon	Ganesha: Blue	Sunrise: 3:04AM		Vikarin 5121
		Yama 12:22PM – 2:41PM	Shula* Until 3:25PM	Muruqa: Blue	Sunset: 9:39PM	Moon 6 - Phase 11	
	322793461	Rahu 7:20PM – 9:39PM	Gara Until 1:12PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 12:29AM Mon	Moon – Yellow		<b>Devaloka Day</b>	
Until 4:56AM Mon				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>				
<b>5</b>		<b>Monday, July 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Oslo, Norway Sun 13 Sutra 78	
Vrishabha Rasi: 23.56	Tithi 29	Gulika 2:41PM – 5:00PM	Mrigashira Until 3:46AM Tue	Ganesha: Blue	Sunrise: 3:05AM		Vikarin 5121
<b>Family Home Evening</b>		Yama 10:03AM – 12:22PM	Ganda* Until 1:06PM	Muruqa: Blue	Sunset: 9:39PM	Moon 6 - Phase 11	
	322793461	Rahu 5:24AM – 7:43AM	Visti Until 11:39AM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 10:39PM	Moon – Yellow		<b>Devaloka Day</b>	
Until 3:46AM Tue				Jyeshtha-Ani			
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Tuesday, July 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Oslo, Norway Sun 14 Sutra 79	
Mithuna Rasi: 7.59	Tithi 30	Gulika 12:22PM – 2:41PM	Ardra Until 1:59AM Wed	Ganesha: Blue	Sunrise: 3:06AM		Vikarin 5121
		Yama 7:44AM – 10:03AM	Vridhhi Until 10:20AM	Muruqa: Blue	Sunset: 9:38PM	Moon 6 - Phase 11	
	322793461	Rahu 5:00PM – 7:19PM	Catuspada Until 9:33AM	Nataraja: Yellow		Amavasya	
Routine Work	Marana Yoga		Amavasya* Until 8:18PM	Moon – Yellow		<b>Devaloka Day</b>	
Until 1:59AM Wed				Jyeshtha-Ani			
Then Creative Work - Siddha Yoga							
<b>Retreat Star</b>		<b>Wednesday, July 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Kintughna*/Balava Karana Prathama/Dvitiyayam Titau		Oslo, Norway Sun 15 Sutra 80	
Mithuna Rasi: 22.2	Tithi 1 – 2	Gulika 10:03AM – 12:22PM	Punarvasu Until 12:08AM Thu	Ganesha: Yellow	Sunrise: 3:07AM		Vikarin 5121
		Yama 5:26AM – 7:45AM	Dhruva Until 7:12AM	Muruqa: Blue	Sunset: 9:37PM	Moon 6 - Phase 11	
	343793461	Rahu 12:22PM – 2:41PM	Kintughna Until 7:00AM	Nataraja: Yellow		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 5:36PM	Moon – Blue		<b>Sivaloka Day</b>	
Until 12:08AM 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

<b>1</b>		<b>Thursday, July 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 81 Vikarin 5121
Kataka Rasi: 6.53	Tithi 2 - 3	<b>Gulika</b> 7:45AM - 10:04AM	<b>Pushya</b> Until 9:58PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:08AM			
		Yama 3:08AM - 5:27AM	Harshana Until 12:19AM Fri	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:36PM		Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 2:41PM - 4:59PM	Taitila Until 1:10AM Fri	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya</b> Until 2:39PM	Moon - Blue		<b>Sivaloka Day</b>		
Until 9:58PM				<b>Ashada-Ani</b>				
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Friday, July 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway Sun 17 Sutra 82 Vikarin 5121
Kataka Rasi: 21.34	Tithi 3 - 4	<b>Gulika</b> 5:28AM - 7:46AM	<b>Ashlesha*</b> Until 7:37PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:09AM			
		Yama 4:59PM - 7:17PM	Vajra* Until 8:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:35PM		Moon 6 - Phase 12	
		343793461 <b>Rahu</b> 10:04AM - 12:22PM	Vanija Until 10:08PM	<b>Nataraja:</b> Yellow			3rd Phase	
Routine Work	Marana Yoga		<b>Tritiya</b> Until 11:37AM	Moon - Blue		<b>Sivaloka Day</b>		
				<b>Ashada-Ani</b>				

<b>3</b>		<b>Saturday, July 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway Sun 18 Sutra 83 Vikarin 5121
Simha Rasi: 6.15	Tithi 4 - 5	<b>Gulika</b> 3:11AM - 5:29AM	<b>Magha*</b> Until 5:37PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:11AM			
		Yama 2:41PM - 4:58PM	Siddhi Until 5:17PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:34PM		Moon 6 - Phase 12	
		353793461 <b>Rahu</b> 7:47AM - 10:05AM	Bava Until 7:11PM	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 8:37AM	Moon - Red		<b>Subha Sivaloka Day</b>		
Until 5:37PM				<b>Ashada-Ani</b>				
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Sunday, July 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Shashthiyam Titau				Oslo, Norway Sun 19 Sutra 84 Vikarin 5121
Simha Rasi: 20.5	Tithi 6	<b>Gulika</b> 4:58PM - 7:16PM	<b>Purvaphalguni</b> Until 3:40PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:12AM			
		Yama 12:23PM - 2:40PM	Vyatipata* Until 1:59PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:33PM		Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 7:16PM - 9:33PM	Kaulava Until 4:27PM	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 3:10AM Mon	Moon - Red		<b>Sivaloka Day</b>		
Until 3:40PM				<b>Ashada-Ani</b>				
Then Creative Work - Amrita Yoga								

<b>5</b>		<b>Monday, July 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway Sun 20 Sutra 85 Vikarin 5121
Kanya Rasi: 5.14	Tithi 7	<b>Gulika</b> 2:40PM - 4:58PM	<b>Uttaraphalguni</b> Until 1:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:14AM			
<b>Family Home Evening</b>		Yama 10:06AM - 12:23PM	Variyan Until 10:53AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:32PM		Moon 6 - Phase 12	
		453793461 <b>Rahu</b> 5:31AM - 7:48AM	Gara Until 2:00PM	<b>Nataraja:</b> Yellow			3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> Until 12:53AM Tue	Moon - Red		<b>Sivaloka Day</b>		
		<b>Chidambaram Abhishekam</b>		<b>Ashada-Ani</b>				

<b>Retreat Star</b>		<b>Tuesday, July 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 86 Vikarin 5121
Kanya Rasi: 19.24	Tithi 8	<b>Gulika</b> 12:23PM - 2:40PM	<b>Hasta</b> Until 12:43PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:15AM			
		Yama 7:49AM - 10:06AM	Parigha* Until 8:06AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:31PM		Moon 6 - Phase 12	
		463793461 <b>Rahu</b> 4:57PM - 7:14PM	Visti Until 11:54AM	<b>Nataraja:</b> Yellow			Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 11:00PM	Moon - Green		<b>Subha Sivaloka Day</b>		
				<b>Ashada-Ani</b>				

<b>Retreat Star</b>		<b>Wednesday, July 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway Sun 22 Sutra 87 Vikarin 5121
Tula Rasi: 3.19	Tithi 9	<b>Gulika</b> 10:06AM - 12:23PM	<b>Chitra</b> Until 11:50AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:17AM			
		Yama 5:33AM - 7:50AM	Siddha Until 3:32AM Thu	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:30PM		Moon 6 - Phase 12	
		463893461 <b>Rahu</b> 12:23PM - 2:40PM	Balava Until 10:14AM	<b>Nataraja:</b> Yellow			Navami	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:32PM	Moon - Green		<b>Sivaloka Day</b>		
				<b>Ashada-Ani</b>				

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


<b>1</b>		<b>Thursday, July 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 23 Sutra 88
Tula Rasi: 16.58	Tithi 10	<b>Gulika</b> 7:51AM – 10:07AM	<b>Svati</b> Until 11:15AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:18AM		Vikarin 5121	
		Yama 3:18AM – 5:34AM	Sadhya Until 1:48AM Fri	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:28PM		Moon 6 - Phase 13	
		463893461 <b>Rahu</b> 2:39PM – 4:56PM	Taitila Until 9:00AM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 8:32PM	Moon – Green		<b>Sivaloka Day</b>		
Until 11:15AM				<b>Ashada*Ani</b>				
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Friday, July 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 89
Vrischika Rasi: 0.2	Tithi 11	<b>Gulika</b> 5:36AM – 7:52AM	<b>Vishakha</b> Until 11:25AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:20AM		Vikarin 5121	
		Yama 4:55PM – 7:11PM	Subha Until 12:28AM Sat	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:27PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 10:07AM – 12:23PM	Vanija Until 8:13AM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 8:00PM	Moon – Orange		<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>				

<b>3</b>		<b>Saturday, July 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 90
Vrischika Rasi: 13.28	Tithi 12	<b>Gulika</b> 3:22AM – 5:37AM	<b>Anuradha</b> Until 11:54AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:22AM		Vikarin 5121	
		Yama 2:39PM – 4:54PM	Sukla Until 11:29PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:25PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 7:53AM – 10:08AM	Bava Until 7:56AM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 7:56PM	Moon – Orange		<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>				

<b>4</b>		<b>Sunday, July 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 91
Vrischika Rasi: 26.2	Tithi 13	<b>Gulika</b> 4:54PM – 7:09PM	<b>Jyeshtha*</b> Until 12:43PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:23AM		Vikarin 5121	
		Yama 12:24PM – 2:39PM	Brahma Until 10:53PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:24PM		Moon 6 - Phase 13	
		473893461 <b>Rahu</b> 7:09PM – 9:24PM	Kaulava Until 8:07AM	<b>Nataraja:</b> Yellow			4th Phase	
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 8:22PM	Moon – Orange		<b>Devaloka Day</b>		
Until 12:43PM				<b>Ashada*Ani</b>				
Then Creative Work - Amrita Yoga								
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Monday, July 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 92
Dhanus Rasi: 9	Tithi 14	<b>Gulika</b> 2:38PM – 4:53PM	<b>Mula*</b> Until 2:18PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:25AM		Vikarin 5121	
<b>Family Home Evening</b>		Yama 10:09AM – 12:24PM	Indra Until 10:41PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:22PM		Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 5:40AM – 7:54AM	Gara Until 8:47AM	<b>Nataraja:</b> Yellow			4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 9:16PM	Moon – Light Blue		<b>Sivaloka Day</b>		
Until 2:18PM				<b>Ashada*Ani</b>				
Then Routine Work - Marana Yoga								

		<b>Tuesday, July 16, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sun 27 Sutra 93
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:24PM – 2:38PM	<b>Purvashadha*</b> Until 4:10PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:27AM		Vikarin 5121	
Dhanus Rasi: 21.26	Tithi 15	Yama 7:55AM – 10:10AM	Vaidhriti* Until 10:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:20PM		Moon 6 - Phase 13	
		483893461 <b>Rahu</b> 4:52PM – 7:06PM	Visti Until 9:54AM	<b>Nataraja:</b> Yellow			Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 10:37PM	Moon – Light Blue		<b>Sivaloka Day</b>		
Until 4:10PM				<b>Ashada*Adi</b>				
Then Routine Work - Prabalarishta Yoga		<b>Partial Lunar Eclipse</b> <b>Satguru Purnima</b>						

<b>Wednesday, July 17, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sun 27 Sutra 94	
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:10AM – 12:24PM	<b>Uttarashadha</b> Until 6:18PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:29AM		Vikarin 5121
Makara Rasi: 3.41	Tithi 16	Yama 5:43AM – 7:56AM	Vishkambha* Until 11:14PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:19PM		Moon 6 - Phase 13
		484893462 <b>Rahu</b> 12:24PM – 2:38PM	Balava Until 11:28AM	<b>Nataraja:</b> White			Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 12:23AM Thu	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>	
Until 6:18PM				<b>Ashada*Adi</b>			
Then Creative Work - Siddha Yoga							



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

Makara Rasi: 15.47 Tithi 17  
Creative Work Siddha Yoga

494893462  
Rahu

**Gulika** 7:57AM – 10:11AM  
Yama 3:31AM – 5:44AM  
**Rahu** 2:37PM – 4:50PM

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

**Shravana Until 9:05PM**  
Priti Until 11:57PM  
Taitila Until 1:24PM  
**Dvitiya Until 2:28AM Fri**

**Ganesha:** Clear *Sunrise: 3:31AM*  
**Muruqa:** Blue *Sunset: 9:17PM*  
**Nataraja:** White  
Moon – Purple  
**Ashada-Adi**

Oslo, Norway  
Sun 1 Sutra 95  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**1**

**Friday, July 19, 2019**

Makara Rasi: 27.46 Tithi 18  
Creative Work Siddha Yoga

494893462  
Rahu

**Gulika** 5:46AM – 7:58AM  
Yama 4:50PM – 7:02PM  
**Rahu** 10:11AM – 12:24PM

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

**Dhanishtha Until 11:57PM**  
Ayushman Until 12:49AM Sat  
Vanija Until 3:37PM  
**Tritiya Until 4:47AM Sat**

**Ganesha:** Clear *Sunrise: 3:33AM*  
**Muruqa:** Blue *Sunset: 9:15PM*  
**Nataraja:** White  
Moon – Purple  
**Ashada-Adi**

Oslo, Norway  
Sun 2 Sutra 96  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**2**

**Saturday, July 20, 2019**

Kumbha Rasi: 9.39 Tithi 19  
Creative Work Amrita Yoga  
Until 2:45AM Sun  
Then Creative Work - Siddha Yoga

494893462  
Rahu

**Gulika** 3:35AM – 5:47AM  
Yama 2:36PM – 4:49PM  
**Rahu** 7:59AM – 10:12AM

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

**Shatabhishak Until 2:45AM Sun**  
Saubhagya Until 1:48AM Sun  
Bava Until 6:00PM  
**Chaturthi\* Until 7:12AM Sun**

**Ganesha:** Clear *Sunrise: 3:35AM*  
**Muruqa:** Blue *Sunset: 9:13PM*  
**Nataraja:** White  
Moon – Purple  
**Ashada-Adi**

Oslo, Norway  
Sun 3 Sutra 97  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**3**

**Sunday, July 21, 2019**

Kumbha Rasi: 21.31 Tithi 19 – 20  
Creative Work Siddha Yoga

414893462  
Rahu

**Gulika** 4:48PM – 6:59PM  
Yama 12:24PM – 2:36PM  
**Rahu** 6:59PM – 9:11PM

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

**Purvaproshtapada\* Until 5:53AM Mon**  
Sobhana Until 2:46AM Mon  
Kaulava Until 8:25PM  
**Chaturthi\* Until 7:12AM**

**Ganesha:** Clear *Sunrise: 3:37AM*  
**Muruqa:** Blue *Sunset: 9:11PM*  
**Nataraja:** White  
Moon – Clear  
**Ashada-Adi**

Oslo, Norway  
Sun 4 Sutra 98  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**4**

**Monday, July 22, 2019**

Meena Rasi: 3.23 Tithi 20 – 21  
**Family Home Evening**  
Creative Work Siddha Yoga

414893462  
Rahu

**Gulika** 2:35PM – 4:47PM  
Yama 10:13AM – 12:24PM  
**Rahu** 5:50AM – 8:02AM

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

**Uttaraproshtapada Until 8:40AM Tue**  
Athiganda\* Until 3:35AM Tue  
Gara Until 10:42PM  
**Panchami Until 9:34AM**

**Ganesha:** Clear *Sunrise: 3:39AM*  
**Muruqa:** Blue *Sunset: 9:09PM*  
**Nataraja:** White  
Moon – Clear  
**Ashada-Adi**

Oslo, Norway  
Sun 5 Sutra 99  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**5**

**Tuesday, July 23, 2019**

Meena Rasi: 15.19 Tithi 21 – 22  
Creative Work Amrita Yoga  
Until 8:40AM  
Then Creative Work - Siddha Yoga

414893462  
Rahu

**Gulika** 12:24PM – 2:35PM  
Yama 8:03AM – 10:13AM  
**Rahu** 4:46PM – 6:56PM

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

**Uttaraproshtapada Until 8:40AM**  
Sukarma Until 4:11AM Wed  
Visti Until 12:42AM Wed  
**Shashthi\* Until 11:44AM**

**Ganesha:** Clear *Sunrise: 3:41AM*  
**Muruqa:** Blue *Sunset: 9:07PM*  
**Nataraja:** White  
Moon – Clear  
**Ashada-Adi**

Oslo, Norway  
Sun 6 Sutra 100  
Vikarin 5121  
Moon 7 - Phase 14  
1st Phase

**Subha Sivaloka Day**

**D**

**Wednesday, July 24, 2019**  
**Retreat Star**

Meena Rasi: 27.23 Tithi 22 – 23  
Routine Work Marana Yoga

414893462  
Rahu

**Gulika** 10:14AM – 12:24PM  
Yama 5:53AM – 8:04AM  
**Rahu** 12:24PM – 2:34PM

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

**Revati Until 10:57AM**  
Dhriti Until 4:26AM Thu  
Balava Until 2:16AM Thu  
**Saptami Until 1:32PM**

**Ganesha:** Clear *Sunrise: 3:43AM*  
**Muruqa:** Blue *Sunset: 9:05PM*  
**Nataraja:** White  
Moon – Clear  
**Ashada-Adi**

Oslo, Norway  
Sun 7 Sutra 101  
Vikarin 5121  
Moon 7 - Phase 14  
Ashtami

**Subha Sivaloka Day**

**Thursday, July 25, 2019**

**Retreat Star**

Mesha Rasi: 9.4 Tithi 23 – 24  
Creative Work Amrita Yoga  
Until 1:04PM  
Then Creative Work - Siddha Yoga

424893462  
Rahu

**Gulika** 8:05AM – 10:14AM  
Yama 3:45AM – 5:55AM  
**Rahu** 2:34PM – 4:44PM

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

**Ashvini Until 1:04PM**  
Shula\* Until 4:10AM Fri  
Taitila Until 3:13AM Fri  
**Ashtami\* Until 2:48PM**

**Ganesha:** White *Sunrise: 3:45AM*  
**Muruqa:** Blue *Sunset: 9:03PM*  
**Nataraja:** White  
Moon – White  
**Ashada-Adi**

Oslo, Norway  
Sun 8 Sutra 102  
Vikarin 5121  
Moon 7 - Phase 14  
Navami

**Subha Subha Sivaloka Day**


<b>1</b>		<b>Friday, July 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Oslo, Norway
Mesha Rasi: 22.11	Tithi 24 – 25	<b>Gulika</b> 5:57AM – 8:06AM	<b>Bharani</b> <b>Until 2:23PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:48AM	Sun 9 Sutra 103
		Yama 4:42PM – 6:52PM	Ganda* <b>Until 3:22AM Sat</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 9:01PM	Vikarin 5121
		424893462 <b>Rahu</b> 10:15AM – 12:24PM	Vanija <b>Until 3:27AM Sat</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Creative Work	Siddha Yoga		<b>Navami* Until 3:25PM</b>	Moon – White		2nd Phase
				<b>Subha Subha Sivaloka Day</b>		
				<b>Ashada*Adi</b>		

<b>2</b>		<b>Saturday, July 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway
Vrishabha Rasi: 5.04	Tithi 25 – 26	<b>Gulika</b> 3:50AM – 5:58AM	<b>Krittika</b> <b>Until 2:49PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:50AM	Sun 10 Sutra 104
		Yama 2:33PM – 4:41PM	Vriddhi <b>Until 1:57AM Sun</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:59PM	Vikarin 5121
		424893462 <b>Rahu</b> 8:07AM – 10:16AM	Bava <b>Until 2:55AM Sun</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Creative Work	Amrita Yoga		<b>Dashami Until 3:16PM</b>	Moon – White		2nd Phase
				<b>Subha Subha Sivaloka Day</b>		
				<b>Ashada*Adi</b>		

<b>3</b>		<b>Sunday, July 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway
Vrishabha Rasi: 18.21	Tithi 26 – 27	<b>Gulika</b> 4:40PM – 6:48PM	<b>Rohini</b> <b>Until 2:47PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:52AM	Sun 11 Sutra 105
		Yama 12:24PM – 2:32PM	Dhruva <b>Until 11:53PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:56PM	Vikarin 5121
		424893462 <b>Rahu</b> 6:48PM – 8:56PM	Kaulava <b>Until 1:36AM Mon</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Creative Work	Siddha Yoga		<b>Ekadashi* Until 2:20PM</b>	Moon – Yellow		2nd Phase
				<b>Subha Sivaloka Day</b>		
				<b>Ashada*Adi</b>		

<b>4</b>		<b>Monday, July 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Oslo, Norway
Mithuna Rasi: 2.04	Tithi 27 – 28	<b>Gulika</b> 2:32PM – 4:39PM	<b>Mrigashira</b> <b>Until 1:51PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:54AM	Sun 12 Sutra 106
<b>Family Home Evening</b>		Yama 10:17AM – 12:24PM	Vyaghata* <b>Until 9:14PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:54PM	Vikarin 5121
Creative Work	Amrita Yoga	435893462 <b>Rahu</b> 6:02AM – 8:09AM	Gara <b>Until 11:35PM</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Until 1:51PM			<b>Dvadashi* Until 12:39PM</b>	Moon – Yellow		2nd Phase
Then Creative Work - Siddha Yoga				<b>Sivaloka Day</b>		
				<b>Ashada*Adi</b>		
				<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Tuesday, July 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway
Mithuna Rasi: 16.14	Tithi 28 – 29	<b>Gulika</b> 12:24PM – 2:31PM	<b>Ardra</b> <b>Until 12:07PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:56AM	Sun 13 Sutra 107
		Yama 8:10AM – 10:17AM	Harshana <b>Until 6:07PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:52PM	Vikarin 5121
		435893462 <b>Rahu</b> 4:38PM – 6:45PM	Visti <b>Until 8:57PM</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Routine Work	Marana Yoga		<b>Trayodashi* Until 10:19AM</b>	Moon – Yellow		2nd Phase
Until 12:07PM				<b>Sivaloka Day</b>		
Then Creative Work - Siddha Yoga				<b>Ashada*Adi</b>		

		<b>Wednesday, July 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Oslo, Norway
<b>Retreat Star</b>		<b>Gulika</b> 10:18AM – 12:24PM	<b>Punarvasu</b> <b>Until 10:09AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 3:59AM	Sun 14 Sutra 108
Kataka Rasi: 0.46	Tithi 29 – 30	Yama 6:05AM – 8:11AM	Vajra* <b>Until 2:33PM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:49PM	Vikarin 5121
		445893462 <b>Rahu</b> 12:24PM – 2:30PM	Naga <b>Until 4:11AM Thu</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:27AM</b>	Moon – Blue		Amavasya
				<b>Sivaloka Day</b>		
				<b>Ashada*Adi</b>		

<b>Retreat Star</b>		<b>Thursday, August 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau		Oslo, Norway
Kataka Rasi: 15.37	Tithi 1	<b>Gulika</b> 8:12AM – 10:18AM	<b>Pushya</b> <b>Until 7:40AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:01AM	Sun 15 Sutra 109
		Yama 4:01AM – 6:07AM	Siddhi <b>Until 10:43AM</b>	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:47PM	Vikarin 5121
		445893462 <b>Rahu</b> 2:30PM – 4:35PM	Kintughna <b>Until 2:28PM</b>	<b>Nataraja:</b> White		Moon 7 - Phase 15
Creative Work	Amrita Yoga		<b>Prathama* Until 12:41AM Fri</b>	Moon – Blue		Prathama
Until 7:40AM				<b>Sivaloka Day</b>		
Then Creative Work - Siddha Yoga				<b>Sravana*Adi</b>		

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

<b>1</b>		<b>Friday, August 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvitiyayam Titau		Oslo, Norway Sun 16 Sutra 110 Vikarin 5121	
Simha Rasi: 0.38	Tithi 2	<b>Gulika</b> 6:08AM – 8:14AM	<b>Magha* Until 2:13AM Sat</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:03AM		
		Yama 4:34PM – 6:39PM	Vyatipata* Until 6:45AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:44PM		Moon 7 - Phase 16
		455893462 <b>Rahu</b> 10:19AM – 12:24PM	Balava Until 10:55AM	<b>Nataraja:</b> White			3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 9:07PM</b>	<b>Moon – Red</b>		<b>Sivaloka Day</b>	
Until 2:13AM Sat				<b>Sravana*Adi</b>			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Saturday, August 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Parigha* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 111 Vikarin 5121	
Simha Rasi: 15.41	Tithi 3 – 4	<b>Gulika</b> 4:06AM – 6:10AM	<b>Purvaphalguni Until 11:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:06AM		
		Yama 2:28PM – 4:33PM	Parigha* Until 10:49PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:42PM		Moon 7 - Phase 16
		455893462 <b>Rahu</b> 8:15AM – 10:19AM	Taitila Until 7:22AM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 5:37PM</b>	<b>Moon – Red</b>		<b>Sivaloka Day</b>	
Until 11:36PM				<b>Sravana*Adi</b>			
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Sunday, August 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 18 Sutra 112 Vikarin 5121	
Kanya Rasi: 0.37	Tithi 4 – 5	<b>Gulika</b> 4:32PM – 6:36PM	<b>Uttaraphalguni Until 9:06PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:08AM		
		Yama 12:24PM – 2:28PM	Shiva Until 7:08PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:40PM		Moon 7 - Phase 16
		455993462 <b>Rahu</b> 6:36PM – 8:40PM	Bava Until 12:51AM Mon	<b>Nataraja:</b> White			3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 2:20PM</b>	<b>Moon – Red</b>		<b>Subha Sivaloka Day</b>	
		<b>Nag Panchami</b>		<b>Sravana*Adi</b>			

<b>4</b>		<b>Monday, August 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 19 Sutra 113 Vikarin 5121	
Kanya Rasi: 15.19	Tithi 5 – 6	<b>Gulika</b> 2:27PM – 4:30PM	<b>Hasta Until 7:17PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:10AM		
<b>Family Home Evening</b>		Yama 10:20AM – 12:24PM	Siddha Until 3:45PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:37PM		Moon 7 - Phase 16
Creative Work	Siddha Yoga	465993462 <b>Rahu</b> 6:14AM – 8:17AM	Kaulava Until 10:10PM	<b>Nataraja:</b> White			3rd Phase
Until 7:17PM			<b>Panchami Until 11:26AM</b>	<b>Moon – Green</b>		<b>Subha Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga				<b>Sravana*Adi</b>			

<b>5</b>		<b>Tuesday, August 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 20 Sutra 114 Vikarin 5121	
Kanya Rasi: 29.41	Tithi 6 – 7	<b>Gulika</b> 12:23PM – 2:26PM	<b>Chitra Until 5:52PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:12AM		
		Yama 8:18AM – 10:21AM	Sadhya Until 12:48PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:34PM		Moon 7 - Phase 16
		465993462 <b>Rahu</b> 4:29PM – 6:32PM	Gara Until 8:02PM	<b>Nataraja:</b> White			3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 9:00AM</b>	<b>Moon – Green</b>		<b>Subha Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

<b>Retreat Star</b>		<b>Wednesday, August 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Oslo, Norway Sun 21 Sutra 115 Vikarin 5121	
Tula Rasi: 13.41	Tithi 7 – 8	<b>Gulika</b> 10:21AM – 12:23PM	<b>Svati Until 4:54PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:15AM		
		Yama 6:17AM – 8:19AM	Subha Until 10:21AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:32PM		Moon 7 - Phase 16
		465993462 <b>Rahu</b> 12:23PM – 2:26PM	Visti Until 6:30PM	<b>Nataraja:</b> White			Ashtami
Creative Work	Siddha Yoga		<b>Saptami Until 7:10AM</b>	<b>Moon – Green</b>		<b>Subha Subha Sivaloka Day</b>	
				<b>Sravana*Adi</b>			

<b>Retreat Star</b>		<b>Thursday, August 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway Sun 22 Sutra 116 Vikarin 5121	
Tula Rasi: 27.16	Tithi 9	<b>Gulika</b> 8:20AM – 10:22AM	<b>Vishakha Until 4:54PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:17AM		
		Yama 4:17AM – 6:19AM	Sukla Until 8:25AM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 8:29PM		Moon 7 - Phase 16
		476993462 <b>Rahu</b> 2:25PM – 4:26PM	Balava Until 5:39PM	<b>Nataraja:</b> White			Navami
Creative Work	Siddha Yoga		<b>Navami* Until 5:28AM Fri</b>	<b>Moon – Orange</b>		<b>Sivaloka Day</b>	
				<b>Sravana*Adi</b>			


<b>1</b>	<b>Friday, August 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway
	Wrischika Rasi: 10.29	Tithi 10					Sun 23 Sutra 117
		476993462	<b>Gulika</b> 6:20AM – 8:21AM Yama 4:25PM – 6:26PM <b>Rahu</b> 10:22AM – 12:23PM	<b>Anuradha</b> Until 5:24PM Brahma Until 7:02AM Taitila Until 5:28PM <b>Dashami</b> Until 5:36AM Sat	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	<b>Sunrise:</b> 4:19AM <b>Sunset:</b> 8:27PM	Vikarin 5121 Moon 7 - Phase 17 4th Phase
Creative Work Siddha Yoga Until 5:24PM Then Routine Work - Marana Yoga			<b>Sivaloka Day</b>				

<b>2</b>	<b>Saturday, August 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Vanija/Vishti* Karana Ekadashyam Titau				Oslo, Norway
	Wrischika Rasi: 23.23	Tithi 11					Sun 24 Sutra 118
		476993462	<b>Gulika</b> 4:22AM – 6:22AM Yama 2:23PM – 4:24PM <b>Rahu</b> 8:22AM – 10:23AM	<b>Jyeshtha*</b> Until 6:22PM Indra Until 6:10AM Vanija Until 5:55PM <b>Ekadashi</b> Until 6:20AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Orange	<b>Sunrise:</b> 4:22AM <b>Sunset:</b> 8:27PM	Vikarin 5121 Moon 7 - Phase 17 4th Phase
Creative Work Siddha Yoga			<b>Sivaloka Day</b>				

<b>3</b>	<b>Sunday, August 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Vishkambha* Yoga Vishti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
	Dhanus Rasi: 5.59	Tithi 11 – 12					Sun 25 Sutra 119
		486993462	<b>Gulika</b> 4:22PM – 6:22PM Yama 12:23PM – 2:22PM <b>Rahu</b> 6:22PM – 8:21PM	<b>Mula*</b> Until 8:12PM Vishkambha* Until 5:46AM Mon Bava Until 6:56PM <b>Ekadashi</b> Until 6:20AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 4:24AM <b>Sunset:</b> 8:21PM	Vikarin 5121 Moon 7 - Phase 17 4th Phase
Creative Work Amrita Yoga Until 8:12PM Then Creative Work - Siddha Yoga			<b>Subha Sivaloka Day</b>				

<b>4</b>	<b>Monday, August 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Priti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway
	Dhanus Rasi: 18.21	Tithi 12 – 13					Sun 26 Sutra 120
<b>Family Home Evening</b>		486993462	<b>Gulika</b> 2:22PM – 4:21PM Yama 10:24AM – 12:23PM <b>Rahu</b> 6:26AM – 8:25AM	<b>Purvashadha*</b> Until 10:20PM Priti Until 6:07AM Tue Kaulava Until 8:25PM <b>Dvadashi</b> Until 7:36AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 4:27AM <b>Sunset:</b> 8:19PM	Vikarin 5121 Moon 7 - Phase 17 4th Phase
Routine Work Marana Yoga			<b>Subha Sivaloka Day</b>				
<i>Pradosha Vrata</i>							

<b>5</b>	<b>Tuesday, August 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway
	Makara Rasi: 0.32	Tithi 13 – 14					Sun 27 Sutra 121
		486993462	<b>Gulika</b> 12:22PM – 2:21PM Yama 8:26AM – 10:24AM <b>Rahu</b> 4:19PM – 6:18PM	<b>Uttarashadha</b> Until 12:38AM Wed Priti Until 6:07AM Gara Until 10:16PM <b>Trayodashi</b> Until 9:17AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Light Blue	<b>Sunrise:</b> 4:29AM <b>Sunset:</b> 8:16PM	Vikarin 5121 Moon 7 - Phase 17 4th Phase
Routine Work Prabalarishta Yoga Until 12:38AM Wed Then Creative Work - Siddha Yoga			<b>Subha Sivaloka Day</b>				

	<b>Wednesday, August 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Vishti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway
	<b>Copper Retreat Star</b>						Sutra 122
Makara Rasi: 12.35	Tithi 14 – 15						Vikarin 5121
		496993462	<b>Gulika</b> 10:25AM – 12:22PM Yama 6:29AM – 8:27AM <b>Rahu</b> 12:22PM – 2:20PM	<b>Shravana</b> Until 3:33AM Thu Ayushman Until 6:42AM Visiti Until 12:25AM Thu <b>Chaturdashi*</b> Until 11:18AM	<b>Ganesha:</b> White <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 4:31AM <b>Sunset:</b> 8:13PM	Moon 7 - Phase 17 Purnima
Creative Work Siddha Yoga			<b>Sivaloka Day</b>				
			<b>Raksha Bandhan</b>				

<b>6</b>	<b>Thursday, August 15, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Oslo, Norway
	<b>Silver Retreat Star</b>						Sutra 123
Makara Rasi: 24.32	Tithi 15 – 16						Vikarin 5121
		497993462	<b>Gulika</b> 8:28AM – 10:25AM Yama 4:34AM – 6:31AM <b>Rahu</b> 2:19PM – 4:16PM	<b>Dhanishtha</b> Until 6:27AM Fri Saubhagya Until 7:29AM Balava Until 2:44AM Fri <b>Purnima*</b> Until 1:32PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Blue <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 4:34AM <b>Sunset:</b> 8:11PM	Moon 7 - Phase 17 Prathama
Creative Work Siddha Yoga			<b>Subha Sivaloka Day</b>				

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





**Friday, August 16, 2019**  
**Gold Retreat Star**

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

Oslo, Norway  
Sutra 124  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 6.26    Tilthi 16 – 17

**Gulika**    6:32AM – 8:29AM  
Yama        4:15PM – 6:11PM  
497993462 **Rahu**    10:25AM – 12:22PM

**Dhanishtha** **Until 6:27AM**  
Sobhana **Until 8:24AM**  
Tailita **Until 5:10AM Sat**  
**Prathama\* Until 3:55PM**

**Ganesha:** Yellow    *Sunrise: 4:36AM*  
**Muruqa:** Blue        *Sunset: 8:08PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work    Siddha Yoga

**1**

**Saturday, August 17, 2019**

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

Oslo, Norway  
Sun 1    Sutra 125  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Kumbha Rasi: 18.17    Tilthi 17

**Gulika**    4:38AM – 6:34AM  
Yama        2:18PM – 4:13PM  
497993462 **Rahu**    8:30AM – 10:26AM

**Shatabhishak** **Until 9:16AM**  
Athiganda\* **Until 9:21AM**  
Gara **Until 6:21PM**  
**Dvitiya Until 6:21PM**

**Ganesha:** Yellow    *Sunrise: 4:38AM*  
**Muruqa:** Blue        *Sunset: 8:05PM*  
**Nataraja:** White  
Moon – Purple

**Subha Sivaloka Day**

Creative Work    Amrita Yoga

Until 9:16AM

Then Routine Work - Marana Yoga

**2**

**Sunday, August 18, 2019**

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaprosarthapada\*/Uttarproshthapada Nakshatra Sukarma/Dhriti Yoga Vanija/Visti\* Karana Trilyayam Titau

Oslo, Norway  
Sun 2    Sutra 126  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 0.09    Tilthi 18

**Gulika**    4:12PM – 6:07PM  
Yama        12:21PM – 2:17PM  
517993462 **Rahu**    6:07PM – 8:02PM

**Purvaprosarthapada\* Until 12:25PM**  
Sukarma **Until 10:18AM**  
Vanija **Until 7:35AM**  
**Tritiya Until 8:45PM**

**Ganesha:** White      *Sunrise: 4:41AM*  
**Muruqa:** Blue        *Sunset: 8:02PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

Until 12:25PM

Then Creative Work - Amrita Yoga

**3**

**Monday, August 19, 2019**

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

Oslo, Norway  
Sun 3    Sutra 127  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 12.02    Tilthi 19

**Family Home Evening**

**Gulika**    2:16PM – 4:10PM  
Yama        10:27AM – 12:21PM  
517993462 **Rahu**    6:38AM – 8:32AM

**Uttarproshthapada Until 3:16PM**  
Dhriti **Until 11:12AM**  
Bava **Until 9:55AM**  
**Chaturthi\* Until 11:00PM**

**Ganesha:** White      *Sunrise: 4:43AM*  
**Muruqa:** Blue        *Sunset: 7:59PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

**4**

**Tuesday, August 20, 2019**

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

Oslo, Norway  
Sun 4    Sutra 128  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Meena Rasi: 24    Tilthi 20

**Gulika**    12:21PM – 2:15PM  
Yama        8:33AM – 10:27AM  
517993462 **Rahu**    4:09PM – 6:03PM

**Revati Until 5:46PM**  
Shula\* **Until 11:54AM**  
Kaulava **Until 12:03PM**  
**Panchami Until 12:59AM Wed**

**Ganesha:** White      *Sunrise: 4:45AM*  
**Muruqa:** Blue        *Sunset: 7:57PM*  
**Nataraja:** White  
Moon – Clear

**Subha Subha Sivaloka Day**

Creative Work    Siddha Yoga

**5**

**Wednesday, August 21, 2019**

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

Oslo, Norway  
Sun 5    Sutra 129  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 6.05    Tilthi 21

Routine Work    Marana Yoga

Until 8:14PM

Then Creative Work - Siddha Yoga

**Gulika**    10:27AM – 12:21PM  
Yama        6:41AM – 8:34AM  
527993462 **Rahu**    12:21PM – 2:14PM

**Ashvini Until 8:14PM**  
Ganda\* **Until 12:22PM**  
Gara **Until 1:52PM**  
**Shashthi\* Until 2:35AM Thu**

**Ganesha:** Clear        *Sunrise: 4:48AM*  
**Muruqa:** Blue        *Sunset: 7:54PM*  
**Nataraja:** White  
Moon – White

**Subha Sivaloka Day**

**Sravana-Avani**

**6**

**Thursday, August 22, 2019**

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

Oslo, Norway  
Sun 6    Sutra 130  
Vikarin 5121  
Moon 8 - Phase 18  
1st Phase

Mesha Rasi: 18.2    Tilthi 22

Creative Work    Siddha Yoga

Until 10:04PM

Then Routine Work - Marana Yoga

**Gulika**    8:35AM – 10:28AM  
Yama        4:50AM – 6:43AM  
528993462 **Rahu**    2:13PM – 4:06PM

**Bharani Until 10:04PM**  
Vridhhi **Until 12:30PM**  
Visti **Until 3:13PM**  
**Saptami Until 3:39AM Fri**

**Ganesha:** White      *Sunrise: 4:50AM*  
**Muruqa:** Blue        *Sunset: 7:51PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

**Sravana-Avani**

**D**

**Friday, August 23, 2019**  
**Retreat Star**

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

Oslo, Norway  
Sun 7    Sutra 131  
Vikarin 5121  
Moon 8 - Phase 18  
Ashtami

Vrishabha Rasi: 0.49    Tilthi 23

Creative Work    Siddha Yoga

Until 11:07PM

Then Routine Work - Marana Yoga

**Gulika**    6:44AM – 8:36AM  
Yama        4:04PM – 5:56PM  
528993462 **Rahu**    10:28AM – 12:20PM

**Krishna Janmashtami**

**Krittika Until 11:07PM**  
Dhruva **Until 12:09PM**  
Balava **Until 3:58PM**  
**Ashtami\* Until 4:03AM Sat**

**Ganesha:** White      *Sunrise: 4:52AM*  
**Muruqa:** Blue        *Sunset: 7:48PM*  
**Nataraja:** White  
Moon – White

**Sivaloka Day**

**Sravana-Avani**

**Saturday, August 24, 2019**

**Retreat Star**

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

Oslo, Norway  
Sun 8    Sutra 132  
Vikarin 5121  
Moon 8 - Phase 18  
Navami

Vrishabha Rasi: 13.37    Tilthi 24

Creative Work    Amrita Yoga

Until 11:45PM

Then Creative Work - Siddha Yoga

**Gulika**    4:55AM – 6:46AM  
Yama        2:11PM – 4:03PM  
538993462 **Rahu**    8:37AM – 10:29AM

**Rohini Until 11:45PM**  
Vyaghata\* **Until 11:16AM**  
Tailita **Until 4:00PM**  
**Navami\* Until 3:42AM Sun**

**Ganesha:** Clear        *Sunrise: 4:55AM*  
**Muruqa:** Blue        *Sunset: 7:45PM*  
**Nataraja:** White  
Moon – Yellow

**Subha Sivaloka Day**

**Sravana-Avani**

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

All times are standard time

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<b>1</b>		<b>Sunday, August 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Vanija/Visli* Karana Dashamyam Titau	Oslo, Norway Sun 9 Sutra 133 Vikarin 5121
Wrishabha Rasi: 26.47	Tithi 25	<b>Gulika</b> 4:01PM – 5:52PM	<b>Mrigashira</b> Until 11:27PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:57AM	
		Yama 12:20PM – 2:10PM	Harshana Until 9:46AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:42PM	Moon 8 - Phase 19
538993462	<b>Rahu</b> 5:52PM – 7:42PM		Vanija Until 3:14PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:33AM Mon	Moon – Yellow	<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>2</b>		<b>Monday, August 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau	Oslo, Norway Sun 10 Sutra 134 Vikarin 5121
Mithuna Rasi: 10.25	Tithi 26	<b>Gulika</b> 2:09PM – 3:59PM	<b>Ardra</b> Until 10:15PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:59AM	
<b>Family Home Evening</b>		Yama 10:29AM – 12:19PM	Vajra* Until 7:37AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:40PM	Moon 8 - Phase 19
538993462	<b>Rahu</b> 6:49AM – 8:39AM		Bava Until 1:42PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 12:38AM Tue	Moon – Yellow	<b>Subha Sivaloka Day</b>
Until 10:15PM				<b>Sravana-Avani</b>	
Then Creative Work - Amrita Yoga					

<b>3</b>		<b>Tuesday, August 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau	Oslo, Norway Sun 11 Sutra 135 Vikarin 5121
Mithuna Rasi: 24.3	Tithi 27	<b>Gulika</b> 12:19PM – 2:09PM	<b>Punarvasu</b> Until 8:39PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:02AM	
		Yama 8:40AM – 10:30AM	Vyatipata* Until 1:36AM Wed	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:37PM	Moon 8 - Phase 19
548993462	<b>Rahu</b> 3:58PM – 5:47PM		Kaulava Until 11:26AM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 10:03PM	Moon – Blue	<b>Sivaloka Day</b>
				<b>Sravana-Avani</b>	

<b>4</b>		<b>Wednesday, August 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Variyan Yoga Gara/Vanija Karana Trayodashyam Titau	Oslo, Norway Sun 12 Sutra 136 Vikarin 5121
Kataka Rasi: 9.02	Tithi 28	<b>Gulika</b> 10:30AM – 12:19PM	<b>Pushya</b> Until 6:20PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:04AM	
		Yama 6:53AM – 8:41AM	Variyan Until 9:51PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:34PM	Moon 8 - Phase 19
549993463	<b>Rahu</b> 12:19PM – 2:08PM		Gara Until 8:34AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 6:55PM	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana-Avani</b>	
				<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>		<b>Thursday, August 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Oslo, Norway Sun 13 Sutra 137 Vikarin 5121
Kataka Rasi: 23.56	Tithi 29 – 30	<b>Gulika</b> 8:42AM – 10:30AM	<b>Ashlesha*</b> Until 3:29PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:06AM	
		Yama 5:06AM – 6:54AM	Parigha* Until 5:49PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:31PM	Moon 8 - Phase 19
549193463	<b>Rahu</b> 2:07PM – 3:55PM		Catuspada Until 1:31AM Fri	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:23PM	Moon – Blue	<b>Sivaloka Day</b>
Until 3:29PM				<b>Sravana-Avani</b>	
Then Creative Work - Amrita Yoga					

<b>Retreat Star</b>		<b>Friday, August 30, 2019</b>		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	Oslo, Norway Sun 14 Sutra 138 Vikarin 5121
Simha Rasi: 9.06	Tithi 30 – 1	<b>Gulika</b> 6:56AM – 8:43AM	<b>Magha*</b> Until 12:39PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:09AM	
		Yama 3:53PM – 5:40PM	Shiva Until 1:36PM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:28PM	Moon 8 - Phase 19
559193463	<b>Rahu</b> 10:31AM – 12:18PM		Kintughna Until 9:41PM	<b>Nataraja:</b> Clear	Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 11:36AM	Moon – Red	<b>Sivaloka Day</b>
Until 12:39PM		<b>Varalakshmi Vratam</b>		<b>Sravana-Avani</b>	
Then Creative Work - Siddha Yoga					

<b>Retreat Star</b>		<b>Saturday, August 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau	Oslo, Norway Sun 15 Sutra 139 Vikarin 5121
Simha Rasi: 24.21	Tithi 1 – 2	<b>Gulika</b> 5:11AM – 6:58AM	<b>Purvaphalguni</b> Until 9:37AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:11AM	
		Yama 2:05PM – 3:51PM	Siddha Until 9:18AM	<b>Muruqa:</b> Blue <i>Sunset:</i> 7:25PM	Moon 8 - Phase 19
559193463	<b>Rahu</b> 8:44AM – 10:31AM		Kaulava Until 4:00AM Sun	<b>Nataraja:</b> Clear	Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 7:45AM	Moon – Red	<b>Sivaloka Day</b>
Until 9:37AM				<b>Bhadrapada-Avani</b>	
Then Routine Work - Marana Yoga					

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

All times are standard time

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<b>1</b>	<b>Sunday, September 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Subha Yoga Taitila/Gara Karana Trilayam Titau				Oslo, Norway
	Kanya Rasi: 9.32	Tithi 3	<b>Gulika</b> 3:50PM – 5:36PM	<b>Uttaraphalguni Until 6:35AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:13AM	Sun 16 Sutra 140
			Yama 12:18PM – 2:04PM	Subha Until 1:11AM Mon	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:22PM	Vikarin 5121
	559193463	<b>Rahu</b> 5:36PM – 7:22PM	Taitila Until 2:14PM		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Amrita Yoga		<b>Tritiya Until 12:31AM Mon</b>	Moon – Red		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Monday, September 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturtham Titau				Oslo, Norway
	Kanya Rasi: 24.3	Tithi 4	<b>Gulika</b> 2:03PM – 3:48PM	<b>Chitra Until 1:56AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:16AM	Sun 17 Sutra 141
	<b>Family Home Evening</b>		Yama 10:32AM – 12:17PM	Sukla Until 9:35PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:19PM	Vikarin 5121
	569193463	<b>Rahu</b> 7:01AM – 8:46AM	Vanija Until 10:57AM		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Routine Work	Prabalarishta Yoga		<b>Chaturthi* Until 9:28PM</b>	Moon – Green		3rd Phase	
Until 1:56AM Tue		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>3</b>	<b>Tuesday, September 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Brahma Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway
	Tula Rasi: 9.06	Tithi 5	<b>Gulika</b> 12:17PM – 2:02PM	<b>Svati Until 12:15AM Wed</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:18AM	Sun 18 Sutra 142
			Yama 8:47AM – 10:32AM	Brahma Until 6:28PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:16PM	Vikarin 5121
	569193463	<b>Rahu</b> 3:47PM – 5:31PM	Bava Until 8:10AM		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Panchami Until 7:00PM</b>	Moon – Green		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Wednesday, September 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway
	Tula Rasi: 23.15	Tithi 6 – 7	<b>Gulika</b> 10:33AM – 12:17PM	<b>Vishakha Until 11:35PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:20AM	Sun 19 Sutra 143
			Yama 7:04AM – 8:48AM	Indra Until 3:57PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:13PM	Vikarin 5121
	579193463	<b>Rahu</b> 12:17PM – 2:01PM	Kaulava Until 6:02AM		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Shashthi* Until 5:14PM</b>	Moon – Orange		3rd Phase	
				<b>Bhadrapada-Avani</b>		<b>Subha Sivaloka Day</b>	

<b>5</b>	<b>Thursday, September 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway
	Vrischika Rasi: 6.56	Tithi 7 – 8	<b>Gulika</b> 8:49AM – 10:33AM	<b>Anuradha Until 11:35PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:22AM	Sun 20 Sutra 144
			Yama 5:22AM – 7:06AM	Vaidhriti* Until 2:04PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:10PM	Vikarin 5121
	571193463	<b>Rahu</b> 2:00PM – 3:43PM	Visti Until 4:08AM Fri		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Saptami Until 4:17PM</b>	Moon – Orange		3rd Phase	
Until 11:35PM				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga							

<b>6</b>	<b>Friday, September 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway
	<b>Retreat Star</b>		<b>Gulika</b> 7:08AM – 8:50AM	<b>Jyeshtha* Until 12:13AM Sat</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:25AM	Sun 21 Sutra 145
	Vrischika Rasi: 20.09	Tithi 8 – 9	Yama 3:42PM – 5:24PM	Vishkambha* Until 12:50PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:07PM	Vikarin 5121
	571193463	<b>Rahu</b> 10:33AM – 12:16PM	Balava Until 4:25AM Sat		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Routine Work	Marana Yoga		<b>Ashtami* Until 4:10PM</b>	Moon – Orange		Ashtami	
Until 12:13AM Sat				<b>Bhadrapada-Avani</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>7</b>	<b>Saturday, September 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway
	<b>Retreat Star</b>		<b>Gulika</b> 5:27AM – 7:09AM	<b>Mula* Until 1:56AM Sun</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:27AM	Sun 22 Sutra 146
	Dhanus Rasi: 2.57	Tithi 9 – 10	Yama 1:58PM – 3:40PM	Priti Until 12:15PM	<b>Muruqa:</b> Blue	<i>Sunset:</i> 7:04PM	Vikarin 5121
	581193463	<b>Rahu</b> 8:51AM – 10:34AM	Taitila Until 5:27AM Sun		<b>Nataraja:</b> Clear		Moon 8 - Phase 20
Creative Work	Siddha Yoga		<b>Navami* Until 4:49PM</b>	Moon – Light Blue		Navami	
				<b>Bhadrapada-Avani</b>		<b>Devaloka Day</b>	

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

1	<b>Sunday, September 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara Karana Dashamyam Titau				Oslo, Norway Sun 23 Sutra 147
	Dhanus Rasi: 15.25	Tithi 10	<b>Gulika</b> 3:38PM – 5:20PM	<b>Purvashadha* Until 4:05AM Mon</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:29AM</i>		Vikarin 5121
			Yama 12:15PM – 1:57PM	Ayushman Until 12:11PM	<b>Muruqa:</b> Blue <i>Sunset: 7:01PM</i>		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 5:20PM – 7:01PM		Gara Until 6:10PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga		Grandparent's Day		Dashami Until 6:10PM		Devaloka Day	
Until 4:05AM Mon				Bhadrapada-Avani			
Then Routine Work - Marana Yoga							

2	<b>Monday, September 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 148
	Dhanus Rasi: 27.38	Tithi 11	<b>Gulika</b> 1:56PM – 3:37PM	<b>Uttarashadha Until 6:30AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:32AM</i>		Vikarin 5121
	<b>Family Home Evening</b>		Yama 10:34AM – 12:15PM	Saubhagya Until 12:34PM	<b>Muruqa:</b> Blue <i>Sunset: 6:58PM</i>		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 7:13AM – 8:53AM		Vanija Until 7:05AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga		Ekadashi Until 8:03PM		Bhadrapada-Avani		Devaloka Day	
Until 6:30AM Tue							
Then Creative Work - Siddha Yoga							

3	<b>Tuesday, September 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 149
	Makara Rasi: 9.4	Tithi 12	<b>Gulika</b> 12:15PM – 1:55PM	<b>Uttarashadha Until 6:30AM</b>	<b>Ganesha:</b> Green <i>Sunrise: 5:34AM</i>		Vikarin 5121
			Yama 8:54AM – 10:34AM	Sobhana Until 1:16PM	<b>Muruqa:</b> Blue <i>Sunset: 6:55PM</i>		Moon 8 - Phase 21
	581193463	<b>Rahu</b> 3:35PM – 5:15PM		Bava Until 9:09AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Prabalarishta Yoga		Dvadashi Until 10:16PM		Bhadrapada-Avani		Devaloka Day	
Until 6:30AM							
Then Creative Work - Siddha Yoga							

4	<b>Wednesday, September 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 150
	Makara Rasi: 21.34	Tithi 13	<b>Gulika</b> 10:35AM – 12:14PM	<b>Shravana Until 9:32AM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:36AM</i>		Vikarin 5121
			Yama 7:16AM – 8:55AM	Athiganda* Until 2:07PM	<b>Muruqa:</b> Blue <i>Sunset: 6:52PM</i>		Moon 8 - Phase 21
	591193463	<b>Rahu</b> 12:14PM – 1:54PM		Kaulava Until 11:29AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga		Avani Avittam		Trayodashi Until 12:41AM Thu		Sivaloka Day	
Until 9:32AM				Pradosha Vrata			
Then Routine Work - Prabalarishta Yoga							

5	<b>Thursday, September 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 151
	Kumbha Rasi: 3.26	Tithi 14	<b>Gulika</b> 8:56AM – 10:35AM	<b>Dhanishtha Until 12:31PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:39AM</i>		Vikarin 5121
			Yama 5:39AM – 7:17AM	Sukarma Until 3:04PM	<b>Muruqa:</b> Blue <i>Sunset: 6:49PM</i>		Moon 8 - Phase 21
	591193463	<b>Rahu</b> 1:53PM – 3:32PM		Gara Until 1:57PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga		Chidambaram Abhishekam		Chaturdashi* Until 3:09AM Fri		Sivaloka Day	
				Bhadrapada-Avani			

O	<b>Friday, September 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sutra 152
	<b>Copper Retreat Star</b>		<b>Gulika</b> 7:19AM – 8:57AM	<b>Shatabhishak Until 3:20PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:41AM</i>		Vikarin 5121
	Kumbha Rasi: 15.17	Tithi 15	Yama 3:30PM – 5:08PM	Dhriti Until 4:01PM	<b>Muruqa:</b> Purple <i>Sunset: 6:46PM</i>		Moon 8 - Phase 21
	591113463	<b>Rahu</b> 10:35AM – 12:14PM		Visti Until 4:24PM	<b>Nataraja:</b> Clear		Purnima
Creative Work Siddha Yoga		Purnima* Until 5:36AM Sat		Bhadrapada-Avani		Sivaloka Day	

O	<b>Saturday, September 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula*/Ganda* Yoga Balava Karana Prathamayam Titau				Oslo, Norway Sutra 153
	<b>Silver Retreat Star</b>		<b>Gulika</b> 5:43AM – 7:21AM	<b>Purvaproshtapada* Until 6:25PM</b>	<b>Ganesha:</b> Red <i>Sunrise: 5:43AM</i>		Vikarin 5121
	Kumbha Rasi: 27.1	Tithi 16	Yama 1:51PM – 3:28PM	Shula* Until 4:53PM	<b>Muruqa:</b> Purple <i>Sunset: 6:43PM</i>		Moon 8 - Phase 21
	511113463	<b>Rahu</b> 8:58AM – 10:36AM		Balava Until 6:48PM	<b>Nataraja:</b> Clear		Prathama
Routine Work Marana Yoga		Prathama* Until 7:55AM Sun		Bhadrapada-Avani		Sivaloka Day	
Until 6:25PM							
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 \*Vridhi Yoga Kaulava/Tailila Karana Prathama/Dvitiyayam Titau

Oslo, Norway

Sutra 154

Vikarin 5121

Meena Rasi: 9.04 Tithi 16 – 17

**Gulika** 3:27PM – 5:03PM  
Yama 12:13PM – 1:50PM  
**Rahu** 5:03PM – 6:40PM

**Uttaraproshtapada** Until 9:13PM  
Ganda\* Until 5:40PM  
Taitila Until 9:03PM  
Prathama\* Until 7:55AM

**Ganesha:** Yellow *Sunrise:* 5:45AM  
**Muruqa:** Purple *Sunset:* 6:40PM  
**Nataraja:** Clear  
Moon – Clear

Moon 9 - Phase 22  
1st Phase

Creative Work Amrita 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 Vridhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Oslo, Norway

Sun 1 Sutra 155

Vikarin 5121

Meena Rasi: 21.03 Tithi 17 – 18

**Gulika** 1:49PM – 3:25PM  
Yama 10:36AM – 12:12PM  
**Rahu** 7:24AM – 9:00AM

**Revati** Until 11:39PM  
Vridhi Until 6:20PM  
Vanija Until 11:06PM  
Dvitiya Until 10:05AM

**Ganesha:** Yellow *Sunrise:* 5:48AM  
**Muruqa:** Purple *Sunset:* 6:37PM  
**Nataraja:** Clear  
Moon – Clear

Moon 9 - Phase 22  
1st Phase

Family Home Evening  
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/Chaturthayam Titau

Oslo, Norway

Sun 2 Sutra 156

Vikarin 5121

Mesha Rasi: 3.06 Tithi 18 – 19

**Gulika** 12:12PM – 1:48PM  
Yama 9:01AM – 10:37AM  
**Rahu** 3:23PM – 4:59PM

**Ashvini** Until 2:11AM Wed  
Dhruva Until 6:46PM  
Bava Until 12:55AM Wed  
Tritiya Until 12:02PM

**Ganesha:** White *Sunrise:* 5:50AM  
**Muruqa:** Purple *Sunset:* 6:34PM  
**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

Oslo, Norway

Sun 3 Sutra 157

Vikarin 5121

Mesha Rasi: 15.16 Tithi 19 – 20

**Gulika** 10:37AM – 12:12PM  
Yama 7:27AM – 9:02AM  
**Rahu** 12:12PM – 1:47PM

**Bharani** Until 4:13AM Thu  
Vyaghata\* Until 6:59PM  
Kaulava Until 2:23AM Thu  
Chaturthi\* Until 1:41PM

**Ganesha:** White *Sunrise:* 5:52AM  
**Muruqa:** Purple *Sunset:* 6:31PM  
**Nataraja:** Clear  
Moon – White

Moon 9 - Phase 22  
1st Phase

Creative Work Siddha Yoga

Devaloka Day

Bhadrapada-Puratasi

Until 4:13AM Thu  
Then Routine Work - Marana Yoga

4

Thursday, September 19, 2019

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

Oslo, Norway

Sun 4 Sutra 158

Vikarin 5121

Mesha Rasi: 27.35 Tithi 20 – 21

**Gulika** 9:03AM – 10:37AM  
Yama 5:55AM – 7:29AM  
**Rahu** 1:46PM – 3:20PM

**Krittika** Until 5:39AM Fri  
Harshana Until 6:55PM  
Gara Until 3:26AM Fri  
Panchami Until 2:57PM

**Ganesha:** White *Sunrise:* 5:55AM  
**Muruqa:** Purple *Sunset:* 6:28PM  
**Nataraja:** Clear  
Moon – White

Moon 9 - Phase 22  
1st Phase

Routine Work Marana Yoga

Devaloka Day

Bhadrapada-Puratasi

5

Friday, September 20, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Rohini Nakshatra Vajra\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sun 5 Sutra 159

Vikarin 5121

Vrishabha Rasi: 10.05 Tithi 21 – 22

**Gulika** 7:30AM – 9:04AM  
Yama 3:18PM – 4:52PM  
**Rahu** 10:38AM – 12:11PM

**Rohini** Until 6:52AM Sat  
Vajra\* Until 6:24PM  
Visti Until 3:55AM Sat  
Shashthi\* Until 3:44PM

**Ganesha:** Clear *Sunrise:* 5:57AM  
**Muruqa:** Purple *Sunset:* 6:25PM  
**Nataraja:** Clear  
Moon – Yellow

Moon 9 - Phase 22  
1st Phase

Routine Work Marana Yoga

Sivaloka Day

Bhadrapada-Puratasi

Until 6:52AM Sat  
Then Creative Work - Siddha Yoga

6

Saturday, September 21, 2019

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Siddhi/Vyatiyata\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Oslo, Norway

Sun 6 Sutra 160

Vikarin 5121

Vrishabha Rasi: 22.51 Tithi 22 – 23

**Gulika** 5:59AM – 7:32AM  
Yama 1:44PM – 3:16PM  
**Rahu** 9:05AM – 10:38AM

**Rohini** Until 6:52AM  
Siddhi Until 5:26PM  
Balava Until 3:45AM Sun  
Saptami Until 3:54PM

**Ganesha:** Clear *Sunrise:* 5:59AM  
**Muruqa:** Purple *Sunset:* 6:22PM  
**Nataraja:** Clear  
Moon – Yellow

Moon 9 - Phase 22  
1st Phase

Creative Work Amrita Yoga

Sivaloka Day

Bhadrapada-Puratasi

Until 6:52AM  
Then Creative Work - Siddha Yoga

☾

Sunday, September 22, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Vyatiyata\*/Variyan Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sun 7 Sutra 161

Vikarin 5121

Mithuna Rasi: 5.56 Tithi 23 – 24

**Gulika** 3:15PM – 4:47PM  
Yama 12:10PM – 1:43PM  
**Rahu** 4:47PM – 6:19PM

**Mrigashira** Until 7:17AM  
Vyatiyata\* Until 3:55PM  
Taitila Until 2:52AM Mon  
Ashtami\* Until 3:23PM

**Ganesha:** Orange *Sunrise:* 6:01AM  
**Muruqa:** Purple *Sunset:* 6:19PM  
**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

Oslo, Norway

Sun 8 Sutra 162

Vikarin 5121

Mithuna Rasi: 19.25 Tithi 24 – 25

**Gulika** 1:42PM – 3:13PM  
Yama 10:38AM – 12:10PM  
**Rahu** 7:35AM – 9:07AM

**Ardra** Until 6:50AM  
Variyan Until 1:48PM  
Vanija Until 1:16AM Tue  
Navami\* Until 2:08PM

**Ganesha:** Orange *Sunrise:* 6:04AM  
**Muruqa:** Purple *Sunset:* 6:16PM  
**Nataraja:** Clear  
Moon – Yellow

Moon 9 - Phase 22  
Navami

Family Home Evening  
Creative Work Siddha Yoga

Sivaloka Day

Bhadrapada-Puratasi

Until 6:50AM  
Then Creative Work - Amrita Yoga

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

All times are standard time


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<b>1</b>		<b>Tuesday, September 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway
Kataka Rasi: 3.2	Tithi 25 – 26	542213463	<b>Gulika</b> 12:10PM – 1:41PM <b>Yama</b> 9:08AM – 10:39AM <b>Rahu</b> 3:11PM – 4:42PM	<b>Pushya</b> <b>Until 4:18AM Wed</b> Parigha* Until 11:08AM Bava Until 10:59PM <b>Dashami</b> <b>Until 12:11PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:06AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:13PM <b>Nataraja:</b> Clear Moon – Blue	Sun 9 Sutra 163 Vikarin 5121 Moon 9 - Phase 23 2nd Phase <b>Devaloka Day</b> <b>Bhadrapada•Puratasi</b>
Creative Work	Siddha Yoga					

<b>2</b>		<b>Wednesday, September 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway
Kataka Rasi: 17.41	Tithi 26 – 27	542213463	<b>Gulika</b> 10:39AM – 12:09PM <b>Yama</b> 7:39AM – 9:09AM <b>Rahu</b> 12:09PM – 1:40PM	<b>Ashlesha*</b> <b>Until 1:57AM Thu</b> Shiva Until 7:56AM Kaulava Until 8:07PM <b>Ekadashi*</b> <b>Until 9:36AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:08AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:10PM <b>Nataraja:</b> Clear Moon – Blue	Sun 10 Sutra 164 Vikarin 5121 Moon 9 - Phase 23 2nd Phase <b>Devaloka Day</b> <b>Bhadrapada•Puratasi</b>
Creative Work	Siddha Yoga					
Until 1:57AM Thu						
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Thursday, September 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Sadhya Yoga Tailila/Vanija Karana Dvadashi/Trayodashyam Titau		Oslo, Norway
Simha Rasi: 2.25	Tithi 27 – 28	552213463	<b>Gulika</b> 9:10AM – 10:39AM <b>Yama</b> 6:11AM – 7:40AM <b>Rahu</b> 1:39PM – 3:08PM	<b>Magha*</b> <b>Until 11:26PM</b> Sadhya Until 12:18AM Fri Vanija Until 2:59AM Fri <b>Dvadashi*</b> <b>Until 6:29AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:11AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:07PM <b>Nataraja:</b> Clear Moon – Red	Sun 11 Sutra 165 Vikarin 5121 Moon 9 - Phase 23 2nd Phase <b>Devaloka Day</b> <b>Bhadrapada•Puratasi</b>
Creative Work	Amrita Yoga					
Until 11:26PM						
Then Creative Work - Siddha Yoga						
						<i>Pradosha Vrata (Fasting)</i>

<b>4</b>		<b>Friday, September 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Subha Yoga Visti/Sakuni* Karana Chaturdashyam Titau		Oslo, Norway
Simha Rasi: 17.28	Tithi 29	552213463	<b>Gulika</b> 7:42AM – 9:11AM <b>Yama</b> 3:06PM – 4:35PM <b>Rahu</b> 10:40AM – 12:09PM	<b>Purvaphalguni</b> <b>Until 8:31PM</b> Subha Until 8:07PM Visti Until 1:09PM <b>Chaturdashi*</b> <b>Until 11:15PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:13AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:04PM <b>Nataraja:</b> Clear Moon – Red	Sun 12 Sutra 166 Vikarin 5121 Moon 9 - Phase 23 2nd Phase <b>Devaloka Day</b> <b>Bhadrapada•Puratasi</b>
Creative Work	Siddha Yoga					

		<b>Saturday, September 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Oslo, Norway
<b>Retreat Star</b>			<b>Gulika</b> 6:15AM – 7:44AM <b>Yama</b> 1:37PM – 3:05PM <b>Rahu</b> 9:12AM – 10:40AM	<b>Uttaraphalguni</b> <b>Until 5:24PM</b> Sukla Until 3:51PM Catuspada Until 9:22AM <b>Amavasya*</b> <b>Until 7:28PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:15AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:01PM <b>Nataraja:</b> Clear Moon – Red	Sun 13 Sutra 167 Vikarin 5121 Moon 9 - Phase 23 Amavasya <b>Devaloka Day</b> <b>Bhadrapada•Puratasi</b>
Kanya Rasi: 2.4	Tithi 30	652213463				
Routine Work	Marana Yoga					
						<b>Mahalaya Amavasai (Tamil Nadu)</b>

<b>Retreat Star</b>		<b>Sunday, September 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Oslo, Norway
<b>Retreat Star</b>			<b>Gulika</b> 3:03PM – 4:31PM <b>Yama</b> 12:08PM – 1:36PM <b>Rahu</b> 4:31PM – 5:58PM	<b>Hasta</b> <b>Until 2:39PM</b> Brahma Until 11:39AM Balava Until 2:04AM Mon <b>Prathama*</b> <b>Until 3:47PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:18AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:58PM <b>Nataraja:</b> Clear Moon – Green	Sun 14 Sutra 168 Vikarin 5121 Moon 9 - Phase 23 Prathama <b>Devaloka Day</b> <b>Ashvina•Puratasi</b>
Kanya Rasi: 17.53	Tithi 1 – 2	663213463				
Creative Work	Amrita Yoga					
Until 2:39PM						
Then Creative Work - Siddha Yoga						
						<b>Navaratri Begins</b>

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

All times are standard time

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<b>1</b>		<b>Monday, September 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway Sun 15 Sutra 169 Vikarin 5121
Tula Rasi: 2.55	Tithi 2 – 3	<b>Gulika</b>	1:35PM – 3:01PM	<b>Chitra Until 12:02PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:20AM	
<b>Family Home Evening</b>	663213463	Yama	10:41AM – 12:08PM	Indra Until 7:41AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:55PM	Moon 9 - Phase 24
Routine Work Prabalarishta Yoga		<b>Rahu</b>	7:47AM – 9:14AM	Taitila Until 10:54PM	<b>Nataraja:</b> Clear	3rd Phase
Until 12:02PM				<b>Dvitiya Until 12:24PM</b>	Moon – Green	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>2</b>		<b>Tuesday, October 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 16 Sutra 170 Vikarin 5121
Tula Rasi: 17.38	Tithi 3 – 4	<b>Gulika</b>	12:07PM – 1:34PM	<b>Svati Until 9:45AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:22AM	
	663213463	Yama	9:15AM – 10:41AM	Vishkambha* Until 12:54AM Wed	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:52PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	3:00PM – 4:26PM	Vanija Until 8:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 9:45AM				<b>Tritiya Until 9:30AM</b>	Moon – Green	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga					<b>Ashvina+Puratasi</b>	

<b>3</b>		<b>Wednesday, October 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 17 Sutra 171 Vikarin 5121
Vrischika Rasi: 1.56	Tithi 4 – 5	<b>Gulika</b>	10:41AM – 12:07PM	<b>Vishakha Until 8:23AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:25AM	
	673213463	Yama	7:50AM – 9:16AM	Priti Until 10:22PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:49PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	12:07PM – 1:33PM	Bava Until 6:22PM	<b>Nataraja:</b> Clear	3rd Phase
				<b>Chaturthi* Until 7:13AM</b>	Moon – Orange	<b>Devaloka Day</b>
					<b>Ashvina+Puratasi</b>	

<b>4</b>		<b>Thursday, October 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Oslo, Norway Sun 18 Sutra 172 Vikarin 5121
Vrischika Rasi: 15.44	Tithi 6	<b>Gulika</b>	9:17AM – 10:42AM	<b>Anuradha Until 7:38AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:27AM	
	673213463	Yama	6:27AM – 7:52AM	Ayushman Until 8:29PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:46PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	1:32PM – 2:57PM	Kaulava Until 5:17PM	<b>Nataraja:</b> Clear	3rd Phase
Until 7:38AM				<b>Shashthi* Until 5:03AM Fri</b>	Moon – Orange	<b>Devaloka Day</b>
Then Routine Work - Prabalarishta Yoga					<b>Ashvina+Puratasi</b>	

<b>5</b>		<b>Friday, October 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Oslo, Norway Sun 19 Sutra 173 Vikarin 5121
Vrischika Rasi: 29.02	Tithi 7	<b>Gulika</b>	7:54AM – 9:18AM	<b>Jyeshtha* Until 7:36AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:29AM	
	673213463	Yama	2:55PM – 4:19PM	Saubhagya Until 7:19PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:43PM	Moon 9 - Phase 24
Routine Work Marana Yoga		<b>Rahu</b>	10:42AM – 12:06PM	Gara Until 5:06PM	<b>Nataraja:</b> Clear	3rd Phase
Until 7:36AM				<b>Saptami Until 5:19AM Sat</b>	Moon – Orange	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashvina+Puratasi</b>	

<b>Retreat Star</b>		<b>Saturday, October 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Oslo, Norway Sun 20 Sutra 174 Vikarin 5121
Dhanus Rasi: 11.52	Tithi 8	<b>Gulika</b>	6:32AM – 7:55AM	<b>Mula* Until 8:45AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:32AM	
	683213463	Yama	1:30PM – 2:53PM	Sobhana Until 6:51PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:40PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	9:19AM – 10:42AM	Visti Until 5:47PM	<b>Nataraja:</b> Clear	Ashtami
				<b>Ashtami* Until 6:24AM Sun</b>	Moon – Light Blue	<b>Sivaloka Day</b>
		<b>Durga Ashtami</b>			<b>Ashvina+Puratasi</b>	

<b>Retreat Star</b>		<b>Sunday, October 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Oslo, Norway Sun 21 Sutra 175 Vikarin 5121
Dhanus Rasi: 24.2	Tithi 8 – 9	<b>Gulika</b>	2:52PM – 4:15PM	<b>Purvashadha* Until 10:32AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:34AM	
	683213463	Yama	12:06PM – 1:29PM	Athiganda* Until 6:55PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:38PM	Moon 9 - Phase 24
Creative Work Siddha Yoga		<b>Rahu</b>	4:15PM – 5:38PM	Balava Until 7:14PM	<b>Nataraja:</b> Clear	Navami
Until 10:32AM				<b>Ashtami* Until 6:24AM</b>	Moon – Light Blue	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga		<b>Saraswathi Puja (Tamil Nadu)</b>			<b>Ashvina+Puratasi</b>	

<b>Monday, October 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 22 Sutra 176 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:28PM – 2:50PM	<b>Uttarashadha</b> Until 12:46PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	
Makara Rasi: 6.31	Tithi 9 – 10	Yama 10:43AM – 12:05PM	Sukarma Until 7:28PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:35PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	683213463	<b>Rahu</b> 7:59AM – 9:21AM	Taitila Until 9:17PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work Marana Yoga			<b>Navami*</b> Until 8:11AM	Moon – Light Blue		<b>Sivaloka Day</b>
Until 12:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, October 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 23 Sutra 177 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:05PM – 1:27PM	<b>Shravana</b> Until 3:45PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:39AM	
Makara Rasi: 18.29	Tithi 10 – 11	Yama 9:22AM – 10:44AM	Dhriti Until 8:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 2:48PM – 4:10PM	Vanija Until 11:40PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work Siddha Yoga			<b>Vijaya Dasami</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 12:46PM			<b>Dashami</b> Until 10:25AM	<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Wednesday, October 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 24 Sutra 178 Vikarin 5121
<b>3</b>		<b>Gulika</b> 10:44AM – 12:05PM	<b>Dhanishtha</b> Until 6:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:41AM	
Kumbha Rasi: 0.22	Tithi 11 – 12	Yama 8:02AM – 9:23AM	Shula* Until 9:13PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:29PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 12:05PM – 1:26PM	Bava Until 2:13AM Thu	<b>Nataraja:</b> Purple		4th Phase
Routine Work Prabalarishta Yoga			<b>Ekadashi</b> Until 12:55PM	Moon – Purple		<b>Sivaloka Day</b>
Until 6:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, October 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 25 Sutra 179 Vikarin 5121
<b>4</b>		<b>Gulika</b> 9:24AM – 10:44AM	<b>Shatabhishak</b> Until 9:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:43AM	
Kumbha Rasi: 12.12	Tithi 12 – 13	Yama 6:43AM – 8:04AM	Ganda* Until 10:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:26PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	693213464	<b>Rahu</b> 1:25PM – 2:45PM	Kaulava Until 4:43AM Fri	<b>Nataraja:</b> Purple		4th Phase
Routine Work Siddha Yoga			<b>Dvadashi</b> Until 3:27PM	Moon – Purple		<b>Sivaloka Day</b>
Until 6:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						
		<b>Kadaitswami Mahasamadhi</b>				
			<i>Pradosha Vrata</i>			

<b>Friday, October 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtpada* Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 26 Sutra 180 Vikarin 5121
<b>5</b>		<b>Gulika</b> 8:05AM – 9:25AM	<b>Purvaproshtpada*</b> Until 12:40AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:46AM	
Kumbha Rasi: 24.04	Tithi 13 – 14	Yama 2:44PM – 4:03PM	Vriddhi Until 11:00PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:23PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 10:45AM – 12:04PM	Gara Until 7:04AM Sat	<b>Nataraja:</b> Purple		4th Phase
Routine Work Siddha Yoga			<b>Trayodashi</b> Until 5:53PM	Moon – Clear		<b>Sivaloka Day</b>
Until 6:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						
		<b>Chidambaram Abhishekam</b>				

<b>Saturday, October 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtpada Nakshatra Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 181 Vikarin 5121
<b>6</b>		<b>Gulika</b> 6:48AM – 8:07AM	<b>Uttaraproshtpada</b> Until 3:21AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:48AM	
Meena Rasi: 5.58	Tithi 14	Yama 1:23PM – 2:42PM	Dhruva Until 11:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	613213464	<b>Rahu</b> 9:26AM – 10:45AM	Gara Until 7:04AM	<b>Nataraja:</b> Purple		4th Phase
Routine Work Siddha Yoga			<b>Chaturdashi*</b> Until 8:08PM	Moon – Clear		<b>Sivaloka Day</b>
Until 3:21AM Sun				<b>Ashvina+Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Sunday, October 13, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sun 28 Sutra 182 Vikarin 5121
<b>0</b>		<b>Gulika</b> 2:40PM – 3:59PM	<b>Revati</b> Until 5:38AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:51AM	
Meena Rasi: 17.59	Tithi 15	Yama 12:04PM – 1:22PM	Vyaghata* Until 12:08AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM	Moon 9 - Phase 25
<b>Copper Retreat Star</b>	614213464	<b>Rahu</b> 3:59PM – 5:17PM	Visti Until 9:11AM	<b>Nataraja:</b> Purple		Purnima
Routine Work Amrita Yoga			<b>Purnima*</b> Until 10:07PM	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 5:38AM Mon				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>Monday, October 14, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sun 29 Sutra 183 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:21PM – 2:39PM	<b>Ashvini</b> Until 7:57AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:53AM	
Mesha Rasi: 0.05	Tithi 16	Yama 10:46AM – 12:04PM	Harshana Until 12:25AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:14PM	Moon 9 - Phase 25
<b>Family Home Evening</b>	624213464	<b>Rahu</b> 8:11AM – 9:28AM	Balava Until 11:02AM	<b>Nataraja:</b> Purple		Prathama
Routine Work Siddha Yoga			<b>Prathama*</b> Until 11:50PM	Moon – White		<b>Subha Subha Sivaloka Day</b>
Until 6:46PM				<b>Ashvina+Puratasi</b>		
Then Creative Work - Siddha 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

Oslo, Norway

Sun 1 Sutra 184

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 12.19 Tithi 17

624213464

**Gulika** 12:03PM – 1:20PM  
**Yama** 9:29AM – 10:46AM  
**Rahu** 2:37PM – 3:54PM

**Ashvini Until 7:57AM**  
Vajra\* Until 12:25AM Wed  
Taitila Until 12:35PM  
**Dvitiya Until 1:13AM Wed**

**Ganesha:** White *Sunrise:* 6:55AM  
**Muruqa:** Purple *Sunset:* 5:11PM  
**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

Oslo, Norway

Sun 2 Sutra 185

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mesha Rasi: 24.41 Tithi 18

624213464

**Gulika** 10:47AM – 12:03PM  
**Yama** 8:14AM – 9:31AM  
**Rahu** 12:03PM – 1:20PM

**Bharani Until 9:48AM**  
Siddhi Until 12:11AM Thu  
Vanija Until 1:49PM  
**Tritiya Until 2:17AM Thu**

**Ganesha:** White *Sunrise:* 6:58AM  
**Muruqa:** Purple *Sunset:* 5:09PM  
**Nataraja:** Purple  
Moon – White  
**Subha Subha Sivaloka Day**  
**Ashvina•Puratasi**

Creative Work Siddha Yoga

Until 9:48AM

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

Oslo, Norway

Sun 3 Sutra 186

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 7.12 Tithi 19

624313464

**Gulika** 9:32AM – 10:47AM  
**Yama** 7:00AM – 8:16AM  
**Rahu** 1:19PM – 2:34PM

**Krittika Until 11:09AM**  
Vyatipata\* Until 11:40PM  
Bava Until 2:42PM  
**Chaturthi\* Until 2:58AM Fri**

**Ganesha:** Yellow *Sunrise:* 7:00AM  
**Muruqa:** Purple *Sunset:* 5:06PM  
**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/Taitila Karana Panchamyam Titau

Oslo, Norway

Sun 4 Sutra 187

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Vrishabha Rasi: 19.53 Tithi 20

634313464

**Gulika** 8:18AM – 9:33AM  
**Yama** 2:33PM – 3:48PM  
**Rahu** 10:48AM – 12:03PM

**Rohini Until 12:27PM**  
Varyan Until 10:49PM  
Kaulava Until 3:11PM  
**Panchami Until 3:14AM Sat**

**Ganesha:** White *Sunrise:* 7:03AM  
**Muruqa:** Purple *Sunset:* 5:03PM  
**Nataraja:** Purple  
Moon – Yellow  
**Sivaloka Day**  
**Ashvina•Aipasi**

Routine Work Marana Yoga

Until 12:27PM

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 Gara/Vanija Karana Shashthayam Titau

Oslo, Norway

Sun 5 Sutra 188

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 2.46 Tithi 21

634313464

**Gulika** 7:05AM – 8:19AM  
**Yama** 1:17PM – 2:31PM  
**Rahu** 9:34AM – 10:48AM

**Mrigashira Until 1:09PM**  
Parigha\* Until 9:36PM  
Gara Until 3:13PM  
**Shashthi\* Until 3:01AM Sun**

**Ganesha:** White *Sunrise:* 7:05AM  
**Muruqa:** Purple *Sunset:* 5:00PM  
**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 Visti\*/Bava Karana Saplamyam Titau

Oslo, Norway

Sun 6 Sutra 189

Vikarin 5121

Moon 10 - Phase 26

1st Phase

Mithuna Rasi: 15.55 Tithi 22

634313464

**Gulika** 2:30PM – 3:44PM  
**Yama** 12:02PM – 1:16PM  
**Rahu** 3:44PM – 4:57PM

**Ardra Until 1:12PM**  
Shiva Until 7:59PM  
Visti Until 2:44PM  
**Saptami Until 2:15AM Mon**

**Ganesha:** White *Sunrise:* 7:08AM  
**Muruqa:** Purple *Sunset:* 4:57PM  
**Nataraja:** Purple  
Moon – Yellow  
**Sivaloka Day**  
**Ashvina•Aipasi**

Creative Work Siddha Yoga

D

Monday, October 21, 2019

Retreat Star

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

Oslo, Norway

Sun 7 Sutra 190

Vikarin 5121

Moon 10 - Phase 26

Ashtami

Mithuna Rasi: 29.2 Tithi 23

644313464

**Gulika** 1:15PM – 2:28PM  
**Yama** 10:49AM – 12:02PM  
**Rahu** 8:23AM – 9:36AM

**Punarvasu Until 1:01PM**  
Siddha Until 5:54PM  
Balava Until 1:41PM  
**Ashtami\* Until 12:56AM Tue**

**Ganesha:** Clear *Sunrise:* 7:10AM  
**Muruqa:** Purple *Sunset:* 4:54PM  
**Nataraja:** Purple  
Moon – Blue  
**Subha Sivaloka Day**  
**Ashvina•Aipasi**

Creative Work Amrita Yoga

Until 1:01PM

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/Subha Yoga Taitila/Gara Karana Navamyam Titau

Oslo, Norway

Sun 8 Sutra 191

Vikarin 5121

Moon 10 - Phase 26

Navami

Kataka Rasi: 13.05 Tithi 24

644313464

**Gulika** 12:02PM – 1:14PM  
**Yama** 9:37AM – 10:50AM  
**Rahu** 2:27PM – 3:39PM

**Pushya Until 12:07PM**  
Sadhya Until 3:21PM  
Taitila Until 12:04PM  
**Navami\* Until 11:02PM**

**Ganesha:** Clear *Sunrise:* 7:12AM  
**Muruqa:** Purple *Sunset:* 4:52PM  
**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

<b>1</b>		<b>Wednesday, October 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Magha* Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Dashamyam Titau		Oslo, Norway Sun 9 Sutra 192	
Kataka Rasi: 27.12	Tithi 25	<b>Gulika</b> 10:50AM – 12:02PM	<b>Ashlesha* Until 10:32AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:15AM	Vikarin 5121	
		Yama 8:27AM – 9:38AM	Subha Until 12:24PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	644313464 <b>Rahu</b> 12:02PM – 1:14PM	Vanija Until 9:55AM	<b>Nataraja:</b> Purple		2nd Phase	
			<b>Dashami Until 8:38PM</b>	Moon – Blue		<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>			

<b>2</b>		<b>Thursday, October 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 10 Sutra 193	
Simha Rasi: 11.39	Tithi 26 – 27	<b>Gulika</b> 9:40AM – 10:51AM	<b>Magha* Until 8:45AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:17AM	Vikarin 5121	
		Yama 7:17AM – 8:28AM	Sukla Until 9:02AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:46PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	654313464 <b>Rahu</b> 1:13PM – 2:24PM	Bava Until 7:16AM	<b>Nataraja:</b> Purple		2nd Phase	
Until 8:45AM			<b>Ekadashi* Until 5:47PM</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Ashvina•Aipasi</b>			

<b>3</b>		<b>Friday, October 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Indra Yoga Taillal/Gara Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 11 Sutra 194	
Simha Rasi: 26.22	Tithi 27 – 28	<b>Gulika</b> 8:30AM – 9:41AM	<b>Purvaphalguni Until 6:27AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:20AM	Vikarin 5121	
		Yama 2:23PM – 3:33PM	Indra Until 1:31AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:44PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	655313464 <b>Rahu</b> 10:51AM – 12:02PM	Gara Until 12:59AM Sat	<b>Nataraja:</b> Purple		2nd Phase	
			<b>Dvadashi* Until 2:38PM</b>	Moon – Red		<b>Subha Sivaloka Day</b>	
				<b>Ashvina•Aipasi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>		<b>Saturday, October 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 12 Sutra 195	
Kanya Rasi: 11.16	Tithi 28 – 29	<b>Gulika</b> 7:22AM – 8:32AM	<b>Hasta Until 1:19AM Sun</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:22AM	Vikarin 5121	
		Yama 1:11PM – 2:21PM	Vaidhriti* Until 9:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:41PM	Moon 10 - Phase 27	
Routine Work	Marana Yoga	665313464 <b>Rahu</b> 9:42AM – 10:52AM	Visti Until 9:37PM	<b>Nataraja:</b> Purple		2nd Phase	
Until 1:19AM Sun			<b>Trayodashi* Until 11:17AM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Deepavali Hindu Solidarity Day</b>		<b>Ashvina•Aipasi</b>			

<b>Retreat Star</b>		<b>Sunday, October 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Vishkambha*/Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Oslo, Norway Sun 13 Sutra 196	
Kanya Rasi: 26.14	Tithi 29 – 30	<b>Gulika</b> 2:20PM – 3:29PM	<b>Chitra Until 10:48PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:25AM	Vikarin 5121	
		Yama 12:01PM – 1:11PM	Vishkambha* Until 5:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:38PM	Moon 10 - Phase 27	
Creative Work	Siddha Yoga	665313464 <b>Rahu</b> 3:29PM – 4:38PM	Catuspada Until 6:18PM	<b>Nataraja:</b> Purple		Amavasya	
			<b>Chaturdashi* Until 7:55AM</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
		<b>Subramuniyaswami Mahasamadhi</b>		<b>Ashvina•Aipasi</b>			

<b>Retreat Star</b>		<b>Monday, October 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Svati Nakshatra Priti/Ayushman Yoga Kintughna*/Bava Karana Prathamayam Titau		Oslo, Norway Sun 14 Sutra 197	
Tula Rasi: 11.05	Tithi 1	<b>Gulika</b> 1:10PM – 2:18PM	<b>Svati Until 8:24PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:27AM	Vikarin 5121	
<b>Family Home Evening</b>		Yama 10:53AM – 12:01PM	Priti Until 1:57PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:35PM	Moon 10 - Phase 27	
Creative Work	Amrita Yoga	665313464 <b>Rahu</b> 8:36AM – 9:44AM	Kintughna Until 3:12PM	<b>Nataraja:</b> Purple		Prathama	
Until 8:24PM			<b>Prathama* Until 1:47AM Tue</b>	Moon – Green		<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Skanda Shasthi Begins</b>		<b>Kartika•Aipasi</b>			

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

<b>1</b>		<b>Tuesday, October 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvitiyayam Titau		Oslo, Norway Sun 15 Sutra 198 Vikarin 5121
Tula Rasi: 25.43	Tithi 2	<b>Gulika</b> 12:01PM – 1:09PM	<b>Vishakha</b> Until 6:42PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:30AM	
		Yama 9:46AM – 10:53AM	Ayushman Until 10:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:33PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 2:17PM – 3:25PM	Balava Until 12:31PM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 11:21PM	Moon – Orange		<b>Subha Sivaloka Day</b>
Until 6:42PM				<b>Kartika•Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Wednesday, October 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau		Oslo, Norway Sun 16 Sutra 199 Vikarin 5121
Virshika Rasi: 9.59	Tithi 3	<b>Gulika</b> 10:54AM – 12:01PM	<b>Anuradha</b> Until 5:29PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:32AM	
		Yama 8:40AM – 9:47AM	Saubhagya Until 7:34AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:30PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 12:01PM – 1:09PM	Taitila Until 10:22AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 9:33PM	Moon – Orange		<b>Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

<b>3</b>		<b>Thursday, October 31, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau		Oslo, Norway Sun 17 Sutra 200 Vikarin 5121
Virshika Rasi: 23.49	Tithi 4	<b>Gulika</b> 9:48AM – 10:55AM	<b>Jyeshtha*</b> Until 4:51PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:35AM	
		Yama 7:35AM – 8:41AM	Athiganda* Until 3:24AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:28PM	Moon 10 - Phase 28
		675313464 <b>Rahu</b> 1:08PM – 2:14PM	Vanija Until 8:57AM	<b>Nataraja:</b> Purple		3rd Phase
Routine Work	Prabalarishta Yoga		<b>Chaturthi*</b> Until 8:31PM	Moon – Orange		<b>Subha Sivaloka Day</b>
Until 4:51PM				<b>Kartika•Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Friday, November 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Oslo, Norway Sun 18 Sutra 201 Vikarin 5121
Dhanus Rasi: 7.1	Tithi 5	<b>Gulika</b> 8:43AM – 9:49AM	<b>Mula*</b> Until 5:20PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:37AM	
		Yama 2:13PM – 3:19PM	Sukarma Until 2:18AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:25PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 10:55AM – 12:01PM	Bava Until 8:21AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 8:21PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 5:20PM				<b>Kartika•Aipasi</b>		
Then Routine Work - Prabalarishta Yoga						

<b>5</b>		<b>Saturday, November 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Oslo, Norway Sun 19 Sutra 202 Vikarin 5121
Dhanus Rasi: 20.05	Tithi 6	<b>Gulika</b> 7:40AM – 8:45AM	<b>Purvashadha*</b> Until 6:31PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:40AM	
		Yama 1:06PM – 2:12PM	Dhriti Until 1:53AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:22PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 9:51AM – 10:56AM	Kaulava Until 8:37AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 9:02PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
Until 6:31PM				<b>Kartika•Aipasi</b>		
Then Routine Work - Marana Yoga		<b>Skanda Shasthi</b>				

<b>6</b>		<b>Sunday, November 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Oslo, Norway Sun 20 Sutra 203 Vikarin 5121
Makara Rasi: 2.37	Tithi 7	<b>Gulika</b> 2:11PM – 3:15PM	<b>Uttarashadha</b> Until 8:16PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:42AM	
		Yama 12:01PM – 1:06PM	Shula* Until 1:59AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:20PM	Moon 10 - Phase 28
		685313464 <b>Rahu</b> 3:15PM – 4:20PM	Gara Until 9:42AM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga		<b>Saptami</b> Until 10:30PM	Moon – Light Blue		<b>Subha Subha Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

<b>Retreat Star</b>		<b>Monday, November 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Oslo, Norway Sun 21 Sutra 204 Vikarin 5121
Makara Rasi: 14.49	Tithi 8	<b>Gulika</b> 1:05PM – 2:09PM	<b>Shravana</b> Until 10:57PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:45AM	
<b>Family Home Evening</b>		Yama 10:57AM – 12:01PM	Ganda* Until 2:32AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:17PM	Moon 10 - Phase 28
		696313464 <b>Rahu</b> 8:49AM – 9:53AM	Visti Until 11:29AM	<b>Nataraja:</b> Purple		Ashtami
Creative Work	Amrita Yoga		<b>Ashtami*</b> Until 12:33AM Tue	Moon – Purple		<b>Sivaloka Day</b>
Until 10:57PM				<b>Kartika•Aipasi</b>		
Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>		<b>Tuesday, November 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway Sun 22 Sutra 205 Vikarin 5121
Makara Rasi: 26.5	Tithi 9	<b>Gulika</b> 12:01PM – 1:05PM	<b>Dhanishtha</b> Until 1:49AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:47AM	
		Yama 9:54AM – 10:58AM	Vriddhi Until 3:21AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:15PM	Moon 10 - Phase 28
		696313464 <b>Rahu</b> 2:08PM – 3:12PM	Balava Until 1:45PM	<b>Nataraja:</b> Purple		Navami
Creative Work	Siddha Yoga		<b>Navami*</b> Until 2:58AM Wed	Moon – Purple		<b>Sivaloka Day</b>
				<b>Kartika•Aipasi</b>		

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


<b>1</b>	<b>Wednesday, November 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway
	Kumbha Rasi: 8.43	Tithi 10	<b>Gulika</b> 10:58AM – 12:01PM	<b>Shatabhishak</b> Until 4:39AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:50AM	Sun 23 Sutra 206
			Yama 8:53AM – 9:56AM	Dhruva Until 4:14AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:13PM	Vikarin 5121
	696313464	<b>Rahu</b> 12:01PM – 1:04PM		Taitila Until 4:16PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dashami</b> Until 5:31AM Thu	Moon – Purple		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

<b>2</b>	<b>Thursday, November 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija Karana Ekadashyam Titau				Oslo, Norway
	Kumbha Rasi: 20.34	Tithi 11	<b>Gulika</b> 9:57AM – 10:59AM	<b>Purvaproshtapada*</b> Until 7:44AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:52AM	Sun 24 Sutra 207
			Yama 7:52AM – 8:55AM	Vyaghata* Until 5:04AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:10PM	Vikarin 5121
	716313464	<b>Rahu</b> 1:04PM – 2:06PM		Vanija Until 6:47PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 7:58AM Fri	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>3</b>	<b>Friday, November 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Harshana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
	Meena Rasi: 2.28	Tithi 11 – 12	<b>Gulika</b> 8:57AM – 9:58AM	<b>Purvaproshtapada*</b> Until 7:44AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:55AM	Sun 25 Sutra 208
			Yama 2:05PM – 3:06PM	Harshana Until 5:44AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:08PM	Vikarin 5121
	716313464	<b>Rahu</b> 11:00AM – 12:01PM		Bava Until 9:08PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 7:58AM	Moon – Clear		4th Phase	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>4</b>	<b>Saturday, November 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway
	Meena Rasi: 14.26	Tithi 12 – 13	<b>Gulika</b> 7:57AM – 8:58AM	<b>Uttaraproshtapada</b> Until 10:25AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:57AM	Sun 26 Sutra 209
			Yama 1:02PM – 2:03PM	Vajra* Until 6:08AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:05PM	Vikarin 5121
	716313464	<b>Rahu</b> 9:59AM – 11:00AM		Kaulava Until 11:12PM	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 10:11AM	Moon – Clear		4th Phase	
Until 10:25AM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Sunday, November 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway
	Meena Rasi: 26.32	Tithi 13 – 14	<b>Gulika</b> 2:02PM – 3:03PM	<b>Revati</b> Until 12:37PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:00AM	Sun 27 Sutra 210
			Yama 12:02PM – 1:02PM	Vajra* Until 6:08AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:03PM	Vikarin 5121
	716313464	<b>Rahu</b> 3:03PM – 4:03PM		Gara Until 12:52AM Mon	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 12:03PM	Moon – Clear		4th Phase	
Until 12:37PM				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

	<b>Monday, November 11, 2019</b>		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				Oslo, Norway
	Mesha Rasi: 8.48	Tithi 14 – 15	<b>Gulika</b> 1:01PM – 2:01PM	<b>Ashvini</b> Until 2:45PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:02AM	Sutra 211
	<b>Family Home Evening</b>		Yama 11:02AM – 12:02PM	Siddhi Until 6:15AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 4:01PM	Vikarin 5121
	727313464	<b>Rahu</b> 9:02AM – 10:02AM		Visti Until 2:07AM Tue	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 1:32PM	Moon – White		Purnima	
				<b>Kartika-Aipasi</b>		<b>Subha Sivaloka Day</b>	

<b>○</b>	<b>Tuesday, November 12, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Vyatipata*/Varyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Oslo, Norway
	Mesha Rasi: 21.15	Tithi 15 – 16	<b>Gulika</b> 12:02PM – 1:01PM	<b>Bharani</b> Until 4:19PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:05AM	Sutra 212
			Yama 10:03AM – 11:03AM	Vyatipata* Until 6:03AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:59PM	Vikarin 5121
	727413464	<b>Rahu</b> 2:00PM – 2:59PM		Balava Until 2:57AM Wed	<b>Nataraja:</b> Purple		Moon 10 - Phase 29
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 2:34PM	Moon – White		Prathama	
				<b>Kartika-Aipasi</b>		<b>Sivaloka Day</b>	

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



Wednesday, November 13, 2019

Gold Retreat Star

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

Oslo, Norway

Sutra 213

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Wrishabha Rasi: 3.53 Tithi 16 - 17

727413464

**Gulika** 11:03AM - 12:02PM  
**Yama** 9:06AM - 10:05AM  
**Rahu** 12:02PM - 1:01PM

**Krittika Until 5:19PM**  
Parigha\* Until 4:39AM Thu  
Taitila Until 3:22AM Thu  
Prathama\* Until 3:11PM

**Ganesha:** White *Sunrise:* 8:07AM  
**Muruqa:** Purple *Sunset:* 3:56PM  
**Nataraja:** Purple  
Moon - White  
**Karttika-Aipasi**

Sivaloka Day

Creative Work Amrita Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

1

Thursday, November 14, 2019

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

Oslo, Norway

Sun 1 Sutra 214

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Wrishabha Rasi: 16.43 Tithi 17 - 18

737413464

**Gulika** 10:06AM - 11:04AM  
**Yama** 8:10AM - 9:08AM  
**Rahu** 1:00PM - 1:58PM

**Rohini Until 6:14PM**  
Shiva Until 3:31AM Fri  
Vanija Until 3:23AM Fri  
Dvitiya Until 3:24PM

**Ganesha:** Clear *Sunrise:* 8:10AM  
**Muruqa:** Purple *Sunset:* 3:54PM  
**Nataraja:** Purple  
Moon - Yellow  
**Karttika-Aipasi**

Subha Sivaloka Day

Routine Work Marana Yoga

2

Friday, November 15, 2019

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

Oslo, Norway

Sun 2 Sutra 215

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Wrishabha Rasi: 29.43 Tithi 18 - 19

737413464

**Gulika** 9:10AM - 10:07AM  
**Yama** 1:57PM - 2:55PM  
**Rahu** 11:05AM - 12:02PM

**Mrigashira Until 6:38PM**  
Siddha Until 2:03AM Sat  
Bava Until 3:02AM Sat  
Tritiya Until 3:14PM

**Ganesha:** Clear *Sunrise:* 8:12AM  
**Muruqa:** Purple *Sunset:* 3:52PM  
**Nataraja:** Purple  
Moon - Yellow  
**Karttika-Aipasi**

Subha Sivaloka Day

Creative Work Siddha Yoga

3

Saturday, November 16, 2019

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

Oslo, Norway

Sun 3 Sutra 216

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 12.56 Tithi 19 - 20

737413464

**Gulika** 8:15AM - 9:12AM  
**Yama** 12:59PM - 1:56PM  
**Rahu** 10:09AM - 11:05AM

**Ardra Until 6:32PM**  
Sadhya Until 12:19AM Sun  
Kaulava Until 2:20AM Sun  
Chaturthi\* Until 2:42PM

**Ganesha:** Clear *Sunrise:* 8:15AM  
**Muruqa:** Purple *Sunset:* 3:50PM  
**Nataraja:** Purple  
Moon - Yellow  
**Karttika-Karttikai**

Subha Sivaloka Day

Creative Work Siddha Yoga

4

Sunday, November 17, 2019

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

Oslo, Norway

Sun 4 Sutra 217

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Mithuna Rasi: 26.2 Tithi 20 - 21

747413465

**Gulika** 1:55PM - 2:52PM  
**Yama** 12:03PM - 12:59PM  
**Rahu** 2:52PM - 3:48PM

**Punarvasu Until 6:24PM**  
Subha Until 10:20PM  
Gara Until 1:17AM Mon  
Panchami Until 1:50PM

**Ganesha:** Purple *Sunrise:* 8:17AM  
**Muruqa:** Purple *Sunset:* 3:48PM  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Karttikai**

Devaloka Day

Creative Work Siddha Yoga

5

Monday, November 18, 2019

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

Oslo, Norway

Sun 5 Sutra 218

Vikarin 5121

Moon 11 - Phase 30

1st Phase

Kataka Rasi: 9.55 Tithi 21 - 22

748413465

**Gulika** 12:59PM - 1:54PM  
**Yama** 11:07AM - 12:03PM  
**Rahu** 9:15AM - 10:11AM

**Pushya Until 5:46PM**  
Sukla Until 8:03PM  
Visti Until 11:53PM  
Shashthi\* Until 12:37PM

**Ganesha:** Clear *Sunrise:* 8:20AM  
**Muruqa:** Purple *Sunset:* 3:46PM  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Karttikai**

Sivaloka Day

Creative Work Siddha Yoga

Family Home Evening

D

Tuesday, November 19, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Saplamy/Ashlamyayam Titau

Oslo, Norway

Sun 6 Sutra 219

Vikarin 5121

Moon 11 - Phase 30

Ashtami

Kataka Rasi: 23.43 Tithi 22 - 23

748413465

**Gulika** 12:03PM - 12:58PM  
**Yama** 10:12AM - 11:08AM  
**Rahu** 1:54PM - 2:49PM

**Ashlesha\* Until 4:40PM**  
Brahma Until 5:31PM  
Balava Until 10:10PM  
Saptami Until 11:03AM

**Ganesha:** Clear *Sunrise:* 8:22AM  
**Muruqa:** Purple *Sunset:* 3:44PM  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Karttikai**

Sivaloka Day

Creative Work Siddha Yoga

Wednesday, November 20, 2019

Retreat Star

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

Oslo, Norway

Sun 7 Sutra 220

Vikarin 5121

Moon 11 - Phase 30

Navami

Simha Rasi: 7.42 Tithi 23 - 24

758413465

**Gulika** 11:09AM - 12:03PM  
**Yama** 9:19AM - 10:14AM  
**Rahu** 12:03PM - 12:58PM

**Magha\* Until 3:32PM**  
Indra Until 2:44PM  
Taitila Until 8:08PM  
Ashtami\* Until 9:10AM

**Ganesha:** White *Sunrise:* 8:24AM  
**Muruqa:** Purple *Sunset:* 3:42PM  
**Nataraja:** Clear  
Moon - Red  
**Karttika-Karttikai**

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 3:32PM

Then Creative Work - Amrita Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Thursday, November 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Visti* Karana Navami/Dashamyam Titau	Oslo, Norway Sun 8 Sutra 221 Vikarin 5121
Simha Rasi: 21.54	Tithi 24 – 25	<b>Gulika</b> 10:15AM – 11:09AM	<b>Purvaphalguni</b> Until 1:59PM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:27AM	
		<b>Yama</b> 8:27AM – 9:21AM	Vaidhriti* Until 11:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:40PM	Moon 11 - Phase 31
		<b>Rahu</b> 12:58PM – 1:52PM	Visti Until 4:33AM Fri	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 6:59AM	<b>Subha Sivaloka Day</b>	
				<b>Karttika-Karttikai</b>	

<b>2</b>		<b>Friday, November 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Prithi Yoga Bava/Balava Karana Ekadashyam Titau	Oslo, Norway Sun 9 Sutra 222 Vikarin 5121
Kanya Rasi: 6.16	Tithi 26	<b>Gulika</b> 9:23AM – 10:16AM	<b>Uttaraphalguni</b> Until 12:03PM	<b>Ganesha:</b> White <i>Sunrise:</i> 8:29AM	
		<b>Yama</b> 1:51PM – 2:45PM	Vishkambha* Until 8:29AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:39PM	Moon 11 - Phase 31
		<b>Rahu</b> 11:10AM – 12:04PM	Bava Until 3:17PM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 1:57AM Sat	<b>Subha Sivaloka Day</b>	
Until 12:03PM				<b>Karttika-Karttikai</b>	
Then Creative Work - Amrita Yoga					

<b>3</b>		<b>Saturday, November 23, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Ayushman Yoga Kaulava/Taitila Karana Dvadashyam Titau	Oslo, Norway Sun 10 Sutra 223 Vikarin 5121
Kanya Rasi: 20.44	Tithi 27	<b>Gulika</b> 8:31AM – 9:25AM	<b>Hasta</b> Until 10:16AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:31AM	
		<b>Yama</b> 12:57PM – 1:50PM	Ayushman Until 1:45AM Sun	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:37PM	Moon 11 - Phase 31
		<b>Rahu</b> 10:18AM – 11:11AM	Kaulava Until 12:39PM	<b>Nataraja:</b> Clear	2nd Phase
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 11:17PM	<b>Sivaloka Day</b>	
				<b>Karttika-Karttikai</b>	

<b>4</b>		<b>Sunday, November 24, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau	Oslo, Norway Sun 11 Sutra 224 Vikarin 5121
Tula Rasi: 5.15	Tithi 28	<b>Gulika</b> 1:50PM – 2:42PM	<b>Chitra</b> Until 8:20AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:34AM	
		<b>Yama</b> 12:04PM – 12:57PM	Saubhagya Until 10:25PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:35PM	Moon 11 - Phase 31
		<b>Rahu</b> 2:42PM – 3:35PM	Gara Until 9:59AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 8:40PM	<b>Devaloka Day</b>	
				<b>Karttika-Karttikai</b>	
				<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>		<b>Monday, November 25, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Oslo, Norway Sun 12 Sutra 225 Vikarin 5121
Tula Rasi: 19.41	Tithi 29	<b>Gulika</b> 12:57PM – 1:49PM	<b>Svati</b> Until 6:21AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:36AM	
<b>Family Home Evening</b>		<b>Yama</b> 11:12AM – 12:05PM	Sobhana Until 7:15PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:33PM	Moon 11 - Phase 31
		<b>Rahu</b> 9:28AM – 10:20AM	Visti Until 7:26AM	<b>Nataraja:</b> Clear	2nd Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 6:14PM	<b>Devaloka Day</b>	
Until 6:21AM				<b>Karttika-Karttikai</b>	
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Tuesday, November 26, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Oslo, Norway Sun 13 Sutra 226 Vikarin 5121
Vrischika Rasi: 3.58	Tithi 30 – 1	<b>Gulika</b> 12:05PM – 12:57PM	<b>Anuradha</b> Until 3:42AM Wed	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:38AM	
		<b>Yama</b> 10:22AM – 11:13AM	Athiganda* Until 4:20PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:32PM	Moon 11 - Phase 31
		<b>Rahu</b> 1:48PM – 2:40PM	Kintughna Until 3:16AM Wed	<b>Nataraja:</b> Clear	Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 4:08PM	<b>Devaloka Day</b>	
				<b>Karttika-Karttikai</b>	

<b>Retreat Star</b>		<b>Wednesday, November 27, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Oslo, Norway Sun 14 Sutra 227 Vikarin 5121
Vrischika Rasi: 17.59	Tithi 1 – 2	<b>Gulika</b> 11:14AM – 12:05PM	<b>Jyeshtha*</b> Until 2:53AM Thu	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:40AM	
		<b>Yama</b> 9:32AM – 10:23AM	Sukarma Until 1:49PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 3:30PM	Moon 11 - Phase 31
		<b>Rahu</b> 12:05PM – 12:57PM	Balava Until 1:55AM Thu	<b>Nataraja:</b> Clear	Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 2:30PM	<b>Devaloka Day</b>	
				<b>Margasira-Karttikai</b>	

<b>1</b>		<b>Thursday, November 28, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway Sun 15 Sutra 228 Vikarin 5121
Dhanus Rasi: 1.39	Tithi 2 – 3	<b>Gulika</b> 10:24AM – 11:15AM	<b>Mula* Until 3:02AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:42AM	
		Yama 8:42AM – 9:33AM	Dhriti Until 11:47AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:29PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 12:56PM – 1:47PM	Taitila Until 1:15AM Fri	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Dvitiya Until 1:29PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 3:02AM Fri				<b>Margasira•Karttikai</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2</b>		<b>Friday, November 29, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 16 Sutra 229 Vikarin 5121
Dhanus Rasi: 14.56	Tithi 3 – 4	<b>Gulika</b> 9:35AM – 10:25AM	<b>Purvashadha* Until 3:45AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:44AM	
		Yama 1:47PM – 2:37PM	Shula* Until 10:16AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:28PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 11:16AM – 12:06PM	Vanija Until 1:19AM Sat	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Prabalarishta Yoga			<b>Tritiya Until 1:10PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 3:45AM Sat				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>3</b>		<b>Saturday, November 30, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 17 Sutra 230 Vikarin 5121
Dhanus Rasi: 27.51	Tithi 4 – 5	<b>Gulika</b> 8:47AM – 9:37AM	<b>Uttarashadha Until 5:01AM Sun</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:47AM	
		Yama 12:56PM – 1:46PM	Ganda* Until 9:21AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:26PM	Moon 11 - Phase 32
		789413465 <b>Rahu</b> 10:26AM – 11:16AM	Bava Until 2:08AM Sun	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Chaturthi* Until 1:37PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 5:01AM Sun				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>4</b>		<b>Sunday, December 1, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 18 Sutra 231 Vikarin 5121
Makara Rasi: 10.25	Tithi 5 – 6	<b>Gulika</b> 1:46PM – 2:35PM	<b>Shravana Until 7:16AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:49AM	
		Yama 12:07PM – 12:56PM	Vridhhi Until 9:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:25PM	Moon 11 - Phase 32
		799413465 <b>Rahu</b> 2:35PM – 3:25PM	Kaulava Until 3:39AM Mon	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Panchami Until 2:47PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 7:16AM Mon				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Monday, December 2, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 19 Sutra 232 Vikarin 5121
Makara Rasi: 22.41	Tithi 6 – 7	<b>Gulika</b> 12:56PM – 1:45PM	<b>Shravana Until 7:16AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:51AM	
<b>Family Home Evening</b>		Yama 11:18AM – 12:07PM	Dhruva Until 9:09AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:24PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 9:40AM – 10:29AM	Gara Until 5:42AM Tue	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Shashthi* Until 4:35PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 7:16AM				<b>Margasira•Karttikai</b>		
Then Creative Work - Siddha Yoga						

<b>6</b>		<b>Tuesday, December 3, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija Karana Saplamyam Titau		Oslo, Norway Sun 20 Sutra 233 Vikarin 5121
Kumbha Rasi: 4.44	Tithi 7	<b>Gulika</b> 12:08PM – 12:56PM	<b>Dhanishtha Until 9:51AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:52AM	
		Yama 10:30AM – 11:19AM	Vyaghata* Until 9:41AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:23PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 1:45PM – 2:34PM	Vanija Until 6:51PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Saptami Until 6:51PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 9:51AM				<b>Margasira•Karttikai</b>		
Then Routine Work - Marana Yoga						

<b>Retreat Star</b>		<b>Wednesday, December 4, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ashlamyam Titau		Oslo, Norway Sun 21 Sutra 234 Vikarin 5121
Kumbha Rasi: 16.4	Tithi 8	<b>Gulika</b> 11:20AM – 12:08PM	<b>Shatabhishak Until 12:33PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:54AM	
		Yama 9:43AM – 10:31AM	Harshana Until 10:27AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:22PM	Moon 11 - Phase 32
		791413465 <b>Rahu</b> 12:08PM – 12:56PM	Visti Until 8:05AM	<b>Nataraja:</b> Clear		Ashtami
Creative Work Siddha Yoga			<b>Ashtami* Until 9:19PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 12:33PM				<b>Margasira•Karttikai</b>		
Then Creative Work - Amrita Yoga						

<b>Retreat Star</b>		<b>Thursday, December 5, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway Sun 22 Sutra 235 Vikarin 5121
Kumbha Rasi: 28.32	Tithi 9	<b>Gulika</b> 10:32AM – 11:20AM	<b>Purvaproshtapada* Until 3:39PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:56AM	
		Yama 8:56AM – 9:44AM	Vajra* Until 11:15AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 3:21PM	Moon 11 - Phase 32
		711413465 <b>Rahu</b> 12:56PM – 1:45PM	Balava Until 10:36AM	<b>Nataraja:</b> Clear		Navami
Creative Work Siddha Yoga			<b>Navami* Until 11:48PM</b>	Moon – Clear		<b>Sivaloka Day</b>
				<b>Margasira•Karttikai</b>		

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

<b>1</b>		<b>Friday, December 6, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtpada Nakshatra Siddhi/Vyatlipata* Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway
Meena Rasi: 10.27	Tithi 10	711413465	<b>Gulika</b> 9:46AM – 10:33AM <b>Yama</b> 1:44PM – 2:32PM <b>Rahu</b> 11:21AM – 12:09PM	<b>Uttaraproshtpada</b> Until 6:27PM Siddhi Until 11:59AM Taitila Until 1:00PM <b>Dashami</b> Until 2:05AM Sat	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 8:58AM <b>Sunset:</b> 3:20PM	Sun 23	Sutra 236 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga						<b>Sivaloka Day</b>		


<b>2</b>		<b>Saturday, December 7, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway
Meena Rasi: 22.27	Tithi 11	711513465	<b>Gulika</b> 9:00AM – 9:47AM <b>Yama</b> 12:57PM – 1:44PM <b>Rahu</b> 10:34AM – 11:22AM	<b>Revati</b> Until 8:46PM Vyatipata* Until 12:31PM Vanija Until 3:07PM <b>Ekadashi</b> Until 3:59AM Sun	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 9:00AM <b>Sunset:</b> 3:19PM	Sun 24	Sutra 237 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Routine Work Prabalarishta Yoga Until 8:46PM Then Creative Work - Siddha Yoga						<b>Subha Sivaloka Day</b>		

<b>3</b>		<b>Sunday, December 8, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau				Oslo, Norway
Mesha Rasi: 5	Tithi 12	721513465	<b>Gulika</b> 1:44PM – 2:31PM <b>Yama</b> 12:10PM – 12:57PM <b>Rahu</b> 2:31PM – 3:18PM	<b>Ashvini</b> Until 10:59PM Variyan Until 12:43PM Bava Until 4:47PM <b>Dvodashi</b> Until 5:24AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 9:01AM <b>Sunset:</b> 3:18PM	Sun 25	Sutra 238 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga Until 10:59PM Then Routine Work - Prabalarishta Yoga						<b>Sivaloka Day</b>		

<b>4</b>		<b>Monday, December 9, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway
Mesha Rasi: 16.58	Tithi 13	721513465	<b>Gulika</b> 12:57PM – 1:44PM <b>Yama</b> 11:23AM – 12:10PM <b>Rahu</b> 9:50AM – 10:36AM	<b>Bharani</b> Until 12:30AM Tue Parigha* Until 12:31PM Kaulava Until 5:55PM <b>Trayodashi</b> Until 6:15AM Tue	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 9:03AM <b>Sunset:</b> 3:18PM	Sun 26	Sutra 239 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Family Home Evening Creative Work Siddha Yoga						<b>Sivaloka Day</b>		

*Pradosha Vrata*

<b>5</b>		<b>Tuesday, December 10, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway
Mesha Rasi: 29.34	Tithi 13 – 14	721513465	<b>Gulika</b> 12:11PM – 12:57PM <b>Yama</b> 10:37AM – 11:24AM <b>Rahu</b> 1:44PM – 2:30PM	<b>Krittika</b> Until 1:18AM Wed Shiva Until 11:54AM Gara Until 6:29PM <b>Trayodashi</b> Until 6:15AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 9:04AM <b>Sunset:</b> 3:17PM	Sun 27	Sutra 240 Vikarin 5121 Moon 11 - Phase 33 4th Phase
Creative Work Siddha Yoga						<b>Sivaloka Day</b>		

		<b>Wednesday, December 11, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway
Virshabha Rasi: 12.27	Tithi 14 – 15	731523465	<b>Gulika</b> 11:25AM – 12:11PM <b>Yama</b> 9:52AM – 10:38AM <b>Rahu</b> 12:11PM – 12:57PM	<b>Rohini</b> Until 1:52AM Thu Siddha Until 10:49AM Visti Until 6:28PM <b>Chaturdashi*</b> Until 6:31AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 9:06AM <b>Sunset:</b> 3:17PM	Sun 28	Sutra 241 Vikarin 5121 Moon 11 - Phase 33 Purnima
Creative Work Siddha Yoga Until 1:52AM Thu Then Routine Work - Marana Yoga						<b>Sivaloka Day</b>		

<b>Thursday, December 12, 2019</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Oslo, Norway
Virshabha Rasi: 25.36	Tithi 15 – 16	732523465	<b>Gulika</b> 10:39AM – 11:25AM <b>Yama</b> 9:07AM – 9:53AM <b>Rahu</b> 12:58PM – 1:44PM	<b>Mrigashira</b> Until 1:48AM Fri Sadhya Until 9:20AM Kaulava Until 5:27AM Fri <b>Purnima*</b> Until 6:14AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 9:07AM <b>Sunset:</b> 3:16PM	Sun 29	Sutra 242 Vikarin 5121 Moon 11 - Phase 33 Prathama
Routine Work Marana Yoga Until 1:48AM Fri Then Creative Work - Siddha Yoga						<b>Devaloka Day</b>		

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

All times are standard time

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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 Taitila/Gara Karana Dvitiyayam Titau

Oslo, Norway

Sutra 243

Vikarin 5121

Mithuna Rasi: 9.01 Tithi 17

732523465

**Gulika** 9:54AM – 10:40AM  
**Yama** 1:44PM – 2:30PM  
**Rahu** 11:26AM – 12:12PM

**Ardra Until 1:09AM Sat**

Subha Until 7:28AM

Taitila Until 4:56PM

**Dvitiya Until 4:16AM Sat**

**Ganesha:** Clear **Sunrise:** 9:08AM

**Muruqa:** Clear **Sunset:** 3:16PM

**Nataraja:** Clear

Moon – Yellow

**Margasira-Karttikai**

**Devaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 14, 2019

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

Oslo, Norway

Sun 1 Sutra 244

Vikarin 5121

Mithuna Rasi: 22.41 Tithi 18

742523465

**Gulika** 9:10AM – 9:55AM  
**Yama** 12:58PM – 1:44PM  
**Rahu** 10:41AM – 11:27AM

**Punarvasu Until 12:29AM Sun**

Brahma Until 2:49AM Sun

Vanija Until 3:34PM

**Tritiya Until 2:45AM Sun**

**Ganesha:** Purple **Sunrise:** 9:10AM

**Muruqa:** Clear **Sunset:** 3:16PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Sunday, December 15, 2019

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

Oslo, Norway

Sun 2 Sutra 245

Vikarin 5121

Kataka Rasi: 6.31 Tithi 19

742523465

**Gulika** 1:44PM – 2:30PM  
**Yama** 12:13PM – 12:59PM  
**Rahu** 2:30PM – 3:15PM

**Pushya Until 11:25PM**

Indra Until 12:11AM Mon

Bava Until 1:55PM

**Chaturthi\* Until 1:00AM Mon**

**Ganesha:** Purple **Sunrise:** 9:11AM

**Muruqa:** Clear **Sunset:** 3:15PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Karttikai**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

3

Monday, December 16, 2019

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

Oslo, Norway

Sun 3 Sutra 246

Vikarin 5121

Kataka Rasi: 20.31 Tithi 20

742523465

**Gulika** 12:59PM – 1:45PM  
**Yama** 11:28AM – 12:14PM  
**Rahu** 9:57AM – 10:43AM

**Ashlesha\* Until 10:02PM**

Vaidhriti\* Until 9:24PM

Kaulava Until 12:04PM

**Panchami Until 11:04PM**

**Ganesha:** Purple **Sunrise:** 9:12AM

**Muruqa:** Clear **Sunset:** 3:15PM

**Nataraja:** Clear

Moon – Blue

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Until 10:02PM

Then Routine Work - Marana Yoga

4

Tuesday, December 17, 2019

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

Oslo, Norway

Sun 4 Sutra 247

Vikarin 5121

Simha Rasi: 4.35 Tithi 21

852523465

**Gulika** 12:14PM – 12:59PM  
**Yama** 10:43AM – 11:29AM  
**Rahu** 1:45PM – 2:30PM

**Magha\* Until 8:50PM**

Vishkambha\* Until 6:33PM

Gara Until 10:06AM

**Shashthi\* Until 9:03PM**

**Ganesha:** Purple **Sunrise:** 9:13AM

**Muruqa:** Clear **Sunset:** 3:15PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Wednesday, December 18, 2019

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

Oslo, Norway

Sun 5 Sutra 248

Vikarin 5121

Simha Rasi: 18.43 Tithi 22

852523465

**Gulika** 11:29AM – 12:15PM  
**Yama** 9:59AM – 10:44AM  
**Rahu** 12:15PM – 1:00PM

**Purvaphalguni Until 7:27PM**

Priti Until 3:40PM

Visti Until 8:02AM

**Saptami Until 6:59PM**

**Ganesha:** Purple **Sunrise:** 9:14AM

**Muruqa:** Clear **Sunset:** 3:16PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

D

Thursday, December 19, 2019

Retreat Star

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

Oslo, Norway

Sun 6 Sutra 249

Vikarin 5121

Kanya Rasi: 2.53 Tithi 23 – 24

852523465

**Gulika** 10:45AM – 11:30AM  
**Yama** 9:14AM – 10:00AM  
**Rahu** 1:00PM – 1:45PM

**Uttaraphalguni Until 5:55PM**

Ayushman Until 12:44PM

Taitila Until 3:53AM Fri

**Ashtami\* Until 4:54PM**

**Ganesha:** Purple **Sunrise:** 9:14AM

**Muruqa:** Clear **Sunset:** 3:16PM

**Nataraja:** Clear

Moon – Red

**Margasira-Markali**

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Until 5:55PM

Then Routine Work - Marana Yoga

Friday, December 20, 2019

Retreat Star

Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Oslo, Norway

Sun 7 Sutra 250

Vikarin 5121

Kanya Rasi: 17.02 Tithi 24 – 25

862523465

**Gulika** 10:00AM – 10:45AM  
**Yama** 1:46PM – 2:31PM  
**Rahu** 11:31AM – 12:16PM

**Hasta Until 4:41PM**

Saubhagya Until 9:50AM

Vanija Until 1:51AM Sat

**Navami\* Until 2:50PM**

**Ganesha:** Clear **Sunrise:** 9:15AM

**Muruqa:** Clear **Sunset:** 3:16PM

**Nataraja:** Clear

Moon – Green

**Margasira-Markali**

**Devaloka Day**

Creative Work Amrita Yoga

Until 4:41PM

Then Creative Work - Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Saturday, December 21, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau	Oslo, Norway Sun 8 Sutra 251 Vikarin 5121
Tula Rasi: 1.09	Tithi 25 – 26	<b>Gulika</b> 9:16AM – 10:01AM	<b>Chitra</b> Until 3:22PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 9:16AM
		Yama 1:01PM – 1:46PM	Sobhana Until 6:59AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:17PM
	862523465	<b>Rahu</b> 10:46AM – 11:31AM	Bava Until 11:54PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Routine Work	Marana Yoga			Moon – Green	2nd Phase
Until 3:22PM		<b>Day 1 of Pancha Ganapati</b>	<b>Dashami</b> Until 12:51PM	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Margasira-Markali</b>	

<b>2</b>		<b>Sunday, December 22, 2019</b>		Vikarin Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau	Oslo, Norway Sun 9 Sutra 252 Vikarin 5121
Tula Rasi: 15.13	Tithi 26 – 27	<b>Gulika</b> 1:47PM – 2:32PM	<b>Svati</b> Until 2:03PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 9:16AM
		Yama 12:17PM – 1:02PM	Sukarma Until 1:33AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:17PM
	862523465	<b>Rahu</b> 2:32PM – 3:17PM	Kaulava Until 10:07PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Creative Work	Siddha Yoga			Moon – Green	2nd Phase
Until 2:03PM		<b>Day 2 of Pancha Ganapati</b>	<b>Ekadashi*</b> Until 10:58AM	<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Margasira-Markali</b>	

<b>3</b>		<b>Monday, December 23, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau	Oslo, Norway Sun 10 Sutra 253 Vikarin 5121
Tula Rasi: 29.1	Tithi 27 – 28	<b>Gulika</b> 1:02PM – 1:47PM	<b>Vishakha</b> Until 1:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 9:17AM
<b>Family Home Evening</b>		Yama 11:32AM – 12:17PM	Dhriti Until 11:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:18PM
	872523465	<b>Rahu</b> 10:02AM – 10:47AM	Gara Until 8:34PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Routine Work	Marana Yoga			Moon – Orange	2nd Phase
Until 1:13PM		<b>Day 3 of Pancha Ganapati</b>	<b>Dvadashi*</b> Until 9:17AM	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>4</b>		<b>Tuesday, December 24, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau	Oslo, Norway Sun 11 Sutra 254 Vikarin 5121
Vrischika Rasi: 12.57	Tithi 28 – 29	<b>Gulika</b> 12:18PM – 1:03PM	<b>Anuradha</b> Until 12:31PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 9:17AM
		Yama 10:47AM – 11:33AM	Shula* Until 8:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:18PM
	872523465	<b>Rahu</b> 1:48PM – 2:33PM	Visti Until 7:19PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Creative Work	Siddha Yoga			Moon – Orange	2nd Phase
Until 12:31PM		<b>Day 4 of Pancha Ganapati</b>	<b>Trayodashi*</b> Until 7:52AM	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>Retreat Star</b>		<b>Wednesday, December 25, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau	Oslo, Norway Sun 12 Sutra 255 Vikarin 5121
Vrischika Rasi: 26.32	Tithi 29 – 30	<b>Gulika</b> 11:33AM – 12:18PM	<b>Jyeshtha*</b> Until 12:02PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 9:17AM
		Yama 10:03AM – 10:48AM	Ganda* Until 7:02PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:19PM
	872523465	<b>Rahu</b> 12:18PM – 1:03PM	Catuspada Until 6:29PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Creative Work	Siddha Yoga			Moon – Orange	Amavasya
Until 12:02PM		<b>Day 5 of Pancha Ganapati</b>	<b>Chaturdashi*</b> Until 6:49AM	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>Retreat Star</b>		<b>Thursday, December 26, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau	Oslo, Norway Sun 13 Sutra 256 Vikarin 5121
Dhanus Rasi: 9.52	Tithi 30 – 1	<b>Gulika</b> 10:48AM – 11:33AM	<b>Mula*</b> Until 12:19PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 9:18AM
		Yama 9:18AM – 10:03AM	Vriddhi Until 5:34PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:20PM
	883523465	<b>Rahu</b> 1:04PM – 1:49PM	Kintughna Until 6:09PM	<b>Nataraja:</b> Clear	Moon 12 - Phase 35
Creative Work	Siddha Yoga			Moon – Light Blue	Prathama
		<b>Annular Solar Eclipse</b>	<b>Amavasya*</b> Until 6:14AM	<b>Devaloka Day</b>	
				<b>Pausha-Markali</b>	

<b>1</b>		<b>Friday, December 27, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvilyayam Titau				Oslo, Norway
Dhanus Rasi: 22.55	Tithi 1 – 2	<b>Gulika</b> 10:03AM – 10:48AM	<b>Purvashadha* Until 12:59PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 9:18AM	Sun 14	Sutra 257	Vikarin 5121
		Yama 1:50PM – 2:35PM	Dhruva Until 4:31PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:21PM			Moon 12 - Phase 36
		883523466 <b>Rahu</b> 11:34AM – 12:19PM	Balava Until 6:22PM	<b>Nataraja:</b> Orange				3rd Phase
Routine Work	Prabalarishta Yoga		<b>Prathama* Until 6:10AM</b>	<b>Moon – Light Blue</b>				<b>Devaloka Day</b>
Until 12:59PM				<b>Pausha-Markali</b>				
Then Routine Work - Marana Yoga								

<b>2</b>		<b>Saturday, December 28, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvilya/Trilyayam Titau				Oslo, Norway
Makara Rasi: 5.41	Tithi 2 – 3	<b>Gulika</b> 9:18AM – 10:03AM	<b>Uttarashadha Until 2:04PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 9:18AM	Sun 15	Sutra 258	Vikarin 5121
		Yama 1:05PM – 1:51PM	Vyaghata* Until 3:56PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:22PM			Moon 12 - Phase 36
		883523466 <b>Rahu</b> 10:49AM – 11:34AM	Taitila Until 7:12PM	<b>Nataraja:</b> Orange				3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 6:42AM</b>	<b>Moon – Light Blue</b>				<b>Devaloka Day</b>
Until 2:04PM				<b>Pausha-Markali</b>				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 29, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Oslo, Norway
Makara Rasi: 18.1	Tithi 3 – 4	<b>Gulika</b> 1:52PM – 2:37PM	<b>Shravana Until 4:02PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 9:18AM	Sun 16	Sutra 259	Vikarin 5121
		Yama 12:20PM – 1:06PM	Harshana Until 3:48PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:23PM			Moon 12 - Phase 36
		893523466 <b>Rahu</b> 2:37PM – 3:23PM	Vanija Until 8:37PM	<b>Nataraja:</b> Orange				3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 7:49AM</b>	<b>Moon – Purple</b>				<b>Devaloka Day</b>
Until 4:02PM				<b>Pausha-Markali</b>				
Then Routine Work - Marana Yoga								

<b>4</b>		<b>Monday, December 30, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway
Kumbha Rasi: 0.26	Tithi 4 – 5	<b>Gulika</b> 1:07PM – 1:52PM	<b>Dhanishtha Until 6:20PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 9:17AM	Sun 17	Sutra 260	Vikarin 5121
<b>Family Home Evening</b>		Yama 11:35AM – 12:21PM	Vajra* Until 4:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:24PM			Moon 12 - Phase 36
		893523466 <b>Rahu</b> 10:03AM – 10:49AM	Bava Until 10:31PM	<b>Nataraja:</b> Orange				3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 9:29AM</b>	<b>Moon – Purple</b>				<b>Devaloka Day</b>
				<b>Pausha-Markali</b>				

<b>5</b>		<b>Tuesday, December 31, 2019</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway
Kumbha Rasi: 12.31	Tithi 5 – 6	<b>Gulika</b> 12:21PM – 1:07PM	<b>Shatabhishak Until 8:50PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 9:17AM	Sun 18	Sutra 261	Vikarin 5121
		Yama 10:49AM – 11:35AM	Siddhi Until 4:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:25PM			Moon 12 - Phase 36
		893523466 <b>Rahu</b> 1:53PM – 2:39PM	Kaulava Until 12:48AM Wed	<b>Nataraja:</b> Orange				3rd Phase
Routine Work	Marana Yoga		<b>Panchami Until 11:36AM</b>	<b>Moon – Purple</b>				<b>Devaloka Day</b>
				<b>Pausha-Markali</b>				

<b>6</b>		<b>Wednesday, January 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway
Kumbha Rasi: 24.27	Tithi 6 – 7	<b>Gulika</b> 11:36AM – 12:22PM	<b>Purvaproshtapada* Until 11:54PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 9:16AM	Sun 19	Sutra 262	Vikarin 5121
		Yama 10:03AM – 10:49AM	Vyatipata* Until 5:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:28PM			Moon 12 - Phase 36
		813623466 <b>Rahu</b> 12:22PM – 1:09PM	Gara Until 3:17AM Thu	<b>Nataraja:</b> Orange				3rd Phase
Creative Work	Amrita Yoga		<b>Shashthi* Until 2:01PM</b>	<b>Moon – Clear</b>				<b>Bhuloka Day</b>
Until 11:54PM				<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga		<b>Vinayaga Viratam Ends</b>						

<b>Retreat Star</b>		<b>Thursday, January 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway
Meena Rasi: 6.2	Tithi 7 – 8	<b>Gulika</b> 10:49AM – 11:36AM	<b>Uttaraproshtapada Until 2:48AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 9:16AM	Sun 20	Sutra 263	Vikarin 5121
		Yama 9:16AM – 10:03AM	Variyan Until 6:08PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:30PM			Moon 12 - Phase 36
		813623466 <b>Rahu</b> 1:10PM – 1:56PM	Visti Until 5:46AM Fri	<b>Nataraja:</b> Orange				3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 4:31PM</b>	<b>Moon – Clear</b>				<b>Bhuloka Day</b>
				<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Friday, January 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Parigha* Yoga Bava Karana Ashtamyam Titau				Oslo, Norway
Meena Rasi: 18.14	Tithi 8	<b>Gulika</b> 10:02AM – 10:49AM	<b>Revati Until 5:23AM Sat</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 9:15AM	Sun 21	Sutra 264	Vikarin 5121
		Yama 1:57PM – 2:44PM	Parigha* Until 6:51PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:31PM			Moon 12 - Phase 36
		813623466 <b>Rahu</b> 11:36AM – 12:23PM	Bava Until 6:55PM	<b>Nataraja:</b> Orange				Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 6:55PM</b>	<b>Moon – Clear</b>				<b>Bhuloka Day</b>
				<b>Pausha-Markali</b>				Devaloka Time: 3:PM to 6:PM

<b>Retreat Star</b>		<b>Saturday, January 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Shiva Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway
Mesha Rasi: 0.13	Tithi 9	<b>Gulika</b> 9:15AM – 10:02AM	<b>Ashvini Until 7:54AM Sun</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 9:15AM	Sun 22	Sutra 265	Vikarin 5121
		Yama 1:11PM – 1:58PM	Shiva Until 7:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:33PM			Moon 12 - Phase 36
		823623466 <b>Rahu</b> 10:49AM – 11:36AM	Balava Until 8:02AM	<b>Nataraja:</b> Orange				Navami
Creative Work	Siddha Yoga		<b>Navami* Until 9:01PM</b>	<b>Moon – White</b>				<b>Devaloka Day</b>
Until 7:54AM Sun				<b>Pausha-Markali</b>				
Then Routine Work - Prabalarishta Yoga								

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


<b>1</b>		<b>Sunday, January 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Taitila/Gara Karana Dashamyam Titau	Oslo, Norway Sun 23 Sutra 266 Vikarin 5121
Mesha Rasi: 12.21	Tithi 10	823623466	<b>Gulika</b> 1:59PM – 2:47PM <b>Yama</b> 12:24PM – 1:12PM <b>Rahu</b> 2:47PM – 3:35PM	<b>Ashvini Until 7:54AM</b> Siddha Until 7:27PM Taitila Until 9:54AM <b>Dashami Until 10:36PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 9:14AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:35PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b>
Creative Work Siddha Yoga		Subramuniyaswami Jayanti		Pausha-Markali	
Until 7:54AM					
Then Routine Work - Prabalarishta Yoga					

<b>2</b>		<b>Monday, January 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau	Oslo, Norway Sun 24 Sutra 267 Vikarin 5121
Mesha Rasi: 24.43	Tithi 11	823623466	<b>Gulika</b> 1:13PM – 2:00PM <b>Yama</b> 11:37AM – 12:25PM <b>Rahu</b> 10:01AM – 10:49AM	<b>Bharani Until 9:44AM</b> Sadhya Until 7:06PM Vanija Until 11:11AM <b>Ekadashi Until 11:33PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 9:13AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:36PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b>
Creative Work Siddha Yoga		Vaikuntha Ekadasi		Pausha-Markali	
Until 9:44AM					
Then Routine Work - Marana Yoga					

<b>3</b>		<b>Tuesday, January 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau	Oslo, Norway Sun 25 Sutra 268 Vikarin 5121
Vrishabha Rasi: 7.22	Tithi 12	823623466	<b>Gulika</b> 12:25PM – 1:13PM <b>Yama</b> 10:49AM – 11:37AM <b>Rahu</b> 2:02PM – 2:50PM	<b>Krittika Until 10:45AM</b> Subha Until 6:13PM Bava Until 11:47AM <b>Dvadashi Until 11:47PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 9:12AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:38PM <b>Nataraja:</b> Orange Moon – White <b>Devaloka Day</b>
Creative Work Siddha Yoga				Pausha-Markali	
Until 10:45AM					
Then Creative Work - Amrita Yoga					

<b>4</b>		<b>Wednesday, January 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau	Oslo, Norway Sun 26 Sutra 269 Vikarin 5121
Vrishabha Rasi: 20.22	Tithi 13	833623466	<b>Gulika</b> 11:37AM – 12:26PM <b>Yama</b> 10:00AM – 10:48AM <b>Rahu</b> 12:26PM – 1:14PM	<b>Rohini Until 11:22AM</b> Sukla Until 4:44PM Kaulava Until 11:38AM <b>Trayodashi Until 11:17PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 9:11AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:40PM <b>Nataraja:</b> Orange Moon – Yellow <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Creative Work Siddha Yoga				Pausha-Markali	
<i>Pradosha Vrata</i>					

<b>5</b>		<b>Thursday, January 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau	Oslo, Norway Sun 27 Sutra 270 Vikarin 5121
Mithuna Rasi: 3.44	Tithi 14	834623466	<b>Gulika</b> 10:48AM – 11:37AM <b>Yama</b> 9:10AM – 9:59AM <b>Rahu</b> 1:15PM – 2:04PM	<b>Mrigashira Until 11:09AM</b> Brahma Until 2:44PM Gara Until 10:48AM <b>Chaturdashi* Until 10:07PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 9:10AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:42PM <b>Nataraja:</b> Orange Moon – Yellow <b>Devaloka Day</b>
Routine Work Marana Yoga				Pausha-Markali	

		<b>Friday, January 10, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau	Oslo, Norway Sutra 271 Vikarin 5121
Mithuna Rasi: 17.29	Tithi 15	834623466	<b>Gulika</b> 9:58AM – 10:48AM <b>Yama</b> 2:05PM – 2:55PM <b>Rahu</b> 11:37AM – 12:26PM	<b>Ardra Until 10:10AM</b> Indra Until 12:16PM Visti Until 9:19AM <b>Purnima* Until 8:22PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 9:09AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:44PM <b>Nataraja:</b> Orange Moon – Yellow <b>Devaloka Day</b>
Creative Work Siddha Yoga		Penumbral Lunar Eclipse Ardra Darshanam		Pausha-Markali	

<b>Saturday, January 11, 2020</b>		<b>Silver Retreat Star</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau	Oslo, Norway Sutra 272 Vikarin 5121
Kataka Rasi: 1.34	Tithi 16	844623466	<b>Gulika</b> 9:08AM – 9:57AM <b>Yama</b> 1:17PM – 2:06PM <b>Rahu</b> 10:47AM – 11:37AM	<b>Punarvasu Until 8:59AM</b> Vaidhriti* Until 9:22AM Balava Until 7:20AM <b>Prathama* Until 6:10PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 9:08AM <b>Muruqa:</b> Clear <i>Sunset:</i> 3:46PM <b>Nataraja:</b> Orange Moon – Blue <b>Sivaloka Day</b>
Creative Work Siddha Yoga				Pausha-Markali	



Sunday, January 12, 2020

Gold Retreat Star

Kataka Rasi: 15.53 Tithi 17 - 18

844623466

Creative Work Siddha Yoga

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

Gulika 2:08PM - 2:58PM  
Yama 12:27PM - 1:17PM  
Rahu 2:58PM - 3:48PM

Pushya Until 7:17AM  
Vishkambha\* Until 6:12AM  
Vanija Until 2:21AM Mon  
Dvitiya Until 3:40PM

Ganesha: White  
Muruqa: Clear  
Nataraja: Orange  
Moon - Blue  
Pausha-Markali

Sunrise: 9:05AM  
Sunset: 3:48PM

Oslo, Norway  
Sun 1 Sutra 273  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

1

Monday, January 13, 2020

Simha Rasi: 0.23 Tithi 18 - 19

854623466

Family Home Evening

Routine Work Marana Yoga

Until 3:21AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:18PM - 2:09PM  
Yama 11:37AM - 12:28PM  
Rahu 9:56AM - 10:46AM

Magha\* Until 3:21AM Tue  
Ayushman Until 11:24PM  
Bava Until 11:39PM  
Tritiya Until 12:59PM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Markali

Sunrise: 9:05AM  
Sunset: 3:50PM

Oslo, Norway  
Sun 2 Sutra 274  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

2

Tuesday, January 14, 2020

Simha Rasi: 14.56 Tithi 19 - 20

854623466

Creative Work Siddha Yoga

Until 1:23AM Wed

Then Creative Work - Amrita Yoga

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

Gulika 12:28PM - 1:19PM  
Yama 10:46AM - 11:37AM  
Rahu 2:10PM - 3:01PM

Purvaphalguni Until 1:23AM Wed  
Saubhagya Until 7:58PM  
Kaulava Until 8:57PM  
Chaturthi\* Until 10:16AM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Thai

Sunrise: 9:04AM  
Sunset: 3:52PM

Oslo, Norway  
Sun 3 Sutra 275  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

3

Wednesday, January 15, 2020

Simha Rasi: 29.26 Tithi 20 - 21

854623466

Creative Work Amrita Yoga

Until 11:26PM

Then Routine Work - Marana Yoga

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

Gulika 11:37AM - 12:28PM  
Yama 9:54AM - 10:45AM  
Rahu 12:28PM - 1:20PM

Uttaraphalguni Until 11:26PM  
Sobhana Until 4:40PM  
Gara Until 6:24PM  
Panchami Until 7:38AM

Ganesha: Clear  
Muruqa: Clear  
Nataraja: Orange  
Moon - Red  
Pausha-Thai

Sunrise: 9:02AM  
Sunset: 3:55PM

Oslo, Norway  
Sun 4 Sutra 276  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Devaloka Day

4

Thursday, January 16, 2020

Kanya Rasi: 13.5 Tithi 22

864623466

Routine Work Marana Yoga

Until 10:00PM

Then Creative Work - Siddha Yoga

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

Gulika 10:45AM - 11:37AM  
Yama 9:01AM - 9:53AM  
Rahu 1:21PM - 2:13PM

Hasta Until 10:00PM  
Athiganda\* Until 1:30PM  
Visti Until 4:04PM  
Saptami Until 2:59AM Fri

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

Sunrise: 9:01AM  
Sunset: 3:57PM

Oslo, Norway  
Sun 5 Sutra 277  
Vikarin 5121  
Moon 1 - Phase 38  
1st Phase

Sivaloka Day

5

Friday, January 17, 2020

Retreat Star

Kanya Rasi: 28.02 Tithi 23

864623466

Creative Work Siddha Yoga

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

Gulika 9:51AM - 10:44AM  
Yama 2:14PM - 3:07PM  
Rahu 11:36AM - 12:29PM

Chitra Until 8:43PM  
Sukarma Until 10:35AM  
Balava Until 2:01PM  
Ashtami\* Until 1:06AM Sat

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

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

Oslo, Norway  
Sun 6 Sutra 278  
Vikarin 5121  
Moon 1 - Phase 38  
Ashtami

Sivaloka Day

Saturday, January 18, 2020

Retreat Star

Tula Rasi: 12.02 Tithi 24

864623466

Creative Work Siddha Yoga

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

Gulika 8:57AM - 9:50AM  
Yama 1:22PM - 2:15PM  
Rahu 10:43AM - 11:36AM

Svati Until 7:39PM  
Dhriti Until 7:56AM  
Tailila Until 12:19PM  
Navami\* Until 11:35PM

Ganesha: Purple  
Muruqa: Clear  
Nataraja: Orange  
Moon - Green  
Pausha-Thai

Sunrise: 8:57AM  
Sunset: 4:01PM

Oslo, Norway  
Sun 7 Sutra 279  
Vikarin 5121  
Moon 1 - Phase 38  
Navami

Sivaloka Day

<b>1</b>		<b>Sunday, January 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau	Oslo, Norway Sun 8 Sutra 280 Vikarin 5121
Tula Rasi: 25.49	Tithi 25	<b>Gulika</b> 2:17PM – 3:10PM	<b>Vishakha</b> Until 7:14PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 8:56AM	
		Yama 12:30PM – 1:23PM	Ganda* Until 3:30AM Mon	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:04PM	Moon 1 - Phase 39
		874623466 <b>Rahu</b> 3:10PM – 4:04PM	Vanija Until 10:58AM	<b>Nataraja:</b> Orange	2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 10:26PM	Moon – Orange	<b>Devaloka Day</b>
				<b>Pausha</b> -Thai	

<b>2</b>		<b>Monday, January 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau	Oslo, Norway Sun 9 Sutra 281 Vikarin 5121
Vrischika Rasi: 9.23	Tithi 26	<b>Gulika</b> 1:24PM – 2:18PM	<b>Anuradha</b> Until 7:02PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 8:54AM	
<b>Family Home Evening</b>		Yama 11:36AM – 12:30PM	Vriddhi Until 1:45AM Tue	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:06PM	Moon 1 - Phase 39
		874623466 <b>Rahu</b> 9:48AM – 10:42AM	Bava Until 10:01AM	<b>Nataraja:</b> Orange	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 9:40PM	Moon – Orange	<b>Devaloka Day</b>
				<b>Pausha</b> -Thai	

<b>3</b>		<b>Tuesday, January 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhruva Yoga Kaulava/Tailita Karana Dvadashyam Titau	Oslo, Norway Sun 10 Sutra 282 Vikarin 5121
Vrischika Rasi: 22.43	Tithi 27	<b>Gulika</b> 12:30PM – 1:25PM	<b>Jyeshtha*</b> Until 7:05PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 8:52AM	
		Yama 10:41AM – 11:36AM	Dhruva Until 12:17AM Wed	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:08PM	Moon 1 - Phase 39
		875623466 <b>Rahu</b> 2:19PM – 3:14PM	Kaulava Until 9:27AM	<b>Nataraja:</b> Orange	2nd Phase
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 9:18PM	Moon – Orange	<b>Bhuloka Day</b>
Until 7:05PM				<b>Pausha</b> -Thai	<b>Devaloka Time:</b> 3:PM to 6:PM
Then Creative Work - Amrita Yoga					

<b>4</b>		<b>Wednesday, January 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Mula* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau	Oslo, Norway Sun 11 Sutra 283 Vikarin 5121
Dhanus Rasi: 5.5	Tithi 28	<b>Gulika</b> 11:35AM – 12:30PM	<b>Mula*</b> Until 7:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:50AM	
		Yama 9:45AM – 10:40AM	Vyaghata* Until 11:10PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:11PM	Moon 1 - Phase 39
		885623466 <b>Rahu</b> 12:30PM – 1:26PM	Gara Until 9:18AM	<b>Nataraja:</b> Orange	2nd Phase
Routine Work	Marana Yoga		<b>Trayodashi*</b> Until 9:21PM	Moon – Light Blue	<b>Bhuloka Day</b>
Until 7:51PM				<b>Pausha</b> -Thai	<b>Devaloka Time:</b> 3:PM to 6:PM
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Thursday, January 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Oslo, Norway Sun 12 Sutra 284 Vikarin 5121
Dhanus Rasi: 18.46	Tithi 29	<b>Gulika</b> 10:39AM – 11:35AM	<b>Purvashadha*</b> Until 8:51PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:48AM	
		Yama 8:48AM – 9:44AM	Harshana Until 10:23PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:13PM	Moon 1 - Phase 39
		885623466 <b>Rahu</b> 1:26PM – 2:22PM	Visti* Until 9:34AM	<b>Nataraja:</b> Orange	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 9:50PM	Moon – Light Blue	<b>Bhuloka Day</b>
Until 8:51PM				<b>Pausha</b> -Thai	<b>Devaloka Time:</b> 3:PM to 6:PM
Then Routine Work - Marana Yoga					

<b>Retreat Star</b>		<b>Friday, January 24, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau	Oslo, Norway Sun 13 Sutra 285 Vikarin 5121
Makara Rasi: 1.28	Tithi 30	<b>Gulika</b> 9:42AM – 10:39AM	<b>Uttarashadha</b> Until 10:07PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:46AM	
		Yama 2:23PM – 3:20PM	Vajra* Until 9:54PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:16PM	Moon 1 - Phase 39
		885623466 <b>Rahu</b> 11:35AM – 12:31PM	Catuspada Until 10:15AM	<b>Nataraja:</b> Orange	Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 10:44PM	Moon – Light Blue	<b>Bhuloka Day</b>
				<b>Pausha</b> -Thai	<b>Devaloka Time:</b> 3:PM to 6:PM

<b>Retreat Star</b>		<b>Saturday, January 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau	Oslo, Norway Sun 14 Sutra 286 Vikarin 5121
Makara Rasi: 13.59	Tithi 1	<b>Gulika</b> 8:44AM – 9:41AM	<b>Shravana</b> Until 12:08AM Sun	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 8:44AM	
		Yama 1:28PM – 2:25PM	Siddhi Until 9:46PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:18PM	Moon 1 - Phase 39
		995623466 <b>Rahu</b> 10:38AM – 11:34AM	Kintughna Until 11:23AM	<b>Nataraja:</b> Orange	Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 12:05AM Sun	Moon – Purple	<b>Bhuloka Day</b>
Until 12:08AM Sun				<b>Magha</b> -Thai	<b>Devaloka Time:</b> 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

<b>1</b>		<b>Sunday, January 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway
Makara Rasi: 26.19	Tithi 2	<b>Gulika</b>	2:26PM – 3:23PM	<b>Dhanishtha Until 2:21AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:42AM	Sun 15	Sutra 287
		Yama	12:31PM – 1:29PM	Vyatipata* Until 9:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:21PM		Vikarin 5121
		995723466 <b>Rahu</b>	3:23PM – 4:21PM	Balava Until 12:56PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			<b>Dvitiya Until 1:50AM Mon</b>	Moon – Purple		<b>Devaloka Day</b>	
Until 2:21AM Mon					<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Monday, January 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway
Kumbha Rasi: 8.29	Tithi 3	<b>Gulika</b>	1:30PM – 2:27PM	<b>Shatabhishak Until 4:45AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:40AM	Sun 16	Sutra 288
<b>Family Home Evening</b>		Yama	11:34AM – 12:32PM	Variyan Until 10:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:23PM		Vikarin 5121
Creative Work	Siddha Yoga	995723466 <b>Rahu</b>	9:38AM – 10:36AM	Taitila Until 2:52PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Until 4:45AM Tue				<b>Tritiya Until 3:56AM Tue</b>	Moon – Purple		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga					<b>Magha-Thai</b>			

<b>3</b>		<b>Tuesday, January 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Yoga Vanija/Visli* Karana Chaturthyam Titau				Oslo, Norway
Kumbha Rasi: 20.32	Tithi 4	<b>Gulika</b>	12:32PM – 1:30PM	<b>Purvaprossthapada* Until 7:44AM Wed</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 8:38AM	Sun 17	Sutra 289
		Yama	10:35AM – 11:33AM	Parigha* Until 11:02PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:26PM		Vikarin 5121
		915723466 <b>Rahu</b>	2:29PM – 3:27PM	Vanija Until 5:06PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Routine Work	Marana Yoga			<b>Chaturthi* Until 6:18AM Wed</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 7:44AM Wed					<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Wednesday, January 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprossthapada*Uttaraprossthapada Nakshatra Shiva Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway
Meena Rasi: 2.28	Tithi 4 – 5	<b>Gulika</b>	11:33AM – 12:32PM	<b>Purvaprossthapada* Until 7:44AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 8:36AM	Sun 18	Sutra 290
		Yama	9:35AM – 10:34AM	Shiva Until 11:51PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:28PM		Vikarin 5121
		915723466 <b>Rahu</b>	12:32PM – 1:31PM	Bava Until 7:34PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Amrita Yoga			<b>Chaturthi* Until 6:18AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 7:44AM					<b>Magha-Thai</b>			
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Thursday, January 30, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprossthapada/Revati Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway
Meena Rasi: 14.2	Tithi 5 – 6	<b>Gulika</b>	10:33AM – 11:33AM	<b>Uttaraprossthapada Until 10:41AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 8:34AM	Sun 19	Sutra 291
		Yama	8:34AM – 9:33AM	Siddha Until 12:40AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:31PM		Vikarin 5121
		915723466 <b>Rahu</b>	1:32PM – 2:32PM	Kaulava Until 10:06PM	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			<b>Panchami Until 8:49AM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 1:26PM					<b>Magha-Thai</b>			
Then Creative Work - Amrita Yoga								

<b>6</b>		<b>Friday, January 31, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway
Meena Rasi: 26.13	Tithi 6 – 7	<b>Gulika</b>	9:32AM – 10:32AM	<b>Revati Until 1:26PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:31AM	Sun 20	Sutra 292
		Yama	2:33PM – 3:33PM	Sadhya Until 1:25AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:33PM		Vikarin 5121
		916723466 <b>Rahu</b>	11:32AM – 12:32PM	Gara Until 12:32AM Sat	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	3rd Phase
Creative Work	Siddha Yoga			<b>Shashthi* Until 11:19AM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 1:26PM					<b>Magha-Thai</b>			
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Saturday, February 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Vanija/Visli* Karana Saptami/Ashtamyam Titau				Oslo, Norway
Mesha Rasi: 8.09	Tithi 7 – 8	<b>Gulika</b>	8:31AM – 9:32AM	<b>Ashvini Until 4:20PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 8:31AM	Sun 21	Sutra 293
		Yama	1:33PM – 2:33PM	Subha Until 1:57AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:33PM		Vikarin 5121
		926723466 <b>Rahu</b>	10:32AM – 11:32AM	Visli Until 2:40AM Sun	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	Ashtami
Creative Work	Siddha Yoga			<b>Saptami Until 1:38PM</b>	Moon – White		<b>Bhuloka Day</b>	
Until 1:26PM					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Sunday, February 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway
Mesha Rasi: 20.13	Tithi 8 – 9	<b>Gulika</b>	2:34PM – 3:35PM	<b>Bharani Until 6:39PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 8:29AM	Sun 22	Sutra 294
		Yama	12:32PM – 1:33PM	Sukla Until 2:05AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:36PM		Vikarin 5121
		926723466 <b>Rahu</b>	3:35PM – 4:36PM	Balava Until 4:18AM Mon	<b>Nataraja:</b> Orange		Moon 1 - Phase 40	Navami
Routine Work	Prabalarishta Yoga			<b>Ashtami* Until 3:32PM</b>	Moon – White		<b>Bhuloka Day</b>	
Until 6:39PM					<b>Magha-Thai</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Siddha Yoga								

<b>Monday, February 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Oslo, Norway Sun 23 Sutra 295 Vikarin 5121
<b>1</b>		<b>Gulika</b> 1:34PM – 2:36PM	<b>Krittika Until 8:12PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 8:27AM
Vrishabha Rasi: 2.3	Tithi 9 – 10	Yama 11:31AM – 12:33PM	Brahma Until 1:42AM Tue	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:39PM
<b>Family Home Evening</b>	926723466	<b>Rahu</b> 9:28AM – 10:30AM	Taitila Until 5:13AM Tue	<b>Nataraja:</b> Orange Moon – White
Routine Work Marana Yoga			<b>Navami* Until 4:50PM</b>	<b>Magha*Thai</b>
Until 8:12PM				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Creative Work - Amrita Yoga				

<b>Tuesday, February 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Oslo, Norway Sun 24 Sutra 296 Vikarin 5121
<b>2</b>		<b>Gulika</b> 12:33PM – 1:35PM	<b>Rohini Until 9:20PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 8:24AM
Vrishabha Rasi: 15.05	Tithi 10 – 11	Yama 10:29AM – 11:31AM	Indra Until 12:44AM Wed	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:41PM
926723466		<b>Rahu</b> 2:37PM – 3:39PM	Vanija Until 5:19AM Wed	<b>Nataraja:</b> Clear Moon – Yellow
Creative Work Amrita Yoga			<b>Dashami Until 5:21PM</b>	<b>Magha*Thai</b>
Until 9:20PM				<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				

<b>Wednesday, February 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 25 Sutra 297 Vikarin 5121
<b>3</b>		<b>Gulika</b> 11:30AM – 12:33PM	<b>Mrigashira Until 9:29PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 8:22AM
Vrishabha Rasi: 28.04	Tithi 11 – 12	Yama 9:25AM – 10:27AM	Vaidhriti* Until 11:05PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:44PM
926723467		<b>Rahu</b> 12:33PM – 1:36PM	Bava Until 4:35AM Thu	<b>Nataraja:</b> Clear Moon – Yellow
Creative Work Siddha Yoga			<b>Ekadashi Until 5:02PM</b>	<b>Magha*Thai</b>
				<b>Devaloka Day</b>

<b>Thursday, February 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 26 Sutra 298 Vikarin 5121
<b>4</b>		<b>Gulika</b> 10:26AM – 11:30AM	<b>Ardra Until 8:41PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 8:20AM
Mithuna Rasi: 11.28	Tithi 12 – 13	Yama 8:20AM – 9:23AM	Vishkambha* Until 8:48PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:46PM
926723467		<b>Rahu</b> 1:36PM – 2:40PM	Kaulava Until 3:03AM Fri	<b>Nataraja:</b> Clear Moon – Yellow
Routine Work Marana Yoga			<b>Dvadashi Until 3:54PM</b>	<b>Magha*Thai</b>
Until 8:41PM				<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata</i>

<b>Friday, February 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 299 Vikarin 5121
<b>5</b>		<b>Gulika</b> 9:21AM – 10:25AM	<b>Punarvasu Until 7:28PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:17AM
Mithuna Rasi: 25.2	Tithi 13 – 14	Yama 2:41PM – 3:45PM	Priti Until 5:57PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:49PM
947723467		<b>Rahu</b> 11:29AM – 12:33PM	Gara Until 12:50AM Sat	<b>Nataraja:</b> Clear Moon – Blue
Creative Work Siddha Yoga			<b>Trayodashi Until 2:00PM</b>	<b>Magha*Thai</b>
Until 7:28PM				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				

<b>Saturday, February 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushmani/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sutra 300 Vikarin 5121
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 8:15AM – 9:19AM	<b>Pushya Until 5:31PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:15AM
Kataka Rasi: 9.39	Tithi 14 – 15	Yama 1:38PM – 2:42PM	Ayushman Until 2:36PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:51PM
947723467		<b>Rahu</b> 10:24AM – 11:28AM	Visti Until 10:03PM	<b>Nataraja:</b> Clear Moon – Blue
Creative Work Siddha Yoga			<b>Chaturdashi* Until 11:29AM</b>	<b>Magha*Thai</b>
Until 5:31PM		<b>Thai Pusam</b>		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				

<b>Sunday, February 9, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Oslo, Norway Sutra 301 Vikarin 5121
<b>○</b>	<b>Silver Retreat Star</b>	<b>Gulika</b> 2:44PM – 3:49PM	<b>Ashlesha* Until 3:01PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:12AM
Kataka Rasi: 24.19	Tithi 15 – 16	Yama 12:33PM – 1:38PM	Saubhagya Until 10:54AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 4:54PM
947723467		<b>Rahu</b> 3:49PM – 4:54PM	Balava Until 6:54PM	<b>Nataraja:</b> Clear Moon – Blue
Creative Work Siddha Yoga			<b>Purnima* Until 8:30AM</b>	<b>Magha*Thai</b>
Until 3:01PM				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga				





Monday, February 10, 2020

Gold Retreat Star

Vikarin Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Sobhana/Athiganda\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Oslo, Norway

Sutra 302

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 9.14 Tithi 17

Family Home Evening

957723467

Gulika

1:39PM - 2:45PM

Magha\* Until 12:33PM

Ganesha: Red

Sunrise: 8:10AM

Yama

11:27AM - 12:33PM

Sobhana Until 6:59AM

Muruqa: Clear

Sunset: 4:57PM

Routine Work Marana Yoga

Until 12:33PM

Then Creative Work - Siddha Yoga

Rahu

9:15AM - 10:21AM

Dvitiya Until 1:47AM Tue

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

1

Tuesday, February 11, 2020

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

Oslo, Norway

Sun 1

Sutra 303

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Simha Rasi: 24.14 Tithi 18

Creative Work Siddha Yoga

Until 9:52AM

Then Creative Work - Amrita Yoga

957723467

Gulika

12:33PM - 1:40PM

Purvaphalguni Until 9:52AM

Ganesha: Red

Sunrise: 8:07AM

Yama

10:20AM - 11:27AM

Sukarma Until 10:57PM

Muruqa: Clear

Sunset: 4:57PM

Then Routine Work - Marana Yoga

Rahu

2:46PM - 3:53PM

Vanija Until 12:06PM  
Tritiya Until 10:24PM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

2

Wednesday, February 12, 2020

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

Oslo, Norway

Sun 2

Sutra 304

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 9.12 Tithi 19

Creative Work Amrita Yoga

Until 7:08AM

Then Routine Work - Marana Yoga

957723467

Gulika

11:26AM - 12:33PM

Uttaraphalguni Until 7:08AM

Ganesha: Red

Sunrise: 8:04AM

Yama

9:12AM - 10:19AM

Dhriti Until 7:07PM

Muruqa: Clear

Sunset: 5:02PM

Then Routine Work - Marana Yoga

Rahu

12:33PM - 1:40PM

Bava Until 8:47AM

Nataraja: Clear

Moon - Red

Magha\*Thai

Devaloka Day

3

Thursday, February 13, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra Nakshatra Shula\*/Ganda\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Oslo, Norway

Sun 3

Sutra 305

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Kanya Rasi: 23.58 Tithi 20 - 21

Creative Work Siddha Yoga

967723467

Gulika

10:17AM - 11:25AM

Chitra Until 2:58AM Fri

Ganesha: Green

Sunrise: 8:02AM

Yama

8:02AM - 9:10AM

Shula\* Until 3:32PM

Muruqa: Clear

Sunset: 5:04PM

Then Routine Work - Marana Yoga

Rahu

1:41PM - 2:49PM

Gara Until 3:03AM Fri

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

4

Friday, February 14, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Svati Nakshatra Ganda\*/Vridhi Yoga Vanija/Visi\* Karana Shashthi/Saptamyam Titau

Oslo, Norway

Sun 4

Sutra 306

Vikarin 5121

Moon 2 - Phase 42

1st Phase

Tula Rasi: 8.28 Tithi 21 - 22

Creative Work Siddha Yoga

968723467

Gulika

9:08AM - 10:16AM

Svati Until 1:23AM Sat

Ganesha: White

Sunrise: 7:59AM

Yama

2:50PM - 3:58PM

Ganda\* Until 12:20PM

Muruqa: Clear

Sunset: 5:07PM

Then Routine Work - Marana Yoga

Rahu

11:25AM - 12:33PM

Visti Until 12:54AM Sat

Nataraja: Clear

Moon - Green

Magha\*Masi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

D

Saturday, February 15, 2020

Retreat Star

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

Oslo, Norway

Sun 5

Sutra 307

Vikarin 5121

Moon 2 - Phase 42

Ashtami

Tula Rasi: 22.36 Tithi 22 - 23

Creative Work Siddha Yoga

Until 12:39AM Sun

Then Routine Work - Marana Yoga

978723467

Gulika

7:57AM - 9:06AM

Vishakha Until 12:39AM Sun

Ganesha: Clear

Sunrise: 7:57AM

Yama

1:42PM - 2:51PM

Vridhi Until 9:35AM

Muruqa: Clear

Sunset: 5:09PM

Then Routine Work - Marana Yoga

Rahu

10:15AM - 11:24AM

Balava Until 11:19PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Sunday, February 16, 2020

Retreat Star

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

Oslo, Norway

Sun 6

Sutra 308

Vikarin 5121

Moon 2 - Phase 42

Navami

Vrischika Rasi: 6.22 Tithi 23 - 24

Routine Work Marana Yoga

Until 12:23AM Mon

Then Creative Work - Siddha Yoga

978723467

Gulika

2:53PM - 4:02PM

Anuradha Until 12:23AM Mon

Ganesha: Clear

Sunrise: 7:54AM

Yama

12:33PM - 1:43PM

Dhruva Until 7:17AM

Muruqa: Clear

Sunset: 5:12PM

Then Creative Work - Siddha Yoga

Rahu

4:02PM - 5:12PM

Taitila Until 10:22PM

Nataraja: Clear

Moon - Orange

Magha\*Masi

Devaloka Day

Ashtami\* Until 10:44AM

<b>Monday, February 17, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam				Oslo, Norway
		Jyeshtha* Nakshatra Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 7 Sutra 309
<b>1</b>		<b>Gulika</b> 1:43PM – 2:54PM	<b>Jyeshtha* Until 12:33AM Tue</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:51AM	Vikarin 5121
Vrischika Rasi: 19.46	Tithi 24 – 25	Yama 11:23AM – 12:33PM	Harshana Until 4:12AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:15PM	Moon 2 - Phase 43
<b>Family Home Evening</b>	978723467	<b>Rahu</b> 9:02AM – 10:12AM	Vanija Until 10:01PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work Siddha Yoga			<b>Navami* Until 10:06AM</b>	Moon – Orange		<b>Devaloka Day</b>
Until 12:33AM Tue				<b>Magha-Masi</b>		
Then Creative Work - Amrita Yoga						

<b>Tuesday, February 18, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam				Oslo, Norway
		Mula* Nakshatra Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Sun 8 Sutra 310
<b>2</b>		<b>Gulika</b> 12:33PM – 1:44PM	<b>Mula* Until 1:36AM Wed</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:49AM	Vikarin 5121
Dhanus Rasi: 2.5	Tithi 25 – 26	Yama 10:11AM – 11:22AM	Vajra* Until 3:19AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:17PM	Moon 2 - Phase 43
	988723467	<b>Rahu</b> 2:55PM – 4:06PM	Bava Until 10:16PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work Amrita Yoga			<b>Dashami Until 10:03AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
				<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>Wednesday, February 19, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam				Oslo, Norway
		Purvashadha* Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 9 Sutra 311
<b>3</b>		<b>Gulika</b> 11:21AM – 12:33PM	<b>Purvashadha* Until 2:58AM Thu</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:46AM	Vikarin 5121
Dhanus Rasi: 15.39	Tithi 26 – 27	Yama 8:58AM – 10:09AM	Siddhi Until 2:49AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 2 - Phase 43
	988723467	<b>Rahu</b> 12:33PM – 1:44PM	Kaulava Until 11:01PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work Amrita Yoga			<b>Ekadashi* Until 10:34AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Until 2:58AM Thu				<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

<b>Thursday, February 20, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam				Oslo, Norway
		Uttarashadha Nakshatra Vyatipata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 10 Sutra 312
<b>4</b>		<b>Gulika</b> 10:08AM – 11:20AM	<b>Uttarashadha Until 4:35AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:43AM	Vikarin 5121
Dhanus Rasi: 28.14	Tithi 27 – 28	Yama 7:43AM – 8:56AM	Vyatipata* Until 2:40AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:22PM	Moon 2 - Phase 43
	989823467	<b>Rahu</b> 1:45PM – 2:57PM	Gara Until 12:12AM Fri	<b>Nataraja:</b> Clear		2nd Phase
Routine Work Marana Yoga			<b>Dvadashi* Until 11:32AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
				<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
				<i>Pradosha Vrata (Fasting)</i>		

<b>Friday, February 21, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam				Oslo, Norway
		Shravana Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 11 Sutra 313
<b>5</b>		<b>Gulika</b> 8:53AM – 10:06AM	<b>Shravana Until 6:52AM Sat</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:40AM	Vikarin 5121
Makara Rasi: 10.38	Tithi 28 – 29	Yama 2:59PM – 4:12PM	Variyan Until 2:45AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:25PM	Moon 2 - Phase 43
	999823467	<b>Rahu</b> 11:20AM – 12:33PM	Visti Until 1:45AM Sat	<b>Nataraja:</b> Clear		2nd Phase
Routine Work Marana Yoga			<b>Trayodashi* Until 12:55PM</b>	Moon – Purple		<b>Bhuloka Day</b>
Until 6:52AM Sat		<b>Mahasivaratri (Lunar)</b>		<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga		<b>Mahasivaratri (Solar)</b>				

<b>Saturday, February 22, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam				Oslo, Norway
		Shravana/Dhanishtha Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 12 Sutra 314
<b>Retreat Star</b>		<b>Gulika</b> 7:38AM – 8:51AM	<b>Shravana Until 6:52AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:38AM	Vikarin 5121
Makara Rasi: 22.53	Tithi 29 – 30	Yama 1:46PM – 3:00PM	Parigha* Until 3:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:27PM	Moon 2 - Phase 43
	999823467	<b>Rahu</b> 10:05AM – 11:19AM	Catuspada Until 3:36AM Sun	<b>Nataraja:</b> Clear		Amavasya
Creative Work Siddha Yoga			<b>Chaturdashi* Until 2:37PM</b>	Moon – Purple		<b>Bhuloka Day</b>
				<b>Magha-Masi</b>		Devaloka Time: 3:PM to 6:PM

<b>Sunday, February 23, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Oslo, Norway
		Dhanishtha/Shatabhishak Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 13 Sutra 315
<b>Retreat Star</b>		<b>Gulika</b> 3:01PM – 4:15PM	<b>Dhanishtha Until 9:16AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:35AM	Vikarin 5121
Kumbha Rasi: 5.01	Tithi 30 – 1	Yama 12:32PM – 1:47PM	Shiva Until 3:36AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:30PM	Moon 2 - Phase 43
	999823467	<b>Rahu</b> 4:15PM – 5:30PM	Kintughna Until 5:42AM Mon	<b>Nataraja:</b> Clear		Prathama
Routine Work Marana Yoga			<b>Amavasya* Until 4:36PM</b>	Moon – Purple		<b>Bhuloka Day</b>
Until 9:16AM				<b>Phalgun-Masi</b>		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga						

<b>Monday, February 24, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaprosnthapada* Nakshatra Siddha Yoga Bava Karana Prathamayam Titau				Oslo, Norway Sun 14 Sutra 316 Vikarin 5121
<b>1</b>	Kumbha Rasi: 17.03 Family Home Evening Creative Work Siddha Yoga Until 11:43AM Then Routine Work - Marana Yoga	<b>Gulika</b> 1:47PM – 3:02PM Yama 11:17AM – 12:32PM <b>Rahu</b> 8:47AM – 10:02AM	<b>Shatabhishak</b> Until 11:43AM Siddha Until 4:15AM Tue Bava Until 6:48PM <b>Prathama*</b> Until 6:48PM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:32AM <b>Sunset:</b> 5:32PM	Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Tuesday, February 25, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaprosnthapada*/Uttaraprosnthapada Nakshatra Sadhya Yoga Balava/Kaulava Karana Dvilyayam Titau				Oslo, Norway Sun 15 Sutra 317 Vikarin 5121
<b>2</b>	Kumbha Rasi: 29.01 Routine Work Marana Yoga Until 2:41PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 12:32PM – 1:48PM Yama 10:01AM – 11:16AM <b>Rahu</b> 3:03PM – 4:19PM	<b>Purvaprosnthapada*</b> Until 2:41PM Sadhya Until 5:02AM Wed Balava Until 8:00AM <b>Dvitiya</b> Until 9:11PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:29AM <b>Sunset:</b> 5:35PM	Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Wednesday, February 26, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraprosnthapada/Revati Nakshatra Subha Yoga Tailila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 318 Vikarin 5121
<b>3</b>	Meena Rasi: 10.55 Creative Work Siddha Yoga Until 5:36PM Then Routine Work - Marana Yoga	<b>Gulika</b> 11:15AM – 12:32PM Yama 8:43AM – 9:59AM <b>Rahu</b> 12:32PM – 1:48PM	<b>Uttaraprosnthapada</b> Until 5:36PM Subha Until 5:55AM Thu Tailila Until 10:27AM <b>Tritiya</b> Until 11:41PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:26AM <b>Sunset:</b> 5:37PM	Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Thursday, February 27, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway Sun 17 Sutra 319 Vikarin 5121
<b>4</b>	Meena Rasi: 22.47 Creative Work Siddha Yoga Until 8:25PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 9:58AM – 11:15AM Yama 7:24AM – 8:41AM <b>Rahu</b> 1:49PM – 3:06PM	<b>Revati</b> Until 8:25PM Sukla Until 6:45AM Fri Vanija Until 12:58PM <b>Chaturthi*</b> Until 2:12AM Fri	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 7:24AM <b>Sunset:</b> 5:40PM	Moon 2 - Phase 44 3rd Phase <b>Devaloka Day</b>

<b>Friday, February 28, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 320 Vikarin 5121
<b>5</b>	Mesha Rasi: 4.39 Creative Work Amrita Yoga Until 11:29PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 8:38AM – 9:56AM Yama 3:07PM – 4:25PM <b>Rahu</b> 11:14AM – 12:32PM	<b>Ashvini</b> Until 11:29PM Sukla Until 6:45AM Bava Until 3:27PM <b>Panchami</b> Until 4:37AM Sat	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:21AM <b>Sunset:</b> 5:42PM	Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Saturday, February 29, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau				Oslo, Norway Sun 19 Sutra 321 Vikarin 5121
<b>6</b>	Mesha Rasi: 16.34 Creative Work Siddha Yoga	<b>Gulika</b> 7:18AM – 8:36AM Yama 1:50PM – 3:08PM <b>Rahu</b> 9:55AM – 11:13AM	<b>Bharani</b> Until 2:10AM Sun Brahma Until 7:31AM Kaulava Until 5:45PM <b>Shashthi*</b> Until 6:45AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:18AM <b>Sunset:</b> 5:45PM	Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Sunday, March 1, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 20 Sutra 322 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 3:10PM – 4:30PM Yama 12:31PM – 1:51PM <b>Rahu</b> 4:30PM – 5:50PM	<b>Krittika</b> Until 4:16AM Mon Indra Until 8:05AM Gara Until 7:41PM <b>Shashthi*</b> Until 6:45AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 5:50PM	Moon 2 - Phase 44 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>Monday, March 2, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 323 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 1:51PM – 3:11PM Yama 11:10AM – 12:31PM <b>Rahu</b> 8:30AM – 9:50AM	<b>Rohini</b> Until 6:04AM Tue Vaidhriti* Until 8:14AM Visti Until 9:01PM <b>Saptami</b> Until 8:25AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 7:09AM <b>Sunset:</b> 5:52PM	Moon 2 - Phase 44 Ashtami <b>Devaloka Day</b>

<b>Tuesday, March 3, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 22 Sutra 324 Vikarin 5121
<b>Retreat Star</b>		<b>Gulika</b> 12:31PM – 1:52PM Yama 9:48AM – 11:09AM <b>Rahu</b> 3:13PM – 4:34PM	<b>Rohini</b> Until 6:04AM Vishkambha* Until 7:54AM Balava Until 9:36PM <b>Ashtami*</b> Until 9:23AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Orange <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 7:06AM <b>Sunset:</b> 5:55PM	Moon 2 - Phase 44 Navami <b>Devaloka Day</b>

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

<b>1</b>		<b>Wednesday, March 4, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Oslo, Norway Sun 23 Sutra 325
Mithuna Rasi: 6.09	Tithi 9 – 10	<b>Gulika</b> 11:09AM – 12:30PM	<b>Mrigashira</b> Until 6:55AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:03AM	Vikarin 5121
		Yama 8:25AM – 9:47AM	Priti Until 6:57AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 45
931833467	<b>Rahu</b> 12:30PM – 1:52PM		Taitila Until 9:19PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 9:33AM	Moon – Yellow		<b>Devaloka Day</b>
				<b>Phalguna-Masi</b>		

<b>2</b>		<b>Thursday, March 5, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 24 Sutra 326
Mithuna Rasi: 19.28	Tithi 10 – 11	<b>Gulika</b> 9:45AM – 11:08AM	<b>Ardra</b> Until 6:47AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:00AM	Vikarin 5121
		Yama 7:00AM – 8:23AM	Saubhagya Until 2:58AM Fri	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 45
131833467	<b>Rahu</b> 1:52PM – 3:15PM		Vanija Until 8:09PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 8:49AM	Moon – Yellow		<b>Devaloka Day</b>
Until 6:47AM				<b>Phalguna-Masi</b>		
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Friday, March 6, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau		Oslo, Norway Sun 25 Sutra 327
Kataka Rasi: 3.16	Tithi 11 – 12	<b>Gulika</b> 8:21AM – 9:44AM	<b>Punarvasu</b> Until 6:05AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:58AM	Vikarin 5121
		Yama 3:16PM – 4:39PM	Sobhana Until 12:00AM Sat	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:02PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 11:07AM – 12:30PM		Bava Until 6:10PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 7:14AM	Moon – Blue		<b>Bhuloka Day</b>
Until 6:05AM				<b>Phalguna-Masi</b>		Devaloka Time: 3:PM to 6:PM
Then Routine Work - Marana Yoga						

<b>4</b>		<b>Saturday, March 7, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Oslo, Norway Sun 26 Sutra 328
Kataka Rasi: 17.34	Tithi 13	<b>Gulika</b> 6:55AM – 8:18AM	<b>Ashlesha*</b> Until 2:07AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:55AM	Vikarin 5121
		Yama 1:53PM – 3:17PM	Athiganda* Until 8:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:05PM	Moon 2 - Phase 45
141833467	<b>Rahu</b> 9:42AM – 11:06AM		Kaulava Until 3:29PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 1:54AM Sun	Moon – Blue		<b>Bhuloka Day</b>
				<b>Phalguna-Masi</b>		Devaloka Time: 3:PM to 6:PM

*Pradosha Vrata*

<b>5</b>		<b>Sunday, March 8, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 329
Simha Rasi: 2.19	Tithi 14	<b>Gulika</b> 3:18PM – 4:43PM	<b>Magha*</b> Until 11:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:52AM	Vikarin 5121
		Yama 12:29PM – 1:54PM	Sukarma Until 4:34PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 45
151833467	<b>Rahu</b> 4:43PM – 6:07PM		Gara Until 12:15PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 10:27PM	Moon – Red		<b>Devaloka Day</b>
Until 11:33PM		<b>Chidambaram Abhishekam</b>		<b>Phalguna-Masi</b>		
Then Creative Work - Siddha Yoga						

<b>○</b>		<b>Monday, March 9, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Purnimayam Titau		Oslo, Norway Sutra 330
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:54PM – 3:19PM	<b>Purvaphalguni</b> Until 8:34PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:49AM	Vikarin 5121
Simha Rasi: 17.24	Tithi 15	Yama 11:04AM – 12:29PM	Dhriti Until 12:23PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:09PM	Moon 2 - Phase 45
<b>Family Home Evening</b>	152833467	<b>Rahu</b> 8:14AM – 9:39AM	Visti Until 8:38AM	<b>Nataraja:</b> Clear		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 6:43PM	Moon – Red		<b>Sivaloka Day</b>
		<b>Holi</b>		<b>Phalguna-Masi</b>		

<b>○</b>		<b>Tuesday, March 10, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Oslo, Norway Sutra 331
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:29PM – 1:55PM	<b>Uttaraphalguni</b> Until 5:22PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:46AM	Vikarin 5121
Kanya Rasi: 2.4	Tithi 16 – 17	Yama 9:37AM – 11:03AM	Shula* Until 8:01AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:12PM	Moon 2 - Phase 45
152833467	<b>Rahu</b> 3:20PM – 4:46PM		Taitila Until 12:59AM Wed	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 2:53PM	Moon – Red		<b>Sivaloka Day</b>
Until 5:22PM				<b>Phalguna-Masi</b>		
Then Creative Work - Siddha Yoga						



Wednesday, March 11, 2020

Gold Retreat Star

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

Oslo, Norway

Sun 1 Sutra 332

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Kanya Rasi: 17.56 Tithi 17 - 18

162833467

**Gulika** 11:02AM - 12:29PM  
Yama 8:09AM - 9:36AM  
**Rahu** 12:29PM - 1:55PM

**Hasta** **Until 2:31PM**  
Vriddhi **Until 11:31PM**  
Vanija **Until 9:18PM**  
**Dvitiya** **Until 11:06AM**

**Ganesha:** Clear *Sunrise: 6:43AM*  
**Muruqa:** Orange *Sunset: 6:14PM*  
**Nataraja:** Clear

Moon - Green  
**Phalguna-Masi**

**Devaloka Day**

Routine Work Marana Yoga

Until 2:31PM

Then Creative Work - Siddha Yoga

1

Thursday, March 12, 2020

Vikarin Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra/Svati Nakshatra Dhruva Yoga Visti/Balava Karana Tritiya/Chaturthyam Titau

Oslo, Norway

Sun 2 Sutra 333

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 3.02 Tithi 18 - 19

162833467

**Gulika** 9:34AM - 11:01AM  
Yama 6:40AM - 8:07AM  
**Rahu** 1:55PM - 3:22PM

**Chitra** **Until 11:49AM**  
Dhruva **Until 7:36PM**  
Balava **Until 4:25AM Fri**  
**Tritiya** **Until 7:33AM**

**Ganesha:** Clear *Sunrise: 6:40AM*  
**Muruqa:** Orange *Sunset: 6:17PM*  
**Nataraja:** Clear

Moon - Green  
**Phalguna-Masi**

**Devaloka Day**

Creative Work Siddha Yoga

Until 11:49AM

Then Creative Work - Amrita Yoga

2

Friday, March 13, 2020

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

Oslo, Norway

Sun 3 Sutra 334

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Tula Rasi: 17.5 Tithi 20

162833467

**Gulika** 8:05AM - 9:32AM  
Yama 3:24PM - 4:51PM  
**Rahu** 11:00AM - 12:28PM

**Svati** **Until 9:24AM**  
Vyaghata\* **Until 4:06PM**  
Kaulava **Until 3:04PM**  
**Panchami** **Until 1:50AM Sat**

**Ganesha:** Clear *Sunrise: 6:37AM*  
**Muruqa:** Orange *Sunset: 6:19PM*  
**Nataraja:** Clear

Moon - Green  
**Phalguna-Masi**

**Devaloka Day**

Creative Work Siddha Yoga

3

Saturday, March 14, 2020

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

Oslo, Norway

Sun 4 Sutra 335

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 2.14 Tithi 21

172833467

**Gulika** 6:34AM - 8:02AM  
Yama 1:56PM - 3:25PM  
**Rahu** 9:31AM - 10:59AM

**Vishakha** **Until 7:51AM**  
Harshana **Until 1:08PM**  
Gara **Until 12:49PM**  
**Shashthi\*** **Until 11:56PM**

**Ganesha:** Purple *Sunrise: 6:34AM*  
**Muruqa:** Orange *Sunset: 6:21PM*  
**Nataraja:** Clear

Moon - Orange  
**Phalguna-Panguni**

**Sivaloka Day**

Creative Work Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

4

Sunday, March 15, 2020

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

Oslo, Norway

Sun 5 Sutra 336

Vikarin 5121

Moon 3 - Phase 46

1st Phase

Vrischika Rasi: 16.1 Tithi 22

172833468

**Gulika** 3:26PM - 4:55PM  
Yama 12:27PM - 1:57PM  
**Rahu** 4:55PM - 6:24PM

**Anuradha** **Until 6:52AM**  
Vajra\* **Until 10:44AM**  
Visti **Until 11:17AM**  
**Saptami** **Until 10:48PM**

**Ganesha:** Purple *Sunrise: 6:31AM*  
**Muruqa:** Orange *Sunset: 6:24PM*  
**Nataraja:** Purple

Moon - Orange  
**Phalguna-Panguni**

**Subha Sivaloka Day**

Routine Work Marana Yoga

D

Monday, March 16, 2020

Retreat Star

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

Oslo, Norway

Sun 6 Sutra 337

Vikarin 5121

Moon 3 - Phase 46

Ashtami

Vrischika Rasi: 29.37 Tithi 23

172933468

**Gulika** 1:57PM - 3:27PM  
Yama 10:57AM - 12:27PM  
**Rahu** 7:58AM - 9:28AM

**Jyeshtha\*** **Until 6:31AM**  
Siddhi **Until 8:58AM**  
Balava **Until 10:33AM**  
**Ashtami\*** **Until 10:28PM**

**Ganesha:** Clear *Sunrise: 6:28AM*  
**Muruqa:** Orange *Sunset: 6:26PM*  
**Nataraja:** Purple

Moon - Orange  
**Phalguna-Panguni**

**Sivaloka Day**

Creative Work Siddha Yoga

Family Home Evening

Tuesday, March 17, 2020

Retreat Star

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

Oslo, Norway

Sun 7 Sutra 338

Vikarin 5121

Moon 3 - Phase 46

Navami

Dhanus Rasi: 12.4 Tithi 24

182933468

**Gulika** 12:27PM - 1:57PM  
Yama 9:26AM - 10:56AM  
**Rahu** 3:28PM - 4:58PM

**Mula\*** **Until 7:13AM**  
Vyatipata\* **Until 7:50AM**  
Taitila **Until 10:36AM**  
**Navami\*** **Until 10:52PM**

**Ganesha:** Purple *Sunrise: 6:25AM*  
**Muruqa:** Orange *Sunset: 6:29PM*  
**Nataraja:** Purple

Moon - Light Blue  
**Phalguna-Panguni**

**Devaloka Day**

Creative Work Amrita Yoga

Until 7:13AM

Then Creative Work - Siddha Yoga

1	<b>Wednesday, March 18, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway
	Dhanus Rasi: 25.22	Tithi 25	Sun 8	Sutra 339			
	182933468	Rahu	12:27PM – 1:58PM	Purvashadha* Until 8:29AM	Ganesha: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue	Sunrise: 6:22AM Sunset: 6:31PM	Vikarin 5121 Moon 3 - Phase 47 2nd Phase
	Creative Work	Amrita Yoga		Dashami Until 11:57PM	Phalguna-Panguni		Devaloka Day

2	<b>Thursday, March 19, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway
	Makara Rasi: 7.46	Tithi 26	Sun 9	Sutra 340			
	182933468	Rahu	1:58PM – 3:30PM	Uttarashadha Until 10:10AM	Ganesha: Purple Muruqa: Orange Nataraja: Purple Moon – Light Blue	Sunrise: 6:19AM Sunset: 6:33PM	Vikarin 5121 Moon 3 - Phase 47 2nd Phase
	Routine Work	Marana Yoga		Parigha* Until 7:07AM Bava Until 12:42PM Ekadashi* Until 1:32AM Fri	Phalguna-Panguni		Devaloka Day

3	<b>Friday, March 20, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway
	Makara Rasi: 19.59	Tithi 27	Sun 10	Sutra 341			
	192933468	Rahu	10:53AM – 12:26PM	Shravana Until 12:37PM	Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple	Sunrise: 6:16AM Sunset: 6:36PM	Vikarin 5121 Moon 3 - Phase 47 2nd Phase
	Routine Work	Marana Yoga		Shiva Until 7:23AM Kaulava Until 2:30PM Dvadashi* Until 3:29AM Sat	Phalguna-Panguni		Sivaloka Day

4	<b>Saturday, March 21, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway
	Kumbha Rasi: 2.03	Tithi 28	Sun 11	Sutra 342			
	192933468	Rahu	9:19AM – 10:52AM	Dhanishtha Until 3:12PM	Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple	Sunrise: 6:13AM Sunset: 6:38PM	Vikarin 5121 Moon 3 - Phase 47 2nd Phase
	Creative Work	Siddha Yoga		Siddha Until 7:53AM Gara Until 4:36PM Trayodashi* Until 5:42AM Sun	Phalguna-Panguni		Sivaloka Day

Pradosha Vrata (Fasting)

5	<b>Sunday, March 22, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti* Karana Chaturdashyam Titau				Oslo, Norway
	Kumbha Rasi: 14.02	Tithi 29	Sun 12	Sutra 343			
	192933468	Rahu	5:07PM – 6:41PM	Shatabhishak Until 5:48PM	Ganesha: Clear Muruqa: Orange Nataraja: Purple Moon – Purple	Sunrise: 6:10AM Sunset: 6:41PM	Vikarin 5121 Moon 3 - Phase 47 2nd Phase
	Creative Work	Siddha Yoga		Sadhya Until 8:34AM Visti Until 6:53PM Chaturdashi* Until 8:03AM Mon	Phalguna-Panguni		Sivaloka Day

●	<b>Monday, March 23, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway		
	<b>Retreat Star</b>		Sun 13	Sutra 344					
	Kumbha Rasi: 25.58	Tithi 29 – 30	113933468	Rahu	2:00PM – 3:34PM	Purvaproshtapada* Until 8:51PM	Ganesha: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear	Sunrise: 6:07AM Sunset: 6:43PM	Vikarin 5121 Moon 3 - Phase 47 Amavasya
	Family Home Evening	Marana Yoga		Subha Until 9:22AM Catuspada Until 9:17PM Chaturdashi* Until 8:03AM	Phalguna-Panguni		Sivaloka Day		

●	<b>Tuesday, March 24, 2020</b>		Vikarin Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Sukla/Brahma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Oslo, Norway		
	<b>Retreat Star</b>		Sun 14	Sutra 345					
	Meena Rasi: 7.51	Tithi 30 – 1	113933468	Rahu	12:25PM – 2:00PM	Uttaraproshtapada Until 11:47PM	Ganesha: Yellow Muruqa: Orange Nataraja: Purple Moon – Clear	Sunrise: 6:04AM Sunset: 6:45PM	Vikarin 5121 Moon 3 - Phase 47 Prathama
	Creative Work	Amrita Yoga		Yama	9:14AM – 10:50AM	Sukla Until 10:12AM Kintughna Until 11:43PM Amavasya* Until 10:28AM	Chaitra-Panguni		Sivaloka Day

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

All times are standard time

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<b>1</b>		<b>Wednesday, March 25, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Brahma/Indra Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Oslo, Norway Sun 15 Sutra 346	
Meena Rasi: 19.44	Tithi 1 – 2	<b>Gulika</b> 10:49AM – 12:24PM	<b>Revati Until 2:33AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:01AM		Vikarin 5121
		Yama 7:37AM – 9:13AM	Brahma Until 11:04AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:48PM	Moon 3 - Phase 48	
		113933468 <b>Rahu</b> 12:24PM – 2:00PM	Balava Until 2:10AM Thu	<b>Nataraja:</b> Purple		3rd Phase	
Routine Work	Marana Yoga		<b>Prathama* Until 12:55PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 2:33AM Thu				<b>Chaitra•Panguni</b>			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, March 26, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway Sun 16 Sutra 347	
Mesha Rasi: 1.37	Tithi 2 – 3	<b>Gulika</b> 9:11AM – 10:48AM	<b>Ashvini Until 5:36AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:58AM		Vikarin 5121
		Yama 5:58AM – 7:35AM	Indra Until 11:55AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:50PM	Moon 3 - Phase 48	
		123933468 <b>Rahu</b> 2:01PM – 3:37PM	Taitila Until 4:33AM Fri	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya Until 3:21PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 5:36AM Fri		<b>Chellappaswami Mahasamadhi</b>		<b>Chaitra•Panguni</b>			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, March 27, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 348	
Mesha Rasi: 13.31	Tithi 3 – 4	<b>Gulika</b> 7:32AM – 9:09AM	<b>Bharani Until 8:19AM Sat</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:55AM		Vikarin 5121
		Yama 3:38PM – 5:15PM	Vaidhriti* Until 12:41PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:53PM	Moon 3 - Phase 48	
		123933468 <b>Rahu</b> 10:47AM – 12:24PM	Vanija Until 6:47AM Sat	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 5:40PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 8:19AM Sat				<b>Chaitra•Panguni</b>			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Saturday, March 28, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Chaturthyam Titau		Oslo, Norway Sun 18 Sutra 349	
Mesha Rasi: 25.29	Tithi 4	<b>Gulika</b> 5:52AM – 7:30AM	<b>Bharani Until 8:19AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:52AM		Vikarin 5121
		Yama 2:01PM – 3:39PM	Vishkambha* Until 1:20PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:55PM	Moon 3 - Phase 48	
		123933468 <b>Rahu</b> 9:08AM – 10:46AM	Vanija Until 6:47AM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi* Until 7:47PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 8:19AM				<b>Chaitra•Panguni</b>			
Then Creative Work - Amrita Yoga							

<b>5</b>		<b>Sunday, March 29, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Panchamyam Titau		Oslo, Norway Sun 19 Sutra 350	
Virshabha Rasi: 7.34	Tithi 5	<b>Gulika</b> 3:40PM – 5:19PM	<b>Krittika Until 10:37AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:49AM		Vikarin 5121
		Yama 12:23PM – 2:02PM	Priti Until 1:46PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 6:57PM	Moon 3 - Phase 48	
		123933468 <b>Rahu</b> 5:19PM – 6:57PM	Bava Until 8:44AM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Panchami Until 9:33PM</b>	Moon – White		<b>Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

<b>6</b>		<b>Monday, March 30, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau		Oslo, Norway Sun 20 Sutra 351	
Virshabha Rasi: 19.48	Tithi 6	<b>Gulika</b> 2:02PM – 3:41PM	<b>Rohini Until 12:50PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:46AM		Vikarin 5121
<b>Family Home Evening</b>		Yama 10:44AM – 12:23PM	Ayushman Until 1:50PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:00PM	Moon 3 - Phase 48	
		133933468 <b>Rahu</b> 7:25AM – 9:05AM	Kaulava Until 10:16AM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Amrita Yoga		<b>Shashthi* Until 10:49PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

<b>Retreat Star</b>		<b>Tuesday, March 31, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau		Oslo, Norway Sun 21 Sutra 352	
Mithuna Rasi: 2.16	Tithi 7	<b>Gulika</b> 12:23PM – 2:02PM	<b>Mrigashira Until 2:17PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:43AM		Vikarin 5121
		Yama 9:03AM – 10:43AM	Saubhagya Until 1:26PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:02PM	Moon 3 - Phase 48	
		133933468 <b>Rahu</b> 3:42PM – 5:22PM	Gara Until 11:13AM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami Until 11:25PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>	
Until 2:17PM				<b>Chaitra•Panguni</b>			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, April 1, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Oslo, Norway Sun 22 Sutra 353	
Mithuna Rasi: 15.04	Tithi 8	<b>Gulika</b> 10:43AM – 12:23PM	<b>Ardra Until 2:53PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:43AM		Vikarin 5121
		Yama 7:23AM – 9:03AM	Sobhana Until 12:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:02PM	Moon 3 - Phase 48	
		133933468 <b>Rahu</b> 12:23PM – 2:02PM	Visti Until 11:26AM	<b>Nataraja:</b> Purple		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 11:14PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>	
				<b>Chaitra•Panguni</b>			

<b>Retreat Star</b>		<b>Thursday, April 2, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway Sun 23 Sutra 354	
Mithuna Rasi: 28.16	Tithi 9	<b>Gulika</b> 9:01AM – 10:42AM	<b>Punarvasu Until 2:59PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:40AM		Vikarin 5121
		Yama 5:40AM – 7:21AM	Athiganda* Until 10:52AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:04PM	Moon 3 - Phase 48	
		143933468 <b>Rahu</b> 2:03PM – 3:43PM	Balava Until 10:51AM	<b>Nataraja:</b> Purple		Navami	
Creative Work	Amrita Yoga		<b>Navami* Until 10:13PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
		<b>Sri Rama Navami</b>		<b>Chaitra•Panguni</b>			

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

<b>1 Friday, April 3, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 24 Sutra 356 Vikarin 5121
Kataka Rasi: 11.55	Tithi 10	<b>Gulika</b> 7:18AM – 9:00AM	<b>Pushya</b> Until 2:08PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:37AM	
		Yama 3:44PM – 5:26PM	Sukarma Until 8:37AM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:07PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 10:41AM – 12:22PM	Taitila Until 9:26AM	<b>Nataraja:</b> Purple		4th Phase
			Dashami Until 8:25PM	Moon – Blue		<b>Sivaloka Day</b>
		Yogaswami Mahasamadhi		Chaitra•Panguni		

<b>2 Saturday, April 4, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shula* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 356 Vikarin 5121
Kataka Rasi: 26.04	Tithi 11 – 12	<b>Gulika</b> 5:34AM – 7:16AM	<b>Ashlesha*</b> Until 12:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:34AM	
		Yama 2:04PM – 3:45PM	Shula* Until 2:20AM Sun	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:09PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	143933468 <b>Rahu</b> 8:58AM – 10:40AM	Vanija Until 7:15AM	<b>Nataraja:</b> Purple		4th Phase
Until 12:24PM			Ekadashi Until 5:54PM	Moon – Blue		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga				Chaitra•Panguni		

<b>3 Sunday, April 5, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 357 Vikarin 5121
Simha Rasi: 10.39	Tithi 12 – 13	<b>Gulika</b> 3:47PM – 5:29PM	<b>Magha*</b> Until 10:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:31AM	
		Yama 12:21PM – 2:04PM	Ganda* Until 10:29PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:12PM	Moon 3 - Phase 49
Routine Work	Marana Yoga	153933468 <b>Rahu</b> 5:29PM – 7:12PM	Kaulava Until 1:05AM Mon	<b>Nataraja:</b> Purple		4th Phase
Until 10:19AM			Dvadashi Until 2:47PM	Moon – Red		<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga				Chaitra•Panguni		
			<i>Pradosha Vrata</i>			

<b>4 Monday, April 6, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 358 Vikarin 5121
Simha Rasi: 25.37	Tithi 13 – 14	<b>Gulika</b> 2:04PM – 3:48PM	<b>Purvaphalguni</b> Until 7:38AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:28AM	
Family Home Evening		Yama 10:38AM – 12:21PM	Vriddhi Until 6:21PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:14PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	154933468 <b>Rahu</b> 7:11AM – 8:55AM	Gara Until 9:23PM	<b>Nataraja:</b> Purple		4th Phase
			Trayodashi Until 11:15AM	Moon – Red		<b>Sivaloka Day</b>
				Chaitra•Panguni		

<b>○ Tuesday, April 7, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sun 28 Sutra 359 Vikarin 5121
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:21PM – 2:05PM	<b>Hasta</b> Until 1:34AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:25AM	
Kanya Rasi: 10.5	Tithi 14 – 15	Yama 8:53AM – 10:37AM	Dhruva Until 2:01PM	<b>Muruqa:</b> Orange	<i>Sunset:</i> 7:16PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164933468 <b>Rahu</b> 3:49PM – 5:33PM	Bava Until 3:33AM Wed	<b>Nataraja:</b> Purple		Purnima
			Chaturdashi* Until 7:27AM	Moon – Green		<b>Devaloka Day</b>
		Panguni Uttiram		Chaitra•Panguni		
		Hanuman Jayanti				

<b>Wednesday, April 8, 2020</b>		Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sun 29 Sutra 360 Vikarin 5121
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:36AM – 12:21PM	<b>Chitra</b> Until 10:33PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:22AM	
Kanya Rasi: 26.08	Tithi 16	Yama 7:07AM – 8:51AM	Vyaghata* Until 9:40AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:19PM	Moon 3 - Phase 49
Creative Work	Siddha Yoga	164934468 <b>Rahu</b> 12:21PM – 2:05PM	Balava Until 1:39PM	<b>Nataraja:</b> Purple		Prathama
			Prathama* Until 11:45PM	Moon – Green		<b>Devaloka Day</b>
				Chaitra•Panguni		





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

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

Oslo, Norway  
Sutra 361

Tula Rasi: 11.21 Tithi 17

164134468

**Gulika** 8:50AM – 10:35AM  
Yama 5:19AM – 7:05AM  
**Rahu** 2:06PM – 3:51PM

**Svati Until 7:39PM**  
Vajra\* Until 1:28AM Fri  
Taitila Until 9:57AM  
**Dvitiya Until 8:12PM**

**Ganesha:** White *Sunrise:* 5:19AM

**Muruqa:** Clear *Sunset:* 7:21PM

**Nataraja:** Purple  
Moon – Green

**Devaloka Day**

**Chaitra•Panguni**

Creative Work Amrita Yoga

Until 7:39PM

Then Creative Work - Siddha Yoga

**1**

**Friday, April 10, 2020**

Vikarin Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Oslo, Norway  
Sun 1 Sutra 362

Tula Rasi: 26.19 Tithi 18 – 19

174134468

**Gulika** 7:02AM – 8:48AM  
Yama 3:52PM – 5:38PM  
**Rahu** 10:34AM – 12:20PM

**Vishakha Until 5:27PM**  
Siddhi Until 9:54PM  
Vanija Until 6:36AM  
**Tritiya Until 5:06PM**

**Ganesha:** Yellow *Sunrise:* 5:16AM

**Muruqa:** Clear *Sunset:* 7:24PM

**Nataraja:** Purple  
Moon – Orange

**Sivaloka Day**

**Chaitra•Panguni**

Creative Work Siddha Yoga

**2**

**Saturday, April 11, 2020**

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

Oslo, Norway  
Sun 2 Sutra 363

Virchika Rasi: 10.53 Tithi 19 – 20

174134468

**Gulika** 5:14AM – 7:00AM  
Yama 2:06PM – 3:53PM  
**Rahu** 8:47AM – 10:33AM

**Anuradha Until 3:43PM**  
Vyatipata\* Until 6:51PM  
Kaulava Until 1:36AM Sun  
**Chaturthi\* Until 2:34PM**

**Ganesha:** Yellow *Sunrise:* 5:14AM

**Muruqa:** Clear *Sunset:* 7:26PM

**Nataraja:** Purple  
Moon – Orange

**Sivaloka Day**

**Chaitra•Panguni**

Creative Work Siddha Yoga

**3**

**Sunday, April 12, 2020**

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

Oslo, Norway  
Sun 3 Sutra 364

Virchika Rasi: 24.59 Tithi 20 – 21

174134468

**Gulika** 3:54PM – 5:41PM  
Yama 12:20PM – 2:07PM  
**Rahu** 5:41PM – 7:28PM

**Jyeshtha\* Until 2:33PM**  
Vriyaji Until 4:23PM  
Gara Until 12:12AM Mon  
**Panchami Until 12:47PM**

**Ganesha:** Yellow *Sunrise:* 5:11AM

**Muruqa:** Clear *Sunset:* 7:28PM

**Nataraja:** Purple  
Moon – Orange

**Sivaloka Day**

**Chaitra•Panguni**

Routine Work Marana Yoga

Until 2:33PM

Then Creative Work - Amrita Yoga

**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

Oslo, Norway  
Sun 4 Sutra 1

Dhanus Rasi: 8.37 Tithi 21 – 22

184134468

**Gulika** 2:07PM – 3:55PM  
Yama 10:31AM – 12:19PM  
**Rahu** 6:56AM – 8:43AM

**Mula\* Until 2:31PM**  
Parigha\* Until 2:36PM  
Visti Until 11:39PM  
**Shashthi\* Until 11:48AM**

**Ganesha:** Blue *Sunrise:* 5:08AM

**Muruqa:** Clear *Sunset:* 7:31PM

**Nataraja:** Purple  
Moon – Light Blue

**Devaloka Day**

**Chaitra•Chaitra**

Creative Work Siddha Yoga

Until 2:31PM

Then Routine Work - Marana Yoga

**D**

**Tuesday, April 14, 2020**

**Retreat Star**

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

Oslo, Norway  
Sun 5 Sutra 2

Dhanus Rasi: 21.46 Tithi 22 – 23

284134468

**Gulika** 12:19PM – 2:08PM  
Yama 8:42AM – 10:30AM  
**Rahu** 3:56PM – 5:45PM

**Purvashadha\* Until 3:09PM**  
Shiva Until 1:30PM  
Balava Until 11:57PM  
**Saptami Until 11:41AM**

**Ganesha:** Yellow *Sunrise:* 5:05AM

**Muruqa:** Clear *Sunset:* 7:33PM

**Nataraja:** Purple  
Moon – Light Blue

**Sivaloka Day**

**Chaitra•Chaitra**

Creative Work Siddha Yoga

Until 3:09PM

Then Routine Work - Prabalarishta Yoga

**Wednesday, April 15, 2020**

**Retreat Star**

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

Oslo, Norway  
Sun 6 Sutra 3

Makara Rasi: 4.29 Tithi 23 – 24

284134468

**Gulika** 10:30AM – 12:19PM  
Yama 6:51AM – 8:40AM  
**Rahu** 12:19PM – 2:08PM

**Uttarashadha Until 4:24PM**  
Siddha Until 1:00PM  
Taitila Until 12:59AM Thu  
**Ashtami\* Until 12:22PM**

**Ganesha:** Yellow *Sunrise:* 5:02AM

**Muruqa:** Clear *Sunset:* 7:36PM

**Nataraja:** Purple  
Moon – Light Blue

**Sivaloka Day**

**Chaitra•Chaitra**

Creative Work Amrita Yoga

Until 4:24PM

Then Creative Work - Siddha Yoga

<b>1</b>	<b>Thursday, April 16, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Oslo, Norway
	Makara Rasi: 16.54	Tithi 24 – 25	<b>Gulika</b> 8:39AM – 10:29AM	<b>Shravana Until 6:36PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:59AM	Sun 7 Sutra 4
			Yama 4:59AM – 6:49AM	Sadhya Until 1:02PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:38PM	Sarvari 5122
	Creative Work	Siddha Yoga	294134468 <b>Rahu</b> 2:08PM – 3:58PM	Vanija Until 2:38AM Fri	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
		Chidambaram Abhishekam	<b>Navami* Until 1:44PM</b>	Moon – Purple		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Devaloka Day</b>	


<b>2</b>	<b>Friday, April 17, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Oslo, Norway
	Makara Rasi: 29.04	Tithi 25 – 26	<b>Gulika</b> 6:47AM – 8:37AM	<b>Dhanishtha Until 9:07PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:56AM	Sun 8 Sutra 5
			Yama 3:59PM – 5:50PM	Subha Until 1:30PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:40PM	Sarvari 5122
	Creative Work	Siddha Yoga	294134468 <b>Rahu</b> 10:28AM – 12:18PM	Bava Until 4:43AM Sat	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
			<b>Dashami Until 3:37PM</b>	Moon – Purple		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Devaloka Day</b>	

<b>3</b>	<b>Saturday, April 18, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
	Kumbha Rasi: 11.05	Tithi 26 – 27	<b>Gulika</b> 4:53AM – 6:44AM	<b>Shatabhishak Until 11:46PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	Sun 9 Sutra 6
			Yama 2:09PM – 4:00PM	Sukla Until 2:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:43PM	Sarvari 5122
	Creative Work	Amrita Yoga	295134468 <b>Rahu</b> 8:36AM – 10:27AM	Kaulava Until 7:03AM Sun	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
		Until 11:46PM	<b>Ekadashi* Until 5:51PM</b>	Moon – Purple		2nd Phase	
		Then Routine Work - Marana Yoga		<b>Chaitra*Chaitra</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Sunday, April 19, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway
	Kumbha Rasi: 22.59	Tithi 27	<b>Gulika</b> 4:02PM – 5:53PM	<b>Purvaproshtapada* Until 2:53AM Mon</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:50AM	Sun 10 Sutra 7
			Yama 12:18PM – 2:10PM	Brahma Until 3:04PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:45PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 5:53PM – 7:45PM	Kaulava Until 7:03AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
			<b>Dvadashi* Until 8:15PM</b>	Moon – Clear		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Sivaloka Day</b>	

<b>5</b>	<b>Monday, April 20, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway
	Meena Rasi: 4.52	Tithi 28	<b>Gulika</b> 2:10PM – 4:03PM	<b>Uttaraproshtapada Until 5:51AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:48AM	Sun 11 Sutra 8
	<b>Family Home Evening</b>		Yama 10:25AM – 12:18PM	Indra Until 4:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:48PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 6:40AM – 8:33AM	Gara Until 9:30AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
			<b>Trayodashi* Until 10:42PM</b>	Moon – Clear		2nd Phase	
			<i>Pradosha Vrata (Fasting)</i>	<b>Chaitra*Chaitra</b>		<b>Sivaloka Day</b>	

<b>6</b>	<b>Tuesday, April 21, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway
	Meena Rasi: 16.44	Tithi 29	<b>Gulika</b> 12:17PM – 2:11PM	<b>Revati Until 8:35AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:45AM	Sun 12 Sutra 9
			Yama 8:31AM – 10:24AM	Vaidhriti* Until 4:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:50PM	Sarvari 5122
	Creative Work	Siddha Yoga	215134468 <b>Rahu</b> 4:04PM – 5:57PM	Visti Until 11:56AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
		Until 8:35AM Wed	<b>Chaturdashi* Until 1:06AM Wed</b>	Moon – Clear		2nd Phase	
		Then Routine Work - Marana Yoga		<b>Chaitra*Chaitra</b>		<b>Sivaloka Day</b>	

	<b>Wednesday, April 22, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway
	<b>Retreat Star</b>		<b>Gulika</b> 10:23AM – 12:17PM	<b>Revati Until 8:35AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:42AM	Sun 13 Sutra 10
	Meena Rasi: 28.37	Tithi 30	Yama 6:36AM – 8:30AM	Vishkambha* Until 5:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:53PM	Sarvari 5122
	Routine Work	Marana Yoga	215134468 <b>Rahu</b> 12:17PM – 2:11PM	Catuspada Until 2:17PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
			<b>Amavasya* Until 3:23AM Thu</b>	Moon – Clear		Amavasya	
				<b>Chaitra*Chaitra</b>		<b>Sivaloka Day</b>	

<b>Retreat Star</b>	<b>Thursday, April 23, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway
	<b>Retreat Star</b>		<b>Gulika</b> 8:28AM – 10:23AM	<b>Ashvini Until 11:31AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:39AM	Sun 14 Sutra 11
	Mesha Rasi: 10.34	Tithi 1	Yama 4:39AM – 6:34AM	Priti Until 6:27PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:55PM	Sarvari 5122
	Creative Work	Amrita Yoga	225134468 <b>Rahu</b> 2:12PM – 4:06PM	Kintughna Until 4:29PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 1
		Until 11:31AM	<b>Prathama* Until 5:29AM Fri</b>	Moon – White		Prathama	
		Then Creative Work - Siddha Yoga		<b>Vaisaka*Chaitra</b>		<b>Sivaloka Day</b>	

<b>1</b>		<b>Friday, April 24, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Balava Karana Dvitiyayam Titau		Oslo, Norway Sun 15 Sutra 12	
Mesha Rasi: 22.35	Tithi 2	<b>Gulika</b> 6:31AM – 8:27AM	<b>Bharani Until 2:06PM</b>	<b>Ganesha:</b> Red	<b>Sunrise:</b> 4:36AM	Sarvari 5122	
		Yama 4:07PM – 6:02PM	Ayushman Until 6:59PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 7:57PM	Moon 4 - Phase 2	
225134469	<b>Rahu</b> 10:22AM – 12:17PM		Balava Until 6:28PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya Until 7:21AM Sat</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>2</b>		<b>Saturday, April 25, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Trityayam Titau		Oslo, Norway Sun 16 Sutra 13	
Wrishabha Rasi: 4.41	Tithi 2 – 3	<b>Gulika</b> 4:34AM – 6:29AM	<b>Krittika Until 4:16PM</b>	<b>Ganesha:</b> Red	<b>Sunrise:</b> 4:34AM	Sarvari 5122	
		Yama 2:12PM – 4:08PM	Saubhagya Until 7:19PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:00PM	Moon 4 - Phase 2	
225134469	<b>Rahu</b> 8:25AM – 10:21AM		Taitila Until 8:11PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Amrita Yoga		<b>Dvitiya Until 7:21AM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>3</b>		<b>Sunday, April 26, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 14	
Wrishabha Rasi: 16.55	Tithi 3 – 4	<b>Gulika</b> 4:09PM – 6:06PM	<b>Rohini Until 6:26PM</b>	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:31AM	Sarvari 5122	
		Yama 12:17PM – 2:13PM	Sobhana Until 7:24PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:02PM	Moon 4 - Phase 2	
235134469	<b>Rahu</b> 6:06PM – 8:02PM		Vanija Until 9:32PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 8:53AM</b>	Moon – Yellow		<b>Devaloka Day</b>	
		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>			

<b>4</b>		<b>Monday, April 27, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 18 Sutra 15	
Wrishabha Rasi: 29.19	Tithi 4 – 5	<b>Gulika</b> 2:13PM – 4:11PM	<b>Mrigashira Until 8:00PM</b>	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:28AM	Sarvari 5122	
<b>Family Home Evening</b>		Yama 10:19AM – 12:16PM	Athiganda* Until 7:07PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:05PM	Moon 4 - Phase 2	
235134469	<b>Rahu</b> 6:25AM – 8:22AM		Bava Until 10:27PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Amrita Yoga		<b>Chaturthi* Until 10:02AM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 8:00PM		<b>Adi Sankara Jayanthi</b>		<b>Vaisaka-Chaitra</b>			
Then Creative Work - Siddha Yoga							

<b>5</b>		<b>Tuesday, April 28, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 19 Sutra 16	
Mithuna Rasi: 11.56	Tithi 5 – 6	<b>Gulika</b> 12:16PM – 2:14PM	<b>Ardra Until 8:55PM</b>	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 4:25AM	Sarvari 5122	
		Yama 8:21AM – 10:19AM	Sukarma Until 6:27PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:07PM	Moon 4 - Phase 2	
236134469	<b>Rahu</b> 4:12PM – 6:09PM		Kaulava Until 10:49PM	<b>Nataraja:</b> Clear		3rd Phase	
Routine Work	Marana Yoga		<b>Panchami Until 10:41AM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
Until 8:55PM				<b>Vaisaka-Chaitra</b>		<b>Devaloka Time: 3:PM to 6:PM</b>	
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Wednesday, April 29, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 20 Sutra 17	
Mithuna Rasi: 24.49	Tithi 6 – 7	<b>Gulika</b> 10:18AM – 12:16PM	<b>Punarvasu Until 9:33PM</b>	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:23AM	Sarvari 5122	
		Yama 6:21AM – 8:19AM	Dhriti Until 5:19PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:09PM	Moon 4 - Phase 2	
246134469	<b>Rahu</b> 12:16PM – 2:14PM		Gara Until 10:34PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi* Until 10:45AM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>Retreat Star</b>		<b>Thursday, April 30, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Oslo, Norway Sun 21 Sutra 18	
Kataka Rasi: 8.01	Tithi 7 – 8	<b>Gulika</b> 8:18AM – 10:17AM	<b>Pushya Until 9:23PM</b>	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:20AM	Sarvari 5122	
		Yama 4:20AM – 6:19AM	Shula* Until 3:39PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:12PM	Moon 4 - Phase 2	
246134469	<b>Rahu</b> 2:15PM – 4:14PM		Visti Until 9:40PM	<b>Nataraja:</b> Clear		Ashtami	
Creative Work	Amrita Yoga		<b>Saptami Until 10:11AM</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 9:23PM				<b>Vaisaka-Chaitra</b>			
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>		<b>Friday, May 1, 2020</b>		Sarvari Nama Samvatsare Uтарыне Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhii Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Oslo, Norway Sun 22 Sutra 19	
Kataka Rasi: 21.34	Tithi 8 – 9	<b>Gulika</b> 6:15AM – 8:15AM	<b>Ashlesha* Until 8:24PM</b>	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 4:15AM	Sarvari 5122	
		Yama 4:16PM – 6:16PM	Ganda* Until 1:27PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 8:17PM	Moon 4 - Phase 2	
246134469	<b>Rahu</b> 10:15AM – 12:16PM		Balava Until 8:06PM	<b>Nataraja:</b> Clear		Navami	
Routine Work	Marana Yoga		<b>Ashtami* Until 8:57AM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

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

<b>1</b>		<b>Saturday, May 2, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Gara Karana Navami/Dashamyam Titau			Oslo, Norway Sun 23 Sutra 20
Simha Rasi: 5.32	Tithi 9 – 10	<b>Gulika</b> 4:12AM – 6:13AM	<b>Magha* Until 7:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:12AM		Sarvari 5122
		Yama 2:16PM – 4:17PM	Vriddhi Until 10:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:19PM		Moon 4 - Phase 3
		256134469 <b>Rahu</b> 8:14AM – 10:15AM	Gara Until 4:36AM Sun	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Amrita Yoga		<b>Navami* Until 7:04AM</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 7:06PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							


<b>2</b>		<b>Sunday, May 3, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visli* Karana Ekadashyam Titau			Oslo, Norway Sun 24 Sutra 21
Simha Rasi: 19.53	Tithi 11	<b>Gulika</b> 4:19PM – 6:20PM	<b>Purvaphalguni Until 5:08PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:09AM		Sarvari 5122
		Yama 12:15PM – 2:17PM	Dhruva Until 7:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:22PM		Moon 4 - Phase 3
		256134469 <b>Rahu</b> 6:20PM – 8:22PM	Vanija Until 3:11PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 1:38AM Mon</b>	Moon – Red		<b>Bhuloka Day</b>	
Until 5:08PM				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Monday, May 4, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau			Oslo, Norway Sun 25 Sutra 22
Kanya Rasi: 4.34	Tithi 12	<b>Gulika</b> 2:18PM – 4:20PM	<b>Uttaraphalguni Until 2:36PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:07AM		Sarvari 5122
<b>Family Home Evening</b>		Yama 10:13AM – 12:15PM	Harshana Until 12:10AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:24PM		Moon 4 - Phase 3
		256234469 <b>Rahu</b> 6:09AM – 8:11AM	Bava Until 12:02PM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 10:20PM</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			

<b>4</b>		<b>Tuesday, May 5, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Oslo, Norway Sun 26 Sutra 23
Kanya Rasi: 19.31	Tithi 13	<b>Gulika</b> 12:15PM – 2:18PM	<b>Hasta Until 12:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:04AM		Sarvari 5122
		Yama 8:10AM – 10:13AM	Vajra* Until 8:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:26PM		Moon 4 - Phase 3
		267234469 <b>Rahu</b> 4:21PM – 6:24PM	Kaulava Until 8:36AM	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 6:48PM</b>	Moon – Green		<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			

*Pradosha Vrata*

<b>5</b>		<b>Wednesday, May 6, 2020</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visli* Karana Chaturdashi/Purnimayam Titau			Oslo, Norway Sun 27 Sutra 24
Tula Rasi: 4.34	Tithi 14 – 15	<b>Gulika</b> 10:12AM – 12:15PM	<b>Chitra Until 9:19AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:02AM		Sarvari 5122
		Yama 6:05AM – 8:09AM	Siddhi Until 4:06PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:29PM		Moon 4 - Phase 3
		267234469 <b>Rahu</b> 12:15PM – 2:19PM	Visli Until 1:29AM Thu	<b>Nataraja:</b> Clear			4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 3:14PM</b>	Moon – Green		<b>Devaloka Day</b>	
				<b>Vaisaka*Chaitra</b>			

		<b>Thursday, May 7, 2020</b>		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			Oslo, Norway Sun 27 Sutra 24
Tula Rasi: 19.37	Tithi 15 – 16	<b>Gulika</b> 8:07AM – 10:11AM	<b>Svati Until 6:28AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:59AM		Sarvari 5122
		Yama 3:59AM – 6:03AM	Vyatipata* Until 12:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:31PM		Moon 4 - Phase 3
		267234469 <b>Rahu</b> 2:19PM – 4:23PM	Balava Until 10:07PM	<b>Nataraja:</b> Clear			Purnima
Creative Work	Amrita Yoga		<b>Purnima* Until 11:45AM</b>	Moon – Green		<b>Devaloka Day</b>	
Until 6:28AM				<b>Vaisaka*Chaitra</b>			
Then Creative Work - Siddha Yoga		<b>Budha Purnima (Tamil Nadu)</b>					

<b>Friday, May 8, 2020</b>		<b>Silver Retreat Star</b>		Sarvari Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Variyan/Parigha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Oslo, Norway Sun 26 Sutra 26
Vrischika Rasi: 4.28	Tithi 16 – 17	<b>Gulika</b> 6:01AM – 8:06AM	<b>Anuradha Until 2:03AM Sat</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:57AM		Sarvari 5122
		Yama 4:24PM – 6:29PM	Variyan Until 8:25AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 8:33PM		Moon 4 - Phase 3
		277234469 <b>Rahu</b> 10:11AM – 12:15PM	Taitila Until 7:07PM	<b>Nataraja:</b> Clear			Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 8:33AM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Vaisaka*Chaitra</b>		Devaloka Time: 3:PM to 6:PM	

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