



Sunday, April 17, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Albany, NY

Tula Rasi: 12.09 Tithi 16 – 17

268345478

Gulika 3:16PM – 4:57PM
Yama 11:54AM – 1:35PM
Rahu 4:57PM – 6:37PM

Svati Until 6:55PM
Vajra* Until 1:09PM
Taitila Until 10:16PM
Prathama* Until 11:33AM

Ganesha: Clear *Sunrise:* 5:10AM
Muruqa: White *Sunset:* 6:37PM
Nataraja: White
Moon – Green
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 6:55PM

Then Routine Work - Marana Yoga

1

Monday, April 18, 2022

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

Albany, NY

Tula Rasi: 26.35 Tithi 17 – 18

278345478

Gulika 1:35PM – 3:16PM
Yama 10:12AM – 11:54AM
Rahu 6:50AM – 8:31AM

Vishakha Until 5:07PM
Siddhi Until 9:51AM
Vanija Until 7:32PM
Dvitiya Until 8:54AM

Ganesha: Purple *Sunrise:* 5:08AM
Muruqa: White *Sunset:* 6:39PM
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Sun 1 Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

Family Home Evening

Routine Work Marana Yoga

Until 5:07PM

Then Creative Work - Siddha Yoga

2

Tuesday, April 19, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vyatipata*Varyaya Yoga Visti*/Balava Karana Tritiya/Chaturthayam Titau

Albany, NY

Virschika Rasi: 11.08 Tithi 18 – 19

278345478

Gulika 11:53AM – 1:35PM
Yama 8:30AM – 10:12AM
Rahu 3:17PM – 4:58PM

Anuradha Until 3:06PM
Vyatipata* Until 6:29AM
Balava Until 3:21AM Wed
Tritiya Until 6:07AM

Ganesha: Purple *Sunrise:* 5:07AM
Muruqa: White *Sunset:* 6:40PM
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Sun 2 Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 -
2 1st Phase

Bhuloka Day

Creative Work Siddha Yoga

Until 3:06PM

Then Routine Work - Marana Yoga

3

Wednesday, April 20, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Parigha* Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY

Virschika Rasi: 25.41 Tithi 20

278345478

Gulika 10:11AM – 11:53AM
Yama 6:47AM – 8:29AM
Rahu 11:53AM – 1:35PM

Jyeshtha* Until 1:00PM
Parigha* Until 11:47PM
Kaulava Until 2:01PM
Panchami Until 12:40AM Thu

Ganesha: Purple *Sunrise:* 5:05AM
Muruqa: White *Sunset:* 6:41PM
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Sun 3 Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 -
3 1st Phase

Bhuloka Day

Creative Work Siddha Yoga

Until 1:00PM

Then Routine Work - Marana Yoga

4

Thursday, April 21, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Shiva Yoga Gara/Vanija Karana Shashthyam Titau

Albany, NY

Dhanus Rasi: 10.08 Tithi 21

288345478

Gulika 8:28AM – 10:11AM
Yama 5:04AM – 6:46AM
Rahu 1:35PM – 3:17PM

Mula* Until 11:19AM
Shiva Until 8:39PM
Gara Until 11:25AM
Shashthi* Until 10:11PM

Ganesha: Clear *Sunrise:* 5:04AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Sun 4 Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 -
4 1st Phase

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

5

Friday, April 22, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Saptamyam Titau

Albany, NY

Dhanus Rasi: 24.28 Tithi 22

289345478

Gulika 6:45AM – 8:27AM
Yama 3:18PM – 5:00PM
Rahu 10:10AM – 11:53AM

Purvashadha* Until 9:43AM
Siddha Until 5:42PM
Visti Until 9:03AM
Saptami Until 7:57PM

Ganesha: Purple *Sunrise:* 5:02AM
Muruqa: White *Sunset:* 6:43PM
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Sun 5 Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 -
5 1st Phase

Devaloka Day

Routine Work Prabalarishta Yoga

Until 9:43AM

Then Routine Work - Marana Yoga

6

Saturday, April 23, 2022
Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY

Makara Rasi: 8.35 Tithi 23

289345478

Gulika 5:01AM – 6:44AM
Yama 1:35PM – 3:18PM
Rahu 8:27AM – 10:10AM

Uttarashadha Until 8:15AM
Sadhya Until 3:00PM
Balava Until 6:58AM
Ashtami* Until 6:02PM

Ganesha: Purple *Sunrise:* 5:01AM
Muruqa: White *Sunset:* 6:44PM
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Sun 6 Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 -
6 Ashtami

Devaloka Day

Routine Work Marana Yoga

Until 8:15AM

Then Creative Work - Siddha Yoga

Chidambaram Abhishekam

Sunday, April 24, 2022

Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Albany, NY

Makara Rasi: 22.31 Tithi 24 – 25

299345479

Gulika 3:19PM – 5:02PM
Yama 11:52AM – 1:36PM
Rahu 5:02PM – 6:45PM

Shravana Until 7:24AM
Subha Until 12:35PM
Vanija Until 3:47AM Mon
Navami* Until 4:26PM

Ganesha: Clear *Sunrise:* 4:59AM
Muruqa: White *Sunset:* 6:45PM
Nataraja: Clear
Moon – Purple
Chaitra*Chaitra

Sun 7 Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 -
7 Navami

Devaloka Day

Creative Work Amrita Yoga

Until 7:24AM

Then Routine Work - Marana Yoga

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|----------|-------------------------------|---------------|---|-------------------------|-----------------|---------------------|----------------------|
| 1 | Monday, April 25, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukla/Brahma Yoga Vistii/Bava Karana Dashami/Ekadashyam Titau | | | | Albany, NY |
| | Kumbha Rasi: 6.14 | Tithi 25 – 26 | Gulika 1:36PM – 3:19PM | Dhanishtha Until 6:45AM | Ganesha: Clear | Sunrise: 4:58AM | Sun 8 |
| | Family Home Evening | 299345479 | Yama 10:09AM – 11:52AM | Sukla Until 10:26AM | Muruqa: White | Sunset: 6:46PM | Subhakrit 5124 |
| | Creative Work | Siddha Yoga | Rahu 6:41AM – 8:25AM | Bava Until 2:45AM Tue | Nataraja: Clear | | Moon 4 - Phase 2 - 8 |
| | | | Dashami Until 3:12PM | Moon – Purple | | 2nd Phase | |
| | | | | Chaitra*Chaitra | | Devaloka Day | |

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| 2 | Tuesday, April 26, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY |
| | Kumbha Rasi: 19.43 | Tithi 26 – 27 | Gulika 11:52AM – 1:36PM | Shatabhishak Until 6:19AM | Ganesha: Clear | Sunrise: 4:56AM | Sun 9 |
| | Routine Work | Marana Yoga | Yama 8:24AM – 10:08AM | Brahma Until 8:36AM | Muruqa: White | Sunset: 6:48PM | Subhakrit 5124 |
| | | | Rahu 3:20PM – 5:04PM | Kaulava Until 2:07AM Wed | Nataraja: Clear | | Moon 4 - Phase 2 - 9 |
| | | | Ekadashi* Until 2:21PM | Moon – Purple | | 2nd Phase | |
| | | | | Chaitra*Chaitra | | Devaloka Day | |

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| 3 | Wednesday, April 27, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhrili* Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY |
| | Meena Rasi: 2.59 | Tithi 27 – 28 | Gulika 10:08AM – 11:52AM | Purvaproshtapada* Until 6:36AM | Ganesha: Red | Sunrise: 4:55AM | Sun 10 |
| | Creative Work | Amrita Yoga | Yama 6:39AM – 8:23AM | Indra Until 7:07AM | Muruqa: White | Sunset: 6:49PM | Subhakrit 5124 |
| | Until 6:36AM | Then Creative Work - Siddha Yoga | Rahu 11:52AM – 1:36PM | Gara Until 1:54AM Thu | Nataraja: Clear | | Moon 4 - Phase 2 - 10 |
| | | | Dvadashi* Until 1:56PM | Moon – Clear | | 2nd Phase | |
| | | | | Chaitra*Chaitra | | Devaloka Day | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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| 4 | Thursday, April 28, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vishkambha* Yoga Vanija/Vistii* Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY |
| | Meena Rasi: 16.02 | Tithi 28 – 29 | Gulika 8:23AM – 10:07AM | Uttaraproshtapada Until 7:10AM | Ganesha: Blue | Sunrise: 4:53AM | Sun 11 |
| | Creative Work | Siddha Yoga | Yama 4:53AM – 6:38AM | Vishkambha* Until 5:11AM Fri | Muruqa: White | Sunset: 6:50PM | Subhakrit 5124 |
| | | | Rahu 1:36PM – 3:21PM | Vistii Until 2:10AM Fri | Nataraja: Clear | | Moon 4 - Phase 2 - 11 |
| | | | Trayodashi* Until 1:57PM | Moon – Clear | | 2nd Phase | |
| | | | | Chaitra*Chaitra | | Bhuloka Day | |
| | | | | | | Devaloka Time: 6:PM to 9:PM | |

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| | Friday, April 29, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Priti Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Albany, NY |
| | Retreat Star | | Gulika 6:37AM – 8:22AM | Revati Until 8:02AM | Ganesha: White | Sunrise: 4:52AM | Sun 12 |
| | Meena Rasi: 28.5 | Tithi 29 – 30 | Yama 3:21PM – 5:06PM | Priti Until 4:48AM Sat | Muruqa: White | Sunset: 6:51PM | Subhakrit 5124 |
| | Creative Work | Siddha Yoga | Rahu 10:07AM – 11:51AM | Catuspada Until 2:55AM Sat | Nataraja: Clear | | Moon 4 - Phase 2 - 12 |
| Until 8:02AM | Then Creative Work - Amrita Yoga | | Chaturdashi* Until 2:27PM | Moon – Clear | | Amavasya | |
| | | | | Chaitra*Chaitra | | Bhuloka Day | |
| | | | | | | Devaloka Time: 6:PM to 9:PM | |

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| Retreat Star | Saturday, April 30, 2022 | | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Albany, NY |
| | Mesha Rasi: 11.25 | Tithi 30 – 1 | Gulika 4:51AM – 6:36AM | Ashvini Until 9:41AM | Ganesha: Green | Sunrise: 4:51AM | Sun 13 |
| | Creative Work | Siddha Yoga | Yama 1:37PM – 3:22PM | Ayushman Until 4:46AM Sun | Muruqa: White | Sunset: 6:52PM | Subhakrit 5124 |
| | | | Rahu 8:21AM – 10:06AM | Kintughna Until 4:10AM Sun | Nataraja: Clear | | Moon 4 - Phase 2 - 13 |
| | | | Amavasya* Until 3:27PM | Moon – White | | Prathama | |
| | | | | Vaisaka*Chaitra | | Bhuloka Day | |
| | | | | | | Devaloka Time: 6:PM to 9:PM | |

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

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| 1 Sunday, May 1, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Saubhagya Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 14 Sutra 14 Subhakrit 5124 |
| Mesha Rasi: 23.46 | Tithi 1 – 2 | Gulika 3:22PM – 5:08PM | Bharani Until 11:40AM | Ganesha: Green | <i>Sunrise:</i> 4:49AM | |
| | | Yama 11:51AM – 1:37PM | Saubhagya Until 5:07AM Mon | Muruqa: White | <i>Sunset:</i> 6:53PM | Moon 4 - Phase 3 - 14 |
| | | 221445479 Rahu 5:08PM – 6:53PM | Balava Until 5:52AM Mon | Nataraja: Clear | | 3rd Phase |
| Routine Work | Prabalarishta Yoga | | Prathama* Until 4:56PM | Moon – White | | |
| Until 11:40AM | | | | Vaisaka*Chaitra | Bhuloka Day | Devaloka Time: 6:PM to 9:PM |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 2 Monday, May 2, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sobhana Yoga Kaulava Karana Dvitiyayam Titau | | | | Albany, NY Sun 15 Sutra 15 Subhakrit 5124 |
| Vrishabha Rasi: 5.56 | Tithi 2 | Gulika 1:37PM – 3:23PM | Krittika Until 1:55PM | Ganesha: Green | <i>Sunrise:</i> 4:48AM | |
| Family Home Evening | | Yama 10:05AM – 11:51AM | Sobhana Until 5:47AM Tue | Muruqa: White | <i>Sunset:</i> 6:54PM | Moon 4 - Phase 3 - 15 |
| Routine Work | Marana Yoga | 221445479 Rahu 6:34AM – 8:20AM | Kaulava Until 6:51PM | Nataraja: Clear | | 3rd Phase |
| Until 1:55PM | | | Dvitiya Until 6:51PM | Moon – White | | |
| Then Creative Work - Amrita Yoga | | | | Vaisaka*Chaitra | Bhuloka Day | Devaloka Time: 6:PM to 9:PM |

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| 3 Tuesday, May 3, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Athiganda* Yoga Tailila/Gara Karana Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 16 Subhakrit 5124 |
| Vrishabha Rasi: 17.56 | Tithi 3 | Gulika 11:51AM – 1:37PM | Rohini Until 4:50PM | Ganesha: White | <i>Sunrise:</i> 4:47AM | |
| | | Yama 8:19AM – 10:05AM | Athiganda* Until 6:38AM Wed | Muruqa: White | <i>Sunset:</i> 6:55PM | Moon 4 - Phase 3 - 16 |
| | | 231445479 Rahu 3:23PM – 5:09PM | Taitila Until 7:58AM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Amrita Yoga | | Tritiya Until 9:06PM | Moon – Yellow | | |
| Until 4:50PM | | Akshaya Tritiya | | Vaisaka*Chaitra | Bhuloka Day | Devaloka Time: 6:PM to 9:PM |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 4 Wednesday, May 4, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Albany, NY Sun 17 Sutra 17 Subhakrit 5124 |
| Vrishabha Rasi: 29.5 | Tithi 4 | Gulika 10:04AM – 11:51AM | Mrigashira Until 7:48PM | Ganesha: White | <i>Sunrise:</i> 4:45AM | |
| | | Yama 6:32AM – 8:18AM | Athiganda* Until 6:38AM | Muruqa: White | <i>Sunset:</i> 6:56PM | Moon 4 - Phase 3 - 17 |
| | | 231445479 Rahu 11:51AM – 1:37PM | Vanija Until 10:21AM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 11:34PM | Moon – Yellow | | |
| | | | | Vaisaka*Chaitra | Bhuloka Day | Devaloka Time: 6:PM to 9:PM |

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| 5 Thursday, May 5, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY Sun 18 Sutra 18 Subhakrit 5124 |
| Mithuna Rasi: 11.41 | Tithi 5 | Gulika 8:17AM – 10:04AM | Ardra Until 10:40PM | Ganesha: White | <i>Sunrise:</i> 4:44AM | |
| | | Yama 4:44AM – 6:31AM | Sukarma Until 7:37AM | Muruqa: White | <i>Sunset:</i> 6:58PM | Moon 4 - Phase 3 - 18 |
| | | 231445479 Rahu 1:37PM – 3:24PM | Bava Until 12:51PM | Nataraja: Clear | | 3rd Phase |
| Routine Work | Marana Yoga | | Panchami Until 2:04AM Fri | Moon – Yellow | | |
| Until 10:40PM | | | | Vaisaka*Chaitra | Bhuloka Day | Devaloka Time: 6:PM to 9:PM |
| Then Creative Work - Amrita Yoga | | | | | | |

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| 6 Friday, May 6, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Albany, NY Sun 19 Sutra 19 Subhakrit 5124 |
| Mithuna Rasi: 23.31 | Tithi 6 | Gulika 6:30AM – 8:17AM | Punarvasu Until 1:46AM Sat | Ganesha: Clear | <i>Sunrise:</i> 4:43AM | |
| | | Yama 3:25PM – 5:12PM | Dhriti Until 8:36AM | Muruqa: White | <i>Sunset:</i> 6:59PM | Moon 4 - Phase 3 - 19 |
| | | 241445479 Rahu 10:04AM – 11:51AM | Kaulava Until 3:18PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Shashthi* Until 4:26AM Sat | Moon – Blue | | |
| | | | | Vaisaka*Chaitra | Devaloka Day | |

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| Saturday, May 7, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY Sun 20 Sutra 20 Subhakrit 5124 |
| Retreat Star | | Gulika 4:42AM – 6:29AM | Pushya Until 4:25AM Sun | Ganesha: Clear | <i>Sunrise:</i> 4:42AM | |
| Kataka Rasi: 5.26 | Tithi 7 | Yama 1:38PM – 3:25PM | Shula* Until 9:26AM | Muruqa: White | <i>Sunset:</i> 7:00PM | Moon 4 - Phase 3 - 20 |
| | | 241445479 Rahu 8:16AM – 10:03AM | Gara Until 5:31PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Saptami Until 6:28AM Sun | Moon – Blue | | |
| | | | | Vaisaka*Chaitra | Devaloka Day | |

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| Sunday, May 8, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Albany, NY Sun 21 Sutra 21 Subhakrit 5124 |
| Retreat Star | | Gulika 3:26PM – 5:13PM | Ashlesha* Until 6:25AM Mon | Ganesha: Clear | <i>Sunrise:</i> 4:40AM | |
| Kataka Rasi: 17.28 | Tithi 7 – 8 | Yama 11:51AM – 1:38PM | Ganda* Until 10:00AM | Muruqa: White | <i>Sunset:</i> 7:01PM | Moon 4 - Phase 3 - 21 |
| | | 241445479 Rahu 5:13PM – 7:01PM | Visti Until 7:20PM | Nataraja: Clear | | Ashtami |
| Creative Work | Siddha Yoga | | Saptami Until 6:28AM | Moon – Blue | | |
| Until 6:25AM Mon | | Mother's Day | | Vaisaka*Chaitra | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | | | |

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| Monday, May 9, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Albany, NY Sun 22 Sutra 22 Subhakrit 5124 |
| Retreat Star | | Gulika 1:38PM – 3:26PM | Ashlesha* Until 6:25AM | Ganesha: Clear | <i>Sunrise:</i> 4:39AM | |
| Kataka Rasi: 29.41 | Tithi 8 – 9 | Yama 10:03AM – 11:51AM | Vridhhi Until 10:11AM | Muruqa: White | <i>Sunset:</i> 7:02PM | Moon 4 - Phase 3 - 22 |
| Family Home Evening | | 241445479 Rahu 6:27AM – 8:15AM | Balava Until 8:33PM | Nataraja: Clear | | Navami |
| Creative Work | Siddha Yoga | | Ashtami* Until 8:00AM | Moon – Blue | | |
| Until 6:25AM | | | | Vaisaka*Chaitra | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | | | |

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


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|-------------------|--------------|------------------------------|---|--|---|---|---|----------------------------------|
| 1 | | Tuesday, May 10, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 23 |
| Simha Rasi: 12.12 | Tithi 9 – 10 | Gulika Yama | 11:50AM – 1:39PM 8:14AM – 10:02AM | Magha* Until 8:08AM Dhruva Until 9:49AM | Ganesha: Clear Muruqa: White | <i>Sunrise:</i> 4:38AM <i>Sunset:</i> 7:03PM | Subhakrit 5124 Moon 4 - Phase 4 - 23 | 4th Phase |
| Creative Work | Siddha Yoga | 252445479 Rahu | 3:27PM – 5:15PM | Taitila Until 9:04PM Navami* Until 8:53AM | Moon – Red Vaisaka-Chaitra | | Devaloka Day | |

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| 2 | | Wednesday, May 11, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 24 |
| Simha Rasi: 25.03 | Tithi 10 – 11 | Gulika Yama | 10:02AM – 11:50AM 6:25AM – 8:14AM | Purvaphalguni Until 8:57AM Vyaghata* Until 8:53AM | Ganesha: Clear Muruqa: White | <i>Sunrise:</i> 4:37AM <i>Sunset:</i> 7:04PM | Subhakrit 5124 Moon 4 - Phase 4 - 24 | 4th Phase |
| Creative Work | Amrita Yoga | 252445479 Rahu | 11:50AM – 1:39PM | Vanija Until 8:49PM Dashami Until 9:01AM | Moon – Red Vaisaka-Chaitra | | Devaloka Day | |

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| 3 | | Thursday, May 12, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 25 |
| Kanya Rasi: 8.18 | Tithi 11 – 12 | Gulika Yama | 8:13AM – 10:02AM 4:36AM – 6:24AM | Uttaraphalguni Until 8:51AM Harshana Until 7:21AM | Ganesha: Clear Muruqa: White | <i>Sunrise:</i> 4:36AM <i>Sunset:</i> 7:05PM | Subhakrit 5124 Moon 4 - Phase 4 - 25 | 4th Phase |
| Amrita Yoga | | 252445479 Rahu | 1:39PM – 3:28PM | Bava Until 7:47PM Ekadashi Until 8:23AM | Moon – Red Vaisaka-Chaitra | | Devaloka Day | |
| Until 8:51AM | | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

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| 4 | | Friday, May 13, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 26 |
| Kanya Rasi: 21.59 | Tithi 12 – 13 | Gulika Yama | 6:24AM – 8:12AM 3:28PM – 5:17PM | Hasta Until 8:19AM Siddhi Until 2:28AM Sat | Ganesha: White Muruqa: White | <i>Sunrise:</i> 4:35AM <i>Sunset:</i> 7:06PM | Subhakrit 5124 Moon 4 - Phase 4 - 26 | 4th Phase |
| Creative Work | Amrita Yoga | 262445479 Rahu | 10:01AM – 11:50AM | Kaulava Until 6:02PM Dvadashi Until 6:58AM | Moon – Green Vaisaka-Chaitra | | Sivaloka Day | |
| Until 8:19AM | | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |
| <i>Pradosha Vrata</i> | | | | | | | | |

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| 5 | | Saturday, May 14, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Vyatipata* Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 27 |
| Tula Rasi: 6.05 | Tithi 14 | Gulika Yama | 4:34AM – 6:23AM 1:40PM – 3:29PM | Chitra Until 6:58AM Vyatipata* Until 11:19PM | Ganesha: White Muruqa: White | <i>Sunrise:</i> 4:34AM <i>Sunset:</i> 7:07PM | Subhakrit 5124 Moon 4 - Phase 4 - 27 | 4th Phase |
| Routine Work | Marana Yoga | 262445479 Rahu | 8:12AM – 10:01AM | Gara Until 3:40PM Chaturdashi* Until 2:16AM Sun | Moon – Green Vaisaka-Vaikasi | | Sivaloka Day | |
| Until 6:58AM | | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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|  | | Sunday, May 15, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Variyan Yoga Visti*/Bava Karana Purnimayam Titau | | | | Albany, NY Sutra 28 |
| Copper Retreat Star | | Gulika Yama | 3:29PM – 5:19PM 11:50AM – 1:40PM | Vishakha Until 2:47AM Mon Variyan Until 7:46PM | Ganesha: Yellow Muruqa: White | <i>Sunrise:</i> 4:32AM <i>Sunset:</i> 7:08PM | Subhakrit 5124 Moon 4 - Phase 4 - Purnima | |
| Tula Rasi: 20.33 | Tithi 15 | 272445479 Rahu | 5:19PM – 7:08PM | Visti Until 12:49PM Purnima* Until 11:14PM | Moon – Orange Vaisaka-Vaikasi | | Devaloka Day | |
| Routine Work | Marana Yoga | | | | | | | |
| Until 2:47AM Mon | | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| Monday, May 16, 2022 | | Silver Retreat Star | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Albany, NY Sutra 29 |
| Vrischika Rasi: 5.19 | Tithi 16 | Gulika Yama | 1:40PM – 3:30PM 10:01AM – 11:50AM | Anuradha Until 12:15AM Tue Parigha* Until 4:00PM | Ganesha: Yellow Muruqa: White | <i>Sunrise:</i> 4:31AM <i>Sunset:</i> 7:09PM | Subhakrit 5124 Moon 4 - Phase 4 - Prathama | |
| Family Home Evening | | 272445479 Rahu | 6:21AM – 8:11AM | Balava Until 9:37AM Prathama* Until 7:56PM | Moon – Orange Vaisaka-Vaikasi | | Devaloka Day | |
| Creative Work | Siddha Yoga | | | | | | | |
| Until 12:15AM Tue | | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |



Tuesday, May 17, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Jyeshtha* Nakshatra Shiva/Siddha Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Albany, NY
Sun 1
Sutra 30
Subhakrit 5124

Vrischika Rasi: 20.14 Tithi 17 - 18

272445479

Gulika 11:50AM - 1:40PM
Yama 8:10AM - 10:00AM
Rahu 3:30PM - 5:20PM

Jyeshtha* Until 9:31PM
Shiva Until 12:07PM
Taitila Until 6:14AM
Dvitiya Until 4:31PM

Ganesha: Yellow *Sunrise:* 4:30AM
Muruqa: White *Sunset:* 7:10PM
Nataraja: Clear
Moon - Orange
Vaisaka-Vaikasi

Devaloka Day

Routine Work Marana Yoga
Until 9:31PM
Then Creative Work - Amrita Yoga

1

Wednesday, May 18, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Mula* Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Tritiya/Chaturthiyam Titau

Albany, NY
Sun 2
Sutra 31
Subhakrit 5124

Dhanus Rasi: 5.11 Tithi 18 - 19

282445479

Gulika 10:00AM - 11:50AM
Yama 6:20AM - 8:10AM
Rahu 11:50AM - 1:41PM

Mula* Until 7:07PM
Siddha Until 8:13AM
Bava Until 11:30PM
Tritiya Until 1:08PM

Ganesha: Blue *Sunrise:* 4:30AM
Muruqa: White *Sunset:* 7:11PM
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Sivaloka Day

Routine Work Marana Yoga
Until 7:07PM
Then Creative Work - Amrita Yoga

2

Thursday, May 19, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Purvashadha*/Uttarashadha Nakshatra Subha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY
Sun 3
Sutra 32
Subhakrit 5124

Dhanus Rasi: 20.02 Tithi 19 - 20

282445479

Gulika 8:10AM - 10:00AM
Yama 4:29AM - 6:19AM
Rahu 1:41PM - 3:31PM

Purvashadha* Until 4:47PM
Subha Until 12:55AM Fri
Kaulava Until 8:26PM
Chaturthi* Until 9:55AM

Ganesha: Blue *Sunrise:* 4:29AM
Muruqa: White *Sunset:* 7:12PM
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Sivaloka Day

Creative Work Siddha Yoga
Until 4:47PM
Then Routine Work - Marana Yoga

3

Friday, May 20, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttarashadha/Shravana Nakshatra Sukla Yoga Taitila/Vanija Karana Panchami/Shashthyam Titau

Albany, NY
Sun 4
Sutra 33
Subhakrit 5124

Makara Rasi: 4.41 Tithi 20 - 21

282445479

Gulika 6:18AM - 8:09AM
Yama 3:32PM - 5:23PM
Rahu 10:00AM - 11:51AM

Uttarashadha Until 2:40PM
Sukla Until 9:41PM
Vanija Until 4:31AM Sat
Panchami Until 7:01AM

Ganesha: Blue *Sunrise:* 4:28AM
Muruqa: White *Sunset:* 7:13PM
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Sivaloka Day

Routine Work Marana Yoga

4

Saturday, May 21, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Brahma Yoga Visti*/Bava Karana Saphtamyam Titau

Albany, NY
Sun 5
Sutra 34
Subhakrit 5124

Makara Rasi: 19.02 Tithi 22

292445479

Gulika 4:27AM - 6:18AM
Yama 1:42PM - 3:32PM
Rahu 8:09AM - 10:00AM

Shravana Until 1:17PM
Brahma Until 6:51PM
Visti Until 3:28PM
Saphtami Until 2:31AM Sun

Ganesha: Red *Sunrise:* 4:27AM
Muruqa: White *Sunset:* 7:14PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Devaloka Day

Creative Work Siddha Yoga

5

Sunday, May 22, 2022
Retreat Star

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

Albany, NY
Sun 6
Sutra 35
Subhakrit 5124

Kumbha Rasi: 3.02 Tithi 23

292445479

Gulika 3:33PM - 5:24PM
Yama 11:51AM - 1:42PM
Rahu 5:24PM - 7:15PM

Dhanishtha Until 12:17PM
Indra Until 4:29PM
Balava Until 1:45PM
Ashtami* Until 1:06AM Mon

Ganesha: Red *Sunrise:* 4:26AM
Muruqa: White *Sunset:* 7:15PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Devaloka Day

Routine Work Marana Yoga
Until 12:17PM
Then Creative Work - Siddha Yoga

Monday, May 23, 2022

Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam
Shatabhishak/Purvaprosithapada* Nakshatra Vaidhriti*/Vishkambha* Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY
Sun 7
Sutra 36
Subhakrit 5124

Kumbha Rasi: 16.42 Tithi 24

293545479

Gulika 1:42PM - 3:33PM
Yama 9:59AM - 11:51AM
Rahu 6:17AM - 8:08AM

Shatabhishak Until 11:43AM
Vaidhriti* Until 2:34PM
Taitila Until 12:38PM
Navami* Until 12:16AM Tue

Ganesha: Red *Sunrise:* 4:25AM
Muruqa: White *Sunset:* 7:16PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Devaloka Day

Creative Work Siddha Yoga

Until 11:43AM
Then Routine Work - Marana Yoga

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

All times are standard time. Calculated for Albany, NY on 4/26/20

www.gurudeva.org/panchang

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| 1 | | Tuesday, May 24, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vishkambha/Priti Yoga Vanija/Visti* Karana Dashamyam Titau | | Albany, NY Sun 8 Sutra 37 Subhakrit 5124 |
| Meena Rasi: 0.01 | Tithi 25 | Gulika 11:51AM – 1:42PM | Purvaproshtapada* Until 12:03PM | Ganesha: Clear | <i>Sunrise:</i> 4:24AM | | | |
| | | Yama 8:08AM – 9:59AM | Vishkambha* Until 1:09PM | Muruqa: White | <i>Sunset:</i> 7:17PM | | Moon 5 - Phase 6 - 8 | |
| | | 213545479 Rahu 3:34PM – 5:26PM | Vanija Until 12:06PM | Nataraja: Clear | | | 2nd Phase | |
| Routine Work | Marana Yoga | | Dashami Until 12:02AM Wed | Moon – Clear | | | Devaloka Day | |
| Until 12:03PM | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| 2 | | Wednesday, May 25, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Ekadashyam Titau | | Albany, NY Sun 9 Sutra 38 Subhakrit 5124 |
| Meena Rasi: 13.01 | Tithi 26 | Gulika 9:59AM – 11:51AM | Uttaraproshtapada Until 12:48PM | Ganesha: Purple | <i>Sunrise:</i> 4:24AM | | | |
| | | Yama 6:16AM – 8:07AM | Priti Until 12:13PM | Muruqa: White | <i>Sunset:</i> 7:19PM | | Moon 5 - Phase 6 - 9 | |
| | | 313545479 Rahu 11:51AM – 1:43PM | Bava Until 12:10PM | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Ekadashi* Until 12:23AM Thu | Moon – Clear | | | Sivaloka Day | |
| Until 12:48PM | | | | Vaisaka-Vaikasi | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

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| 3 | | Thursday, May 26, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taila Karana Dvadashyam Titau | | Albany, NY Sun 10 Sutra 39 Subhakrit 5124 |
| Meena Rasi: 25.45 | Tithi 27 | Gulika 8:07AM – 9:59AM | Revati Until 1:57PM | Ganesha: Purple | <i>Sunrise:</i> 4:23AM | | | |
| | | Yama 4:23AM – 6:15AM | Ayushman Until 11:42AM | Muruqa: White | <i>Sunset:</i> 7:19PM | | Moon 5 - Phase 6 - 10 | |
| | | 313545479 Rahu 1:43PM – 3:35PM | Kaulava Until 12:47PM | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dvadashi* Until 1:17AM Fri | Moon – Clear | | | Sivaloka Day | |
| Until 1:57PM | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| 4 | | Friday, May 27, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Trayodashyam Titau | | Albany, NY Sun 11 Sutra 40 Subhakrit 5124 |
| Mesha Rasi: 8.14 | Tithi 28 | Gulika 6:15AM – 8:07AM | Ashvini Until 3:54PM | Ganesha: Clear | <i>Sunrise:</i> 4:22AM | | | |
| | | Yama 3:35PM – 5:28PM | Saubhagya Until 11:35AM | Muruqa: White | <i>Sunset:</i> 7:20PM | | Moon 5 - Phase 6 - 11 | |
| | | 323545479 Rahu 9:59AM – 11:51AM | Gara Until 1:55PM | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Amrita Yoga | | Trayodashi* Until 2:39AM Sat | Moon – White | | | Devaloka Day | |
| Until 3:54PM | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Siddha Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | | | | |

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| 5 | | Saturday, May 28, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Albany, NY Sun 12 Sutra 41 Subhakrit 5124 |
| Mesha Rasi: 20.31 | Tithi 29 | Gulika 4:22AM – 6:14AM | Bharani Until 6:08PM | Ganesha: Clear | <i>Sunrise:</i> 4:22AM | | | |
| | | Yama 1:44PM – 3:36PM | Sobhana Until 11:51AM | Muruqa: White | <i>Sunset:</i> 7:21PM | | Moon 5 - Phase 6 - 12 | |
| | | 323545479 Rahu 8:06AM – 9:59AM | Visti Until 3:30PM | Nataraja: Clear | | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 4:25AM Sun | Moon – White | | | Devaloka Day | |
| Until 6:08PM | | | | Vaisaka-Vaikasi | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| Retreat Star | | Sunday, May 29, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda*/Sukarma Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Albany, NY Sun 13 Sutra 42 Subhakrit 5124 |
| Vrishabha Rasi: 2.38 | Tithi 30 | Gulika 3:36PM – 5:29PM | Krittika Until 8:32PM | Ganesha: Clear | <i>Sunrise:</i> 4:21AM | | | |
| | | Yama 11:51AM – 1:44PM | Athiganda* Until 12:22PM | Muruqa: White | <i>Sunset:</i> 7:22PM | | Moon 5 - Phase 6 - 13 | |
| | | 323545479 Rahu 5:29PM – 7:22PM | Catuspada Until 5:28PM | Nataraja: Clear | | | Amavasya | |
| Creative Work | Siddha Yoga | | Amavasya* Until 6:32AM Mon | Moon – White | | | Devaloka Day | |
| | | | | Vaisaka-Vaikasi | | | | |

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| Retreat Star | | Monday, May 30, 2022 | | | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma/Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Albany, NY Sun 14 Sutra 43 Subhakrit 5124 |
| Vrishabha Rasi: 14.37 | Tithi 30 – 1 | Gulika 1:44PM – 3:37PM | Rohini Until 11:33PM | Ganesha: Orange | <i>Sunrise:</i> 4:21AM | | | |
| Family Home Evening | | Yama 9:59AM – 11:51AM | Sukarma Until 1:09PM | Muruqa: White | <i>Sunset:</i> 7:22PM | | Moon 5 - Phase 6 - 14 | |
| | | 333545479 Rahu 6:13AM – 8:06AM | Kintughna Until 7:42PM | Nataraja: Clear | | | Prathama | |
| Creative Work | Amrita Yoga | | Amavasya* Until 6:32AM | Moon – Yellow | | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | | |

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishna Yajur Veda

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| 1 | Tuesday, May 31, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 15 Sutra 44 |
| | Wrishabha Rasi: 26.31 | Tithi 1 – 2 | Gulika 11:52AM – 1:44PM | Mrigashira Until 2:33AM Wed | Ganesha: Orange <i>Sunrise:</i> 4:20AM | Subhakrit 5124 | |
| | 333545479 | Rahu | Yama 8:06AM – 9:59AM | Dhriti Until 2:06PM | Muruqa: White <i>Sunset:</i> 7:23PM | Moon 5 - Phase 7 - 15 3rd Phase | |
| Creative Work | Siddha Yoga | | Balava Until 10:07PM | Nataraja: Clear Moon – Yellow | Devaloka Day | | |
| | | | Prathama* Until 8:52AM | Jyeshtha-Vaikasi | | | |

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| 2 | Wednesday, June 1, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 45 |
| | Mithuna Rasi: 8.22 | Tithi 2 – 3 | Gulika 9:59AM – 11:52AM | Ardra Until 5:25AM Thu | Ganesha: Orange <i>Sunrise:</i> 4:20AM | Subhakrit 5124 | |
| | 333545479 | Rahu | Yama 6:13AM – 8:06AM | Shula* Until 3:05PM | Muruqa: White <i>Sunset:</i> 7:24PM | Moon 5 - Phase 7 - 16 3rd Phase | |
| Creative Work | Siddha Yoga | | Taitila Until 12:36AM Thu | Nataraja: Clear Moon – Yellow | Devaloka Day | | |
| Until 5:25AM Thu | | | Dvitiya Until 11:20AM | Jyeshtha-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | Thursday, June 2, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Ganda*/Vridhi Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau | | | | Albany, NY Sun 17 Sutra 46 |
| | Mithuna Rasi: 20.11 | Tithi 3 – 4 | Gulika 8:05AM – 9:59AM | Punarvasu Until 8:35AM Fri | Ganesha: Clear <i>Sunrise:</i> 4:19AM | Subhakrit 5124 | |
| | 343555479 | Rahu | Yama 4:19AM – 6:12AM | Ganda* Until 4:06PM | Muruqa: Green <i>Sunset:</i> 7:25PM | Moon 5 - Phase 7 - 17 3rd Phase | |
| Creative Work | Amrita Yoga | | Vanija Until 3:03AM Fri | Nataraja: Clear Moon – Blue | Devaloka Day | | |
| Until 8:35AM Fri | | | Tritiya Until 1:49PM | Jyeshtha-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 4 | Friday, June 3, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vridhi/Dhruva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Albany, NY Sun 18 Sutra 47 |
| | Kataka Rasi: 2.02 | Tithi 4 – 5 | Gulika 6:12AM – 8:05AM | Punarvasu Until 8:35AM | Ganesha: Clear <i>Sunrise:</i> 4:19AM | Subhakrit 5124 | |
| | 343555479 | Rahu | Yama 3:39PM – 5:32PM | Vridhi Until 5:03PM | Muruqa: Green <i>Sunset:</i> 7:25PM | Moon 5 - Phase 7 - 18 3rd Phase | |
| Creative Work | Siddha Yoga | | Bava Until 5:20AM Sat | Nataraja: Clear Moon – Blue | Devaloka Day | | |
| Until 8:35AM | | | Chaturthi* Until 4:12PM | Jyeshtha-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 5 | Saturday, June 4, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Balava Karana Panchamyam Titau | | | | Albany, NY Sun 19 Sutra 48 |
| | Kataka Rasi: 13.58 | Tithi 5 | Gulika 4:18AM – 6:12AM | Pushya Until 11:23AM | Ganesha: Clear <i>Sunrise:</i> 4:18AM | Subhakrit 5124 | |
| | 343555479 | Rahu | Yama 1:46PM – 3:39PM | Dhruva Until 5:47PM | Muruqa: Green <i>Sunset:</i> 7:26PM | Moon 5 - Phase 7 - 19 3rd Phase | |
| Creative Work | Siddha Yoga | | Balava Until 6:21PM | Nataraja: Clear Moon – Blue | Devaloka Day | | |
| Until 11:23AM | | | Panchami Until 6:21PM | Jyeshtha-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---------------------------------|-----------------------------|---------|---|--|--|------------------------------------|----------------------------------|
| 6 | Sunday, June 5, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthiyam Titau | | | | Albany, NY Sun 20 Sutra 49 |
| | Kataka Rasi: 26.01 | Tithi 6 | Gulika 3:40PM – 5:33PM | Ashlesha* Until 1:42PM | Ganesha: Clear <i>Sunrise:</i> 4:18AM | Subhakrit 5124 | |
| | 343555471 | Rahu | Yama 11:52AM – 1:46PM | Vyaghata* Until 6:15PM | Muruqa: Green <i>Sunset:</i> 7:27PM | Moon 5 - Phase 7 - 20 3rd Phase | |
| Creative Work | Siddha Yoga | | Kaulava Until 7:19AM | Nataraja: Yellow Moon – Blue | Devaloka Day | | |
| Until 1:42PM | | | Shashthi* Until 8:08PM | Jyeshtha-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| Retreat Star | Monday, June 6, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY Sun 21 Sutra 50 |
| | Simha Rasi: 8.13 | Tithi 7 | Gulika 1:46PM – 3:40PM | Magha* Until 3:53PM | Ganesha: Clear <i>Sunrise:</i> 4:18AM | Subhakrit 5124 | |
| | 354555471 | Rahu | Yama 9:59AM – 11:53AM | Harshana Until 6:21PM | Muruqa: Green <i>Sunset:</i> 7:28PM | Moon 5 - Phase 7 - 21 3rd Phase | |
| Family Home Evening | | | Gara Until 8:51AM | Nataraja: Yellow Moon – Red | Devaloka Day | | |
| Routine Work | Marana Yoga | | Saptami Until 9:23PM | Jyeshtha-Vaikasi | | | |
| Until 3:53PM | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| Retreat Star | Tuesday, June 7, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Albany, NY Sun 22 Sutra 51 |
| | Simha Rasi: 20.41 | Tithi 8 | Gulika 11:53AM – 1:47PM | Purvaphalguni Until 5:18PM | Ganesha: Clear <i>Sunrise:</i> 4:17AM | Subhakrit 5124 | |
| | 354555471 | Rahu | Yama 8:05AM – 9:59AM | Vajra* Until 5:55PM | Muruqa: Green <i>Sunset:</i> 7:28PM | Moon 5 - Phase 7 - 22 Ashtami | |
| Creative Work | Siddha Yoga | | Visti Until 9:48AM | Nataraja: Yellow Moon – Red | Devaloka Day | | |
| Until 5:18PM | | | Ashtami* Until 10:00PM | Jyeshtha-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| Retreat Star | Wednesday, June 8, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddhi/Vyatlipata* Yoga Balava/Kaulava Karana Navamyam Titau | | | | Albany, NY Sun 23 Sutra 52 |
| | Kanya Rasi: 3.28 | Tithi 9 | Gulika 9:59AM – 11:53AM | Uttaraphalguni Until 5:51PM | Ganesha: Clear <i>Sunrise:</i> 4:17AM | Subhakrit 5124 | |
| | 354555471 | Rahu | Yama 6:11AM – 8:05AM | Siddhi Until 4:55PM | Muruqa: Green <i>Sunset:</i> 7:29PM | Moon 5 - Phase 7 - 23 Navami | |
| Creative Work | Amrita Yoga | | Balava Until 10:03AM | Nataraja: Yellow Moon – Red | Devaloka Day | | |
| Until 5:51PM | | | Navami* Until 9:51PM | Jyeshtha-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |


Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda

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| 1 | Thursday, June 9, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyatipata/Variyan Yoga Tailila/Gara Karana Dashamyam Titau | | | | Albany, NY Sun 24 Sutra 53 |
| | Kanya Rasi: 16.37 | Tithi 10 | Gulika 8:05AM – 9:59AM | Hasta Until 5:55PM | Ganesha: White | <i>Sunrise:</i> 4:17AM | Subhakrit 5124 |
| | | | Yama 4:17AM – 6:11AM | Vyatipata* Until 3:19PM | Muruqa: Green | <i>Sunset:</i> 7:29PM | Moon 5 - Phase 8 - 24 |
| | | | 364555471 Rahu 1:47PM – 3:41PM | Taitila Until 9:31AM | Nataraja: Yellow | | 4th Phase |
| Routine Work Marana Yoga | | | Dashami Until 8:56PM | Moon – Green | Bhuloka Day | | |
| Until 5:55PM | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | Friday, June 10, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Albany, NY Sun 25 Sutra 54 |
| | Tula Rasi: 0.13 | Tithi 11 | Gulika 6:11AM – 8:05AM | Chitra Until 5:05PM | Ganesha: White | <i>Sunrise:</i> 4:17AM | Subhakrit 5124 |
| | | | Yama 3:42PM – 5:36PM | Variyan Until 1:03PM | Muruqa: Green | <i>Sunset:</i> 7:30PM | Moon 5 - Phase 8 - 25 |
| | | | 364555471 Rahu 9:59AM – 11:53AM | Vanija Until 8:12AM | Nataraja: Yellow | | 4th Phase |
| Creative Work Siddha Yoga | | | Ekadashi Until 7:14PM | Moon – Green | Bhuloka Day | | |
| | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | | |

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| 3 | Saturday, June 11, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Parigha*/Shiva Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 55 |
| | Tula Rasi: 14.17 | Tithi 12 – 13 | Gulika 4:16AM – 6:11AM | Svati Until 3:24PM | Ganesha: White | <i>Sunrise:</i> 4:16AM | Subhakrit 5124 |
| | | | Yama 1:48PM – 3:42PM | Parigha* Until 10:13AM | Muruqa: Green | <i>Sunset:</i> 7:31PM | Moon 5 - Phase 8 - 26 |
| | | | 364555471 Rahu 8:05AM – 9:59AM | Bava Until 6:08AM | Nataraja: Yellow | | 4th Phase |
| Creative Work Siddha Yoga | | | Dvadashi Until 4:51PM | Moon – Green | Bhuloka Day | | |
| | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | | |
| | | | | | <i>Pradosha Vrata</i> | | |

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| 4 | Sunday, June 12, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Shiva/Siddha Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 56 |
| | Tula Rasi: 28.46 | Tithi 13 – 14 | Gulika 3:42PM – 5:37PM | Vishakha Until 1:24PM | Ganesha: Yellow | <i>Sunrise:</i> 4:16AM | Subhakrit 5124 |
| | | | Yama 11:54AM – 1:48PM | Shiva Until 6:53AM | Muruqa: Green | <i>Sunset:</i> 7:31PM | Moon 5 - Phase 8 - 27 |
| | | | 364555471 Rahu 5:37PM – 7:31PM | Gara Until 12:15AM Mon | Nataraja: Yellow | | 4th Phase |
| Routine Work Marana Yoga | | | Trayodashi Until 1:53PM | Moon – Orange | Devaloka Day | | |
| | | | | Jyeshtha-Vaikasi | | | |
| | | | Vaikasi Visakam | | | | |

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|  | Monday, June 13, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Albany, NY Sun 28 Sutra 57 |
| | Copper Retreat Star | | Gulika 1:48PM – 3:43PM | Anuradha Until 10:50AM | Ganesha: Yellow | <i>Sunrise:</i> 4:16AM | Subhakrit 5124 |
| | Vrischika Rasi: 13.37 | Tithi 14 – 15 | Yama 9:59AM – 11:54AM | Sadhya Until 11:06PM | Muruqa: Green | <i>Sunset:</i> 7:32PM | Moon 5 - Phase 8 - |
| | Family Home Evening | | 364555471 Rahu 6:11AM – 8:05AM | Visti Until 8:42PM | Nataraja: Yellow | | Purnima |
| Creative Work Siddha Yoga | | | Chaturdashi* Until 10:30AM | Moon – Orange | Devaloka Day | | |
| | | | | Jyeshtha-Vaikasi | | | |

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| 5 | Tuesday, June 14, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sun 29 Sutra 58 |
| | Silver Retreat Star | | Gulika 11:54AM – 1:49PM | Jyeshtha* Until 7:52AM | Ganesha: Yellow | <i>Sunrise:</i> 4:16AM | Subhakrit 5124 |
| | Vrischika Rasi: 28.44 | Tithi 15 – 16 | Yama 8:05AM – 10:00AM | Subha Until 6:57PM | Muruqa: Green | <i>Sunset:</i> 7:32PM | Moon 5 - Phase 8 - |
| | | | 364555471 Rahu 3:43PM – 5:37PM | Kaulava Until 3:02AM Wed | Nataraja: Yellow | | Prathama |
| Routine Work Marana Yoga | | | Purnima* Until 6:49AM | Moon – Orange | Devaloka Day | | |
| Until 7:52AM | | | | Jyeshtha-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |



Wednesday, June 15, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam
Purvashadha* Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Dvitiyayam Titau

Albany, NY

Sutra 59

Subhakrit 5124

Dhanus Rasi: 13.56 Tithi 17

384555471

Gulika 10:00AM – 11:54AM
Yama 6:11AM – 8:05AM
Rahu 11:54AM – 1:49PM

Purvashadha* Until 2:08AM Thu
Sukla Until 2:44PM
Taitila Until 1:09PM
Dvitiya Until 11:17PM

Ganesha: Blue *Sunrise: 4:16AM*
Muruqa: Green *Sunset: 7:32PM*
Nataraja: Yellow
Moon – Light Blue
Jyeshtha-Ani

Moon 6 - Phase 9 -
1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Amrita Yoga

Until 2:08AM Thu

Then Routine Work - Marana Yoga

Thursday, June 16, 2022

1

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Trityayam Titau

Albany, NY

Sutra 60

Subhakrit 5124

Dhanus Rasi: 29.05 Tithi 18

384555471

Gulika 8:05AM – 10:00AM
Yama 4:16AM – 6:11AM
Rahu 1:49PM – 3:44PM

Uttarashadha Until 11:21PM
Brahma Until 10:40AM
Vanija Until 9:30AM
Tritiya Until 7:45PM

Ganesha: Blue *Sunrise: 4:16AM*
Muruqa: Green *Sunset: 7:33PM*
Nataraja: Yellow
Moon – Light Blue
Jyeshtha-Ani

Moon 6 - Phase 9 -
1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga

Until 11:21PM

Then Creative Work - Siddha Yoga

Friday, June 17, 2022

2

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana Nakshatra Indra/Vaidhriti* Yoga Bava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY

Sutra 61

Subhakrit 5124

Makara Rasi: 14.01 Tithi 19 – 20

394555471

Gulika 6:11AM – 8:05AM
Yama 3:44PM – 5:39PM
Rahu 10:00AM – 11:55AM

Shravana Until 9:13PM
Indra Until 6:51AM
Bava Until 6:07AM
Chaturthi* Until 4:34PM

Ganesha: Red *Sunrise: 4:16AM*
Muruqa: Green *Sunset: 7:33PM*
Nataraja: Yellow
Moon – Purple
Jyeshtha-Ani

Moon 6 - Phase 9 -
2nd Phase

Devaloka Day

Routine Work Marana Yoga

Until 9:13PM

Then Creative Work - Siddha Yoga

Saturday, June 18, 2022

3

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam
Dhanishtha Nakshatra Vishkambha* Yoga Taitila/Gara Karana Panchami/Shashtyam Titau

Albany, NY

Sutra 62

Subhakrit 5124

Makara Rasi: 28.37 Tithi 20 – 21

394655471

Gulika 4:16AM – 6:11AM
Yama 1:50PM – 3:44PM
Rahu 8:06AM – 10:00AM

Dhanishtha Until 7:29PM
Vishkambha* Until 12:24AM Sun
Gara Until 12:49AM Sun
Panchami Until 1:54PM

Ganesha: Blue *Sunrise: 4:16AM*
Muruqa: Green *Sunset: 7:33PM*
Nataraja: Yellow
Moon – Purple
Jyeshtha-Ani

Moon 6 - Phase 9 -
3rd Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 7:29PM

Then Creative Work - Amrita Yoga

Sunday, June 19, 2022

4

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shatabhishak Nakshatra Priti Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Albany, NY

Sutra 63

Subhakrit 5124

Kumbha Rasi: 12.49 Tithi 21 – 22

395655471

Gulika 3:44PM – 5:39PM
Yama 11:55AM – 1:50PM
Rahu 5:39PM – 7:34PM

Shatabhishak Until 6:16PM
Priti Until 10:00PM
Visti Until 11:08PM
Shashthi* Until 11:52AM

Ganesha: Red *Sunrise: 4:16AM*
Muruqa: Green *Sunset: 7:34PM*
Nataraja: Yellow
Moon – Purple
Jyeshtha-Ani

Moon 6 - Phase 9 -
4th Phase

Devaloka Day

Creative Work Siddha Yoga

Father's Day

Monday, June 20, 2022

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Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam
Purvaproshtapada* Nakshatra Ayushman Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY

Sutra 64

Subhakrit 5124

Kumbha Rasi: 26.34 Tithi 22 – 23

315655471

Gulika 1:50PM – 3:45PM
Yama 10:01AM – 11:55AM
Rahu 6:11AM – 8:06AM

Purvaproshtapada* Until 6:05PM
Ayushman Until 8:10PM
Balava Until 10:12PM
Saptami Until 10:33AM

Ganesha: Clear *Sunrise: 4:17AM*
Muruqa: Green *Sunset: 7:34PM*
Nataraja: Yellow
Moon – Clear
Jyeshtha-Ani

Moon 6 - Phase 9 -
5th Phase

Devaloka Day

Routine Work Marana Yoga

Until 6:05PM

Then Creative Work - Siddha Yoga

Tuesday, June 21, 2022

Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam
Uttaraproshtapada Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY

Sutra 65

Subhakrit 5124

Meena Rasi: 9.52 Tithi 23 – 24

315655471

Gulika 11:56AM – 1:50PM
Yama 8:06AM – 10:01AM
Rahu 3:45PM – 5:40PM

Uttaraproshtapada Until 6:32PM
Saubhagya Until 6:59PM
Taitila Until 10:03PM
Ashtami* Until 10:01AM

Ganesha: Clear *Sunrise: 4:17AM*
Muruqa: Green *Sunset: 7:34PM*
Nataraja: Yellow
Moon – Clear
Jyeshtha-Ani

Moon 6 - Phase 9 -
6th Phase

Devaloka Day

Creative Work Amrita Yoga

Until 6:32PM

Then Creative Work - Siddha 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

All times are standard time. Calculated for Albany, NY on 4/26/20

www.gurudeva.org/panchang

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| 1 | | Wednesday, June 22, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Sobhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | Albany, NY Sun 7 Sutra 66 Subhakit 5124 | |
| Meena Rasi: 22.47 | Tithi 24 – 25 | Gulika 10:01AM – 11:56AM | Revati Until 7:32PM | Ganesha: Clear | <i>Sunrise:</i> 4:17AM | Moon 6 - Phase 10 - 7 | |
| | | Yama 6:12AM – 8:06AM | Sobhana Until 6:24PM | Muruqa: Green | <i>Sunset:</i> 7:34PM | 2nd Phase | |
| | | 315655471 Rahu 11:56AM – 1:50PM | Vanija Until 10:38PM | Nataraja: Yellow | | Devaloka Day | |
| Routine Work | Marana Yoga | | Navami* Until 10:14AM | Moon – Clear | | Jyeshtha-Ani | |

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| 2 | | Thursday, June 23, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Albany, NY Sun 8 Sutra 67 Subhakit 5124 | |
| Mesha Rasi: 5.2 | Tithi 25 – 26 | Gulika 8:07AM – 10:01AM | Ashvini Until 9:31PM | Ganesha: Purple | <i>Sunrise:</i> 4:17AM | Moon 6 - Phase 10 - 8 | |
| | | Yama 4:17AM – 6:12AM | Athiganda* Until 6:19PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | 2nd Phase | |
| | | 325655471 Rahu 1:51PM – 3:45PM | Bava Until 11:53PM | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Amrita Yoga | | Dashami Until 11:10AM | Moon – White | | Devaloka Time: 6:PM to 9:PM | |
| Until 9:31PM | | | | | | Jyeshtha-Ani | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 3 | | Friday, June 24, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Albany, NY Sun 9 Sutra 68 Subhakit 5124 | |
| Mesha Rasi: 17.38 | Tithi 26 – 27 | Gulika 6:12AM – 8:07AM | Bharani Until 11:52PM | Ganesha: Purple | <i>Sunrise:</i> 4:18AM | Moon 6 - Phase 10 - 9 | |
| | | Yama 3:45PM – 5:40PM | Sukarma Until 6:41PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | 2nd Phase | |
| | | 325655471 Rahu 10:02AM – 11:56AM | Kaulava Until 1:39AM Sat | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Siddha Yoga | | Ekadashi* Until 12:41PM | Moon – White | | Devaloka Time: 6:PM to 9:PM | |
| | | | | | | Jyeshtha-Ani | |

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| 4 | | Saturday, June 25, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau | | Albany, NY Sun 10 Sutra 69 Subhakit 5124 | |
| Mesha Rasi: 29.44 | Tithi 27 – 28 | Gulika 4:18AM – 6:13AM | Krittika Until 2:25AM Sun | Ganesha: Purple | <i>Sunrise:</i> 4:18AM | Moon 6 - Phase 10 - 10 | |
| | | Yama 1:51PM – 3:46PM | Dhriti Until 7:23PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | 2nd Phase | |
| | | 325655471 Rahu 8:07AM – 10:02AM | Gara Until 3:48AM Sun | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Amrita Yoga | | Dvadashi* Until 2:40PM | Moon – White | | Devaloka Time: 6:PM to 9:PM | |
| Until 2:25AM Sun | | | | | | Jyeshtha-Ani | |
| Then Creative Work - Siddha Yoga | | | | | | Pradosha Vrata (Fasting) | |

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| 5 | | Sunday, June 26, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Albany, NY Sun 11 Sutra 70 Subhakit 5124 | |
| Virshabha Rasi: 11.41 | Tithi 28 – 29 | Gulika 3:46PM – 5:40PM | Rohini Until 5:33AM Mon | Ganesha: Light Blue | <i>Sunrise:</i> 4:18AM | Moon 6 - Phase 10 - 11 | |
| | | Yama 11:57AM – 1:51PM | Shula* Until 8:17PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | 2nd Phase | |
| | | 335655471 Rahu 5:40PM – 7:35PM | Visti Until 6:11AM Mon | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Siddha Yoga | | Trayodashi* Until 4:57PM | Moon – Yellow | | Devaloka Time: 6:PM to 9:PM | |
| Until 5:33AM Mon | | | | | | Jyeshtha-Ani | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|---------------------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|---|--|
| 6 | | Monday, June 27, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Albany, NY Sun 12 Sutra 71 Subhakit 5124 | |
| Virshabha Rasi: 23.32 | Tithi 29 | Gulika 1:51PM – 3:46PM | Mrigashira Until 8:37AM Tue | Ganesha: Light Blue | <i>Sunrise:</i> 4:19AM | Moon 6 - Phase 10 - 12 | |
| Family Home Evening | | Yama 10:02AM – 11:57AM | Ganda* Until 9:18PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | 2nd Phase | |
| | | 335655471 Rahu 6:13AM – 8:08AM | Visti Until 6:11AM | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 7:25PM | Moon – Yellow | | Devaloka Time: 6:PM to 9:PM | |
| Until 8:37AM Tue | | | | | | Jyeshtha-Ani | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---------------------------------|-------------|---------------------------------------|--------------------------------|--|------------------------|---|--|
| Retreat Star | | Tuesday, June 28, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Albany, NY Sun 13 Sutra 72 Subhakit 5124 | |
| Mithuna Rasi: 5.22 | Tithi 30 | Gulika 11:57AM – 1:51PM | Mrigashira Until 8:37AM | Ganesha: Purple | <i>Sunrise:</i> 4:19AM | Moon 6 - Phase 10 - 13 | |
| | | Yama 8:08AM – 10:02AM | Vriddhi Until 10:22PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | Amavasya | |
| | | 336655471 Rahu 3:46PM – 5:40PM | Catuspada Until 8:41AM | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Siddha Yoga | | Amavasya* Until 9:55PM | Moon – Yellow | | Devaloka Time: 6:PM to 9:PM | |
| Until 8:37AM | | | | | | Jyeshtha-Ani | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---------------------|-------------|--|------------------------------------|---|------------------------|---|--|
| Retreat Star | | Wednesday, June 29, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau | | Albany, NY Sun 14 Sutra 73 Subhakit 5124 | |
| Mithuna Rasi: 17.11 | Tithi 1 | Gulika 10:03AM – 11:57AM | Ardra Until 11:30AM | Ganesha: Purple | <i>Sunrise:</i> 4:19AM | Moon 6 - Phase 10 - 14 | |
| | | Yama 6:14AM – 8:08AM | Dhruva Until 11:22PM | Muruqa: Green | <i>Sunset:</i> 7:35PM | Prathama | |
| | | 336655471 Rahu 11:57AM – 1:52PM | Kintughna Until 11:10AM | Nataraja: Yellow | | Devaloka Day | |
| Creative Work | Siddha Yoga | | Prathama* Until 12:22AM Thu | Moon – Yellow | | Devaloka Time: 6:PM to 9:PM | |
| | | | | | | Ashada-Ani | |

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

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|----------|--------------------------------|-------------|---|-------------------------------|---|--|--|
| 1 | Thursday, June 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Albany, NY Sun 15 Sutra 74 Subhakrit 5124 |
| | Mithuna Rasi: 29.03 | Tithi 2 | Gulika 8:09AM – 10:03AM | Punarvasu Until 2:38PM | Ganesha: Light Blue <i>Sunrise:</i> 4:20AM | | |
| | | | Yama 4:20AM – 6:14AM | Vyaghata* Until 12:16AM Fri | Muruga: Green <i>Sunset:</i> 7:35PM | | Moon 6 - Phase 11 - 15 |
| | Creative Work | Amrita Yoga | 346655471 Rahu 1:52PM – 3:46PM | Balava Until 1:34PM | Nataraja: Yellow | | 3rd Phase |
| | | | Dvitiya Until 2:41AM Fri | Moon – Blue | Bhuloka Day | | |
| | | | | Ashada*Ani | Devaloka Time: 6:PM to 9:PM | | |

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| 2 | Friday, July 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Harshana Yoga Tailila/Gara Karana Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 75 Subhakrit 5124 |
| | Kataka Rasi: 10.58 | Tithi 3 | Gulika 6:15AM – 8:09AM | Pushya Until 5:26PM | Ganesha: Light Blue <i>Sunrise:</i> 4:20AM | | |
| | | | Yama 3:46PM – 5:40PM | Harshana Until 1:02AM Sat | Muruga: Green <i>Sunset:</i> 7:35PM | | Moon 6 - Phase 11 - 16 |
| | Routine Work | Marana Yoga | 346655471 Rahu 10:03AM – 11:58AM | Taitila Until 3:47PM | Nataraja: Yellow | | 3rd Phase |
| | | | Tritiya Until 4:47AM Sat | Moon – Blue | Bhuloka Day | | |
| | | | | Ashada*Ani | Devaloka Time: 6:PM to 9:PM | | |

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| 3 | Saturday, July 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vajra* Yoga Vanija/Visiti* Karana Chaturthyam Titau | | | | Albany, NY Sun 17 Sutra 76 Subhakrit 5124 |
| | Kataka Rasi: 22.57 | Tithi 4 | Gulika 4:21AM – 6:15AM | Ashlesha* Until 7:49PM | Ganesha: Light Blue <i>Sunrise:</i> 4:21AM | | |
| | | | Yama 1:52PM – 3:46PM | Vajra* Until 1:34AM Sun | Muruga: Green <i>Sunset:</i> 7:34PM | | Moon 6 - Phase 11 - 17 |
| | Routine Work | Marana Yoga | 346655471 Rahu 8:09AM – 10:04AM | Vanija Until 5:45PM | Nataraja: Yellow | | 3rd Phase |
| | | | Chaturthi* Until 6:36AM Sun | Moon – Blue | Bhuloka Day | | |
| | | | | Ashada*Ani | Devaloka Time: 6:PM to 9:PM | | |

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| 4 | Sunday, July 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Albany, NY Sun 18 Sutra 77 Subhakrit 5124 |
| | Simha Rasi: 5.04 | Tithi 4 – 5 | Gulika 3:46PM – 5:40PM | Magha* Until 10:12PM | Ganesha: Orange <i>Sunrise:</i> 4:22AM | | |
| | | | Yama 11:58AM – 1:52PM | Siddhi Until 1:50AM Mon | Muruga: Green <i>Sunset:</i> 7:34PM | | Moon 6 - Phase 11 - 18 |
| | Routine Work | Marana Yoga | 356655471 Rahu 5:40PM – 7:34PM | Bava Until 7:23PM | Nataraja: Yellow | | 3rd Phase |
| | | | Chaturthi* Until 6:36AM Sun | Moon – Red | Devaloka Day | | |
| | | | | Ashada*Ani | | | |

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| 5 | Monday, July 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Albany, NY Sun 19 Sutra 78 Subhakrit 5124 |
| | Simha Rasi: 17.2 | Tithi 5 – 6 | Gulika 1:52PM – 3:46PM | Purvaphalguni Until 11:59PM | Ganesha: Orange <i>Sunrise:</i> 4:22AM | | |
| | Family Home Evening | | Yama 10:04AM – 11:58AM | Vyatipata* Until 1:45AM Tue | Muruga: Green <i>Sunset:</i> 7:34PM | | Moon 6 - Phase 11 - 19 |
| | Creative Work | Siddha Yoga | 356655471 Rahu 6:16AM – 8:10AM | Kaulava Until 8:35PM | Nataraja: Yellow | | 3rd Phase |
| | | | Panchami Until 8:02AM | Moon – Red | Devaloka Day | | |
| | | | | Ashada*Ani | | | |

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| 6 | Tuesday, July 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Variyan Yoga Tailila/Gara Karana Shashthi/Saplamyam Titau | | | | Albany, NY Sun 20 Sutra 79 Subhakrit 5124 |
| | Simha Rasi: 29.48 | Tithi 6 – 7 | Gulika 11:58AM – 1:52PM | Uttaraphalguni Until 1:04AM Wed | Ganesha: Orange <i>Sunrise:</i> 4:23AM | | |
| | | | Yama 8:10AM – 10:04AM | Variyan Until 1:12AM Wed | Muruga: Green <i>Sunset:</i> 7:34PM | | Moon 6 - Phase 11 - 20 |
| | Creative Work | Amrita Yoga | 356655471 Rahu 3:46PM – 5:40PM | Gara Until 9:15PM | Nataraja: Yellow | | 3rd Phase |
| | | | Shashthi* Until 8:58AM | Moon – Red | Devaloka Day | | |
| | | | | Ashada*Ani | | | |

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| D | Wednesday, July 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Parigha* Yoga Vanija/Visiti* Karana Saplam/Ashtamyam Titau | | | | Albany, NY Sun 21 Sutra 80 Subhakrit 5124 |
| | Retreat Star | | Gulika 10:05AM – 11:58AM | Hasta Until 1:50AM Thu | Ganesha: Clear <i>Sunrise:</i> 4:23AM | | |
| | Kanya Rasi: 12.32 | Tithi 7 – 8 | Yama 6:17AM – 8:11AM | Parigha* Until 12:08AM Thu | Muruga: Green <i>Sunset:</i> 7:33PM | | Moon 6 - Phase 11 - 21 |
| | | | 467655471 Rahu 11:58AM – 1:52PM | Visiti Until 9:16PM | Nataraja: Yellow | | Ashtami |
| | | | Saptami Until 9:19AM | Moon – Green | Devaloka Day | | |
| | | | | Ashada*Ani | | | |

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| D | Thursday, July 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Albany, NY Sun 22 Sutra 81 Subhakrit 5124 |
| | Retreat Star | | Gulika 8:11AM – 10:05AM | Chitra Until 1:43AM Fri | Ganesha: Clear <i>Sunrise:</i> 4:24AM | | |
| | Kanya Rasi: 25.37 | Tithi 8 – 9 | Yama 4:24AM – 6:18AM | Shiva Until 10:31PM | Muruga: Green <i>Sunset:</i> 7:33PM | | Moon 6 - Phase 11 - 22 |
| | | | 467655471 Rahu 1:52PM – 3:46PM | Balava Until 8:33PM | Nataraja: Yellow | | Navami |
| | | | Ashtami* Until 8:59AM | Moon – Green | Devaloka Day | | |
| | | | | Ashada*Ani | | | |

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


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| 1 | | Friday, July 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 82 Subhakrit 5124 |
| Tula Rasi: 9.05 | Tithi 9 – 10 | Gulika 6:18AM – 8:12AM | Svati Until 12:43AM Sat | Ganesha: Clear | <i>Sunrise:</i> 4:25AM | | | |
| | | Yama 3:46PM – 5:39PM | Siddha Until 8:16PM | Muruqa: Green | <i>Sunset:</i> 7:33PM | Moon 6 - Phase 12 - 23 | | |
| 467655471 | | Rahu 10:05AM – 11:59AM | Taitila Until 7:07PM | Nataraja: Yellow | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Navami* Until 7:55AM | Moon – Green | | | Devaloka Day | |
| | | | | Ashada*Ani | | | | |

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| 2 | | Saturday, July 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Sadhya/Subha Yoga Gara/Visti* Karana Dashami/Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 83 Subhakrit 5124 |
| Tula Rasi: 23 | Tithi 10 – 11 | Gulika 4:25AM – 6:19AM | Vishakha Until 11:20PM | Ganesha: White | <i>Sunrise:</i> 4:25AM | | | |
| | | Yama 1:52PM – 3:46PM | Sadhya Until 5:27PM | Muruqa: Green | <i>Sunset:</i> 7:32PM | Moon 6 - Phase 12 - 24 | | |
| 477655471 | | Rahu 8:12AM – 10:05AM | Visti Until 3:39AM Sun | Nataraja: Yellow | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Dashami Until 6:07AM | Moon – Orange | | | Bhuloka Day | |
| | | | | Ashada*Ani | | | Devaloka Time: 6:PM to 9:PM | |

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| 3 | | Sunday, July 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Subha/Sukla Yoga Bava/Balava Karana Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 84 Subhakrit 5124 |
| Vrischika Rasi: 7.21 | Tithi 12 | Gulika 3:45PM – 5:39PM | Anuradha Until 9:13PM | Ganesha: White | <i>Sunrise:</i> 4:26AM | | | |
| | | Yama 11:59AM – 1:52PM | Subha Until 2:09PM | Muruqa: Green | <i>Sunset:</i> 7:32PM | Moon 6 - Phase 12 - 25 | | |
| 477655471 | | Rahu 5:39PM – 7:32PM | Bava Until 2:13PM | Nataraja: Yellow | | 4th Phase | | |
| Routine Work | Marana Yoga | | Dvadashi Until 12:37AM Mon | Moon – Orange | | | Bhuloka Day | |
| | | | | Ashada*Ani | | | Devaloka Time: 6:PM to 9:PM | |

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| 4 | | Monday, July 11, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 85 Subhakrit 5124 |
| Vrischika Rasi: 22.05 | Tithi 13 | Gulika 1:52PM – 3:45PM | Jyeshtha* Until 6:31PM | Ganesha: White | <i>Sunrise:</i> 4:27AM | | | |
| Family Home Evening | | Yama 10:06AM – 11:59AM | Sukla Until 10:24AM | Muruqa: Green | <i>Sunset:</i> 7:31PM | Moon 6 - Phase 12 - 26 | | |
| 477655471 | | Rahu 6:20AM – 8:13AM | Kaulava Until 10:57AM | Nataraja: Yellow | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Trayodashi Until 9:10PM | Moon – Orange | | | Bhuloka Day | |
| | | | | Ashada*Ani | | | Devaloka Time: 6:PM to 9:PM | |
| | | | | <i>Pradosha Vrata</i> | | | | |

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| 5 | | Tuesday, July 12, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma/Indra Yoga Gara/Visti* Karana Chaturdashy/Purnimayam Titau | | | | Albany, NY Sun 27 Sutra 86 Subhakrit 5124 |
| Dhanus Rasi: 7.08 | Tithi 14 – 15 | Gulika 11:59AM – 1:52PM | Mula* Until 3:46PM | Ganesha: White | <i>Sunrise:</i> 4:28AM | | | |
| | | Yama 8:13AM – 10:06AM | Brahma Until 6:22AM | Muruqa: Green | <i>Sunset:</i> 7:31PM | Moon 6 - Phase 12 - 27 | | |
| 488655471 | | Rahu 3:45PM – 5:38PM | Gara Until 7:20AM | Nataraja: Yellow | | 4th Phase | | |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 5:26PM | Moon – Light Blue | | | Sivaloka Day | |
| Until 3:46PM | | | | Ashada*Ani | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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|  | | Wednesday, July 13, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vaidhriti* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sun 28 Sutra 87 Subhakrit 5124 |
| Dhanus Rasi: 22.22 | Tithi 15 – 16 | Gulika 10:07AM – 11:59AM | Purvashadha* Until 12:46PM | Ganesha: Yellow | <i>Sunrise:</i> 4:28AM | | | |
| | | Yama 6:21AM – 8:14AM | Vaidhriti* Until 9:55PM | Muruqa: Green | <i>Sunset:</i> 7:30PM | Moon 6 - Phase 12 - Purnima | | |
| 488755471 | | Rahu 11:59AM – 1:52PM | Balava Until 11:41PM | Nataraja: Yellow | | | | |
| Creative Work | Amrita Yoga | | Purnima* Until 1:35PM | Moon – Light Blue | | | Devaloka Day | |
| | | | | Ashada*Ani | | | | |
| | | | | Satguru Purnima | | | | |

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| Thursday, July 14, 2022 | | Silver Retreat Star | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha*/Prili Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 29 Sutra 88 Subhakrit 5124 |
| Makara Rasi: 7.35 | Tithi 16 – 17 | Gulika 8:14AM – 10:07AM | Uttarashadha Until 9:40AM | Ganesha: Yellow | <i>Sunrise:</i> 4:29AM | | | |
| | | Yama 4:29AM – 6:22AM | Vishkambha* Until 5:47PM | Muruqa: Green | <i>Sunset:</i> 7:30PM | Moon 6 - Phase 12 - Prathama | | |
| 488755471 | | Rahu 1:52PM – 3:45PM | Taitila Until 7:59PM | Nataraja: Yellow | | | | |
| Routine Work | Marana Yoga | | Prathama* Until 9:47AM | Moon – Light Blue | | | Devaloka Day | |
| Until 9:40AM | | | | Ashada*Ani | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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



Friday, July 15, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Priti/Ayushman Yoga Gara/Visti* Karana Dvitiya/Tritiyayam Titau

Albany, NY
Sun 1
Sutra 89
Subhakrit 5124

Makara Rasi: 22.4 Tilthi 17 - 18

498755471

Gulika 6:22AM - 8:15AM
Yama 3:44PM - 5:37PM
Rahu 10:07AM - 12:00PM

Shravana Until 7:04AM
Priti Until 1:54PM
Visti Until 3:02AM Sat
Dvitiya Until 6:13AM

Ganesha: Blue *Sunrise:* 4:30AM
Muruqa: Green *Sunset:* 7:29PM
Nataraja: Yellow
Moon - Purple
Ashada*Ani

Bhuloka Day
Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga
Until 7:04AM
Then Creative Work - Siddha Yoga

1

Saturday, July 16, 2022

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

Albany, NY
Sun 2
Sutra 90
Subhakrit 5124

Kumbha Rasi: 7.25 Tilthi 19

498755471

Gulika 4:31AM - 6:23AM
Yama 1:52PM - 3:44PM
Rahu 8:15AM - 10:07AM

Shatabhishak Until 2:50AM Sun
Ayushman Until 10:22AM
Bava Until 1:40PM
Chaturthi* Until 12:25AM Sun

Ganesha: Blue *Sunrise:* 4:31AM
Muruqa: Green *Sunset:* 7:29PM
Nataraja: Yellow
Moon - Purple
Ashada*Adi

Bhuloka Day
Devaloka Time: 6:PM to 9:PM

Creative Work Amrita Yoga
Until 2:50AM Sun
Then Creative Work - Siddha Yoga

2

Sunday, July 17, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvaproshtapada* Nakshatra Saubhagya/Sobhana Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY
Sun 3
Sutra 91
Subhakrit 5124

Kumbha Rasi: 21.46 Tilthi 20

418755472

Gulika 3:44PM - 5:36PM
Yama 12:00PM - 1:52PM
Rahu 5:36PM - 7:28PM

Purvaproshtapada* Until 1:56AM Mon
Saubhagya Until 7:22AM
Kaulava Until 11:22AM
Panchami Until 10:29PM

Ganesha: White *Sunrise:* 4:32AM
Muruqa: Green *Sunset:* 7:28PM
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

Creative Work Siddha Yoga

3

Monday, July 18, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraproshtapada Nakshatra Athiganda* Yoga Gara/Vanija Karana Shashthyam Titau

Albany, NY
Sun 4
Sutra 92
Subhakrit 5124

Meena Rasi: 5.38 Tilthi 21

418755472

Gulika 1:52PM - 3:43PM
Yama 10:08AM - 12:00PM
Rahu 6:24AM - 8:16AM

Uttaraproshtapada Until 1:42AM Tue
Athiganda* Until 3:13AM Tue
Gara Until 9:50AM
Shashthi* Until 9:22PM

Ganesha: White *Sunrise:* 4:33AM
Muruqa: Green *Sunset:* 7:27PM
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

Family Home Evening
Creative Work Siddha Yoga

4

Tuesday, July 19, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati Nakshatra Sukarma Yoga Visti*/Bava Karana Saplamyam Titau

Albany, NY
Sun 5
Sutra 93
Subhakrit 5124

Meena Rasi: 19.01 Tilthi 22

419755472

Gulika 12:00PM - 1:51PM
Yama 8:17AM - 10:08AM
Rahu 3:43PM - 5:35PM

Revati Until 2:10AM Wed
Sukarma Until 2:11AM Wed
Visti Until 9:09AM
Saptami Until 9:06PM

Ganesha: Clear *Sunrise:* 4:33AM
Muruqa: Green *Sunset:* 7:26PM
Nataraja: White
Moon - Clear
Ashada*Adi

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

Creative Work Siddha Yoga
Until 2:10AM Wed
Then Routine Work - Marana Yoga

D

Wednesday, July 20, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam
Ashvini Nakshatra Dhriti Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY
Sun 6
Sutra 94
Subhakrit 5124

Mesha Rasi: 1.56 Tilthi 23

429755472

Gulika 10:09AM - 12:00PM
Yama 6:26AM - 8:17AM
Rahu 12:00PM - 1:51PM

Ashvini Until 3:46AM Thu
Dhriti Until 1:49AM Thu
Balava Until 9:19AM
Ashtami* Until 9:42PM

Ganesha: Purple *Sunrise:* 4:34AM
Muruqa: Green *Sunset:* 7:25PM
Nataraja: White
Moon - White
Ashada*Adi

Devaloka Day

Routine Work Marana Yoga
Until 3:46AM Thu
Then Creative Work - Siddha Yoga

Thursday, July 21, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam
Bharani Nakshatra Shula* Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY
Sun 7
Sutra 95
Subhakrit 5124

Mesha Rasi: 14.28 Tilthi 24

429755472

Gulika 8:18AM - 10:09AM
Yama 4:35AM - 6:26AM
Rahu 1:51PM - 3:42PM

Bharani Until 5:54AM Fri
Shula* Until 1:59AM Fri
Taitila Until 10:19AM
Navami* Until 11:03PM

Ganesha: Purple *Sunrise:* 4:35AM
Muruqa: Green *Sunset:* 7:25PM
Nataraja: White
Moon - White
Ashada*Adi

Devaloka Day

Creative Work Siddha Yoga


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|----------------------------------|-------------|---|---|--|------------------------|---------------------------------|--|
| 1 | | Friday, July 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika Nakshatra Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau | | Albany, NY Sun 8 Sutra 96 | |
| Mesha Rasi: 26.42 | Tithi 25 | Gulika 6:27AM – 8:18AM | Krittika Until 8:24AM Sat | Ganesha: Purple | <i>Sunrise:</i> 4:36AM | Subhakrit 5124 | |
| | | Yama 3:42PM – 5:33PM | Ganda* Until 2:37AM Sat | Muruqa: Green | <i>Sunset:</i> 7:24PM | Moon 7 - Phase 14 - 8 | |
| | | 429755472 Rahu 10:09AM – 12:00PM | Vanija Until 11:59AM | Nataraja: White | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 12:59AM Sat | Moon – White | | Devaloka Day | |
| Until 8:24AM Sat | | | | Ashada*Adi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 2 | | Saturday, July 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi Yoga Bava/Balava Karana Ekadashyam Titau | | Albany, NY Sun 9 Sutra 97 | |
| Visshabha Rasi: 8.43 | Tithi 26 | Gulika 4:37AM – 6:28AM | Krittika Until 8:24AM | Ganesha: Purple | <i>Sunrise:</i> 4:37AM | Subhakrit 5124 | |
| | | Yama 1:51PM – 3:41PM | Vriddhi Until 3:32AM Sun | Muruqa: Green | <i>Sunset:</i> 7:23PM | Moon 7 - Phase 14 - 9 | |
| | | 429755472 Rahu 8:19AM – 10:09AM | Bava Until 2:08PM | Nataraja: White | | 2nd Phase | |
| Creative Work | Amrita Yoga | | Ekadashi* Until 3:18AM Sun | Moon – White | | Devaloka Day | |
| | | | | Ashada*Adi | | | |

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| 3 | | Sunday, July 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau | | Albany, NY Sun 10 Sutra 98 | |
| Visshabha Rasi: 20.35 | Tithi 27 | Gulika 3:41PM – 5:32PM | Rohini Until 11:32AM | Ganesha: Clear | <i>Sunrise:</i> 4:38AM | Subhakrit 5124 | |
| | | Yama 12:00PM – 1:51PM | Dhruva Until 4:34AM Mon | Muruqa: Green | <i>Sunset:</i> 7:22PM | Moon 7 - Phase 14 - 10 | |
| | | 439755472 Rahu 5:32PM – 7:22PM | Kaulava Until 4:34PM | Nataraja: White | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dvadashi* Until 5:49AM Mon | Moon – Yellow | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

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| 4 | | Monday, July 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Vyaghata* Yoga Gara Karana Trayodashyam Titau | | Albany, NY Sun 11 Sutra 99 | |
| Mithuna Rasi: 2.25 | Tithi 28 | Gulika 1:50PM – 3:41PM | Mrigashira Until 2:37PM | Ganesha: Clear | <i>Sunrise:</i> 4:39AM | Subhakrit 5124 | |
| Family Home Evening | | Yama 10:10AM – 12:00PM | Vyaghata* Until 5:38AM Tue | Muruqa: Green | <i>Sunset:</i> 7:21PM | Moon 7 - Phase 14 - 11 | |
| Creative Work | Amrita Yoga | 439755472 Rahu 6:29AM – 8:20AM | Gara Until 7:06PM | Nataraja: White | | 2nd Phase | |
| Until 2:37PM | | | Trayodashi* Until 8:20AM Tue | Moon – Yellow | | Bhuloka Day | |
| Then Creative Work - Siddha Yoga | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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| 5 | | Tuesday, July 26, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Albany, NY Sun 12 Sutra 100 | |
| Mithuna Rasi: 14.14 | Tithi 28 – 29 | Gulika 12:00PM – 1:50PM | Ardra Until 5:30PM | Ganesha: Red | <i>Sunrise:</i> 4:40AM | Subhakrit 5124 | |
| | | Yama 8:20AM – 10:10AM | Harshana Until 6:37AM Wed | Muruqa: Green | <i>Sunset:</i> 7:20PM | Moon 7 - Phase 14 - 12 | |
| | | 431755472 Rahu 3:40PM – 5:30PM | Visti Until 9:34PM | Nataraja: White | | 2nd Phase | |
| Routine Work | Marana Yoga | | Trayodashi* Until 8:20AM | Moon – Yellow | | Bhuloka Day | |
| Until 5:30PM | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|  | | Wednesday, July 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Albany, NY Sun 13 Sutra 101 | |
| Retreat Star | | Gulika 10:10AM – 12:00PM | Punarvasu Until 8:35PM | Ganesha: Yellow | <i>Sunrise:</i> 4:41AM | Subhakrit 5124 | |
| Mithuna Rasi: 26.05 | Tithi 29 – 30 | Yama 6:31AM – 8:20AM | Harshana Until 6:37AM | Muruqa: Green | <i>Sunset:</i> 7:19PM | Moon 7 - Phase 14 - 13 | |
| | | 441755472 Rahu 12:00PM – 1:50PM | Catuspada Until 11:52PM | Nataraja: White | | Amavasya | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 10:44AM | Moon – Blue | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

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| Retreat Star | | Thursday, July 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Albany, NY Sun 14 Sutra 102 | |
| Kataka Rasi: 8.01 | Tithi 30 – 1 | Gulika 8:21AM – 10:10AM | Pushya Until 11:16PM | Ganesha: Yellow | <i>Sunrise:</i> 4:42AM | Subhakrit 5124 | |
| | | Yama 4:42AM – 6:31AM | Vajra* Until 7:26AM | Muruqa: Green | <i>Sunset:</i> 7:18PM | Moon 7 - Phase 14 - 14 | |
| | | 441755472 Rahu 1:50PM – 3:39PM | Kintughna Until 1:57AM Fri | Nataraja: White | | Prathama | |
| Creative Work | Amrita Yoga | | Amavasya* Until 12:55PM | Moon – Blue | | Bhuloka Day | |
| Until 11:16PM | | | | Sravana*Adi | | Devaloka Time: 9:AM to12:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

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| 1 | | Friday, July 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Siddhi/Vyatiyata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 15 Sutra 103 Subhakrit 5124 |
| Kataka Rasi: 20.02 | Tithi 1 – 2 | Gulika 6:32AM – 8:21AM | Ashlesha* Until 1:31AM Sat | Ganesha: Yellow | <i>Sunrise:</i> 4:43AM | Muruqa: Green | <i>Sunset:</i> 7:17PM | Moon 7 - Phase 15 - 15 3rd Phase |
| Routine Work | Marana Yoga | Yama 3:39PM – 5:28PM | Siddhi Until 8:04AM | Nataraja: White | | Moon – Blue | | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Until 1:31AM Sat | | 441755472 Rahu 10:11AM – 12:00PM | Balava Until 3:44AM Sat | | | Sravana*Adi | | |
| Then Creative Work - Amrita Yoga | | | Prathama* Until 2:51PM | | | | | |

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| 2 | | Saturday, July 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 104 Subhakrit 5124 |
| Simha Rasi: 2.11 | Tithi 2 – 3 | Gulika 4:44AM – 6:33AM | Magha* Until 3:48AM Sun | Ganesha: Red | <i>Sunrise:</i> 4:44AM | Muruqa: Green | <i>Sunset:</i> 7:16PM | Moon 7 - Phase 15 - 16 3rd Phase |
| Creative Work | Amrita Yoga | Yama 1:49PM – 3:38PM | Vyatipata* Until 8:30AM | Nataraja: White | | Moon – Red | | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Until 3:48AM Sun | | 451755472 Rahu 8:22AM – 10:11AM | Taitila Until 5:12AM Sun | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | Dvitiya Until 4:29PM | | | | | |

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| 3 | | Sunday, July 31, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau | | | | Albany, NY Sun 17 Sutra 105 Subhakrit 5124 |
| Simha Rasi: 14.27 | Tithi 3 – 4 | Gulika 3:37PM – 5:26PM | Purvaphalguni Until 5:35AM Mon | Ganesha: Red | <i>Sunrise:</i> 4:45AM | Muruqa: Green | <i>Sunset:</i> 7:15PM | Moon 7 - Phase 15 - 17 3rd Phase |
| Creative Work | Siddha Yoga | Yama 12:00PM – 1:49PM | Variyan Until 8:39AM | Nataraja: White | | Moon – Red | | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Until 3:48AM Sun | | 451755472 Rahu 5:26PM – 7:15PM | Vanija Until 6:19AM Mon | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | Tritiya Until 5:47PM | | | | | |

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| 4 | | Monday, August 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Albany, NY Sun 18 Sutra 106 Subhakrit 5124 |
| Simha Rasi: 26.52 | Tithi 4 | Gulika 1:48PM – 3:37PM | Uttaraphalguni Until 6:48AM Tue | Ganesha: Red | <i>Sunrise:</i> 4:46AM | Muruqa: Green | <i>Sunset:</i> 7:14PM | Moon 7 - Phase 15 - 18 3rd Phase |
| Family Home Evening | | Yama 10:11AM – 12:00PM | Parigha* Until 8:32AM | Nataraja: White | | Moon – Red | | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Creative Work | Siddha Yoga | 451755472 Rahu 6:34AM – 8:23AM | Vanija Until 6:19AM | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | Chaturthi* Until 6:43PM | | | | | |

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| 5 | | Tuesday, August 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY Sun 19 Sutra 107 Subhakrit 5124 |
| Kanya Rasi: 9.29 | Tithi 5 | Gulika 12:00PM – 1:48PM | Uttaraphalguni Until 6:48AM | Ganesha: Red | <i>Sunrise:</i> 4:47AM | Muruqa: Green | <i>Sunset:</i> 7:13PM | Moon 7 - Phase 15 - 19 3rd Phase |
| Creative Work | Amrita Yoga | Yama 8:23AM – 10:12AM | Shiva Until 8:06AM | Nataraja: White | | Moon – Red | | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Until 6:48AM | | 451755472 Rahu 3:36PM – 5:24PM | Bava Until 7:02AM | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | Nag Panchami | Panchami Until 7:12PM | | | | | |

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| 6 | | Wednesday, August 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Albany, NY Sun 20 Sutra 108 Subhakrit 5124 |
| Kanya Rasi: 22.18 | Tithi 6 | Gulika 10:12AM – 12:00PM | Hasta Until 7:53AM | Ganesha: Blue | <i>Sunrise:</i> 4:48AM | Muruqa: Green | <i>Sunset:</i> 7:11PM | Moon 7 - Phase 15 - 20 3rd Phase |
| Routine Work | Marana Yoga | Yama 6:36AM – 8:24AM | Siddha Until 7:17AM | Nataraja: White | | Moon – Green | | Devaloka Day |
| Until 7:53AM | | 461755472 Rahu 12:00PM – 1:48PM | Kaulava Until 7:17AM | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | Shashthi* Until 7:11PM | | | | | |

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| Retreat Star | | Thursday, August 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY Sun 21 Sutra 109 Subhakrit 5124 |
| Tula Rasi: 5.23 | Tithi 7 | Gulika 8:24AM – 10:12AM | Chitra Until 8:17AM | Ganesha: Blue | <i>Sunrise:</i> 4:49AM | Muruqa: White | <i>Sunset:</i> 7:10PM | Moon 7 - Phase 15 - 21 3rd Phase |
| Creative Work | Siddha Yoga | Yama 4:49AM – 6:37AM | Sadhya Until 6:03AM | Nataraja: White | | Moon – Green | | Devaloka Day |
| Until 8:17AM | | 461765472 Rahu 1:47PM – 3:35PM | Gara Until 7:00AM | | | Sravana*Adi | | |
| Then Creative Work - Amrita Yoga | | | Saptami Until 6:37PM | | | | | |

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| Retreat Star | | Friday, August 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Sukla Yoga Visti*/Balava Karana Ashtami/Navamyam Titau | | | | Albany, NY Sun 22 Sutra 110 Subhakrit 5124 |
| Tula Rasi: 18.47 | Tithi 8 – 9 | Gulika 6:37AM – 8:25AM | Svati Until 7:58AM | Ganesha: Blue | <i>Sunrise:</i> 4:50AM | Muruqa: White | <i>Sunset:</i> 7:09PM | Moon 7 - Phase 15 - 22 Ashtami |
| Creative Work | Siddha Yoga | Yama 3:34PM – 5:22PM | Sukla Until 2:09AM Sat | Nataraja: White | | Moon – Green | | Devaloka Day |
| Until 8:17AM | | 461765472 Rahu 10:12AM – 11:59AM | Visti Until 6:07AM | | | Sravana*Adi | | |
| Then Creative Work - Amrita Yoga | | Varalakshmi Vratam | Ashtami* Until 5:26PM | | | | | |

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| Retreat Star | | Saturday, August 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 111 Subhakrit 5124 |
| Vrischika Rasi: 2.34 | Tithi 9 – 10 | Gulika 4:51AM – 6:38AM | Vishakha Until 7:19AM | Ganesha: White | <i>Sunrise:</i> 4:51AM | Muruqa: White | <i>Sunset:</i> 7:08PM | Moon 7 - Phase 15 - 23 Navami |
| Creative Work | Siddha Yoga | Yama 1:46PM – 3:34PM | Brahma Until 11:28PM | Nataraja: White | | Moon – Orange | | Bhuloka Day |
| Until 8:17AM | | 472765472 Rahu 8:25AM – 10:12AM | Taitila Until 2:32AM Sun | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | Navami* Until 3:38PM | | | | | |

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

All times are standard time. Calculated for Albany, NY on 4/26/20

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| 1 Sunday, August 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 112 Subhakrit 5124 |
| Vrischika Rasi: 16.42 | Tithi 10 – 11 | Gulika 3:33PM – 5:20PM | Jyeshtha* Until 3:53AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 4:52AM | |
| | | Yama 11:59AM – 1:46PM | Indra Until 8:20PM | Muruqa: White | <i>Sunset:</i> 7:06PM | Moon 7 - Phase 16 - 24 |
| | 472865472 | Rahu 5:20PM – 7:06PM | Vanija Until 11:55PM | Nataraja: White | | 4th Phase |
| Routine Work | Marana Yoga | | Dashami Until 1:16PM | Moon – Orange | | Bhuloka Day |
| Until 3:53AM Mon | | | | Sravana*Adi | | Devaloka Time: 9:AM to12:PM |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 2 Monday, August 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 113 Subhakrit 5124 |
| Dhanus Rasi: 1.12 | Tithi 11 – 12 | Gulika 1:46PM – 3:32PM | Mula* Until 1:41AM Tue | Ganesha: White | <i>Sunrise:</i> 4:53AM | |
| Family Home Evening | | Yama 10:13AM – 11:59AM | Vaidhriti* Until 4:48PM | Muruqa: White | <i>Sunset:</i> 7:05PM | Moon 7 - Phase 16 - 25 |
| | 482865472 | Rahu 6:40AM – 8:26AM | Bava Until 8:51PM | Nataraja: White | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 10:25AM | Moon – Light Blue | | Devaloka Day |
| | | | | Sravana*Adi | | |

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| 3 Tuesday, August 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Vishkambha*/Prili Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 114 Subhakrit 5124 |
| Dhanus Rasi: 16 | Tithi 12 – 13 | Gulika 11:59AM – 1:45PM | Purvashadha* Until 11:04PM | Ganesha: White | <i>Sunrise:</i> 4:54AM | |
| | | Yama 8:27AM – 10:13AM | Vishkambha* Until 12:59PM | Muruqa: White | <i>Sunset:</i> 7:02PM | Moon 7 - Phase 16 - 26 |
| | 482865472 | Rahu 3:31PM – 5:18PM | Taitila Until 3:41AM Wed | Nataraja: White | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 7:10AM | Moon – Light Blue | | Devaloka Day |
| Until 11:04PM | | | | Sravana*Adi | | Tour Day |
| Then Routine Work - Prabararishta Yoga | | | <i>Pradosha Vrata</i> | | | |

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|-------------------------------------|-------------|--|---------------------------------------|------------------------|------------------------|---|
| 4 Wednesday, August 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 115 Subhakrit 5124 |
| Makara Rasi: 1 | Tithi 14 | Gulika 10:13AM – 11:59AM | Uttarashadha Until 8:11PM | Ganesha: White | <i>Sunrise:</i> 4:55AM | |
| | | Yama 6:41AM – 8:27AM | Priti Until 9:01AM | Muruqa: White | <i>Sunset:</i> 7:02PM | Moon 7 - Phase 16 - 27 |
| | 482865472 | Rahu 11:59AM – 1:45PM | Gara Until 1:55PM | Nataraja: White | | 4th Phase |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 12:06AM Thu | Moon – Light Blue | | Devaloka Day |
| Until 8:11PM | | | | Sravana*Adi | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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|----------------------------------|-------------|--|------------------------------|------------------------|------------------------|---|
| Thursday, August 11, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau | | | | Albany, NY Sun 27 Sutra 116 Subhakrit 5124 |
| Makara Rasi: 16.04 | Tithi 15 | Gulika 8:28AM – 10:13AM | Shravana Until 5:36PM | Ganesha: Clear | <i>Sunrise:</i> 4:56AM | |
| | | Yama 4:56AM – 6:42AM | Saubhagya Until 1:02AM Fri | Muruqa: White | <i>Sunset:</i> 7:01PM | Moon 7 - Phase 16 - |
| | 492865472 | Rahu 1:44PM – 3:30PM | Visti Until 10:20AM | Nataraja: White | | Purnima |
| Creative Work | Siddha Yoga | | Purnima* Until 8:35PM | Moon – Purple | | Bhuloka Day |
| | | Raksha Bandhan | | Sravana*Adi | | Devaloka Time: 9:AM to12:PM |

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|--------------------------------|---------------|---|--------------------------------|------------------------|------------------------|---|
| Friday, August 12, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sobhana Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 27 Sutra 117 Subhakrit 5124 |
| Kumbha Rasi: 1.02 | Tithi 16 – 17 | Gulika 6:43AM – 8:28AM | Dhanishtha Until 3:06PM | Ganesha: Clear | <i>Sunrise:</i> 4:57AM | |
| | | Yama 3:29PM – 5:14PM | Sobhana Until 9:20PM | Muruqa: White | <i>Sunset:</i> 7:00PM | Moon 7 - Phase 16 - |
| | 492865472 | Rahu 10:13AM – 11:59AM | Balava Until 6:55AM | Nataraja: White | | Prathama |
| Creative Work | Siddha Yoga | | Prathama* Until 5:18PM | Moon – Purple | | Bhuloka Day |
| | | | | Sravana*Adi | | Devaloka Time: 9:AM to12:PM |

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



Saturday, August 13, 2022
Gold Retreat Star

Kumbha Rasi: 15.46 Tithi 17 - 18

492865472

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

Gulika 4:58AM - 6:43AM
Yama 1:43PM - 3:28PM
Rahu 8:28AM - 10:13AM

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Shatabhishak/Purvaprosarthapada* Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Dvilya/Trilyayam Titau

Shatabhishak Until 12:51PM
Athiganda* Until 5:59PM
Vanija Until 1:13AM Sun
Dvitiya Until 2:26PM

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: White *Sunset: 6:58PM*
Nataraja: White
Moon - Purple
Sravana*Adi

Albany, NY
Sun 1
Sutra 118
Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase

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

1

Sunday, August 14, 2022

Meena Rasi: 0.07 Tithi 18 - 19

412865472

Creative Work Siddha Yoga
Until 11:27AM
Then Creative Work - Amrita Yoga

Gulika 3:27PM - 5:12PM
Yama 11:58AM - 1:43PM
Rahu 5:12PM - 6:57PM

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam
Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Trilya/Chaturthyam Titau

Purvaprosarthapada* Until 11:27AM
Sukarma Until 3:08PM
Bava Until 11:16PM
Tritiya Until 12:08PM

Ganesha: Yellow *Sunrise: 5:00AM*
Muruqa: White *Sunset: 6:57PM*
Nataraja: White
Moon - Clear
Sravana*Adi

Albany, NY
Sun 2
Sutra 119
Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase

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

2

Monday, August 15, 2022

Meena Rasi: 14.02 Tithi 19 - 20

412865472

Family Home Evening
Creative Work Siddha Yoga

Gulika 1:42PM - 3:27PM
Yama 10:14AM - 11:58AM
Rahu 6:45AM - 8:29AM

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraprosarthapada*/Revati Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Uttaraprosarthapada Until 10:37AM
Dhriti Until 12:53PM
Kaulava Until 10:05PM
Chaturthi* Until 10:33AM

Ganesha: Yellow *Sunrise: 5:01AM*
Muruqa: White *Sunset: 6:55PM*
Nataraja: White
Moon - Clear
Sravana*Adi

Albany, NY
Sun 3
Sutra 120
Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase

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

3

Tuesday, August 16, 2022

Meena Rasi: 27.28 Tithi 20 - 21

412865472

Creative Work Siddha Yoga

Gulika 11:58AM - 1:42PM
Yama 8:30AM - 10:14AM
Rahu 3:26PM - 5:10PM

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati/Ashvini Nakshatra Shula*/Ganda* Yoga Taila/Gara Karana Panchami/Shashthyam Titau

Revati Until 10:27AM
Shula* Until 11:18AM
Gara Until 9:46PM
Panchami Until 9:48AM

Ganesha: Yellow *Sunrise: 5:02AM*
Muruqa: White *Sunset: 6:54PM*
Nataraja: White
Moon - Clear
Sravana*Avani

Albany, NY
Sun 4
Sutra 121
Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase

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

4

Wednesday, August 17, 2022

Mesha Rasi: 10.26 Tithi 21 - 22

522865472

Routine Work Marana Yoga
Until 11:27AM
Then Creative Work - Siddha Yoga

Gulika 10:14AM - 11:58AM
Yama 6:46AM - 8:30AM
Rahu 11:58AM - 1:41PM

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Ashvini/Bharani Nakshatra Ganda*/Vridhhi Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Ashvini Until 11:27AM
Ganda* Until 10:25AM
Visti Until 10:19PM
Shashthi* Until 9:55AM

Ganesha: Yellow *Sunrise: 5:03AM*
Muruqa: White *Sunset: 6:52PM*
Nataraja: White
Moon - White
Sravana*Avani

Albany, NY
Sun 5
Sutra 122
Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase

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

5

Thursday, August 18, 2022

Retreat Star

Mesha Rasi: 23 Tithi 22 - 23

522865472

Creative Work Siddha Yoga
Until 1:06PM
Then Routine Work - Marana Yoga

Gulika 8:31AM - 10:14AM
Yama 5:04AM - 6:47AM
Rahu 1:41PM - 3:24PM

Krishna Janmashtami

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Bharani/Krittika Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Bharani Until 1:06PM
Vridhhi Until 10:12AM
Balava Until 11:40PM
Saptami Until 10:53AM

Ganesha: Yellow *Sunrise: 5:04AM*
Muruqa: White *Sunset: 6:51PM*
Nataraja: White
Moon - White
Sravana*Avani

Albany, NY
Sun 6
Sutra 123
Subhakrit 5124
Moon 8 - Phase 17 - 6
Ashtami

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

Friday, August 19, 2022

Retreat Star

Vrishabha Rasi: 5.15 Tithi 23 - 24

523865472

Creative Work Siddha Yoga
Until 3:16PM
Then Routine Work - Marana Yoga

Gulika 6:48AM - 8:31AM
Yama 3:23PM - 5:06PM
Rahu 10:14AM - 11:57AM

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam
Krittika/Rohini Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taila Karana Ashtami/Navamyam Titau

Krittika Until 3:16PM
Dhruva Until 10:30AM
Taila Until 1:37AM Sat
Ashtami* Until 12:33PM

Ganesha: White *Sunrise: 5:05AM*
Muruqa: White *Sunset: 6:49PM*
Nataraja: White
Moon - White
Sravana*Avani

Albany, NY
Sun 7
Sutra 124
Subhakrit 5124
Moon 8 - Phase 17 - 7
Navami

Bhuloka Day

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|----------------------------------|---------------|----------------------------------|-----------------------------|--|------------------------|---|-----------------------|
| 1 | | Saturday, August 20, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Rohini Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | Albany, NY Sun 8 Sutra 125 Subhakit 5124 | |
| Wrishabha Rasi: 17.16 | Tithi 24 – 25 | Gulika 5:06AM – 6:49AM | Rohini Until 6:13PM | Ganesha: Yellow | <i>Sunrise:</i> 5:06AM | Muruqa: White | <i>Sunset:</i> 6:48PM |
| | 533865472 | Yama 1:40PM – 3:22PM | Vyaghata* Until 11:13AM | Nataraja: White | | | Moon 8 - Phase 18 - 8 |
| Creative Work | Amrita Yoga | Rahu 8:31AM – 10:14AM | Vanija Until 3:57AM Sun | Moon – Yellow | | Bhuloka Day | 2nd Phase |
| Until 6:13PM | | | Navami* Until 2:44PM | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Sunday, August 21, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Albany, NY Sun 9 Sutra 126 Subhakit 5124 | |
| Wrishabha Rasi: 29.09 | Tithi 25 – 26 | Gulika 3:21PM – 5:04PM | Mrigashira Until 9:14PM | Ganesha: Yellow | <i>Sunrise:</i> 5:07AM | Muruqa: White | <i>Sunset:</i> 6:46PM |
| | 533865472 | Yama 11:57AM – 1:39PM | Harshana Until 12:11PM | Nataraja: White | | | Moon 8 - Phase 18 - 9 |
| Creative Work | Siddha Yoga | Rahu 5:04PM – 6:46PM | Bava Until 6:27AM Mon | Moon – Yellow | | Bhuloka Day | 2nd Phase |
| | | | Dashami Until 5:10PM | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |

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| 3 | | Monday, August 22, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ardra Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Ekadashyam Titau | | Albany, NY Sun 10 Sutra 127 Subhakit 5124 | |
| Mithuna Rasi: 10.59 | Tithi 26 | Gulika 1:38PM – 3:21PM | Ardra Until 12:05AM Tue | Ganesha: Yellow | <i>Sunrise:</i> 5:08AM | Muruqa: White | <i>Sunset:</i> 6:45PM |
| Family Home Evening | 533865472 | Yama 10:14AM – 11:56AM | Vajra* Until 1:11PM | Nataraja: White | | | Moon 8 - Phase 18 - 10 |
| Creative Work | Siddha Yoga | Rahu 6:50AM – 8:32AM | Bava Until 6:27AM | Moon – Yellow | | Bhuloka Day | 2nd Phase |
| | | | Ekadashi* Until 7:40PM | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |

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| 4 | | Tuesday, August 23, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Dvadashyam Titau | | Albany, NY Sun 11 Sutra 128 Subhakit 5124 | |
| Mithuna Rasi: 22.5 | Tithi 27 | Gulika 11:56AM – 1:38PM | Punarvasu Until 3:08AM Wed | Ganesha: Blue | <i>Sunrise:</i> 5:09AM | Muruqa: White | <i>Sunset:</i> 6:43PM |
| | 543865472 | Yama 8:33AM – 10:14AM | Siddhi Until 2:07PM | Nataraja: White | | | Moon 8 - Phase 18 - 11 |
| Creative Work | Siddha Yoga | Rahu 3:20PM – 5:01PM | Kaulava Until 8:54AM | Moon – Blue | | Bhuloka Day | 2nd Phase |
| | | | Dvadashi* Until 10:02PM | Sravana-Avani | | | |

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| 5 | | Wednesday, August 24, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyatipata*/Variyan Yoga Gara/Vanija Karana Trayodashyam Titau | | Albany, NY Sun 12 Sutra 129 Subhakit 5124 | |
| Kataka Rasi: 4.45 | Tithi 28 | Gulika 10:14AM – 11:56AM | Pushya Until 5:45AM Thu | Ganesha: Blue | <i>Sunrise:</i> 5:10AM | Muruqa: White | <i>Sunset:</i> 6:42PM |
| | 543865472 | Yama 6:52AM – 8:33AM | Vyatipata* Until 2:54PM | Nataraja: White | | | Moon 8 - Phase 18 - 12 |
| Creative Work | Siddha Yoga | Rahu 11:56AM – 1:37PM | Gara Until 11:08AM | Moon – Blue | | Bhuloka Day | 2nd Phase |
| | | | Trayodashi* Until 12:08AM Thu | Sravana-Avani | | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 6 | | Thursday, August 25, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Variyan/Parigha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | Albany, NY Sun 13 Sutra 130 Subhakit 5124 | |
| Kataka Rasi: 16.47 | Tithi 29 | Gulika 8:33AM – 10:14AM | Ashlesha* Until 7:51AM Fri | Ganesha: Blue | <i>Sunrise:</i> 5:11AM | Muruqa: White | <i>Sunset:</i> 6:40PM |
| | 543865472 | Yama 5:11AM – 6:52AM | Variyan Until 3:24PM | Nataraja: White | | | Moon 8 - Phase 18 - 13 |
| Creative Work | Siddha Yoga | Rahu 1:37PM – 3:18PM | Visti Until 1:04PM | Moon – Blue | | Bhuloka Day | 2nd Phase |
| Until 7:51AM Fri | | | Chaturdashi* Until 1:53AM Fri | Sravana-Avani | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| Retreat Star | | Friday, August 26, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Parigha*/Shiva Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | Albany, NY Sun 14 Sutra 131 Subhakit 5124 | |
| Kataka Rasi: 28.58 | Tithi 30 | Gulika 6:53AM – 8:34AM | Ashlesha* Until 7:51AM | Ganesha: Blue | <i>Sunrise:</i> 5:12AM | Muruqa: White | <i>Sunset:</i> 6:38PM |
| | 543865472 | Yama 3:17PM – 4:58PM | Parigha* Until 3:38PM | Nataraja: White | | | Moon 8 - Phase 18 - 14 |
| Routine Work | Marana Yoga | Rahu 10:15AM – 11:55AM | Catuspada Until 2:38PM | Moon – Blue | | Bhuloka Day | Amavasya |
| | | | Amavasya* Until 3:15AM Sat | Sravana-Avani | | | |

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| Retreat Star | | Saturday, August 27, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Shiva/Siddha Yoga Kintughna*/Bava Karana Prathamayam Titau | | Albany, NY Sun 15 Sutra 132 Subhakit 5124 | |
| Simha Rasi: 11.18 | Tithi 1 | Gulika 5:13AM – 6:54AM | Magha* Until 9:54AM | Ganesha: Blue | <i>Sunrise:</i> 5:13AM | Muruqa: White | <i>Sunset:</i> 6:37PM |
| | 553865473 | Yama 1:35PM – 3:16PM | Shiva Until 3:35PM | Nataraja: Clear | | | Moon 8 - Phase 18 - 15 |
| Creative Work | Amrita Yoga | Rahu 8:34AM – 10:15AM | Kintughna Until 3:49PM | Moon – Red | | Bhuloka Day | Prathama |
| Until 9:54AM | | | Prathama* Until 4:14AM Sun | Bhadrapada-Avani | | Devaloka Time: 6:PM to 9:PM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

All times are standard time. Calculated for Albany, NY on 4/26/20

www.gurudeva.org/panchang

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| 1 Sunday, August 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Albany, NY Sun 16 Sutra 133 Subhakrit 5124 |
| Simha Rasi: 23.49 | Tithi 2 | Gulika 3:15PM – 4:55PM | Purvaphalguni Until 11:24AM | Ganesha: Blue | <i>Sunrise:</i> 5:14AM | |
| | | Yama 11:55AM – 1:35PM | Siddha Until 3:11PM | Muruqa: White | <i>Sunset:</i> 6:35PM | Moon 8 - Phase 19 - 16 |
| | | 553865473 Rahu 4:55PM – 6:35PM | Balava Until 4:36PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Dvitiya Until 4:49AM Mon | Moon – Red | | Bhuloka Day |
| Until 11:24AM | | | | Bhadrapada-Avani | | Devaloka Time: 6:PM to 9:PM |
| Then Creative Work - Amrita Yoga | | | | | | |

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| 2 Monday, August 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Trityayam Titau | | | | Albany, NY Sun 17 Sutra 134 Subhakrit 5124 |
| Kanya Rasi: 6.3 | Tithi 3 | Gulika 1:34PM – 3:14PM | Uttaraphalguni Until 12:22PM | Ganesha: Blue | <i>Sunrise:</i> 5:15AM | |
| Family Home Evening | | Yama 10:15AM – 11:54AM | Sadhya Until 2:30PM | Muruqa: White | <i>Sunset:</i> 6:33PM | Moon 8 - Phase 19 - 17 |
| | | 553865473 Rahu 6:55AM – 8:35AM | Taitila Until 4:59PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Tritiya Until 5:01AM Tue | Moon – Red | | Bhuloka Day |
| | | | | Bhadrapada-Avani | | Devaloka Time: 6:PM to 9:PM |

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| 3 Tuesday, August 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Albany, NY Sun 18 Sutra 135 Subhakrit 5124 |
| Kanya Rasi: 19.23 | Tithi 4 | Gulika 11:54AM – 1:33PM | Hasta Until 1:17PM | Ganesha: Blue | <i>Sunrise:</i> 5:16AM | |
| | | Yama 8:35AM – 10:15AM | Subha Until 1:32PM | Muruqa: White | <i>Sunset:</i> 6:32PM | Moon 8 - Phase 19 - 18 |
| | | 563865473 Rahu 3:13PM – 4:52PM | Vanija Until 5:00PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Chaturthi* Until 4:51AM Wed | Moon – Green | | Bhuloka Day |
| | | Ganesha Chaturthi | | Bhadrapada-Avani | | Devaloka Time: 6:PM to 9:PM |

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| 4 Wednesday, August 31, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY Sun 19 Sutra 136 Subhakrit 5124 |
| Tula Rasi: 2.26 | Tithi 5 | Gulika 10:15AM – 11:54AM | Chitra Until 1:39PM | Ganesha: Red | <i>Sunrise:</i> 5:18AM | |
| | | Yama 6:57AM – 8:36AM | Sukla Until 12:14PM | Muruqa: White | <i>Sunset:</i> 6:30PM | Moon 8 - Phase 19 - 19 |
| | | 563965473 Rahu 11:54AM – 1:33PM | Bava Until 4:38PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Panchami Until 4:17AM Thu | Moon – Green | | Devaloka Day |
| | | | | Bhadrapada-Avani | | |

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| 5 Thursday, September 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Albany, NY Sun 20 Sutra 137 Subhakrit 5124 |
| Tula Rasi: 15.43 | Tithi 6 | Gulika 8:36AM – 10:15AM | Svati Until 1:30PM | Ganesha: Red | <i>Sunrise:</i> 5:19AM | |
| | | Yama 5:19AM – 6:57AM | Brahma Until 10:38AM | Muruqa: White | <i>Sunset:</i> 6:28PM | Moon 8 - Phase 19 - 20 |
| | | 563965473 Rahu 1:32PM – 3:11PM | Kaulava Until 3:52PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Amrita Yoga | | Shashthi* Until 3:18AM Fri | Moon – Green | | Devaloka Day |
| Until 1:30PM | | | | Bhadrapada-Avani | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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| 6 Friday, September 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY Sun 21 Sutra 138 Subhakrit 5124 |
| Tula Rasi: 29.13 | Tithi 7 | Gulika 6:58AM – 8:36AM | Vishakha Until 1:14PM | Ganesha: Yellow | <i>Sunrise:</i> 5:20AM | |
| | | Yama 3:10PM – 4:48PM | Indra Until 8:43AM | Muruqa: White | <i>Sunset:</i> 6:27PM | Moon 8 - Phase 19 - 21 |
| | | 574965473 Rahu 10:15AM – 11:53AM | Gara Until 2:41PM | Nataraja: Clear | | 3rd Phase |
| Creative Work | Siddha Yoga | | Saptami Until 1:55AM Sat | Moon – Orange | | Devaloka Day |
| | | | | Bhadrapada-Avani | | |

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|-----------------------|-------------|--|-----------------------------------|-------------------------|------------------------|---|
| Retreat Star | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vaidhriti*/Vishakha* Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Albany, NY Sun 22 Sutra 139 Subhakrit 5124 |
| Vrischika Rasi: 12.57 | Tithi 8 | Gulika 5:21AM – 6:59AM | Anuradha Until 12:24PM | Ganesha: Yellow | <i>Sunrise:</i> 5:21AM | |
| | | Yama 1:31PM – 3:09PM | Vaidhriti* Until 6:26AM | Muruqa: White | <i>Sunset:</i> 6:25PM | Moon 8 - Phase 19 - 22 |
| | | 574965473 Rahu 8:37AM – 10:15AM | Visti Until 1:05PM | Nataraja: Clear | | Ashtami |
| Creative Work | Siddha Yoga | | Ashtami* Until 12:07AM Sun | Moon – Orange | | Devaloka Day |
| | | | | Bhadrapada-Avani | | |

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| Retreat Star | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Priti Yoga Balava/Kaulava Karana Navamyam Titau | | | | Albany, NY Sun 23 Sutra 140 Subhakrit 5124 |
| Vrischika Rasi: 26.57 | Tithi 9 | Gulika 3:08PM – 4:46PM | Jyeshtha* Until 11:01AM | Ganesha: Yellow | <i>Sunrise:</i> 5:22AM | |
| | | Yama 11:52AM – 1:30PM | Priti Until 12:55AM Mon | Muruqa: White | <i>Sunset:</i> 6:23PM | Moon 8 - Phase 19 - 23 |
| | | 574965473 Rahu 4:46PM – 6:23PM | Balava Until 11:05AM | Nataraja: Clear | | Navami |
| Routine Work | Marana Yoga | | Navami* Until 9:55PM | Moon – Orange | | Devaloka Day |
| Until 11:01AM | | | | Bhadrapada-Avani | | |
| Then Creative Work - Amrita Yoga | | | | | | |

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


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| 1 | | Monday, September 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula*Purvashadha* Nakshatra Ayushman Yoga Taitila/Gara Karana Dashamyam Titau | | Albany, NY Sun 24 Sutra 141 Subhakrit 5124 | |
| Dhanus Rasi: 11.12 | Tithi 10 | Gulika | 1:29PM – 3:07PM | Mula* Until 9:32AM | Ganesha: White | <i>Sunrise:</i> 5:23AM | |
| Family Home Evening | 584965473 | Yama | 10:15AM – 11:52AM | Ayushman Until 9:42PM | Muruqa: White | <i>Sunset:</i> 6:21PM | Moon 8 - Phase 20 - 24 |
| Creative Work | Siddha Yoga | Rahu | 7:00AM – 8:37AM | Taitila Until 8:42AM | Nataraja: Clear | | 4th Phase |
| Until 9:32AM | | | | Dashami Until 7:22PM | Moon – Light Blue | Bhuloka Day | |
| Then Routine Work - Marana Yoga | | | | | Bhadrapada*Avani | Devaloka Time: 6:PM to 9:PM | |

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| 2 | | Tuesday, September 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau | | Albany, NY Sun 25 Sutra 142 Subhakrit 5124 | |
| Dhanus Rasi: 25.41 | Tithi 11 – 12 | Gulika | 11:52AM – 1:29PM | Purvashadha* Until 7:36AM | Ganesha: White | <i>Sunrise:</i> 5:24AM | |
| | 584965473 | Yama | 8:38AM – 10:15AM | Saubhagya Until 6:16PM | Muruqa: White | <i>Sunset:</i> 6:20PM | Moon 8 - Phase 20 - 25 |
| Creative Work | Siddha Yoga | Rahu | 3:06PM – 4:43PM | Vanija Until 6:00AM | Nataraja: Clear | | 4th Phase |
| Until 7:36AM | | | | Ekadashi Until 4:33PM | Moon – Light Blue | Bhuloka Day | |
| Then Routine Work - Prabararishta Yoga | | | | | Bhadrapada*Avani | Devaloka Time: 6:PM to 9:PM | |

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| 3 | | Wednesday, September 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sobhana/Alhiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Albany, NY Sun 26 Sutra 143 Subhakrit 5124 | |
| Makara Rasi: 10.19 | Tithi 12 – 13 | Gulika | 10:15AM – 11:51AM | Shravana Until 3:15AM Thu | Ganesha: Clear | <i>Sunrise:</i> 5:25AM | |
| | 594965473 | Yama | 7:02AM – 8:38AM | Sobhana Until 2:44PM | Muruqa: White | <i>Sunset:</i> 6:18PM | Moon 8 - Phase 20 - 26 |
| Creative Work | Siddha Yoga | Rahu | 11:51AM – 1:28PM | Kaulava Until 12:04AM Thu | Nataraja: Clear | | 4th Phase |
| | | | | Dvadashi Until 1:34PM | Moon – Purple | Devaloka Day | |
| | | | | | Bhadrapada*Avani | | |

Pradosha Vrata

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| 4 | | Thursday, September 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Alhiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | Albany, NY Sun 27 Sutra 144 Subhakrit 5124 | |
| Makara Rasi: 25.01 | Tithi 13 – 14 | Gulika | 8:39AM – 10:15AM | Dhanishtha Until 1:04AM Fri | Ganesha: Clear | <i>Sunrise:</i> 5:26AM | |
| | 594965473 | Yama | 5:26AM – 7:02AM | Athiganda* Until 11:09AM | Muruqa: White | <i>Sunset:</i> 6:16PM | Moon 8 - Phase 20 - 27 |
| Creative Work | Siddha Yoga | Rahu | 1:27PM – 3:04PM | Gara Until 9:05PM | Nataraja: Clear | | 4th Phase |
| | | | | Chidambaram Abhishekam | Moon – Purple | Devaloka Day | |
| | | | | Trayodashi Until 10:33AM | Bhadrapada*Avani | | |

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|  | | Friday, September 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | Albany, NY Sun 28 Sutra 145 Subhakrit 5124 | |
| Copper Retreat Star | | Gulika | 7:03AM – 8:39AM | Shatabhishak Until 10:58PM | Ganesha: Clear | <i>Sunrise:</i> 5:27AM | |
| Kumbha Rasi: 9.39 | Tithi 14 – 15 | Yama | 3:03PM – 4:39PM | Sukarma Until 7:40AM | Muruqa: White | <i>Sunset:</i> 6:15PM | Moon 8 - Phase 20 - |
| | 594965473 | Rahu | 10:15AM – 11:51AM | Visti Until 6:17PM | Nataraja: Clear | | Purnima |
| Creative Work | Siddha Yoga | | | Chaturdashi* Until 7:38AM | Moon – Purple | Devaloka Day | |
| | | | | | Bhadrapada*Avani | | |

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| 5 | | Saturday, September 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau | | Albany, NY Sun 29 Sutra 146 Subhakrit 5124 | |
| Silver Retreat Star | | Gulika | 5:28AM – 7:04AM | Purvaproshtapada* Until 9:31PM | Ganesha: Clear | <i>Sunrise:</i> 5:28AM | |
| Kumbha Rasi: 24.07 | Tithi 16 | Yama | 1:26PM – 3:02PM | Shula* Until 1:28AM Sun | Muruqa: White | <i>Sunset:</i> 6:13PM | Moon 8 - Phase 20 - |
| | 514965473 | Rahu | 8:39AM – 10:15AM | Balava Until 3:49PM | Nataraja: Clear | | Prathama |
| Routine Work | Marana Yoga | | | Prathama* Until 2:45AM Sun | Moon – Clear | Devaloka Day | |
| Until 9:31PM | | | | | Bhadrapada*Avani | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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



Sunday, September 11, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Uttaraproshtapada Nakshatra Ganda* Yoga Taitila/Gara Karana Dviliyayam Titau

Albany, NY
Sutra 147

Meena Rasi: 8.17 Tithi 17

514965473

Gulika 3:01PM – 4:36PM
Yama 11:50AM – 1:25PM
Rahu 4:36PM – 6:11PM

Uttaraproshtapada Until 8:27PM
Ganda* Until 10:59PM
Taitila Until 1:51PM

Ganesha: Clear *Sunrise:* 5:29AM
Muruqa: White *Sunset:* 6:11PM

Moon 9 - Phase 21 -
1st Phase

Creative Work Amrita Yoga

Grandparent's Day

Dvitiya Until 1:05AM Mon

Bhadrapada-Avani

Devaloka Day

1

Monday, September 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Revati Nakshatra Vriddhi Yoga Vanija/Visti* Karana Triliyayam Titau

Albany, NY
Sun 1 Sutra 148

Meena Rasi: 22.05 Tithi 18

514965473

Gulika 1:25PM – 3:00PM
Yama 10:15AM – 11:50AM
Rahu 7:05AM – 8:40AM

Revati Until 7:55PM
Vriddhi Until 9:04PM
Vanija Until 12:31PM
Tritiya Until 12:06AM Tue

Ganesha: Clear *Sunrise:* 5:30AM
Muruqa: White *Sunset:* 6:09PM

Moon 9 - Phase 21 - 1
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Bhadrapada-Avani

Devaloka Day

2

Tuesday, September 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashvini Nakshatra Dhruva Yoga Bava/Balava Karana Chaturthiyam Titau

Albany, NY
Sun 2 Sutra 149

Mesha Rasi: 5.29 Tithi 19

524965473

Gulika 11:49AM – 1:24PM
Yama 8:40AM – 10:15AM
Rahu 2:58PM – 4:33PM

Ashvini Until 8:25PM
Dhruva Until 7:44PM
Balava Until 11:56AM
Chaturthi* Until 11:55PM

Ganesha: White *Sunrise:* 5:31AM
Muruqa: White *Sunset:* 6:08PM

Moon 9 - Phase 21 - 2
1st Phase

Creative Work Siddha Yoga

Bhadrapada-Avani

Bhuloka Day
Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam
Bharani Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Panchamyam Titau

Albany, NY
Sun 3 Sutra 150

Mesha Rasi: 18.27 Tithi 20

524965473

Gulika 10:15AM – 11:49AM
Yama 7:06AM – 8:41AM
Rahu 11:49AM – 1:23PM

Bharani Until 9:34PM
Vyaghata* Until 7:03PM
Kaulava Until 12:09PM
Panchami Until 12:32AM Thu

Ganesha: White *Sunrise:* 5:32AM
Muruqa: White *Sunset:* 6:06PM

Moon 9 - Phase 21 - 3
1st Phase

Creative Work Siddha Yoga

Bhadrapada-Avani

Bhuloka Day
Devaloka Time: 6:PM to 9:PM

Until 9:34PM
Then Creative Work - Amrita Yoga

4

Thursday, September 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Krittika Nakshatra Harshana Yoga Gara/Vanija Karana Shashthyam Titau

Albany, NY
Sun 4 Sutra 151

Vrishabha Rasi: 1.02 Tithi 21

525965473

Gulika 8:41AM – 10:15AM
Yama 5:33AM – 7:07AM
Rahu 1:22PM – 2:56PM

Krittika Until 11:17PM
Harshana Until 6:59PM
Gara Until 1:08PM
Shashthi* Until 1:53AM Fri

Ganesha: Clear *Sunrise:* 5:33AM
Muruqa: White *Sunset:* 6:04PM

Moon 9 - Phase 21 - 4
1st Phase

Routine Work Marana Yoga

Bhadrapada-Avani

Devaloka Day

5

Friday, September 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Rohini Nakshatra Vajra* Yoga Visti*/Bava Karana Saptamyam Titau

Albany, NY
Sun 5 Sutra 152

Vrishabha Rasi: 13.19 Tithi 22

535965473

Gulika 7:08AM – 8:41AM
Yama 2:55PM – 4:29PM
Rahu 10:15AM – 11:48AM

Rohini Until 1:55AM Sat
Vajra* Until 7:22PM
Visti Until 2:49PM
Saptami Until 3:50AM Sat

Ganesha: White *Sunrise:* 5:34AM
Muruqa: White *Sunset:* 6:02PM

Moon 9 - Phase 21 - 5
1st Phase

Routine Work Marana Yoga

Bhadrapada-Puratasi

Sivaloka Day

Until 1:55AM Sat
Then Creative Work - Siddha Yoga

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Saturday, September 17, 2022
Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Mrigashira Nakshatra Siddhi Yoga Balava/Kaulava Karana Ashtamyam Titau

Albany, NY
Sun 6 Sutra 153

Vrishabha Rasi: 25.22 Tithi 23

535965473

Gulika 5:35AM – 7:09AM
Yama 1:21PM – 2:54PM
Rahu 8:42AM – 10:15AM

Mrigashira Until 4:44AM Sun
Siddhi Until 8:06PM
Balava Until 4:58PM
Ashtami* Until 6:09AM Sun

Ganesha: White *Sunrise:* 5:35AM
Muruqa: White *Sunset:* 6:00PM

Moon 9 - Phase 21 - 6
Ashtami

Creative Work Siddha Yoga

Bhadrapada-Puratasi

Sivaloka Day

Sunday, September 18, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Ardra Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Albany, NY
Sun 7 Sutra 154

Mithuna Rasi: 7.17 Tithi 23 – 24

535965473

Gulika 2:53PM – 4:26PM
Yama 11:48AM – 1:20PM
Rahu 4:26PM – 5:59PM

Ardra Until 7:33AM Mon
Vyatipata* Until 9:01PM
Taitila Until 7:23PM
Ashtami* Until 6:09AM

Ganesha: White *Sunrise:* 5:37AM
Muruqa: White *Sunset:* 5:59PM

Moon 9 - Phase 21 - 7
Navami

Creative Work Siddha Yoga

Bhadrapada-Puratasi

Sivaloka Day

Until 7:33AM Mon
Then Creative Work - Amrita 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

All times are standard time. Calculated for Albany, NY on 4/26/20

www.gurudeva.org/panchang

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| 1 | | Monday, September 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanjia Karana Navami/Dashamyam Titau | | Albany, NY Sun 8 Sutra 155 Subhakrit 5124 | |
| Mithuna Rasi: 19.08 | Tithi 24 – 25 | Gulika | 1:20PM – 2:52PM | Ardra Until 7:33AM | Ganesha: White | <i>Sunrise:</i> 5:38AM | |
| Family Home Evening | 535965473 | Yama | 10:15AM – 11:47AM | Variyan Until 9:54PM | Muruqa: White | <i>Sunset:</i> 5:57PM | Moon 9 - Phase 22 - 8 |
| Creative Work | Siddha Yoga | Rahu | 7:10AM – 8:42AM | Vanjia Until 9:49PM | Nataraja: Clear | | 2nd Phase |
| Until 7:33AM | | | | Navami* Until 8:36AM | Moon – Yellow | | Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | | | Bhadrapada-Puratasi | | |

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| 2 | | Tuesday, September 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Albany, NY Sun 9 Sutra 156 Subhakrit 5124 | |
| Kataka Rasi: 1.02 | Tithi 25 – 26 | Gulika | 11:47AM – 1:19PM | Punarvasu Until 10:36AM | Ganesha: Yellow | <i>Sunrise:</i> 5:39AM | |
| | 545965473 | Yama | 8:43AM – 10:15AM | Parigha* Until 10:40PM | Muruqa: White | <i>Sunset:</i> 5:55PM | Moon 9 - Phase 22 - 9 |
| Creative Work | Siddha Yoga | Rahu | 2:51PM – 4:23PM | Bava Until 12:05AM Wed | Nataraja: Clear | | 2nd Phase |
| | | | | Dashami Until 10:58AM | Moon – Blue | | Devaloka Day |
| | | | | | Bhadrapada-Puratasi | | |

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| 3 | | Wednesday, September 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Albany, NY Sun 10 Sutra 157 Subhakrit 5124 | |
| Kataka Rasi: 13.01 | Tithi 26 – 27 | Gulika | 10:15AM – 11:47AM | Pushya Until 1:15PM | Ganesha: Yellow | <i>Sunrise:</i> 5:40AM | |
| | 545965473 | Yama | 7:11AM – 8:43AM | Shiva Until 11:12PM | Muruqa: White | <i>Sunset:</i> 5:53PM | Moon 9 - Phase 22 - 10 |
| Creative Work | Siddha Yoga | Rahu | 11:47AM – 1:18PM | Kaulava Until 1:59AM Thu | Nataraja: Clear | | 2nd Phase |
| | | | | Ekadashi* Until 1:04PM | Moon – Blue | | Devaloka Day |
| | | | | | Bhadrapada-Puratasi | | |

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| 4 | | Thursday, September 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Siddha Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau | | Albany, NY Sun 11 Sutra 158 Subhakrit 5124 | |
| Kataka Rasi: 25.08 | Tithi 27 – 28 | Gulika | 8:44AM – 10:15AM | Ashlesha* Until 3:20PM | Ganesha: Yellow | <i>Sunrise:</i> 5:41AM | |
| | 545965473 | Yama | 5:41AM – 7:12AM | Siddha Until 11:21PM | Muruqa: White | <i>Sunset:</i> 5:52PM | Moon 9 - Phase 22 - 11 |
| Creative Work | Siddha Yoga | Rahu | 1:18PM – 2:49PM | Gara Until 3:27AM Fri | Nataraja: Clear | | 2nd Phase |
| Until 3:20PM | | | | Dvadashi* Until 2:46PM | Moon – Blue | | Devaloka Day |
| Then Creative Work - Amrita Yoga | | | | | Bhadrapada-Puratasi | | |
| | | | | | <i>Pradosha Vrata (Fasting)</i> | | |

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| 5 | | Friday, September 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sadhya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Albany, NY Sun 12 Sutra 159 Subhakrit 5124 | |
| Simha Rasi: 7.27 | Tithi 28 – 29 | Gulika | 7:13AM – 8:44AM | Magha* Until 5:18PM | Ganesha: Red | <i>Sunrise:</i> 5:42AM | |
| | 555965473 | Yama | 2:48PM – 4:19PM | Sadhya Until 11:09PM | Muruqa: White | <i>Sunset:</i> 5:50PM | Moon 9 - Phase 22 - 12 |
| Routine Work | Marana Yoga | Rahu | 10:15AM – 11:46AM | Visti Until 4:26AM Sat | Nataraja: Clear | | 2nd Phase |
| Until 5:18PM | | | | Trayodashi* Until 3:59PM | Moon – Red | | Devaloka Day |
| Then Creative Work - Siddha Yoga | | | | | Bhadrapada-Puratasi | | |

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| 6 | | Saturday, September 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Subha Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Albany, NY Sun 13 Sutra 160 Subhakrit 5124 | |
| Simha Rasi: 19.59 | Tithi 29 – 30 | Gulika | 5:43AM – 7:14AM | Purvaphalguni Until 6:36PM | Ganesha: Green | <i>Sunrise:</i> 5:43AM | |
| | 556965473 | Yama | 1:16PM – 2:47PM | Subha Until 10:34PM | Muruqa: White | <i>Sunset:</i> 5:48PM | Moon 9 - Phase 22 - 13 |
| Creative Work | Siddha Yoga | Rahu | 8:44AM – 10:15AM | Catuspada Until 4:53AM Sun | Nataraja: Clear | | 2nd Phase |
| Until 6:36PM | | | | Chaturdashi* Until 4:42PM | Moon – Red | | Bhuloka Day |
| Then Routine Work - Marana Yoga | | | | | Bhadrapada-Puratasi | | Devaloka Time: 6:PM to 9:PM |

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| ● | | Sunday, September 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Albany, NY Sun 14 Sutra 161 Subhakrit 5124 | |
| Retreat Star | | Gulika | 2:46PM – 4:16PM | Uttaraphalguni Until 7:15PM | Ganesha: Blue | <i>Sunrise:</i> 5:44AM | |
| Kanya Rasi: 2.45 | Tithi 30 – 1 | Yama | 11:45AM – 1:15PM | Sukla Until 9:33PM | Muruqa: White | <i>Sunset:</i> 5:46PM | Moon 9 - Phase 22 - 14 |
| | 556165473 | Rahu | 4:16PM – 5:46PM | Kintughna Until 4:50AM Mon | Nataraja: Clear | | Amavasya |
| Creative Work | Amrita Yoga | | | Amavasya* Until 4:54PM | Moon – Red | | Bhuloka Day |
| | | | | | Bhadrapada-Puratasi | | Devaloka Time: 6:PM to 9:PM |
| | | | | | Mahalaya Amavasai (Tamil Nadu) | | |

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|--|-------------|---------------------|-------------------|---|-------------------------|---|-----------------------------|
| Monday, September 26, 2022 | | Retreat Star | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Albany, NY Sun 15 Sutra 162 Subhakrit 5124 | |
| Kanya Rasi: 15.46 | Tithi 1 – 2 | Gulika | 1:15PM – 2:45PM | Hasta Until 7:45PM | Ganesha: Blue | <i>Sunrise:</i> 5:45AM | |
| Family Home Evening | 566165473 | Yama | 10:15AM – 11:45AM | Brahma Until 8:11PM | Muruqa: White | <i>Sunset:</i> 5:44PM | Moon 9 - Phase 22 - 15 |
| Creative Work | Siddha Yoga | Rahu | 7:15AM – 8:45AM | Balava Until 4:21AM Tue | Nataraja: Clear | | Prathama |
| Until 7:45PM | | | | Prathama* Until 4:38PM | Moon – Green | | Bhuloka Day |
| Then Routine Work - Prabalarishta Yoga | | | | | Ashvina-Puratasi | | Devaloka Time: 6:PM to 9:PM |
| | | | | | Navaratri Begins | | |

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. Calculated for Albany, NY on 4/26/20

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|---|------------------------------------|-------------|--|----------------------------|------------------------|-----------------------------|---|
| 1 | Tuesday, September 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 163 Subhakrit 5124 |
| | Kanya Rasi: 29 | Tithi 2 – 3 | Gulika 11:44AM – 1:14PM | Chitra Until 7:41PM | Ganesha: Blue | <i>Sunrise:</i> 5:46AM | |
| | | | Yama 8:45AM – 10:15AM | Indra Until 6:31PM | Muruqa: White | <i>Sunset:</i> 5:43PM | Moon 9 - Phase 23 - 16 |
| | Creative Work | Siddha Yoga | 666165473 Rahu 2:44PM – 4:13PM | Taitila Until 3:29AM Wed | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 3:57PM | Moon – Green | | Bhuloka Day | |
| | | | | Ashvina+Puratasi | | Devaloka Time: 6:PM to 9:PM | |

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|---|--------------------------------------|-------------|---|---------------------------|------------------------|-----------------------------|---|
| 2 | Wednesday, September 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau | | | | Albany, NY Sun 17 Sutra 164 Subhakrit 5124 |
| | Tula Rasi: 12.28 | Tithi 3 – 4 | Gulika 10:15AM – 11:44AM | Svati Until 7:09PM | Ganesha: Blue | <i>Sunrise:</i> 5:47AM | |
| | | | Yama 7:16AM – 8:46AM | Vaidhriti* Until 4:32PM | Muruqa: White | <i>Sunset:</i> 5:41PM | Moon 9 - Phase 23 - 17 |
| | Creative Work | Siddha Yoga | 666165473 Rahu 11:44AM – 1:13PM | Vanija Until 2:17AM Thu | Nataraja: Clear | | 3rd Phase |
| | | | Tritiya Until 2:54PM | Moon – Green | | Bhuloka Day | |
| | | | | Ashvina+Puratasi | | Devaloka Time: 6:PM to 9:PM | |

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|---|-------------------------------------|-------------|---|------------------------------|------------------------|-----------------------------|---|
| 3 | Thursday, September 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Albany, NY Sun 18 Sutra 165 Subhakrit 5124 |
| | Tula Rasi: 26.05 | Tithi 4 – 5 | Gulika 8:46AM – 10:15AM | Vishakha Until 6:37PM | Ganesha: Blue | <i>Sunrise:</i> 5:48AM | |
| | | | Yama 5:48AM – 7:17AM | Vishkambha* Until 2:19PM | Muruqa: White | <i>Sunset:</i> 5:39PM | Moon 9 - Phase 23 - 18 |
| | Creative Work | Siddha Yoga | 676165473 Rahu 1:13PM – 2:41PM | Bava Until 12:49AM Fri | Nataraja: Clear | | 3rd Phase |
| | | | Chaturthi* Until 1:34PM | Moon – Orange | | Bhuloka Day | |
| | | | | Ashvina+Puratasi | | Devaloka Time: 6:PM to 9:PM | |

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|---|-----------------------------------|-------------|---|------------------------------|------------------------|-----------------------------|---|
| 4 | Friday, September 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Albany, NY Sun 19 Sutra 166 Subhakrit 5124 |
| | Vrischika Rasi: 9.53 | Tithi 5 – 6 | Gulika 7:18AM – 8:46AM | Anuradha Until 5:41PM | Ganesha: Blue | <i>Sunrise:</i> 5:49AM | |
| | | | Yama 2:40PM – 4:09PM | Priti Until 11:56AM | Muruqa: White | <i>Sunset:</i> 5:37PM | Moon 9 - Phase 23 - 19 |
| | Creative Work | Siddha Yoga | 676165473 Rahu 10:15AM – 11:43AM | Kaulava Until 11:07PM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 11:58AM | Moon – Orange | | Bhuloka Day | |
| | | | | Ashvina+Puratasi | | Devaloka Time: 6:PM to 9:PM | |

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|---|----------------------------------|-------------|--|-------------------------------|------------------------|-----------------------------|---|
| 5 | Saturday, October 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Albany, NY Sun 20 Sutra 167 Subhakrit 5124 |
| | Vrischika Rasi: 23.49 | Tithi 6 – 7 | Gulika 5:51AM – 7:19AM | Jyeshtha* Until 4:26PM | Ganesha: Blue | <i>Sunrise:</i> 5:51AM | |
| | | | Yama 1:11PM – 2:39PM | Ayushman Until 9:21AM | Muruqa: White | <i>Sunset:</i> 5:36PM | Moon 9 - Phase 23 - 20 |
| | Creative Work | Siddha Yoga | 687166473 Rahu 8:47AM – 10:15AM | Gara Until 9:13PM | Nataraja: Clear | | 3rd Phase |
| | | | Shashthi* Until 10:10AM | Moon – Orange | | Bhuloka Day | |
| | | | | Ashvina+Puratasi | | Devaloka Time: 6:PM to 9:PM | |

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|---|--------------------------------|-------------|---|---------------------------|------------------------|------------------------|---|
| D | Sunday, October 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Albany, NY Sun 21 Sutra 168 Subhakrit 5124 |
| | Retreat Star | | Gulika 2:38PM – 4:06PM | Mula* Until 3:17PM | Ganesha: Blue | <i>Sunrise:</i> 5:52AM | |
| | Dhanus Rasi: 7.52 | Tithi 7 – 8 | Yama 11:43AM – 1:11PM | Saubhagya Until 6:38AM | Muruqa: Green | <i>Sunset:</i> 5:34PM | Moon 9 - Phase 23 - 21 |
| | Creative Work | Amrita Yoga | 687166473 Rahu 4:06PM – 5:34PM | Visti Until 7:10PM | Nataraja: Clear | | Ashtami |
| | | | Saptami Until 8:12AM | Moon – Light Blue | | Sivaloka Day | |
| | | | | Ashvina+Puratasi | | | |

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| D | Monday, October 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda* Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau | | | | Albany, NY Sun 22 Sutra 169 Subhakrit 5124 |
| | Retreat Star | | Gulika 1:10PM – 2:37PM | Purvashadha* Until 1:52PM | Ganesha: Blue | <i>Sunrise:</i> 5:53AM | |
| | Dhanus Rasi: 22 | Tithi 8 – 9 | Yama 10:15AM – 11:42AM | Athiganda* Until 12:51AM Tue | Muruqa: Green | <i>Sunset:</i> 5:32PM | Moon 9 - Phase 23 - 22 |
| | Family Home Evening | | 687166473 Rahu 7:20AM – 8:48AM | Kaulava Until 3:50AM Tue | Nataraja: Clear | | Navami |
| | | | Ashtami* Until 6:05AM | Moon – Light Blue | | Sivaloka Day | |
| | | | | Ashvina+Puratasi | | | |

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

All times are standard time. Calculated for Albany, NY on 4/26/20

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|----------------------------------|--------------------|---------------------------------|------------------|---|------------------------|------------------------|------------------------|---|
| 1 | | Tuesday, October 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sukarna Yoga Taitila/Gara Karana Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 170 Subhakrit 5124 |
| Makara Rasi: 6.13 | Tithi 10 | Gulika | 11:42AM – 1:09PM | Uttarashadha Until 12:12PM | Ganesha: Blue | <i>Sunrise:</i> 5:54AM | | |
| | | Yama | 8:48AM – 10:15AM | Sukarna Until 9:50PM | Muruqa: Green | <i>Sunset:</i> 5:31PM | Moon 9 - Phase 24 - 23 | |
| | | 687166473 Rahu | 2:36PM – 4:03PM | Taitila Until 2:43PM | Nataraja: Clear | | 4th Phase | |
| Routine Work | Prabalarishta Yoga | | | Dashami Until 1:32AM Wed | Moon – Light Blue | | Sivaloka Day | |
| Until 12:12PM | | | | | Ashvina+Puratasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 2 | | Wednesday, October 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Vanija/Vistli* Karana Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 171 Subhakrit 5124 |
| Makara Rasi: 20.29 | Tithi 11 | Gulika | 10:15AM – 11:42AM | Shravana Until 10:46AM | Ganesha: Yellow | <i>Sunrise:</i> 5:55AM | | |
| | | Yama | 7:22AM – 8:48AM | Dhriti Until 6:50PM | Muruqa: Green | <i>Sunset:</i> 5:29PM | Moon 9 - Phase 24 - 24 | |
| | | 697166473 Rahu | 11:42AM – 1:09PM | Vanija Until 12:24PM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | | Ekadashi Until 11:14PM | Moon – Purple | | Devaloka Day | |
| Until 10:46AM | | Vijaya Dasami | | | Ashvina+Puratasi | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | | |

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| 3 | | Thursday, October 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 172 Subhakrit 5124 |
| Kumbha Rasi: 4.44 | Tithi 12 | Gulika | 8:49AM – 10:15AM | Dhanishtha Until 9:14AM | Ganesha: Yellow | <i>Sunrise:</i> 5:56AM | | |
| | | Yama | 5:56AM – 7:22AM | Shula* Until 3:51PM | Muruqa: Green | <i>Sunset:</i> 5:27PM | Moon 9 - Phase 24 - 25 | |
| | | 697166473 Rahu | 1:08PM – 2:34PM | Bava Until 10:07AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | | Dvadashi Until 9:00PM | Moon – Purple | | Devaloka Day | |
| | | Kadaitswami Mahasamadhi | | | Ashvina+Puratasi | | | |

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| 4 | | Friday, October 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaprossthapada* Nakshatra Ganda*/Vridhni Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 173 Subhakrit 5124 |
| Kumbha Rasi: 18.55 | Tithi 13 | Gulika | 7:23AM – 8:49AM | Shatabhishak Until 7:41AM | Ganesha: Yellow | <i>Sunrise:</i> 5:57AM | | |
| | | Yama | 2:33PM – 3:59PM | Ganda* Until 1:01PM | Muruqa: Green | <i>Sunset:</i> 5:25PM | Moon 9 - Phase 24 - 26 | |
| | | 697166473 Rahu | 10:15AM – 11:41AM | Kaulava Until 7:58AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | | Trayodashi Until 6:58PM | Moon – Purple | | Devaloka Day | |
| | | Chidambaram Abhishekam | | | Ashvina+Puratasi | | | |
| | | | | | | | | <i>Pradosha Vrata</i> |

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| 5 | | Saturday, October 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Vridhni/Dhruva Yoga Gara/Visti* Karana Chaturdashni/Purnimayam Titau | | | | Albany, NY Sun 27 Sutra 174 Subhakrit 5124 |
| Meena Rasi: 2.56 | Tithi 14 – 15 | Gulika | 5:58AM – 7:24AM | Purvaprossthapada* Until 6:39AM | Ganesha: White | <i>Sunrise:</i> 5:58AM | | |
| | | Yama | 1:07PM – 2:32PM | Vridhni Until 10:25AM | Muruqa: Green | <i>Sunset:</i> 5:24PM | Moon 9 - Phase 24 - 27 | |
| | | 618166474 Rahu | 8:50AM – 10:15AM | Gara Until 6:04AM | Nataraja: Purple | | 4th Phase | |
| Routine Work | Marana Yoga | | | Chaturdashni* Until 5:13PM | Moon – Clear | | Bhuloka Day | |
| Until 6:39AM | | | | | Ashvina+Puratasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| ○ | | Sunday, October 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sun 28 Sutra 175 Subhakrit 5124 |
| Meena Rasi: 16.45 | Tithi 15 – 16 | Gulika | 2:31PM – 3:57PM | Revati Until 5:21AM Mon | Ganesha: White | <i>Sunrise:</i> 5:59AM | | |
| | | Yama | 11:41AM – 1:06PM | Dhruva Until 8:05AM | Muruqa: Green | <i>Sunset:</i> 5:22PM | Moon 9 - Phase 24 - Purnima | |
| | | 618166474 Rahu | 3:57PM – 5:22PM | Balava Until 3:28AM Mon | Nataraja: Purple | | | |
| Creative Work | Amrita Yoga | | | Purnima* Until 3:54PM | Moon – Clear | | Bhuloka Day | |
| Until 5:21AM Mon | | | | | Ashvina+Puratasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| ○ | | Monday, October 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau | | | | Albany, NY Sun 29 Sutra 176 Subhakrit 5124 |
| Mesha Rasi: 0.16 | Tithi 16 – 17 | Gulika | 1:05PM – 2:30PM | Ashvini Until 5:45AM Tue | Ganesha: Yellow | <i>Sunrise:</i> 6:01AM | | |
| | | Yama | 10:16AM – 11:40AM | Vyaghata* Until 6:10AM | Muruqa: White | <i>Sunset:</i> 5:20PM | Moon 9 - Phase 24 - Prathama | |
| Family Home Evening | | 628176474 Rahu | 7:26AM – 8:51AM | Taitila Until 2:59AM Tue | Nataraja: Purple | | | |
| Creative Work | Siddha Yoga | | | Prathama* Until 3:07PM | Moon – White | | Bhuloka Day | |
| | | | | | Ashvina+Puratasi | | Devaloka Time: 6:AM to 9:AM | |



Tuesday, October 11, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Bharani Nakshatra Vajra* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Albany, NY

Sun 1 Sutra 177

Subhakrit 5124

Mesha Rasi: 13.28 Tithi 17 - 18

628176474

Gulika 11:40AM - 1:05PM
Yama 8:51AM - 10:16AM
Rahu 2:29PM - 3:54PM

Bharani Until 6:38AM Wed
Vajra* Until 3:47AM Wed
Vanija Until 3:10AM Wed
Dvitiya Until 2:58PM

Ganesha: Yellow *Sunrise:* 6:02AM
Muruqa: White *Sunset:* 5:19PM
Nataraja: Purple
Moon - White

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga
Until 6:38AM Wed
Then Creative Work - Amrita Yoga

1

Wednesday, October 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Bharani/Krittika Nakshatra Siddhi Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Albany, NY

Sun 2 Sutra 178

Subhakrit 5124

Mesha Rasi: 26.19 Tithi 18 - 19

628176474

Gulika 10:16AM - 11:40AM
Yama 7:27AM - 8:51AM
Rahu 11:40AM - 1:04PM

Bharani Until 6:38AM
Siddhi Until 3:23AM Thu
Bava Until 4:02AM Thu
Tritiya Until 3:30PM

Ganesha: Yellow *Sunrise:* 6:03AM
Muruqa: White *Sunset:* 5:17PM
Nataraja: Purple
Moon - White

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga
Until 6:38AM
Then Creative Work - Amrita Yoga

2

Thursday, October 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Krittika/Rohini Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY

Sun 3 Sutra 179

Subhakrit 5124

Vrishabha Rasi: 8.52 Tithi 19 - 20

628176474

Gulika 8:52AM - 10:16AM
Yama 6:04AM - 7:28AM
Rahu 1:04PM - 2:28PM

Krittika Until 8:01AM
Vyatipata* Until 3:28AM Fri
Kaulava Until 5:32AM Fri
Chaturthi* Until 4:41PM

Ganesha: Yellow *Sunrise:* 6:04AM
Muruqa: White *Sunset:* 5:15PM
Nataraja: Purple
Moon - White

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga
Until 10:19AM
Then Creative Work - Siddha Yoga

3

Friday, October 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Rohini/Mrigashira Nakshatra Varyan Yoga Taitila Karana Panchamyam Titau

Albany, NY

Sun 4 Sutra 180

Subhakrit 5124

Vrishabha Rasi: 21.08 Tithi 20

638176474

Gulika 7:29AM - 8:52AM
Yama 2:27PM - 3:50PM
Rahu 10:16AM - 11:39AM

Rohini Until 10:19AM
Varyan Until 3:56AM Sat
Taitila Until 6:27PM
Panchami Until 6:27PM

Ganesha: Blue *Sunrise:* 6:05AM
Muruqa: White *Sunset:* 5:14PM
Nataraja: Purple
Moon - Yellow

Bhuloka Day
Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga
Until 10:19AM
Then Creative Work - Siddha Yoga

4

Saturday, October 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Mrigashira/Ardra Nakshatra Parigha* Yoga Gara/Vanija Karana Shashthiyam Titau

Albany, NY

Sun 5 Sutra 181

Subhakrit 5124

Mithuna Rasi: 3.13 Tithi 21

639176474

Gulika 6:06AM - 7:30AM
Yama 1:02PM - 2:26PM
Rahu 8:53AM - 10:16AM

Mrigashira Until 12:55PM
Parigha* Until 4:40AM Sun
Gara Until 7:32AM
Shashthi* Until 8:39PM

Ganesha: Red *Sunrise:* 6:06AM
Muruqa: White *Sunset:* 5:12PM
Nataraja: Purple
Moon - Yellow

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

Creative Work Siddha Yoga

5

Sunday, October 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Ardra/Punarvasu Nakshatra Shiva Yoga Visti*/Bava Karana Saplamyam Titau

Albany, NY

Sun 6 Sutra 182

Subhakrit 5124

Mithuna Rasi: 15.08 Tithi 22

639176474

Gulika 2:25PM - 3:48PM
Yama 11:39AM - 1:02PM
Rahu 3:48PM - 5:11PM

Ardra Until 3:37PM
Shiva Until 5:32AM Mon
Visti* Until 9:52AM
Saptami Until 11:04PM

Ganesha: Red *Sunrise:* 6:08AM
Muruqa: White *Sunset:* 5:11PM
Nataraja: Purple
Moon - Yellow

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

Creative Work Siddha Yoga

D

Monday, October 17, 2022

Retreat Star

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

Albany, NY

Sun 7 Sutra 183

Subhakrit 5124

Mithuna Rasi: 27.02 Tithi 23

649176474

Gulika 1:01PM - 2:24PM
Yama 10:16AM - 11:39AM
Rahu 7:31AM - 8:54AM

Punarvasu Until 6:42PM
Siddha Until 6:20AM Tue
Balava Until 12:18PM
Ashtami* Until 1:29AM Tue

Ganesha: Green *Sunrise:* 6:09AM
Muruqa: White *Sunset:* 5:09PM
Nataraja: Purple
Moon - Blue

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

Family Home Evening
Creative Work Amrita Yoga
Until 6:42PM
Then Creative Work - Siddha Yoga

Tuesday, October 18, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Pushya Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY

Sun 8 Sutra 184

Subhakrit 5124

Kataka Rasi: 8.56 Tithi 24

649176474

Gulika 11:39AM - 1:01PM
Yama 8:54AM - 10:16AM
Rahu 2:23PM - 3:45PM

Pushya Until 9:29PM
Siddha Until 6:20AM
Taitila Until 2:39PM
Navami* Until 3:42AM Wed

Ganesha: Green *Sunrise:* 6:10AM
Muruqa: White *Sunset:* 5:07PM
Nataraja: Purple
Moon - Blue

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

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

All times are standard time. Calculated for Albany, NY on 4/26/20

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|----------|------------------------------------|------------------------------|--|--------------------------------|--|--|--|
| 1 | Wednesday, October 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Albany, NY Sun 9 Sutra 185 Subhakrit 5124 |
| | Kataka Rasi: 20.55 | Tithi 25 | Gulika 10:17AM – 11:38AM | Ashlesha* Until 11:47PM | Ganesha: Green <i>Sunrise:</i> 6:11AM | Muruqa: White <i>Sunset:</i> 5:06PM | Moon 10 - Phase 26 - 9 2nd Phase |
| | 649176474 | Rahu 11:38AM – 1:00PM | Sadhya Until 6:58AM | Nataraja: Purple | Moon – Blue | Devaloka Day | |
| | Creative Work Siddha Yoga | | Dashami Until 5:32AM Thu | Ashvina-Aipasi | | | |

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| 2 | Thursday, October 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Subha/Sukla Yoga Bava Karana Ekadashyam Titau | | | | Albany, NY Sun 10 Sutra 186 Subhakrit 5124 |
| | Simha Rasi: 3.04 | Tithi 26 | Gulika 8:55AM – 10:17AM | Magha* Until 1:55AM Fri | Ganesha: Green <i>Sunrise:</i> 6:12AM | Muruqa: White <i>Sunset:</i> 5:04PM | Moon 10 - Phase 26 - 10 2nd Phase |
| | 659276474 | Rahu 1:00PM – 2:21PM | Subha Until 7:19AM | Bava Until 6:17PM | Nataraja: Purple | Moon – Red | Bhuloka Day |
| | Creative Work Amrita Yoga Until 1:55AM Fri Then Creative Work - Siddha Yoga | | Ekadashi* Until 6:51AM Fri | Ashvina-Aipasi | | | |

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| 3 | Friday, October 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY Sun 11 Sutra 187 Subhakrit 5124 |
| | Simha Rasi: 15.26 | Tithi 26 – 27 | Gulika 7:35AM – 8:56AM | Purvaphalguni Until 3:18AM Sat | Ganesha: Green <i>Sunrise:</i> 6:13AM | Muruqa: White <i>Sunset:</i> 5:03PM | Moon 10 - Phase 26 - 11 2nd Phase |
| | 659276474 | Rahu 10:17AM – 11:38AM | Sukla Until 7:13AM | Kaulava Until 7:18PM | Nataraja: Purple | Moon – Red | Bhuloka Day |
| | Creative Work Siddha Yoga Until 3:18AM Sat Then Routine Work - Marana Yoga | | Ekadashi* Until 6:51AM | Ashvina-Aipasi | | | |

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| 4 | Saturday, October 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 12 Sutra 188 Subhakrit 5124 |
| | Simha Rasi: 28.05 | Tithi 27 – 28 | Gulika 6:15AM – 7:35AM | Uttaraphalguni Until 3:55AM Sun | Ganesha: Purple <i>Sunrise:</i> 6:15AM | Muruqa: White <i>Sunset:</i> 5:01PM | Moon 10 - Phase 26 - 12 2nd Phase |
| | 651276474 | Rahu 8:56AM – 10:17AM | Brahma Until 6:39AM | Gara Until 7:40PM | Nataraja: Purple | Moon – Red | Bhuloka Day |
| | Routine Work Marana Yoga Until 3:55AM Sun Then Creative Work - Amrita Yoga | | Dvadashi* Until 7:33AM | Ashvina-Aipasi | <i>Pradosha Vrata (Fasting)</i> | | |

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| 5 | Sunday, October 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY Sun 13 Sutra 189 Subhakrit 5124 |
| | Kanya Rasi: 11.02 | Tithi 28 – 29 | Gulika 2:19PM – 3:39PM | Hasta Until 4:13AM Mon | Ganesha: Light Blue <i>Sunrise:</i> 6:16AM | Muruqa: White <i>Sunset:</i> 5:00PM | Moon 10 - Phase 26 - 13 2nd Phase |
| | 661276474 | Rahu 3:39PM – 5:00PM | Vaidhriti* Until 4:02AM Mon | Visti Until 7:23PM | Nataraja: Purple | Moon – Green | Bhuloka Day |
| | Creative Work Amrita Yoga Until 4:13AM Mon Then Routine Work - Prabalarishta Yoga | | Deepavali Hindu Solidarity Day | Trayodashi* Until 7:35AM | Ashvina-Aipasi | | |

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|  | Monday, October 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Albany, NY Sun 14 Sutra 190 Subhakrit 5124 |
| | Kanya Rasi: 24.19 | Tithi 29 – 30 | Gulika 12:58PM – 2:18PM | Chitra Until 3:47AM Tue | Ganesha: Light Blue <i>Sunrise:</i> 6:17AM | Muruqa: White <i>Sunset:</i> 4:58PM | Moon 10 - Phase 26 - 14 Amavasya |
| | Family Home Evening | 661276474 | Rahu 7:37AM – 8:57AM | Vishkambha* Until 2:01AM Tue | Nataraja: Purple | Moon – Green | Bhuloka Day |
| | Routine Work Prabalarishta Yoga Until 3:47AM Tue Then Creative Work - Siddha Yoga | | Subramuniyaswami Mahasamadhi | Catuspada Until 6:30PM | Chaturdashi* Until 7:00AM | Ashvina-Aipasi | |

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| | Tuesday, October 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Albany, NY Sun 15 Sutra 191 Subhakrit 5124 |
| | Tula Rasi: 7.55 | Tithi 1 | Gulika 11:38AM – 12:57PM | Svati Until 2:45AM Wed | Ganesha: Light Blue <i>Sunrise:</i> 6:18AM | Muruqa: White <i>Sunset:</i> 4:57PM | Moon 10 - Phase 26 - 15 Prathama |
| | 661276474 | Rahu 2:17PM – 3:37PM | Priti Until 11:37PM | Kintughna Until 5:06PM | Nataraja: Purple | Moon – Green | Bhuloka Day |
| | Creative Work Siddha Yoga | | Skanda Shasthi Begins | Prathama* Until 4:13AM Wed | Kartika-Aipasi | | |

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

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| 1 | Wednesday, October 26, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Albany, NY Sun 16 Sutra 192 |
| | Tula Rasi: 21.48 | Tithi 2 | Gulika 10:18AM – 11:37AM | Vishakha Until 1:38AM Thu | Ganesha: Purple | <i>Sunrise:</i> 6:19AM | Subhakit 5124 |
| | | | Yama 7:39AM – 8:58AM | Ayushman Until 8:54PM | Muruqa: Clear | <i>Sunset:</i> 4:55PM | Moon 10 - Phase 27 - 16 |
| | Creative Work | Siddha Yoga | 671276574 Rahu 11:37AM – 12:57PM | Balava Until 3:16PM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 2:13AM Thu | Moon – Orange | | Bhuloka Day | |
| | | | | Karttika-Aipasi | | Devaloka Time: 3:PM to 6:PM | |

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| 2 | Thursday, October 27, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Albany, NY Sun 17 Sutra 193 |
| | Vrischika Rasi: 5.54 | Tithi 3 | Gulika 8:59AM – 10:18AM | Anuradha Until 12:07AM Fri | Ganesha: Purple | <i>Sunrise:</i> 6:21AM | Subhakit 5124 |
| | | | Yama 6:21AM – 7:40AM | Saubhagya Until 5:57PM | Muruqa: Clear | <i>Sunset:</i> 4:54PM | Moon 10 - Phase 27 - 17 |
| | Creative Work | Siddha Yoga | 671276574 Rahu 12:57PM – 2:16PM | Taitila Until 1:09PM | Nataraja: Clear | | 3rd Phase |
| | | | Tritiya Until 12:00AM Fri | Moon – Orange | | Bhuloka Day | |
| | | | | Karttika-Aipasi | | Devaloka Time: 3:PM to 6:PM | |

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| 3 | Friday, October 28, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Albany, NY Sun 18 Sutra 194 |
| | Vrischika Rasi: 20.09 | Tithi 4 | Gulika 7:41AM – 9:00AM | Jyeshtha* Until 10:21PM | Ganesha: Purple | <i>Sunrise:</i> 6:22AM | Subhakit 5124 |
| | | | Yama 2:15PM – 3:34PM | Sobhana Until 2:54PM | Muruqa: Clear | <i>Sunset:</i> 4:53PM | Moon 10 - Phase 27 - 18 |
| | Routine Work | Marana Yoga | 671276574 Rahu 10:18AM – 11:37AM | Vanija Until 10:50AM | Nataraja: Clear | | 3rd Phase |
| | | | Chaturthi* Until 9:38PM | Moon – Orange | | Bhuloka Day | |
| | | | | Karttika-Aipasi | | Devaloka Time: 3:PM to 6:PM | |

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| 4 | Saturday, October 29, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY Sun 19 Sutra 195 |
| | Dhanus Rasi: 4.29 | Tithi 5 | Gulika 6:23AM – 7:42AM | Mula* Until 8:49PM | Ganesha: Clear | <i>Sunrise:</i> 6:23AM | Subhakit 5124 |
| | | | Yama 12:56PM – 2:14PM | Athiganda* Until 11:45AM | Muruqa: Clear | <i>Sunset:</i> 4:51PM | Moon 10 - Phase 27 - 19 |
| | Creative Work | Siddha Yoga | 681276574 Rahu 9:00AM – 10:19AM | Bava Until 8:27AM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 7:14PM | Moon – Light Blue | | Devaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| 5 | Sunday, October 30, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau | | | | Albany, NY Sun 20 Sutra 196 |
| | Dhanus Rasi: 18.48 | Tithi 6 – 7 | Gulika 2:14PM – 3:32PM | Purvashadha* Until 7:11PM | Ganesha: Clear | <i>Sunrise:</i> 6:24AM | Subhakit 5124 |
| | | | Yama 11:37AM – 12:55PM | Sukarma Until 8:39AM | Muruqa: Clear | <i>Sunset:</i> 4:50PM | Moon 10 - Phase 27 - 20 |
| | Creative Work | Siddha Yoga | 681276574 Rahu 3:32PM – 4:50PM | Kaulava Until 6:03AM | Nataraja: Clear | | 3rd Phase |
| | | | Shashthi* Until 4:52PM | Moon – Light Blue | | Devaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| D | Monday, October 31, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Albany, NY Sun 21 Sutra 197 |
| | Makara Rasi: 3.04 | Tithi 7 – 8 | Gulika 12:55PM – 2:13PM | Uttarashadha Until 5:33PM | Ganesha: Clear | <i>Sunrise:</i> 6:26AM | Subhakit 5124 |
| | Family Home Evening | | Yama 10:19AM – 11:37AM | Shula* Until 2:41AM Tue | Muruqa: Clear | <i>Sunset:</i> 4:49PM | Moon 10 - Phase 27 - 21 |
| | Routine Work | Marana Yoga | 681276574 Rahu 7:43AM – 9:01AM | Visti Until 1:35AM Tue | Nataraja: Clear | | Ashtami |
| | | | Saptami Until 2:38PM | Moon – Light Blue | | Devaloka Day | |
| | | | | Karttika-Aipasi | | | |

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| D | Tuesday, November 1, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Albany, NY Sun 22 Sutra 198 |
| | Makara Rasi: 17.14 | Tithi 8 – 9 | Gulika 11:37AM – 12:55PM | Shravana Until 4:21PM | Ganesha: White | <i>Sunrise:</i> 6:27AM | Subhakit 5124 |
| | | | Yama 9:02AM – 10:20AM | Ganda* Until 11:55PM | Muruqa: Clear | <i>Sunset:</i> 4:47PM | Moon 10 - Phase 27 - 22 |
| | Creative Work | Siddha Yoga | 691276574 Rahu 2:12PM – 3:30PM | Balava Until 11:37PM | Nataraja: Clear | | Navami |
| | | | Ashtami* Until 12:33PM | Moon – Purple | | Bhuloka Day | |
| | | | | Karttika-Aipasi | | Devaloka Time: 3:PM to 6:PM | |

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

All times are standard time. Calculated for Albany, NY on 4/26/20

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| 1 | Wednesday, November 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Albany, NY Sutra 199 |
| | Kumbha Rasi: 1.17 | Tithi 9 – 10 | Gulika 10:20AM – 11:37AM | Dhanishtha Until 3:14PM | Ganesha: Green | <i>Sunrise:</i> 6:28AM | Subhakrit 5124 |
| | | | Yama 7:45AM – 9:03AM | Vriddhi Until 9:20PM | Muruqa: Clear | <i>Sunset:</i> 4:46PM | Moon 10 - Phase 28 - 23 |
| | | 692276574 | Rahu 11:37AM – 12:54PM | Taitila Until 9:51PM | Nataraja: Clear | | 4th Phase |
| Routine Work Prabalarishta Yoga | | | Navami* Until 10:41AM | Moon – Purple | Bhuloka Day | | |
| Until 3:14PM | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Siddha Yoga | | | | | | | |


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| 2 | Thursday, November 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Albany, NY Sutra 200 |
| | Kumbha Rasi: 15.11 | Tithi 10 – 11 | Gulika 9:03AM – 10:20AM | Shatabhishak Until 2:12PM | Ganesha: Green | <i>Sunrise:</i> 6:29AM | Subhakrit 5124 |
| | | | Yama 6:29AM – 7:46AM | Dhruva Until 6:56PM | Muruqa: Clear | <i>Sunset:</i> 4:45PM | Moon 10 - Phase 28 - 24 |
| | | 692276574 | Rahu 12:54PM – 2:11PM | Vanija Until 8:22PM | Nataraja: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | | Dashami Until 9:03AM | Moon – Purple | Bhuloka Day | | |
| | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |

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| 3 | Friday, November 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyaghata*/Harshana Yoga Vistil*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY Sutra 201 |
| | Kumbha Rasi: 28.56 | Tithi 11 – 12 | Gulika 7:47AM – 9:04AM | Purvaproshtapada* Until 1:44PM | Ganesha: Blue | <i>Sunrise:</i> 6:31AM | Subhakrit 5124 |
| | | | Yama 2:10PM – 3:27PM | Vyaghata* Until 4:46PM | Muruqa: Clear | <i>Sunset:</i> 4:44PM | Moon 10 - Phase 28 - 25 |
| | | 612276574 | Rahu 10:20AM – 11:37AM | Bava Until 7:10PM | Nataraja: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | | Ekadashi Until 7:42AM | Moon – Clear | Bhuloka Day | | |
| | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |

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| 4 | Saturday, November 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sutra 202 |
| | Meena Rasi: 12.29 | Tithi 12 – 13 | Gulika 6:32AM – 7:48AM | Uttaraproshtapada Until 1:28PM | Ganesha: Blue | <i>Sunrise:</i> 6:32AM | Subhakrit 5124 |
| | | | Yama 12:53PM – 2:10PM | Harshana Until 2:54PM | Muruqa: Clear | <i>Sunset:</i> 4:42PM | Moon 10 - Phase 28 - 26 |
| | | 612276574 | Rahu 9:04AM – 10:21AM | Kaulava Until 6:19PM | Nataraja: Clear | | 4th Phase |
| Creative Work Siddha Yoga | | | Dvadashi Until 6:40AM | Moon – Clear | Bhuloka Day | | |
| Until 1:28PM | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |
| Then Routine Work - Prabalarishta Yoga | | | | | <i>Pradosha Vrata</i> | | |

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| 5 | Sunday, November 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY Sutra 203 |
| | Meena Rasi: 25.49 | Tithi 13 – 14 | Gulika 2:09PM – 3:25PM | Revati Until 1:25PM | Ganesha: Blue | <i>Sunrise:</i> 6:33AM | Subhakrit 5124 |
| | | | Yama 11:37AM – 12:53PM | Vajra* Until 1:18PM | Muruqa: Clear | <i>Sunset:</i> 4:41PM | Moon 10 - Phase 28 - 27 |
| | | 612276574 | Rahu 3:25PM – 4:41PM | Vanija Until 5:47AM Mon | Nataraja: Clear | | 4th Phase |
| Creative Work Amrita Yoga | | | Trayodashi Until 6:01AM | Moon – Clear | Bhuloka Day | | |
| Until 1:25PM | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|  | Monday, November 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyatipata* Yoga Vistil*/Bava Karana Purnimayam Titau | | | | Albany, NY Sutra 204 |
| | Copper Retreat Star | | Gulika 12:53PM – 2:09PM | Ashvini Until 2:07PM | Ganesha: Blue | <i>Sunrise:</i> 6:34AM | Subhakrit 5124 |
| | Mesha Rasi: 8.56 | Tithi 15 | Yama 10:21AM – 11:37AM | Siddhi Until 12:05PM | Muruqa: Clear | <i>Sunset:</i> 4:40PM | Moon 10 - Phase 28 - Purnima |
| | Family Home Evening | 722276574 | Rahu 7:50AM – 9:06AM | Vistil Until 5:52PM | Nataraja: Clear | | |
| Creative Work Siddha Yoga | | | Purnima* Until 6:02AM Tue | Moon – White | Bhuloka Day | | |
| | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |

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|  | Tuesday, November 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Vyatipata*/Varyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sutra 205 |
| | Silver Retreat Star | | Gulika 11:37AM – 12:53PM | Bharani Until 3:08PM | Ganesha: Blue | <i>Sunrise:</i> 6:36AM | Subhakrit 5124 |
| | Mesha Rasi: 21.49 | Tithi 15 – 16 | Yama 9:06AM – 10:22AM | Vyatipata* Until 11:14AM | Muruqa: Clear | <i>Sunset:</i> 4:39PM | Moon 10 - Phase 28 - Prathama |
| | | 722276574 | Rahu 2:08PM – 3:24PM | Balava Until 6:23PM | Nataraja: Clear | | |
| Creative Work Siddha Yoga | | | Purnima* Until 6:02AM | Moon – White | Bhuloka Day | | |
| | | | | Karttika•Aipasi | Devaloka Time: 3:PM to 6:PM | | |

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Albany, NY

Sutra 206

Subhakarit 5124

Vrishabha Rasi: 4.27 Tithi 16 – 17

722276574

Gulika

10:22AM – 11:37AM

Yama

7:52AM – 9:07AM

Rahu

11:37AM – 12:52PM

Krittika Until 4:29PM

Vairyan Until 10:46AM

Taitila Until 7:25PM

Prathama* Until 6:49AM

Ganesha: Blue

Sunrise: 6:37AM

Muruqa: Clear

Sunset: 4:38PM

Nataraja: Clear

Moon – White

Karttika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 4:29PM

Then Creative Work - Siddha Yoga

1

Thursday, November 10, 2022

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

Albany, NY

Sun 1 Sutra 207

Subhakarit 5124

Vrishabha Rasi: 16.52 Tithi 17 – 18

732276574

Gulika

9:08AM – 10:23AM

Yama

6:38AM – 7:53AM

Rahu

12:52PM – 2:07PM

Rohini Until 6:39PM

Parigha* Until 10:42AM

Vanija Until 8:56PM

Dvitiya Until 8:06AM

Ganesha: Red

Sunrise: 6:38AM

Muruqa: Clear

Sunset: 4:37PM

Nataraja: Clear

Moon – Yellow

Karttika-Aipasi

Devaloka Day

Routine Work Marana Yoga

2

Friday, November 11, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam
Mrigashira Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Tritiya/Chaturthayam Titau

Albany, NY

Sun 2 Sutra 208

Subhakarit 5124

Vrishabha Rasi: 29.04 Tithi 18 – 19

732276574

Gulika

7:54AM – 9:08AM

Yama

2:07PM – 3:21PM

Rahu

10:23AM – 11:38AM

Mrigashira Until 9:05PM

Shiva Until 11:00AM

Bava Until 10:55PM

Tritiya Until 9:51AM

Ganesha: Red

Sunrise: 6:39AM

Muruqa: Clear

Sunset: 4:36PM

Nataraja: Clear

Moon – Yellow

Karttika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Albany, NY

Sun 3 Sutra 209

Subhakarit 5124

Mithuna Rasi: 11.07 Tithi 19 – 20

732276574

Gulika

6:41AM – 7:55AM

Yama

12:52PM – 2:06PM

Rahu

9:09AM – 10:23AM

Ardra Until 11:39PM

Siddha Until 11:34AM

Kaulava Until 1:12AM Sun

Chaturthi* Until 12:00PM

Ganesha: Red

Sunrise: 6:41AM

Muruqa: Clear

Sunset: 4:35PM

Nataraja: Clear

Moon – Yellow

Karttika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Albany, NY

Sun 4 Sutra 210

Subhakarit 5124

Mithuna Rasi: 23.03 Tithi 20 – 21

742276574

Gulika

2:06PM – 3:20PM

Yama

11:38AM – 12:52PM

Rahu

3:20PM – 4:34PM

Punarvasu Until 2:45AM Mon

Sadhya Until 12:19PM

Gara Until 3:41AM Mon

Panchami Until 2:24PM

Ganesha: Green

Sunrise: 6:42AM

Muruqa: Clear

Sunset: 4:34PM

Nataraja: Clear

Moon – Blue

Karttika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Monday, November 14, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Pushya Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Albany, NY

Sun 5 Sutra 211

Subhakarit 5124

Kataka Rasi: 4.56 Tithi 21 – 22

742376574

Gulika

12:52PM – 2:05PM

Yama

10:24AM – 11:38AM

Rahu

7:57AM – 9:11AM

Pushya Until 5:40AM Tue

Subha Until 1:11PM

Visti Until 6:09AM Tue

Shashthi* Until 4:54PM

Ganesha: White

Sunrise: 6:43AM

Muruqa: Clear

Sunset: 4:33PM

Nataraja: Clear

Moon – Blue

Karttika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

6

Tuesday, November 15, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashlesha* Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Saptamyam Titau

Albany, NY

Sun 6 Sutra 212

Subhakarit 5124

Kataka Rasi: 16.49 Tithi 22

743376574

Gulika

11:38AM – 12:52PM

Yama

9:11AM – 10:25AM

Rahu

2:05PM – 3:18PM

Ashlesha* Until 8:15AM Wed

Sukla Until 1:57PM

Visti Until 6:09AM

Saptami Until 7:18PM

Ganesha: Green

Sunrise: 6:44AM

Muruqa: Clear

Sunset: 4:32PM

Nataraja: Clear

Moon – Blue

Karttika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Albany, NY

Sun 7 Sutra 213

Subhakarit 5124

Kataka Rasi: 28.47 Tithi 23

743376574

Gulika

10:25AM – 11:38AM

Yama

7:59AM – 9:12AM

Rahu

11:38AM – 12:52PM

Ashlesha* Until 8:15AM

Brahma Until 2:33PM

Balava Until 8:26AM

Ashtami* Until 9:24PM

Ganesha: Green

Sunrise: 6:46AM

Muruqa: Clear

Sunset: 4:31PM

Nataraja: Clear

Moon – Blue

Karttika-Karttikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Indra/Valdhriti* Yoga Taitila/Gara Karana Navamyam Titau

Albany, NY

Sun 8 Sutra 214

Subhakarit 5124

Simha Rasi: 10.53 Tithi 24

753376575

Gulika

9:13AM – 10:26AM

Yama

6:47AM – 8:00AM

Rahu

12:51PM – 2:04PM

Magha* Until 10:47AM

Indra Until 2:49PM

Taitila Until 10:19AM

Navami* Until 11:01PM

Ganesha: Orange

Sunrise: 6:47AM

Muruqa: Clear

Sunset: 4:30PM

Nataraja: Purple

Moon – Red

Karttika-Karttikai

Sivaloka Day

Creative Work Amrita Yoga

Until 10:47AM

Then Creative Work - Siddha Yoga

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


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|-------------------|-------------|----------------------------------|-------------------------------|--|-------------------------|------------------------|------------------------|----------------|
| 1 | | Friday, November 18, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Albany, NY |
| Simha Rasi: 23.13 | Tithi 25 | | | | | | Sun 9 | Sutra 215 |
| | | 753376575 | Gulika 8:01AM – 9:13AM | Purvaphalguni Until 12:35PM | Ganesha: Orange | <i>Sunrise:</i> 6:48AM | | Subhakrit 5124 |
| | | | Yama 2:04PM – 3:17PM | Vaidhriti* Until 2:37PM | Muruqa: Clear | <i>Sunset:</i> 4:29PM | Moon 11 - Phase 30 - 9 | 2nd Phase |
| Creative Work | Siddha Yoga | | Rahu 10:26AM – 11:39AM | Vanija Until 11:37AM | Nataraja: Purple | | | |
| | | | | Dashami Until 12:00AM Sat | Moon – Red | | Sivaloka Day | |
| | | | | | Karttika-Karttikai | | | |

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| 2 | | Saturday, November 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ekadashyam Titau | | | | Albany, NY |
| Kanya Rasi: 5.51 | Tithi 26 | | | | | | Sun 10 | Sutra 216 |
| | | 753376575 | Gulika 6:49AM – 8:02AM | Uttaraphalguni Until 1:34PM | Ganesha: Orange | <i>Sunrise:</i> 6:49AM | | Subhakrit 5124 |
| | | | Yama 12:51PM – 2:04PM | Vishkambha* Until 1:53PM | Muruqa: Clear | <i>Sunset:</i> 4:29PM | Moon 11 - Phase 30 - 10 | 2nd Phase |
| Routine Work | Marana Yoga | | Rahu 9:14AM – 10:27AM | Bava Until 12:13PM | Nataraja: Purple | | | |
| | | | | Ekadashi* Until 12:13AM Sun | Moon – Red | | Sivaloka Day | |
| | | | | | Karttika-Karttikai | | | |

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| 3 | | Sunday, November 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Dvadashtyam Titau | | | | Albany, NY |
| Kanya Rasi: 18.5 | Tithi 27 | | | | | | Sun 11 | Sutra 217 |
| | | 763376575 | Gulika 2:04PM – 3:16PM | Hasta Until 2:07PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:50AM | | Subhakrit 5124 |
| | | | Yama 11:39AM – 12:51PM | Priti Until 12:33PM | Muruqa: Clear | <i>Sunset:</i> 4:28PM | Moon 11 - Phase 30 - 11 | 2nd Phase |
| Creative Work | Amrita Yoga | | Rahu 3:16PM – 4:28PM | Kaulava Until 12:03PM | Nataraja: Purple | | | |
| Until 2:07PM | | | | Dvadashti* Until 11:40PM | Moon – Green | | Devaloka Day | |
| Then Creative Work - Siddha Yoga | | | | | Karttika-Karttikai | | | |

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| 4 | | Monday, November 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Albany, NY |
| Tula Rasi: 2.14 | Tithi 28 | | | | | | Sun 12 | Sutra 218 |
| Family Home Evening | | 763376575 | Gulika 12:51PM – 2:03PM | Chitra Until 1:45PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:52AM | | Subhakrit 5124 |
| Routine Work | Prabalarishta Yoga | | Yama 10:28AM – 11:39AM | Ayushman Until 10:36AM | Muruqa: Clear | <i>Sunset:</i> 4:27PM | Moon 11 - Phase 30 - 12 | 2nd Phase |
| Until 1:45PM | | | Rahu 8:04AM – 9:16AM | Gara Until 11:07AM | Nataraja: Purple | | | |
| Then Creative Work - Amrita Yoga | | | | Trayodashi* Until 10:22PM | Moon – Green | | Devaloka Day | |
| | | | | | Karttika-Karttikai | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 5 | | Tuesday, November 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Albany, NY |
| Tula Rasi: 16.03 | Tithi 29 | | | | | | Sun 13 | Sutra 219 |
| | | 763376575 | Gulika 11:40AM – 12:51PM | Svati Until 12:34PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:53AM | | Subhakrit 5124 |
| | | | Yama 9:16AM – 10:28AM | Saubhagya Until 8:07AM | Muruqa: Clear | <i>Sunset:</i> 4:27PM | Moon 11 - Phase 30 - 13 | 2nd Phase |
| Creative Work | Siddha Yoga | | Rahu 2:03PM – 3:15PM | Visti Until 9:30AM | Nataraja: Purple | | | |
| Until 12:34PM | | | | Chaturdashi* Until 8:26PM | Moon – Green | | Devaloka Day | Tour Day |
| Then Routine Work - Marana Yoga | | | | | Karttika-Karttikai | | | |

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|  | | Wednesday, November 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Athiganda* Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Albany, NY |
| Retreat Star | | | | | | | Sun 14 | Sutra 220 |
| Vrischika Rasi: 0.15 | Tithi 30 – 1 | | | | | | | Subhakrit 5124 |
| | | 773376575 | Gulika 10:29AM – 11:40AM | Vishakha Until 11:07AM | Ganesha: Purple | <i>Sunrise:</i> 6:54AM | | |
| | | | Yama 8:06AM – 9:17AM | Athiganda* Until 1:48AM Thu | Muruqa: Clear | <i>Sunset:</i> 4:26PM | Moon 11 - Phase 30 - 14 | Amavasya |
| Creative Work | Siddha Yoga | | Rahu 11:40AM – 12:51PM | Catuspada Until 7:16AM | Nataraja: Purple | | | |
| | | | | Amavasya* Until 5:58PM | Moon – Orange | | Devaloka Day | |
| | | | | | Karttika-Karttikai | | | |

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| Thurs | | Thursday, November 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukarma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Albany, NY |
| Retreat Star | | | | | | | Sun 15 | Sutra 221 |
| Vrischika Rasi: 14.46 | Tithi 1 – 2 | | | | | | | Subhakrit 5124 |
| | | 773376575 | Gulika 9:18AM – 10:29AM | Anuradha Until 9:06AM | Ganesha: Purple | <i>Sunrise:</i> 6:55AM | | |
| | | | Yama 6:55AM – 8:07AM | Sukarma Until 10:11PM | Muruqa: Clear | <i>Sunset:</i> 4:25PM | Moon 11 - Phase 30 - 15 | Prathama |
| Creative Work | Siddha Yoga | | Rahu 12:52PM – 2:03PM | Balava Until 1:39AM Fri | Nataraja: Purple | | | |
| Until 9:06AM | | | | Prathama* Until 3:08PM | Moon – Orange | | Devaloka Day | |
| Then Routine Work - Prabalarishta Yoga | | | | | Margasira-Karttikai | | | |

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

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|----------------------------------|-------------|---|---------------------------------------|---|------------------------|---|-----------------------|--------------------------------------|
| 1 | | Friday, November 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Albany, NY Sun 16 Sutra 222 Subhakrit 5124 | | |
| Vrischika Rasi: 29.29 | Tithi 2 – 3 | Gulika 8:07AM – 9:19AM | Jyeshtha* Until 6:41AM | Ganesha: Purple | <i>Sunrise:</i> 6:56AM | Muruqa: Clear | <i>Sunset:</i> 4:25PM | Moon 11 - Phase 31 - 16 3rd Phase |
| Routine Work | Marana Yoga | Yama 2:03PM – 3:14PM | Dhriti Until 6:27PM | Nataraja: Purple | | Moon – Orange | | Devaloka Day |
| Until 6:41AM | | 773376575 Rahu 10:30AM – 11:41AM | Taitila Until 10:32PM | Moon – Orange | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | Dvitiya Until 12:05PM | | | | | |
| 2 | | Saturday, November 26, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Albany, NY Sun 17 Sutra 223 Subhakrit 5124 | | |
| Dhanus Rasi: 14.17 | Tithi 3 – 4 | Gulika 6:58AM – 8:08AM | Purvashadha* Until 2:06AM Sun | Ganesha: Light Blue | <i>Sunrise:</i> 6:58AM | Muruqa: Clear | <i>Sunset:</i> 4:24PM | Moon 11 - Phase 31 - 17 3rd Phase |
| Creative Work | Siddha Yoga | Yama 12:52PM – 2:03PM | Shula* Until 2:41PM | Nataraja: Purple | | Moon – Light Blue | | Devaloka Day |
| Until 2:06AM Sun | | 783376575 Rahu 9:19AM – 10:30AM | Vanija Until 7:26PM | Moon – Light Blue | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | Tritiya Until 8:57AM | | | | | |
| 3 | | Sunday, November 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Ganda*/Vridhi Yoga Bava/Balava Karana Panchamyam Titau | | Albany, NY Sun 18 Sutra 224 Subhakrit 5124 | | |
| Dhanus Rasi: 29.02 | Tithi 5 | Gulika 2:02PM – 3:13PM | Uttarashadha Until 11:49PM | Ganesha: Light Blue | <i>Sunrise:</i> 6:59AM | Muruqa: Clear | <i>Sunset:</i> 4:24PM | Moon 11 - Phase 31 - 18 3rd Phase |
| Creative Work | Amrita Yoga | Yama 11:41AM – 12:52PM | Ganda* Until 11:00AM | Nataraja: Purple | | Moon – Light Blue | | Devaloka Day |
| Until 10:06PM | | 783376575 Rahu 3:13PM – 4:24PM | Bava Until 4:29PM | Moon – Light Blue | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | Panchami Until 3:04AM Mon | | | | | |
| 4 | | Monday, November 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Shashthyam Titau | | Albany, NY Sun 19 Sutra 225 Subhakrit 5124 | | |
| Makara Rasi: 13.39 | Tithi 6 | Gulika 12:52PM – 2:02PM | Shravana Until 10:06PM | Ganesha: Orange | <i>Sunrise:</i> 7:00AM | Muruqa: Clear | <i>Sunset:</i> 4:23PM | Moon 11 - Phase 31 - 19 3rd Phase |
| Family Home Evening | | Yama 10:31AM – 11:42AM | Vridhi Until 7:32AM | Nataraja: Purple | | Moon – Purple | | Sivaloka Day |
| Creative Work | Amrita Yoga | 793376575 Rahu 8:10AM – 9:21AM | Kaulava Until 1:47PM | Moon – Purple | | Margasira-Karttikai | | |
| Until 10:06PM | | | Shashthi* Until 12:34AM Tue | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |
| 5 | | Tuesday, November 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vyaghata* Yoga Gara/Vanija Karana Saplamyam Titau | | Albany, NY Sun 20 Sutra 226 Subhakrit 5124 | | |
| Makara Rasi: 28.01 | Tithi 7 | Gulika 11:42AM – 12:52PM | Dhanishtha Until 8:39PM | Ganesha: Clear | <i>Sunrise:</i> 7:01AM | Muruqa: Clear | <i>Sunset:</i> 4:23PM | Moon 11 - Phase 31 - 20 3rd Phase |
| Creative Work | Siddha Yoga | Yama 9:21AM – 10:32AM | Vyaghata* Until 1:29AM Wed | Nataraja: Purple | | Moon – Purple | | Sivaloka Day |
| Until 8:39PM | | 794376575 Rahu 2:02PM – 3:13PM | Gara Until 11:28AM | Moon – Purple | | Margasira-Karttikai | | |
| Then Routine Work - Marana Yoga | | | Saptami Until 10:28PM | | | | | |
| Retreat Star | | Wednesday, November 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Harshana Yoga Visti*/Bava Karana Ashtamyam Titau | | Albany, NY Sun 21 Sutra 227 Subhakrit 5124 | | |
| Kumbha Rasi: 12.06 | Tithi 8 | Gulika 10:32AM – 11:42AM | Shatabhishak Until 7:32PM | Ganesha: Clear | <i>Sunrise:</i> 7:02AM | Muruqa: Clear | <i>Sunset:</i> 4:23PM | Moon 11 - Phase 31 - 21 Ashtami |
| Creative Work | Siddha Yoga | Yama 8:12AM – 9:22AM | Harshana Until 11:02PM | Nataraja: Purple | | Moon – Purple | | Sivaloka Day |
| Until 7:32PM | | 794376575 Rahu 11:42AM – 12:52PM | Visti Until 9:37AM | Moon – Purple | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | Ashtami* Until 8:51PM | | | | | |
| Retreat Star | | Thursday, December 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau | | Albany, NY Sun 22 Sutra 228 Subhakrit 5124 | | |
| Kumbha Rasi: 25.52 | Tithi 9 | Gulika 9:23AM – 10:33AM | Purvaproshtapada* Until 7:12PM | Ganesha: Red | <i>Sunrise:</i> 7:03AM | Muruqa: Clear | <i>Sunset:</i> 4:22PM | Moon 11 - Phase 31 - 22 Navami |
| Creative Work | Siddha Yoga | Yama 7:03AM – 8:13AM | Vajra* Until 8:57PM | Nataraja: Purple | | Moon – Clear | | Sivaloka Day |
| Until 7:32PM | | 714376575 Rahu 12:53PM – 2:02PM | Balava Until 8:15AM | Moon – Clear | | Margasira-Karttikai | | |
| Then Creative Work - Amrita Yoga | | | Navami* Until 7:45PM | | | | | |

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331


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| 1 | | Friday, December 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 229 Subhakrit 5124 |
| Meena Rasi: 9.2 | Tithi 10 | Gulika 8:14AM – 9:24AM | Uttaraproshtapada Until 7:14PM | Ganesha: Red | <i>Sunrise:</i> 7:04AM | | | |
| | | Yama 2:02PM – 3:12PM | Siddhi Until 7:18PM | Muruqa: Clear | <i>Sunset:</i> 4:22PM | Moon 11 - Phase 32 - 23 | | |
| 714376575 | | Rahu 10:33AM – 11:43AM | Taitila Until 7:25AM | Nataraja: Purple | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Dashami Until 7:10PM | Moon – Clear | | | Sivaloka Day | |
| | | | | Margasira-Karttikai | | | | |

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|----------------------------------|--------------------|-----------------------------------|------------------------------|---|------------------------|-------------------------|---------------------|---|
| 2 | | Saturday, December 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 230 Subhakrit 5124 |
| Meena Rasi: 22.32 | Tithi 11 | Gulika 7:05AM – 8:15AM | Revati Until 7:37PM | Ganesha: Red | <i>Sunrise:</i> 7:06AM | | | |
| | | Yama 12:53PM – 2:03PM | Vyatipata* Until 6:04PM | Muruqa: Clear | <i>Sunset:</i> 4:22PM | Moon 11 - Phase 32 - 24 | | |
| 714376575 | | Rahu 9:24AM – 10:34AM | Vanija Until 7:05AM | Nataraja: Purple | | 4th Phase | | |
| Routine Work | Prabalarishta Yoga | | Ekadashi Until 7:06PM | Moon – Clear | | | Sivaloka Day | |
| Until 7:37PM | | Gita Jayanthi | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 3 | | Sunday, December 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan/Parigha* Yoga Bava/Balava Karana Dvodashyam Titau | | | | Albany, NY Sun 25 Sutra 231 Subhakrit 5124 |
| Mesha Rasi: 5.29 | Tithi 12 | Gulika 2:03PM – 3:12PM | Ashvini Until 8:45PM | Ganesha: Blue | <i>Sunrise:</i> 7:06AM | | | |
| | | Yama 11:44AM – 12:53PM | Varyan Until 5:10PM | Muruqa: Clear | <i>Sunset:</i> 4:21PM | Moon 11 - Phase 32 - 25 | | |
| 724376575 | | Rahu 3:12PM – 4:21PM | Bava Until 7:15AM | Nataraja: Purple | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Dvodashi Until 7:30PM | Moon – White | | | Devaloka Day | |
| Until 8:45PM | | | | Margasira-Karttikai | | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | | |

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| 4 | | Monday, December 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 232 Subhakrit 5124 |
| Mesha Rasi: 18.12 | Tithi 13 | Gulika 12:54PM – 2:03PM | Bharani Until 10:09PM | Ganesha: Blue | <i>Sunrise:</i> 7:07AM | | | |
| | | Yama 10:35AM – 11:44AM | Parigha* Until 4:37PM | Muruqa: Clear | <i>Sunset:</i> 4:21PM | Moon 11 - Phase 32 - 26 | | |
| 724376575 | | Rahu 8:17AM – 9:26AM | Kaulava Until 7:53AM | Nataraja: Purple | | 4th Phase | | |
| Family Home Evening | Siddha Yoga | | Trayodashi Until 8:20PM | Moon – White | | | Devaloka Day | |
| Creative Work | | | | Margasira-Karttikai | | | | |
| Until 10:09PM | | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |
| | | | | | | | | <i>Pradosha Vrata</i> |

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| 5 | | Tuesday, December 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 233 Subhakrit 5124 |
| Vrishabha Rasi: 0.44 | Tithi 14 | Gulika 11:45AM – 12:54PM | Krittika Until 11:47PM | Ganesha: Blue | <i>Sunrise:</i> 7:08AM | | | |
| | | Yama 9:26AM – 10:36AM | Shiva Until 4:23PM | Muruqa: Clear | <i>Sunset:</i> 4:21PM | Moon 11 - Phase 32 - 27 | | |
| 724376575 | | Rahu 2:03PM – 3:12PM | Gara Until 8:56AM | Nataraja: Purple | | 4th Phase | | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 9:35PM | Moon – White | | | Devaloka Day | Tour Day |
| Until 11:47PM | | Krittika Deepam | | Margasira-Karttikai | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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|  | | Wednesday, December 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Purnimayam Titau | | | | Albany, NY Sun 28 Sutra 234 Subhakrit 5124 |
| Vrishabha Rasi: 13.05 | Tithi 15 | Gulika 10:36AM – 11:45AM | Rohini Until 2:05AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 7:09AM | | | |
| | | Yama 8:18AM – 9:27AM | Siddha Until 4:25PM | Muruqa: Clear | <i>Sunset:</i> 4:21PM | Moon 11 - Phase 32 - Purnima | | |
| 734376575 | | Rahu 11:45AM – 12:54PM | Visti Until 10:22AM | Nataraja: Purple | | | | |
| Creative Work | Siddha Yoga | | Purnima* Until 11:12PM | Moon – Yellow | | | Sivaloka Day | |
| Until 2:05AM Thu | | | | Margasira-Karttikai | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

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| Thursday, December 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Albany, NY Sun 29 Sutra 235 Subhakrit 5124 | | |
| Silver Retreat Star | | Gulika 9:28AM – 10:37AM | Mrigashira Until 4:32AM Fri | Ganesha: Yellow | <i>Sunrise:</i> 7:10AM | | | |
| Vrishabha Rasi: 25.18 | Tithi 16 | Yama 7:10AM – 8:19AM | Sadhya Until 4:43PM | Muruqa: Clear | <i>Sunset:</i> 4:21PM | Moon 11 - Phase 32 - Prathama | | |
| 734376575 | | Rahu 12:54PM – 2:03PM | Balava Until 12:10PM | Nataraja: Purple | | | | |
| Routine Work | Marana Yoga | | Prathama* Until 1:09AM Fri | Moon – Yellow | | | Sivaloka Day | |
| Until 4:32AM Fri | | Vinayaga Viratam Begins | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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



Friday, December 9, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam
Ardra Nakshatra Subha/Sukla Yoga Tailila/Gara Karana Dvitiyayam Titau

Albany, NY
Sutra 236

Mithuna Rasi: 7.23 Tithi 17
734476575
Creative Work Siddha Yoga

Gulika 8:20AM – 9:29AM
Yama 2:04PM – 3:12PM
Rahu 10:37AM – 11:46AM

Ardra Until 7:03AM Sat
Subha Until 5:14PM
Tailila Until 2:15PM
Dvitiya Until 3:22AM Sat

Ganesha: Red *Sunrise:* 7:11AM
Muruqa: Clear *Sunset:* 4:21PM
Nataraja: Purple
Moon – Yellow
Sivaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 -
1st Phase

1

Saturday, December 10, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam
Punarvasu Nakshatra Sukla/Brahma Yoga Vanija/Visli* Karana Tritiyayam Titau

Albany, NY
Sun 1 Sutra 237

Mithuna Rasi: 19.23 Tithi 18
734476575
Creative Work Siddha Yoga

Gulika 7:12AM – 8:21AM
Yama 12:55PM – 2:04PM
Rahu 9:29AM – 10:38AM

Ardra Until 7:03AM
Sukla Until 5:54PM
Vanija Until 4:35PM
Tritiya Until 5:47AM Sun

Ganesha: Red *Sunrise:* 7:12AM
Muruqa: Clear *Sunset:* 4:21PM
Nataraja: Purple
Moon – Yellow
Sivaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 - 1
1st Phase

2

Sunday, December 11, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Punarvasu/Pushya Nakshatra Brahma Yoga Bava Karana Chaturthayam Titau

Albany, NY
Sun 2 Sutra 238

Kataka Rasi: 1.17 Tithi 19
744476575
Creative Work Siddha Yoga

Gulika 2:04PM – 3:13PM
Yama 11:47AM – 12:55PM
Rahu 3:13PM – 4:21PM

Punarvasu Until 10:06AM
Brahma Until 6:42PM
Bava Until 7:04PM
Chaturthi* Until 8:19AM Mon

Ganesha: Green *Sunrise:* 7:13AM
Muruqa: Clear *Sunset:* 4:21PM
Nataraja: Purple
Moon – Blue
Devaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 - 2
1st Phase

3

Monday, December 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Pushya/Ashlesha* Nakshatra Indra Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Albany, NY
Sun 3 Sutra 239

Kataka Rasi: 13.1 Tithi 19 – 20
745476575
Family Home Evening
Creative Work Siddha Yoga

Gulika 12:56PM – 2:04PM
Yama 10:39AM – 11:47AM
Rahu 8:22AM – 9:31AM

Pushya Until 1:03PM
Indra Until 7:33PM
Kaulava Until 9:36PM
Chaturthi* Until 8:19AM

Ganesha: White *Sunrise:* 7:14AM
Muruqa: Clear *Sunset:* 4:21PM
Nataraja: Purple
Moon – Blue
Devaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 - 3
1st Phase

4

Tuesday, December 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashlesha*/Magha* Nakshatra Vaidhrili* Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

Albany, NY
Sun 4 Sutra 240

Kataka Rasi: 25.02 Tithi 20 – 21
745476575
Creative Work Siddha Yoga

Gulika 11:48AM – 12:56PM
Yama 9:31AM – 10:40AM
Rahu 2:05PM – 3:13PM

Ashlesha* Until 3:48PM
Vaidhrili* Until 8:19PM
Gara Until 12:03AM Wed
Panchami Until 10:49AM

Ganesha: White *Sunrise:* 7:14AM
Muruqa: Clear *Sunset:* 4:21PM
Nataraja: Purple
Moon – Blue
Devaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 - 4
1st Phase

5

Wednesday, December 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Magha* Nakshatra Vishkambha* Yoga Vanija/Visli* Karana Shashthi/Saptamyam Titau

Albany, NY
Sun 5 Sutra 241

Simha Rasi: 6.58 Tithi 21 – 22
755476575
Creative Work Siddha Yoga
Until 6:42PM
Then Creative Work - Amrita Yoga

Gulika 10:40AM – 11:48AM
Yama 8:23AM – 9:32AM
Rahu 11:48AM – 12:57PM

Magha* Until 6:42PM
Vishkambha* Until 8:55PM
Visli Until 2:14AM Thu
Shashthi* Until 1:10PM

Ganesha: Clear *Sunrise:* 7:15AM
Muruqa: Clear *Sunset:* 4:22PM
Nataraja: Purple
Moon – Red
Sivaloka Day
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 - 5
1st Phase

6

Thursday, December 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaphalguni Nakshatra Priti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Albany, NY
Sun 6 Sutra 242

Simha Rasi: 19.01 Tithi 22 – 23
755476575
Creative Work Siddha Yoga

Gulika 9:32AM – 10:41AM
Yama 7:16AM – 8:24AM
Rahu 12:57PM – 2:05PM

Purvaphalguni Until 9:02PM
Priti Until 9:13PM
Balava Until 3:57AM Fri
Saptami Until 3:08PM

Ganesha: Clear *Sunrise:* 7:16AM
Muruqa: Clear *Sunset:* 4:22PM
Nataraja: Purple
Moon – Red
Sivaloka Day
Margasira-Markali

Subhakrit 5124
Moon 12 - Phase 33 - 6
1st Phase

D

Friday, December 16, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraphalguni Nakshatra Ayushman Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

Albany, NY
Sun 7 Sutra 243

Kanya Rasi: 1.16 Tithi 23 – 24
855476575
Creative Work Siddha Yoga
Until 10:38PM
Then Creative Work - Amrita Yoga

Gulika 8:25AM – 9:33AM
Yama 2:06PM – 3:14PM
Rahu 10:41AM – 11:49AM

Uttaraphalguni Until 10:38PM
Ayushman Until 9:02PM
Tailila Until 5:01AM Sat
Ashtami* Until 4:33PM

Ganesha: White *Sunrise:* 7:17AM
Muruqa: Clear *Sunset:* 4:22PM
Nataraja: Purple
Moon – Red
Devaloka Day
Margasira-Markali

Subhakrit 5124
Moon 12 - Phase 33 - 7
Ashtami

Saturday, December 17, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam
Hasta Nakshatra Saubhagya Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Albany, NY
Sun 8 Sutra 244

Kanya Rasi: 13.47 Tithi 24 – 25
865476575
Routine Work Marana Yoga

Gulika 7:17AM – 8:25AM
Yama 12:58PM – 2:06PM
Rahu 9:34AM – 10:42AM

Hasta Until 11:49PM
Saubhagya Until 8:17PM
Vanija Until 5:17AM Sun
Navami* Until 5:14PM

Ganesha: Clear *Sunrise:* 7:17AM
Muruqa: Clear *Sunset:* 4:22PM
Nataraja: Purple
Moon – Green
Sivaloka Day
Margasira-Markali

Subhakrit 5124
Moon 12 - Phase 33 - 8
Navami

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. Calculated for Albany, NY on 4/26/20

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|----------------------------------|---------------|----------------------------------|-------------------|---|-------------------------|--|------------------------|
| 1 | | Sunday, December 18, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Sobhana Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Albany, NY Sun 9 Sutra 245 Subhakrit 5124 | |
| Kanya Rasi: 26.41 | Tithi 25 – 26 | Gulika | 2:07PM – 3:15PM | Chitra Until 12:01AM Mon | Ganesha: Clear | <i>Sunrise:</i> 7:18AM | |
| | | Yama | 11:50AM – 12:58PM | Sobhana Until 6:54PM | Muruqa: Clear | <i>Sunset:</i> 4:23PM | Moon 12 - Phase 34 - 9 |
| | | 865476575 Rahu | 3:15PM – 4:23PM | Bava Until 4:42AM Mon | Nataraja: Purple | | 2nd Phase |
| Creative Work | Siddha Yoga | | | Dashami Until 5:05PM | Moon – Green | | Sivaloka Day |
| Until 12:01AM Mon | | | | | Margasira*Markali | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|---------------------------------|---------------|----------------------------------|-------------------|--|-------------------------|---|-------------------------|
| 2 | | Monday, December 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Svati Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Albany, NY Sun 10 Sutra 246 Subhakrit 5124 | |
| Tula Rasi: 10.01 | Tithi 26 – 27 | Gulika | 12:59PM – 2:07PM | Svati Until 11:15PM | Ganesha: Clear | <i>Sunrise:</i> 7:19AM | |
| Family Home Evening | | Yama | 10:43AM – 11:51AM | Athiganda* Until 4:49PM | Muruqa: Clear | <i>Sunset:</i> 4:23PM | Moon 12 - Phase 34 - 10 |
| Creative Work | Amrita Yoga | 865476575 Rahu | 8:27AM – 9:35AM | Kaulava Until 3:17AM Tue | Nataraja: Purple | | 2nd Phase |
| Until 11:15PM | | | | Ekadashi* Until 4:04PM | Moon – Green | | Sivaloka Day |
| Then Routine Work - Marana Yoga | | | | | Margasira*Markali | | |

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| 3 | | Tuesday, December 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Sukarma/Dhriti Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | Albany, NY Sun 11 Sutra 247 Subhakrit 5124 | |
| Tula Rasi: 23.5 | Tithi 27 – 28 | Gulika | 11:51AM – 12:59PM | Vishakha Until 10:01PM | Ganesha: Purple | <i>Sunrise:</i> 7:19AM | |
| | | Yama | 9:35AM – 10:43AM | Sukarma Until 2:07PM | Muruqa: Clear | <i>Sunset:</i> 4:24PM | Moon 12 - Phase 34 - 11 |
| | | 875476575 Rahu | 2:07PM – 3:16PM | Gara Until 1:06AM Wed | Nataraja: Purple | | 2nd Phase |
| Routine Work | Marana Yoga | | | Dvadashi* Until 2:15PM | Moon – Orange | | Devaloka Day |
| Until 10:01PM | | | | | Margasira*Markali | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| | | | | | | | <i>Pradosha Vrata (Fasting)</i> |

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| 4 | | Wednesday, December 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Albany, NY Sun 12 Sutra 248 Subhakrit 5124 | |
| Vrischika Rasi: 8.07 | Tithi 28 – 29 | Gulika | 10:44AM – 11:52AM | Anuradha Until 8:00PM | Ganesha: Clear | <i>Sunrise:</i> 7:20AM | |
| | | Yama | 8:28AM – 9:36AM | Dhriti Until 10:52AM | Muruqa: Clear | <i>Sunset:</i> 4:24PM | Moon 12 - Phase 34 - 12 |
| | | 876476575 Rahu | 11:52AM – 1:00PM | Visti Until 10:18PM | Nataraja: Purple | | 2nd Phase |
| Creative Work | Siddha Yoga | | | Trayodashi* Until 11:45AM | Moon – Orange | | Sivaloka Day |
| | | | | | Margasira*Markali | | |
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| Retreat Star | | Thursday, December 22, 2022 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Albany, NY Sun 13 Sutra 249 Subhakrit 5124 | |
| Vrischika Rasi: 22.5 | Tithi 29 – 30 | Gulika | 9:36AM – 10:44AM | Jyeshtha* Until 5:22PM | Ganesha: Clear | <i>Sunrise:</i> 7:20AM | |
| | | Yama | 7:20AM – 8:28AM | Shula* Until 7:09AM | Muruqa: Clear | <i>Sunset:</i> 4:25PM | Moon 12 - Phase 34 - 13 |
| | | 876476575 Rahu | 1:00PM – 2:08PM | Catuspada Until 7:02PM | Nataraja: Purple | | Amavasya |
| Routine Work | Prabalarishta Yoga | | | Chaturdashi* Until 8:42AM | Moon – Orange | | Sivaloka Day |
| Until 5:22PM | | | | | Margasira*Markali | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|--|-------------|----------------------------------|-------------------|--|-------------------------|---|-------------------------|
| Retreat Star | | Friday, December 23, 2022 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vriddhi Yoga Kintughna*/Bava Karana Prathamayam Titau | | Albany, NY Sun 14 Sutra 250 Subhakrit 5124 | |
| Dhanus Rasi: 7.5 | Tithi 1 | Gulika | 8:29AM – 9:37AM | Mula* Until 2:42PM | Ganesha: Orange | <i>Sunrise:</i> 7:21AM | |
| | | Yama | 2:09PM – 3:17PM | Vriddhi Until 10:56PM | Muruqa: Clear | <i>Sunset:</i> 4:25PM | Moon 12 - Phase 34 - 14 |
| | | 886476575 Rahu | 10:45AM – 11:53AM | Kintughna Until 3:29PM | Nataraja: Purple | | Prathama |
| Creative Work | Amrita Yoga | | | Prathama* Until 1:38AM Sat | Moon – Light Blue | | Sivaloka Day |
| Until 2:42PM | | | | | Pausha*Markali | | |
| Then Routine Work - Prabalarishta 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

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|---------------------------------|-------------|--|-----------------------------------|---|---------------------------|-------------------------|--|
| 1 | | Saturday, December 24, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam | | Albany, NY | |
| | | Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Sun 15 Sutra 251 | |
| Dhanus Rasi: 23 | Tithi 2 | Gulika 7:21AM – 8:29AM | Purvashadha* Until 11:46AM | Ganesha: Orange | <i>Sunrise:</i> 7:21AM | Subhakrit 5124 | |
| | | Yama 1:01PM – 2:10PM | Dhruva Until 6:40PM | Muruqa: Purple | <i>Sunset:</i> 4:26PM | Moon 12 - Phase 35 - 15 | |
| | | 886486575 Rahu 9:37AM – 10:45AM | Balava Until 11:49AM | Nataraja: Purple | | 3rd Phase | |
| Creative Work | Siddha Yoga | Day 4 of Pancha Ganapati | | Moon – Light Blue | Subha Sivaloka Day | | |
| Until 11:46AM | | | | Pausha*Markali | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|---------------------------------|-------------|---|----------------------------------|---|---------------------------|-------------------------|--|
| 2 | | Sunday, December 25, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam | | Albany, NY | |
| | | Uttarashadha*/Shravana Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Sun 16 Sutra 252 | |
| Makara Rasi: 8.1 | Tithi 3 | Gulika 2:10PM – 3:18PM | Uttarashadha Until 8:46AM | Ganesha: Orange | <i>Sunrise:</i> 7:21AM | Subhakrit 5124 | |
| | | Yama 11:54AM – 1:02PM | Vyaghata* Until 2:30PM | Muruqa: Purple | <i>Sunset:</i> 4:26PM | Moon 12 - Phase 35 - 16 | |
| | | 886486575 Rahu 3:18PM – 4:26PM | Taitila Until 8:11AM | Nataraja: Purple | | 3rd Phase | |
| Creative Work | Amrita Yoga | Day 5 of Pancha Ganapati | | Moon – Light Blue | Subha Sivaloka Day | | |
| Until 11:46AM | | | | Pausha*Markali | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|----------------------------------|-------------|---|------------------------------|--|------------------------|-------------------------|--|
| 3 | | Monday, December 26, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam | | Albany, NY | |
| | | Shravana*/Dhanishtha Nakshatra Harshana/Vajra* Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau | | | | Sun 17 Sutra 253 | |
| Makara Rasi: 23.1 | Tithi 4 – 5 | Gulika 1:03PM – 2:11PM | Shravana Until 6:15AM | Ganesha: Clear | <i>Sunrise:</i> 7:22AM | Subhakrit 5124 | |
| Family Home Evening | | Yama 10:46AM – 11:54AM | Harshana Until 10:35AM | Muruqa: Purple | <i>Sunset:</i> 4:27PM | Moon 12 - Phase 35 - 17 | |
| | | 896486576 Rahu 8:30AM – 9:38AM | Bava Until 1:47AM Tue | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Amrita Yoga | Chaturthi* Until 3:13PM | | Moon – Purple | Sivaloka Day | | |
| Until 6:15AM | | | | Pausha*Markali | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|----------------------------------|-------------|---|--------------------------------------|---|------------------------|-------------------------|--|
| 4 | | Tuesday, December 27, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam | | Albany, NY | |
| | | Shatabhishak Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Sun 18 Sutra 254 | |
| Kumbha Rasi: 7.52 | Tithi 5 – 6 | Gulika 11:55AM – 1:03PM | Shatabhishak Until 2:08AM Wed | Ganesha: Clear | <i>Sunrise:</i> 7:22AM | Subhakrit 5124 | |
| | | Yama 9:39AM – 10:47AM | Vajra* Until 6:58AM | Muruqa: Purple | <i>Sunset:</i> 4:28PM | Moon 12 - Phase 35 - 18 | |
| | | 896486576 Rahu 2:11PM – 3:19PM | Kaulava Until 11:18PM | Nataraja: Clear | | 3rd Phase | |
| Routine Work | Marana Yoga | Panchami Until 12:27PM | | Moon – Purple | Sivaloka Day | | |
| Until 2:08AM Wed | | | | Pausha*Markali | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|----------------------------------|-------------|--|---|---|------------------------|-------------------------|--|
| 5 | | Wednesday, December 28, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam | | Albany, NY | |
| | | Purvaproshtapada* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Sun 19 Sutra 255 | |
| Kumbha Rasi: 22.11 | Tithi 6 – 7 | Gulika 10:47AM – 11:55AM | Purvaproshtapada* Until 1:12AM Thu | Ganesha: Blue | <i>Sunrise:</i> 7:22AM | Subhakrit 5124 | |
| | | Yama 8:31AM – 9:39AM | Vyatipata* Until 1:14AM Thu | Muruqa: Purple | <i>Sunset:</i> 4:28PM | Moon 12 - Phase 35 - 19 | |
| | | 817486576 Rahu 11:55AM – 1:04PM | Gara Until 9:27PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Amrita Yoga | Shashthi* Until 10:16AM | | Moon – Clear | Devaloka Day | | |
| Until 1:12AM Thu | | | | Pausha*Markali | | | |
| Then Creative Work - Siddha Yoga | | Vinayaga Viratam Ends | | | | | |

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|----------------------------------|-------------|--|--|--|------------------------|-------------------------|--|
| Retreat Star | | Thursday, December 29, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam | | Albany, NY | |
| | | Uttaraproshtapada Nakshatra Variyan Yoga Vanija/Visiti* Karana Saptami/Ashlamyam Titau | | | | Sun 20 Sutra 256 | |
| Meena Rasi: 6.04 | Tithi 7 – 8 | Gulika 9:39AM – 10:48AM | Uttaraproshtapada Until 12:51AM Fri | Ganesha: Blue | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 | |
| | | Yama 7:23AM – 8:31AM | Variyan Until 11:11PM | Muruqa: Purple | <i>Sunset:</i> 4:29PM | Moon 12 - Phase 35 - 20 | |
| | | 817486576 Rahu 1:04PM – 2:13PM | Visti Until 8:20PM | Nataraja: Clear | | Ashtami | |
| Creative Work | Siddha Yoga | Saptami Until 8:47AM | | Moon – Clear | Devaloka Day | | |
| Until 1:12AM Thu | | | | Pausha*Markali | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|----------------------------------|-------------|--|--------------------------------|---|------------------------|-------------------------|--|
| Retreat Star | | Friday, December 30, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam | | Albany, NY | |
| | | Revati Nakshatra Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Sun 21 Sutra 257 | |
| Meena Rasi: 19.31 | Tithi 8 – 9 | Gulika 8:31AM – 9:40AM | Revati Until 1:04AM Sat | Ganesha: Blue | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 | |
| | | Yama 2:13PM – 3:22PM | Parigha* Until 9:44PM | Muruqa: Purple | <i>Sunset:</i> 4:30PM | Moon 12 - Phase 35 - 21 | |
| | | 817486576 Rahu 10:48AM – 11:56AM | Balava Until 7:57PM | Nataraja: Clear | | Navami | |
| Creative Work | Siddha Yoga | Ashtami* Until 8:02AM | | Moon – Clear | Devaloka Day | | |
| Until 1:12AM Thu | | | | Pausha*Markali | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 1 | Saturday, December 31, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mantra Vasara Yuktayam | | | | Albany, NY |
| | | | Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Sun 22 Sutra 258 |
| Mesha Rasi: 2.34 | Tithi 9 – 10 | | Gulika 7:23AM – 8:32AM | Ashvini Until 2:16AM Sun | Ganesha: Yellow | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 827486576 | Yama 1:05PM – 2:14PM | Shiva Until 8:51PM | Muruga: Purple | <i>Sunset:</i> 4:31PM | Moon 12 - Phase 36 - 22 |
| | | | Rahu 9:40AM – 10:48AM | Taitila Until 8:17PM | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Navami* Until 8:01AM | Moon – White | | Sivaloka Day |
| Until 2:16AM Sun | | | | | Pausha-Markali | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

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| 2 | Sunday, January 1, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam | | | | Albany, NY |
| | | | Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Sun 23 Sutra 259 |
| Mesha Rasi: 15.17 | Tithi 10 – 11 | | Gulika 2:14PM – 3:23PM | Bharani Until 3:53AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 827486576 | Yama 11:57AM – 1:06PM | Siddha Until 8:24PM | Muruga: Purple | <i>Sunset:</i> 4:32PM | Moon 12 - Phase 36 - 23 |
| | | | Rahu 3:23PM – 4:32PM | Vanija Until 9:16PM | Nataraja: Clear | | 4th Phase |
| Routine Work | Prabalarishta Yoga | | | Vaikuntha Ekadasi | Moon – White | | Sivaloka Day |
| Until 3:53AM Mon | | | | Dashami Until 8:41AM | Pausha-Markali | | |
| Then Routine Work - Marana Yoga | | | | | | | |


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| 3 | Monday, January 2, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam | | | | Albany, NY |
| | | | Krittika Nakshatra Sadhya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | | | Sun 24 Sutra 260 |
| Mesha Rasi: 27.45 | Tithi 11 – 12 | | Gulika 1:06PM – 2:15PM | Krittika Until 5:47AM Tue | Ganesha: Yellow | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| Family Home Evening | | 827486576 | Yama 10:49AM – 11:58AM | Sadhya Until 8:22PM | Muruga: Purple | <i>Sunset:</i> 4:32PM | Moon 12 - Phase 36 - 24 |
| | | | Rahu 8:32AM – 9:41AM | Bava Until 10:44PM | Nataraja: Clear | | 4th Phase |
| Routine Work | Marana Yoga | | | Ekadashi Until 9:55AM | Moon – White | | Sivaloka Day |
| Until 5:47AM Tue | | | | | Pausha-Markali | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 4 | Tuesday, January 3, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam | | | | Albany, NY |
| | | | Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Sun 25 Sutra 261 |
| Vrishabha Rasi: 10.01 | Tithi 12 – 13 | | Gulika 11:58AM – 1:07PM | Rohini Until 8:21AM Wed | Ganesha: Yellow | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 837586576 | Yama 9:41AM – 10:50AM | Subha Until 8:38PM | Muruga: Purple | <i>Sunset:</i> 4:33PM | Moon 12 - Phase 36 - 25 |
| | | | Rahu 2:16PM – 3:25PM | Kaulava Until 12:35AM Wed | Nataraja: Clear | | 4th Phase |
| Creative Work | Amrita Yoga | | | Dvadashi Until 11:36AM | Moon – Yellow | | Sivaloka Day |
| Until 8:21AM Wed | | | | | Pausha-Markali | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

Pradosha Vrata

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| 5 | Wednesday, January 4, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam | | | | Albany, NY |
| | | | Rohini/Mrigashira Nakshatra Sukla Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Sun 26 Sutra 262 |
| Vrishabha Rasi: 22.08 | Tithi 13 – 14 | | Gulika 10:50AM – 11:59AM | Rohini Until 8:21AM | Ganesha: White | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 838586576 | Yama 8:32AM – 9:41AM | Sukla Until 9:05PM | Muruga: Purple | <i>Sunset:</i> 4:34PM | Moon 12 - Phase 36 - 26 |
| | | | Rahu 11:59AM – 1:08PM | Gara Until 2:43AM Thu | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | | Trayodashi Until 1:36PM | Moon – Yellow | | Devaloka Day |
| | | | | | Pausha-Markali | | |

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| 6 | Thursday, January 5, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam | | | | Albany, NY |
| | | | Mrigashira/Ardra Nakshatra Brahma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Sun 27 Sutra 263 |
| Mithuna Rasi: 4.1 | Tithi 14 – 15 | | Gulika 9:41AM – 10:50AM | Mrigashira Until 10:59AM | Ganesha: White | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 838586576 | Yama 7:23AM – 8:32AM | Brahma Until 9:42PM | Muruga: Purple | <i>Sunset:</i> 4:35PM | Moon 12 - Phase 36 - 27 |
| | | | Rahu 1:08PM – 2:17PM | Visti Until 5:01AM Fri | Nataraja: Clear | | 4th Phase |
| Routine Work | Marana Yoga | | | Chaturdashi* Until 3:50PM | Moon – Yellow | | Devaloka Day |
| | | | Subramuniyaswami Jayanti | | Pausha-Markali | | |

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|  | Friday, January 6, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam | | | | Albany, NY |
| | Copper Retreat Star | | Ardra/Punarvasu Nakshatra Indra Yoga Bava Karana Purnimayam Titau | | | | Sutra 264 |
| Mithuna Rasi: 16.08 | Tithi 15 | | Gulika 8:32AM – 9:41AM | Ardra Until 1:36PM | Ganesha: White | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 838586576 | Yama 2:18PM – 3:27PM | Indra Until 10:25PM | Muruga: Purple | <i>Sunset:</i> 4:36PM | Moon 12 - Phase 36 - |
| | | | Rahu 10:51AM – 12:00PM | Bava Until 6:12PM | Nataraja: Clear | | Purnima |
| Creative Work | Siddha Yoga | | | Purnima* Until 6:12PM | Moon – Yellow | | Devaloka Day |
| | | | | | Pausha-Markali | | |

Ardra Darshanam

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| 7 | Saturday, January 7, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantra Vasara Yuktayam | | | | Albany, NY |
| | Silver Retreat Star | | Punarvasu/Pushya Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Sutra 265 |
| Mithuna Rasi: 28.03 | Tithi 16 | | Gulika 7:23AM – 8:32AM | Punarvasu Until 4:38PM | Ganesha: Clear | <i>Sunrise:</i> 7:23AM | Subhakrit 5124 |
| | | 848586576 | Yama 1:09PM – 2:19PM | Vaidhriti* Until 11:10PM | Muruga: Purple | <i>Sunset:</i> 4:37PM | Moon 12 - Phase 36 - |
| | | | Rahu 9:42AM – 10:51AM | Balava Until 7:26AM | Nataraja: Clear | | Prathama |
| Creative Work | Siddha Yoga | | | Prathama* Until 8:39PM | Moon – Blue | | Sivaloka Day |
| | | | | | Pausha-Markali | | |

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 9.56 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:19PM – 3:29PM **Pushya Until 7:33PM**
Yama 12:01PM – 1:10PM **Vishkambha* Until 11:57PM**
Rahu 3:29PM – 4:38PM **Taitila Until 9:55AM**
Dvitiya Until 11:09PM

Albany, NY Sun 1 Sutra 266 Subhakit 5124
Moon 1 - Phase 37 - 1
1st Phase

Ganesha: Clear **Sunrise:** 7:23AM
Muruqa: Purple **Sunset:** 4:38PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

1

Monday, January 9, 2023

Kataka Rasi: 21.5 Tithi 18
Family Home Evening
Creative Work Siddha Yoga
Until 10:17PM
Then Routine Work - Marana Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam
Ashlesha* Nakshatra Priti Yoga Vanija/Visti* Karana Tritiyayam Titau

Gulika 1:11PM – 2:20PM **Ashlesha* Until 10:17PM**
Yama 10:51AM – 12:01PM **Priti Until 12:45AM Tue**
Rahu 8:32AM – 9:42AM **Vanija Until 12:25PM**
Tritiya Until 1:37AM Tue

Albany, NY Sun 2 Sutra 267 Subhakit 5124
Moon 1 - Phase 37 - 2
1st Phase

Ganesha: Clear **Sunrise:** 7:23AM
Muruqa: Purple **Sunset:** 4:39PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

2

Tuesday, January 10, 2023

Simha Rasi: 3.44 Tithi 19
Creative Work Siddha Yoga
Until 1:16AM Wed
Then Creative Work - Amrita Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha* Nakshatra Ayushman Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 12:01PM – 1:11PM **Magha* Until 1:16AM Wed**
Yama 9:42AM – 10:52AM **Ayushman Until 1:26AM Wed**
Rahu 2:21PM – 3:31PM **Bava Until 2:51PM**
Chaturthi* Until 3:59AM Wed

Albany, NY Sun 3 Sutra 268 Subhakit 5124
Moon 1 - Phase 37 - 3
1st Phase

Ganesha: Clear **Sunrise:** 7:23AM
Muruqa: Purple **Sunset:** 4:40PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

3

Wednesday, January 11, 2023

Simha Rasi: 15.41 Tithi 20
Creative Work Amrita Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaphalguni Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 10:52AM – 12:02PM **Purvaphalguni Until 3:51AM Thu**
Yama 8:32AM – 9:42AM **Saubhagya Until 1:58AM Thu**
Rahu 12:02PM – 1:12PM **Kaulava Until 5:07PM**
Panchami Until 6:07AM Thu

Albany, NY Sun 4 Sutra 269 Subhakit 5124
Moon 1 - Phase 37 - 4
1st Phase

Ganesha: Clear **Sunrise:** 7:22AM
Muruqa: Purple **Sunset:** 4:41PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

4

Thursday, January 12, 2023

Simha Rasi: 27.44 Tithi 20 – 21
Amrita Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraphalguni Nakshatra Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 9:42AM – 10:52AM **Uttaraphalguni Until 5:55AM Fri**
Yama 7:22AM – 8:32AM **Sobhana Until 2:13AM Fri**
Rahu 1:12PM – 2:22PM **Gara Until 7:03PM**
Panchami Until 6:07AM

Albany, NY Sun 5 Sutra 270 Subhakit 5124
Moon 1 - Phase 37 - 5
1st Phase

Ganesha: Clear **Sunrise:** 7:22AM
Muruqa: Purple **Sunset:** 4:43PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

5

Friday, January 13, 2023

Kanya Rasi: 9.56 Tithi 21 – 22
Creative Work Amrita Yoga
Until 7:46AM Sat
Then Routine Work - Marana Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta Nakshatra Athiganda* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Gulika 8:32AM – 9:42AM **Hasta Until 7:46AM Sat**
Yama 2:23PM – 3:33PM **Athiganda* Until 2:03AM Sat**
Rahu 10:52AM – 12:03PM **Visti Until 8:30PM**
Shashthi* Until 7:50AM

Albany, NY Sun 6 Sutra 271 Subhakit 5124
Moon 1 - Phase 37 - 6
1st Phase

Ganesha: Clear **Sunrise:** 7:22AM
Muruqa: Purple **Sunset:** 4:44PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

D

Saturday, January 14, 2023
Retreat Star

Kanya Rasi: 22.23 Tithi 22 – 23
Routine Work Marana Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Hasta/Chitra Nakshatra Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 7:21AM – 8:32AM **Hasta Until 7:46AM**
Yama 1:13PM – 2:24PM **Sukarma Until 1:21AM Sun**
Rahu 9:42AM – 10:53AM **Balava Until 9:17PM**
Saptami Until 8:58AM

Albany, NY Sun 7 Sutra 272 Subhakit 5124
Moon 1 - Phase 37 - 7
Ashtami

Ganesha: White **Sunrise:** 7:21AM
Muruqa: Purple **Sunset:** 4:45PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

Sunday, January 15, 2023

Retreat Star

Tula Rasi: 5.1 Tithi 23 – 24
Creative Work Siddha Yoga

Subhakit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
Chitra/Svati Nakshatra Dhriti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 2:25PM – 3:35PM **Chitra Until 8:45AM**
Yama 12:03PM – 1:14PM **Dhriti Until 12:03AM Mon**
Rahu 3:35PM – 4:46PM **Taitila Until 9:15PM**
Ashtami* Until 9:21AM

Albany, NY Sun 8 Sutra 273 Subhakit 5124
Moon 1 - Phase 37 - 8
Navami

Ganesha: White **Sunrise:** 7:21AM
Muruqa: Purple **Sunset:** 4:46PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

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


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|---------------------------------|---------------|---|-------------------|---------------------------|------------------------|---------------------------|
| Monday, January 16, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam | | | | Albany, NY |
| 1 | | Svati/Vishakha Nakshatra Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Sun 9 Sutra 274 |
| Tula Rasi: 18.22 | Tithi 24 – 25 | Gulika | 1:15PM – 2:25PM | Svati Until 8:46AM | Ganesha: White | Sunrise: 7:20AM |
| Family Home Evening | 869586576 | Yama | 10:53AM – 12:04PM | Shula* Until 10:03PM | Muruqa: Purple | Sunset: 4:47PM |
| Creative Work | Amrita Yoga | Rahu | 8:31AM – 9:42AM | Vanija Until 8:23PM | Nataraja: Clear | Moon 1 - Phase 38 - 9 |
| Until 8:46AM | | | | Navami* Until 8:54AM | Moon – Green | 2nd Phase |
| Then Routine Work - Marana Yoga | | | | | Pausha*Thai | Subha Sivaloka Day |

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| Tuesday, January 17, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam | | | | Albany, NY |
| 2 | | Vishakha/Anuradha Nakshatra Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Sun 10 Sutra 275 |
| Vrischika Rasi: 2.01 | Tithi 25 – 26 | Gulika | 12:04PM – 1:15PM | Vishakha Until 8:15AM | Ganesha: Yellow | Sunrise: 7:20AM |
| | 879586576 | Yama | 9:42AM – 10:53AM | Ganda* Until 7:24PM | Muruqa: Purple | Sunset: 4:48PM |
| Routine Work | Marana Yoga | Rahu | 2:26PM – 3:37PM | Bava Until 6:40PM | Nataraja: Clear | Moon 1 - Phase 38 - 10 |
| Until 8:15AM | | | | Dashami Until 7:36AM | Moon – Orange | 2nd Phase |
| Then Creative Work - Siddha Yoga | | | | | Pausha*Thai | Sivaloka Day |

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|------------------------------------|-------------|--|-------------------|------------------------------|------------------------|------------------------|
| Wednesday, January 18, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam | | | | Albany, NY |
| 3 | | Anuradha/Jyeshtha* Nakshatra Vriddhi/Dhruva Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | | Sun 11 Sutra 276 |
| Vrischika Rasi: 16.1 | Tithi 27 | Gulika | 10:53AM – 12:04PM | Anuradha Until 6:48AM | Ganesha: Yellow | Sunrise: 7:19AM |
| | 871586576 | Yama | 8:31AM – 9:42AM | Vriddhi Until 4:11PM | Muruqa: Purple | Sunset: 4:50PM |
| Creative Work | Siddha Yoga | Rahu | 12:04PM – 1:16PM | Kaulava Until 4:13PM | Nataraja: Clear | Moon 1 - Phase 38 - 11 |
| Until 8:15AM | | | | Dvadashi* Until 2:44AM Thu | Moon – Orange | 2nd Phase |
| Then Routine Work - Marana Yoga | | | | | Pausha*Thai | Sivaloka Day |

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|--|-------------|---|------------------|-------------------------------|------------------------|---------------------------------|
| Thursday, January 19, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam | | | | Albany, NY |
| 4 | | Mula* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Sun 12 Sutra 277 |
| Dhanus Rasi: 0.47 | Tithi 28 | Gulika | 9:42AM – 10:53AM | Mula* Until 2:04AM Fri | Ganesha: Red | Sunrise: 7:19AM |
| | 881586576 | Yama | 7:19AM – 8:30AM | Dhruva Until 12:26PM | Muruqa: Purple | Sunset: 4:51PM |
| Creative Work | Siddha Yoga | Rahu | 1:16PM – 2:28PM | Gara Until 1:09PM | Nataraja: Clear | Moon 1 - Phase 38 - 12 |
| Until 2:04AM Fri | | | | Trayodashi* Until 11:25PM | Moon – Light Blue | 2nd Phase |
| Then Routine Work - Prabalarishta Yoga | | | | | Pausha*Thai | Sivaloka Day |
| | | | | | | <i>Pradosha Vrata (Fasting)</i> |

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|---------------------------------|--------------------|--|-------------------|-----------------------------------|------------------------|------------------------|
| Friday, January 20, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam | | | | Albany, NY |
| 5 | | Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Sun 13 Sutra 278 |
| Dhanus Rasi: 15.48 | Tithi 29 | Gulika | 8:30AM – 9:42AM | Purvashadha* Until 11:06PM | Ganesha: Red | Sunrise: 7:18AM |
| | 881586576 | Yama | 2:28PM – 3:40PM | Vyaghata* Until 8:20AM | Muruqa: Purple | Sunset: 4:52PM |
| Routine Work | Prabalarishta Yoga | Rahu | 10:53AM – 12:05PM | Visti Until 9:38AM | Nataraja: Clear | Moon 1 - Phase 38 - 13 |
| Until 11:06PM | | | | Chaturdashi* Until 7:44PM | Moon – Light Blue | 2nd Phase |
| Then Routine Work - Marana Yoga | | | | | Pausha*Thai | Sivaloka Day |

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|---|---------------------|---|------------------|----------------------------------|------------------------|------------------------|
| Saturday, January 21, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam | | | | Albany, NY |
|  | Retreat Star | Uttarashadha Nakshatra Vajra* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Sun 14 Sutra 279 |
| Makara Rasi: 1.04 | Tithi 30 – 1 | Gulika | 7:17AM – 8:29AM | Uttarashadha Until 7:51PM | Ganesha: Red | Sunrise: 7:17AM |
| | 881586576 | Yama | 1:17PM – 2:29PM | Vajra* Until 11:34PM | Muruqa: Purple | Sunset: 4:53PM |
| Routine Work | Marana Yoga | Rahu | 9:41AM – 10:53AM | Kintughna Until 1:57AM Sun | Nataraja: Clear | Moon 1 - Phase 38 - 14 |
| Until 7:51PM | | | | Amavasya* Until 3:53PM | Moon – Light Blue | Amavasya |
| Then Creative Work - Siddha Yoga | | | | | Pausha*Thai | Sivaloka Day |

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|---------------------------------|-------------|--|------------------|------------------------------|------------------------|------------------------|
| Sunday, January 22, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam | | | | Albany, NY |
| Retreat Star | | Shravana/Dhanishtha Nakshatra Siddhi Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Sun 15 Sutra 280 |
| Makara Rasi: 16.23 | Tithi 1 – 2 | Gulika | 2:30PM – 3:42PM | Shravana Until 4:53PM | Ganesha: Yellow | Sunrise: 7:17AM |
| | 891586576 | Yama | 12:06PM – 1:18PM | Siddhi Until 7:11PM | Muruqa: Purple | Sunset: 4:54PM |
| Creative Work | Amrita Yoga | Rahu | 3:42PM – 4:54PM | Balava Until 10:09PM | Nataraja: Clear | Moon 1 - Phase 38 - 15 |
| Until 4:53PM | | | | Prathama* Until 12:01PM | Moon – Purple | Prathama |
| Then Routine Work - Marana Yoga | | | | | Magha*Thai | Sivaloka Day |

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|----------|---------------------------------|-------------|--|-------------------------|---------------------|-----------------|-------------------------------------|
| 1 | Monday, January 23, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyatipata Varyan Yoga Kaulava/Taitila Karana Dvitiya/Tritiayam Titau | | | | Albany, NY |
| | Kumbha Rasi: 1.37 | Tithi 2 - 3 | Gulika 1:18PM - 2:31PM | Dhanishtha Until 2:00PM | Ganesha: Yellow | Sunrise: 7:16AM | Sun 16 Sutra 281 |
| | Family Home Evening | 891586576 | Yama 10:53AM - 12:06PM | Vyatipata* Until 3:01PM | Muruga: Purple | Sunset: 4:56PM | Subhakrit 5124 |
| | Creative Work Siddha Yoga | | Rahu 8:28AM - 9:41AM | Taitila Until 6:36PM | Nataraja: Clear | | Moon 1 - Phase 39 - 16 3rd Phase |
| | | | Dvitiya Until 8:19AM | Magha*Thai | Sivaloka Day | | |

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|----------|----------------------------------|-----------|---|----------------------------|---------------------|-----------------|-------------------------------------|
| 2 | Tuesday, January 24, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada Nakshatra Varyan/Parigha Yoga Vanija/Visti Karana Chaturtham Titau | | | | Albany, NY |
| | Kumbha Rasi: 16.35 | Tithi 4 | Gulika 12:06PM - 1:19PM | Shatabhishak Until 11:24AM | Ganesha: Red | Sunrise: 7:15AM | Sun 17 Sutra 282 |
| | Routine Work Marana Yoga | 991586576 | Yama 9:41AM - 10:53AM | Varyan Until 11:09AM | Muruga: Purple | Sunset: 4:57PM | Subhakrit 5124 |
| | | | Rahu 2:32PM - 3:44PM | Vanija Until 3:31PM | Nataraja: Clear | | Moon 1 - Phase 39 - 17 3rd Phase |
| | | | Chaturthi* Until 2:09AM Wed | Magha*Thai | Sivaloka Day | | |

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|----------|------------------------------------|-----------|--|--------------------------------|---------------------------|-----------------|-------------------------------------|
| 3 | Wednesday, January 25, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY |
| | Meena Rasi: 1.1 | Tithi 5 | Gulika 10:53AM - 12:06PM | Purvaproshtapada* Until 9:38AM | Ganesha: Blue | Sunrise: 7:14AM | Sun 18 Sutra 283 |
| | Creative Work Amrita Yoga | 911586576 | Yama 8:27AM - 9:40AM | Parigha* Until 7:46AM | Muruga: Purple | Sunset: 4:58PM | Subhakrit 5124 |
| | Until 9:38AM | | Rahu 12:06PM - 1:19PM | Bava Until 1:01PM | Nataraja: Clear | | Moon 1 - Phase 39 - 18 3rd Phase |
| | | | Panchami Until 12:01AM Thu | Magha*Thai | Subha Sivaloka Day | | |

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|----------|-----------------------------------|-----------|--|--------------------------------|---------------------------|-----------------|-------------------------------------|
| 4 | Thursday, January 26, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddha Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Albany, NY |
| | Meena Rasi: 15.15 | Tithi 6 | Gulika 9:40AM - 10:53AM | Uttaraproshtapada Until 8:26AM | Ganesha: Blue | Sunrise: 7:14AM | Sun 19 Sutra 284 |
| | Creative Work Siddha Yoga | 911586576 | Yama 7:14AM - 8:27AM | Siddha Until 2:48AM Fri | Muruga: Purple | Sunset: 5:00PM | Subhakrit 5124 |
| | | | Rahu 1:20PM - 2:33PM | Kaulava Until 11:15AM | Nataraja: Clear | | Moon 1 - Phase 39 - 19 3rd Phase |
| | | | Shashthi* Until 10:40PM | Magha*Thai | Subha Sivaloka Day | | |

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|----------|---------------------------------|-----------|--|-------------------------|---------------------------|-----------------|-------------------------------------|
| 5 | Friday, January 27, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY |
| | Meena Rasi: 28.5 | Tithi 7 | Gulika 8:26AM - 9:40AM | Revati Until 7:55AM | Ganesha: Blue | Sunrise: 7:13AM | Sun 20 Sutra 285 |
| | Creative Work Siddha Yoga | 911586576 | Yama 2:34PM - 3:47PM | Sadhya Until 1:20AM Sat | Muruga: Purple | Sunset: 5:01PM | Subhakrit 5124 |
| | Until 7:55AM | | Rahu 10:53AM - 12:07PM | Gara Until 10:20AM | Nataraja: Clear | | Moon 1 - Phase 39 - 20 3rd Phase |
| | | | Saptami Until 10:11PM | Magha*Thai | Subha Sivaloka Day | | |

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|----------|-----------------------------------|-----------|---|-------------------------|---------------------|-----------------|-----------------------------------|
| 6 | Saturday, January 28, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manla Vasara Yuktayam Ashvini/Bharani Nakshatra Subha Yoga Visti/Bava Karana Ashtamyam Titau | | | | Albany, NY |
| | Retreat Star | | Gulika 7:12AM - 8:26AM | Ashvini Until 8:32AM | Ganesha: White | Sunrise: 7:12AM | Sun 21 Sutra 286 |
| | Mesha Rasi: 11.58 | Tithi 8 | Yama 1:21PM - 2:35PM | Subha Until 12:31AM Sun | Muruga: Purple | Sunset: 5:02PM | Subhakrit 5124 |
| | Creative Work Siddha Yoga | 921686576 | Rahu 9:39AM - 10:53AM | Visti Until 10:18AM | Nataraja: Clear | | Moon 1 - Phase 39 - 21 Ashtami |
| | | | Ashtami* Until 10:34PM | Magha*Thai | Devaloka Day | | |

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|----------|---------------------------------|-----------|---|-------------------------|---------------------|-----------------|----------------------------------|
| 7 | Sunday, January 29, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Sukla Yoga Balava/Kaulava Karana Navamyam Titau | | | | Albany, NY |
| | Retreat Star | | Gulika 2:35PM - 3:49PM | Bharani Until 9:48AM | Ganesha: Yellow | Sunrise: 7:11AM | Sun 22 Sutra 287 |
| | Mesha Rasi: 24.4 | Tithi 9 | Yama 12:07PM - 1:21PM | Sukla Until 12:16AM Mon | Muruga: Purple | Sunset: 5:03PM | Subhakrit 5124 |
| | Routine Work Prabalarishta Yoga | 922686576 | Rahu 3:49PM - 5:03PM | Balava Until 11:04AM | Nataraja: Clear | | Moon 1 - Phase 39 - 22 Navami |
| | | | Navami* Until 11:42PM | Magha*Thai | Sivaloka Day | | |

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

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|---------------------------------|--|---|--|---|---|--|
| Monday, January 30, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Brahma Yoga Taitila/Gara Karana Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 288 Subhakrit 5124 |
| 1 | Vrishabha Rasi: 7.04 Family Home Evening Routine Work Marana Yoga Until 11:35AM Then Creative Work - Amrita Yoga | Gulika 1:22PM – 2:36PM Yama 10:53AM – 12:07PM Rahu 8:24AM – 9:39AM | Krittika Until 11:35AM Brahma Until 12:28AM Tue Taitila Until 12:32PM Dashami Until 1:27AM Tue | Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha·Thai | Sunrise: 7:10AM Sunset: 5:05PM | Moon 1 - Phase 40 - 23 4th Phase Sivaloka Day |

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|----------------------------------|--|---|--|---|---|--|
| Tuesday, January 31, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Indra Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 289 Subhakrit 5124 |
| 2 | Vrishabha Rasi: 19.13 Creative Work Amrita Yoga Until 2:11PM Then Creative Work - Siddha Yoga | Gulika 12:08PM – 1:22PM Yama 9:38AM – 10:53AM Rahu 2:37PM – 3:51PM | Rohini Until 2:11PM Indra Until 1:01AM Wed Vanija Until 2:31PM Ekadashi Until 3:37AM Wed | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha·Thai | Sunrise: 7:09AM Sunset: 5:06PM | Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day |

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|------------------------------------|---|---|---|---|---|--|
| Wednesday, February 1, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Vaidhriti* Yoga Bava/Balava Karana Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 290 Subhakrit 5124 |
| 3 | Mithuna Rasi: 1.13 Creative Work Siddha Yoga | Gulika 10:53AM – 12:08PM Yama 8:24AM – 9:38AM Rahu 12:08PM – 1:22PM | Mrigashira Until 4:56PM Vaidhriti* Until 1:43AM Thu Bava Until 4:50PM Dvadashi Until 6:02AM Thu | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha·Thai | Sunrise: 7:09AM Sunset: 5:06PM | Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day |

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|-----------------------------------|---|--|--|---|---|--|
| Thursday, February 2, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 291 Subhakrit 5124 |
| 4 | Mithuna Rasi: 13.08 Routine Work Marana Yoga Until 7:40PM Then Creative Work - Amrita Yoga | Gulika 9:38AM – 10:53AM Yama 7:08AM – 8:23AM Rahu 1:23PM – 2:37PM | Ardra Until 7:40PM Vishkambha* Until 2:32AM Fri Kaulava Until 7:18PM Dvadashi Until 6:02AM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha·Thai | Sunrise: 7:08AM Sunset: 5:07PM | Moon 1 - Phase 40 - 26 4th Phase Subha Sivaloka Day |

Pradosha Vrata

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|---------------------------------|--|--|--|--|---|--|
| Friday, February 3, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 292 Subhakrit 5124 |
| 5 | Mithuna Rasi: 25.01 Creative Work Siddha Yoga Until 10:47PM Then Routine Work - Marana Yoga | Gulika 8:22AM – 9:37AM Yama 2:38PM – 3:53PM Rahu 10:53AM – 12:08PM | Punarvasu Until 10:47PM Priti Until 3:22AM Sat Gara Until 9:49PM Trayodashi Until 8:32AM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha·Thai | Sunrise: 7:07AM Sunset: 5:09PM | Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day |

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|-----------------------------------|--|--|--|--|---|---|
| Saturday, February 4, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Albany, NY Sun 28 Sutra 293 Subhakrit 5124 |
| ○ | Copper Retreat Star Kataka Rasi: 6.54 Creative Work Siddha Yoga | Gulika 7:06AM – 8:21AM Yama 1:23PM – 2:39PM Rahu 9:37AM – 10:52AM | Pushya Until 1:41AM Sun Ayushman Until 4:08AM Sun Visti Until 12:17AM Sun Chaturdashi* Until 11:02AM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha·Thai | Sunrise: 7:06AM Sunset: 5:10PM | Moon 1 - Phase 40 - Purnima Sivaloka Day |

Thai Pusam

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|---------------------------------|--|--|---|--|---|--|
| Sunday, February 5, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Saubhagya Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sun 29 Sutra 294 Subhakrit 5124 |
| ○ | Silver Retreat Star Kataka Rasi: 18.48 Creative Work Siddha Yoga Until 4:19AM Mon Then Routine Work - Marana Yoga | Gulika 2:40PM – 3:55PM Yama 12:08PM – 1:24PM Rahu 3:55PM – 5:11PM | Ashlesha* Until 4:19AM Mon Saubhagya Until 4:50AM Mon Balava Until 2:39AM Mon Purnima* Until 1:27PM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha·Thai | Sunrise: 7:05AM Sunset: 5:11PM | Moon 1 - Phase 40 - Prathama Sivaloka Day |



Monday, February 6, 2023

Gold Retreat Star

Simha Rasi: 0.44 Tithi 16 - 17

Family Home Evening 952686577

Routine Work Marana Yoga

Until 7:10AM Tue

Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Magha* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Gulika 1:24PM - 2:40PM
Yama 10:52AM - 12:08PM
Rahu 8:20AM - 9:36AM

Magha* Until 7:10AM Tue
Sobhana Until 5:27AM Tue
Taitila Until 4:54AM Tue
Prathama* Until 3:46PM

Ganesha: Purple Sunrise: 7:04AM
Muruga: Purple Sunset: 5:13PM
Nataraja: Orange
Moon - Red
Magha*Thai

Albany, NY
Sutra 295
Subhakrit 5124
Moon 2 - Phase 41 -
1st Phase

Subha Sivaloka Day

Tuesday, February 7, 2023

1

Simha Rasi: 12.44 Tithi 17 - 18

952686577

Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha*/Purvaphalguni Nakshatra Athiganda* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Gulika 12:08PM - 1:25PM
Yama 9:35AM - 10:52AM
Rahu 2:41PM - 3:57PM

Magha* Until 7:10AM
Athiganda* Until 5:54AM Wed
Vanija Until 6:57AM Wed
Dvitiya Until 5:55PM

Ganesha: Purple Sunrise: 7:03AM
Muruga: Purple Sunset: 5:14PM
Nataraja: Orange
Moon - Red
Magha*Thai

Albany, NY
Sun 1
Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

Wednesday, February 8, 2023

2

Simha Rasi: 24.48 Tithi 18

952686577

Creative Work Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Sukarma Yoga Vanija/Visti* Karana Tritiyayam Titau

Gulika 10:52AM - 12:08PM
Yama 8:18AM - 9:35AM
Rahu 12:08PM - 1:25PM

Purvaphalguni Until 9:40AM
Sukarma Until 6:11AM Thu
Vanija Until 6:57AM
Tritiya Until 7:52PM

Ganesha: Purple Sunrise: 7:01AM
Muruga: Purple Sunset: 5:15PM
Nataraja: Orange
Moon - Red
Magha*Thai

Albany, NY
Sun 2
Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

Thursday, February 9, 2023

3

Kanya Rasi: 6.58 Tithi 19

952686577

Amrita Yoga

Until 11:45AM

Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Chaturthayam Titau

Gulika 9:34AM - 10:51AM
Yama 7:00AM - 8:17AM
Rahu 1:25PM - 2:42PM

Uttaraphalguni Until 11:45AM
Sukarma Until 6:11AM
Bava Until 8:44AM
Chaturthi* Until 9:29PM

Ganesha: Purple Sunrise: 7:00AM
Muruga: Purple Sunset: 5:16PM
Nataraja: Orange
Moon - Red
Magha*Thai

Albany, NY
Sun 3
Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Subha Sivaloka Day

Friday, February 10, 2023

4

Kanya Rasi: 19.17 Tithi 20

962686577

Creative Work Amrita Yoga

Until 1:48PM

Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta/Chitra Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 8:16AM - 9:34AM
Yama 2:43PM - 4:00PM
Rahu 10:51AM - 12:08PM

Hasta Until 1:48PM
Dhriti Until 6:13AM
Kaulava Until 10:11AM
Panchami Until 10:42PM

Ganesha: Clear Sunrise: 6:59AM
Muruga: Purple Sunset: 5:18PM
Nataraja: Orange
Moon - Green
Magha*Thai

Albany, NY
Sun 4
Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Sivaloka Day

Saturday, February 11, 2023

5

Tula Rasi: 1.47 Tithi 21

963686577

Routine Work Marana Yoga

Until 3:13PM

Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Chitra/Svati Nakshatra Ganda* Yoga Gara/Vanija Karana Shashthayam Titau

Gulika 6:58AM - 8:15AM
Yama 1:26PM - 2:44PM
Rahu 9:33AM - 10:51AM

Chitra Until 3:13PM
Ganda* Until 5:06AM Sun
Gara Until 11:08AM
Shashthi* Until 11:22PM

Ganesha: Purple Sunrise: 6:58AM
Muruga: Purple Sunset: 5:19PM
Nataraja: Orange
Moon - Green
Magha*Thai

Albany, NY
Sun 5
Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

Sunday, February 12, 2023

6

Tula Rasi: 14.34 Tithi 22

963686577

Creative Work Siddha Yoga

Until 3:52PM

Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Svati/Vishakha Nakshatra Vridhhi Yoga Visti*/Bava Karana Saptamyam Titau

Gulika 2:44PM - 4:02PM
Yama 12:08PM - 1:26PM
Rahu 4:02PM - 5:20PM

Svati Until 3:52PM
Vridhhi Until 3:49AM Mon
Visti Until 11:29AM
Saptami Until 11:22PM

Ganesha: Purple Sunrise: 6:56AM
Muruga: Purple Sunset: 5:20PM
Nataraja: Orange
Moon - Green
Magha-Masi

Albany, NY
Sun 6
Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 6
1st Phase

Devaloka Day

Monday, February 13, 2023

Retreat Star

Tula Rasi: 27.4 Tithi 23

Family Home Evening 973686577

Routine Work Marana Yoga

Until 4:08PM

Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha/Anuradha Nakshatra Dhruva Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 1:27PM - 2:45PM
Yama 10:50AM - 12:08PM
Rahu 8:13AM - 9:32AM

Vishakha Until 4:08PM
Dhruva Until 1:56AM Tue
Balava Until 11:07AM
Ashtami* Until 10:39PM

Ganesha: Clear Sunrise: 6:55AM
Muruga: Purple Sunset: 5:23PM
Nataraja: Orange
Moon - Orange
Magha-Masi

Albany, NY
Sun 7
Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 7
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 11.1 Tithi 24

973686577

Creative Work Siddha Yoga

Until 3:32PM

Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vyaghata* Yoga Taitila/Gara Karana Navamyam Titau

Gulika 12:08PM - 1:27PM
Yama 9:31AM - 10:50AM
Rahu 2:46PM - 4:04PM

Anuradha Until 3:32PM
Vyaghata* Until 11:29PM
Taitila Until 10:02AM
Navami* Until 9:11PM

Ganesha: Clear Sunrise: 6:54AM
Muruga: Purple Sunset: 5:23PM
Nataraja: Orange
Moon - Orange
Magha-Masi

Albany, NY
Sun 8
Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

Parameshvara is the cause of the five manifest aspects: emanation, srishti; preservation, sthiti; dissolution, samhara; concealment, tirobhava; and revelation, anugraha.
Raurava Agama Kriya Pada

All times are standard time. Calculated for Albany, NY on 4/26/20

www.gurudeva.org/panchang

| | | | | | | |
|----------------------------------|-------------|-----------------------------------|------------------|--|---|--|
| 1 | | Tuesday, February 21, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Albany, NY Sun 15 Sutra 310 Subhakrit 5124 |
| Kumbha Rasi: 24.37 | Tithi 2 | Gulika | 12:08PM – 1:29PM | Purvaproshtapada* Until 8:10PM | Ganesha: Red Muruqa: Purple Nataraja: Orange Moon – Clear | Sunrise: 6:44AM Sunset: 5:32PM Moon 2 - Phase 43 - 15 3rd Phase |
| Routine Work | Marana Yoga | Yama | 9:26AM – 10:47AM | Siddha Until 4:38PM | | |
| Until 8:10PM | | 913686577 Rahu | 2:50PM – 4:11PM | Balava Until 9:02AM | | Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | | Dvitiya Until 7:31PM | Phalguna-Masi | |

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|---------------------------------|-------------|-------------------------------------|-------------------|--|--|--|
| 2 | | Wednesday, February 22, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya/Subha Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau | | Albany, NY Sun 16 Sutra 311 Subhakrit 5124 |
| Meena Rasi: 9.17 | Tithi 3 – 4 | Gulika | 10:46AM – 12:08PM | Uttaraproshtapada Until 6:21PM | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon – Clear | Sunrise: 6:42AM Sunset: 5:33PM Moon 2 - Phase 43 - 16 3rd Phase |
| Creative Work | Siddha Yoga | Yama | 8:04AM – 9:25AM | Sadhya Until 1:16PM | | |
| Until 6:21PM | | 913786577 Rahu | 12:08PM – 1:29PM | Taitila Until 6:11AM | | Subha Sivaloka Day |
| Then Routine Work - Marana Yoga | | | | Tritiya Until 4:57PM | Phalguna-Masi | |

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|----------------------------------|-------------|------------------------------------|------------------|---|--|--|
| 3 | | Thursday, February 23, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Albany, NY Sun 17 Sutra 312 Subhakrit 5124 |
| Meena Rasi: 23.3 | Tithi 4 – 5 | Gulika | 9:24AM – 10:46AM | Revati Until 5:05PM | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon – Clear | Sunrise: 6:41AM Sunset: 5:34PM Moon 2 - Phase 43 - 17 3rd Phase |
| Creative Work | Siddha Yoga | Yama | 6:41AM – 8:03AM | Subha Until 10:27AM | | |
| Until 5:05PM | | 913786577 Rahu | 1:29PM – 2:51PM | Bava Until 2:28AM Fri | | Subha Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | | Chaturthi* Until 3:05PM | Phalguna-Masi | |
| | | | | | | Subramuniyaswami Siva Vision Day |

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|----------------------------------|-------------|----------------------------------|-------------------|---|--|--|
| 4 | | Friday, February 24, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau | | Albany, NY Sun 18 Sutra 313 Subhakrit 5124 |
| Mesha Rasi: 7.14 | Tithi 5 – 6 | Gulika | 8:02AM – 9:24AM | Ashvini Until 4:55PM | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – White | Sunrise: 6:39AM Sunset: 5:36PM Moon 2 - Phase 43 - 18 3rd Phase |
| Creative Work | Amrita Yoga | Yama | 2:52PM – 4:14PM | Sukla Until 8:15AM | | |
| Until 4:55PM | | 923786577 Rahu | 10:46AM – 12:08PM | Kaulava Until 1:51AM Sat | | Sivaloka Day |
| Then Creative Work - Siddha Yoga | | | | Panchami Until 2:02PM | Phalguna-Masi | |

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|----------------------------------|-------------|------------------------------------|------------------|--|--|--|
| 5 | | Saturday, February 25, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Albany, NY Sun 19 Sutra 314 Subhakrit 5124 |
| Mesha Rasi: 20.29 | Tithi 6 – 7 | Gulika | 6:38AM – 8:00AM | Bharani Until 5:27PM | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon – White | Sunrise: 6:38AM Sunset: 5:37PM Moon 2 - Phase 43 - 19 3rd Phase |
| Creative Work | Siddha Yoga | Yama | 1:30PM – 2:52PM | Brahma Until 6:44AM | | |
| Until 5:27PM | | 924786577 Rahu | 9:23AM – 10:45AM | Gara Until 2:05AM Sun | | Devaloka Day |
| Then Creative Work - Amrita Yoga | | | | Shashthi* Until 1:50PM | Phalguna-Masi | |

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|----------------------|-------------|----------------------------------|------------------|--|--|--|
| Retreat Star | | Sunday, February 26, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | Albany, NY Sun 20 Sutra 315 Subhakrit 5124 |
| Vrishabha Rasi: 3.18 | Tithi 7 – 8 | Gulika | 2:53PM – 4:15PM | Krittika Until 6:39PM | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon – White | Sunrise: 6:36AM Sunset: 5:38PM Moon 2 - Phase 43 - 20 Ashtami |
| Creative Work | Siddha Yoga | Yama | 12:07PM – 1:30PM | Vaidhriti* Until 5:41AM Mon | | |
| | | 924786577 Rahu | 4:15PM – 5:38PM | Visti Until 3:09AM Mon | | Devaloka Day |
| | | | | Saptami Until 2:30PM | Phalguna-Masi | |

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|----------------------------|-------------|----------------------------------|-------------------|---|---|---|
| Retreat Star | | Monday, February 27, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vishkambha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | Albany, NY Sun 21 Sutra 316 Subhakrit 5124 |
| Vrishabha Rasi: 15.46 | Tithi 8 – 9 | Gulika | 1:30PM – 2:53PM | Rohini Until 8:51PM | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – Yellow | Sunrise: 6:35AM Sunset: 5:39PM Moon 2 - Phase 43 - 21 Navami |
| Family Home Evening | | Yama | 10:44AM – 12:07PM | Vishkambha* Until 5:57AM Tue | | |
| Creative Work | Amrita Yoga | 934786577 Rahu | 7:58AM – 9:21AM | Balava Until 4:52AM Tue | | Sivaloka Day |
| | | | | Ashtami* Until 3:55PM | Phalguna-Masi | |

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|---------------------------------|--------------|-----------------------------------|---------------------------------|---|------------------------|--|--|
| 1 | | Tuesday, February 28, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Priti Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Albany, NY Sun 22 Sutra 317 Subhakarit 5124 | |
| Wrishabha Rasi: 27.56 | Tithi 9 – 10 | Gulika 12:07PM – 1:30PM | Mrigashira Until 11:24PM | Ganesha: Yellow | <i>Sunrise:</i> 6:33AM | | |
| | | Yama 9:20AM – 10:44AM | Priti Until 6:34AM Wed | Muruqa: Purple | <i>Sunset:</i> 5:41PM | Moon 2 - Phase 44 - 22 | |
| | 934786577 | Rahu 2:54PM – 4:17PM | Taitila Until 7:04AM Wed | Nataraja: Orange | | 4th Phase | |
| Creative Work | Siddha Yoga | | Navami* Until 5:54PM | Moon – Yellow | | Sivaloka Day | |
| Until 11:24PM | | | | Phalguna-Masi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 2 | | Wednesday, March 1, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau | | Albany, NY Sun 23 Sutra 318 Subhakarit 5124 | |
| Mithuna Rasi: 9.56 | Tithi 10 | Gulika 10:42AM – 12:07PM | Ardra Until 2:06AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 6:30AM | | |
| | | Yama 7:54AM – 9:18AM | Priti Until 6:34AM | Muruqa: Purple | <i>Sunset:</i> 5:43PM | Moon 2 - Phase 44 - 23 | |
| | 934786577 | Rahu 12:07PM – 1:31PM | Taitila Until 7:04AM | Nataraja: Orange | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 8:15PM | Moon – Yellow | | Sivaloka Day | |
| Until 2:06AM Thu | | | | Phalguna-Masi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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|---------------------------------|-------------|--------------------------------|-----------------------------------|--|------------------------|--|--|
| 3 | | Thursday, March 2, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau | | Albany, NY Sun 24 Sutra 319 Subhakarit 5124 | |
| Mithuna Rasi: 21.5 | Tithi 11 | Gulika 9:17AM – 10:42AM | Punarvasu Until 5:14AM Fri | Ganesha: White | <i>Sunrise:</i> 6:28AM | | |
| | | Yama 6:28AM – 7:53AM | Ayushman Until 7:22AM | Muruqa: Purple | <i>Sunset:</i> 5:44PM | Moon 2 - Phase 44 - 24 | |
| | 944786577 | Rahu 1:31PM – 2:55PM | Vanija Until 9:31AM | Nataraja: Orange | | 4th Phase | |
| Creative Work | Amrita Yoga | | Ekadashi Until 10:45PM | Moon – Blue | | Devaloka Day | |
| Until 5:14AM Fri | | | | Phalguna-Masi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 4 | | Friday, March 3, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Dvadashyam Titau | | Albany, NY Sun 25 Sutra 320 Subhakarit 5124 | |
| Kataka Rasi: 3.42 | Tithi 12 | Gulika 7:52AM – 9:17AM | Pushya Until 8:10AM Sat | Ganesha: White | <i>Sunrise:</i> 6:27AM | | |
| | | Yama 2:56PM – 4:21PM | Saubhagya Until 8:14AM | Muruqa: Purple | <i>Sunset:</i> 5:45PM | Moon 2 - Phase 44 - 25 | |
| | 944786577 | Rahu 10:41AM – 12:06PM | Bava Until 12:02PM | Nataraja: Orange | | 4th Phase | |
| Routine Work | Marana Yoga | | Dvadashi Until 1:15AM Sat | Moon – Blue | | Devaloka Day | |
| | | | | Phalguna-Masi | | | |

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|---------------------------------|-------------|--------------------------------|------------------------------------|--|------------------------|--|--|
| 5 | | Saturday, March 4, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Albany, NY Sun 26 Sutra 321 Subhakarit 5124 | |
| Kataka Rasi: 15.35 | Tithi 13 | Gulika 6:25AM – 7:50AM | Pushya Until 8:10AM | Ganesha: White | <i>Sunrise:</i> 6:25AM | | |
| | | Yama 1:31PM – 2:56PM | Sobhana Until 9:05AM | Muruqa: Purple | <i>Sunset:</i> 5:47PM | Moon 2 - Phase 44 - 26 | |
| | 944786577 | Rahu 9:16AM – 10:41AM | Kaulava Until 2:28PM | Nataraja: Orange | | 4th Phase | |
| Creative Work | Siddha Yoga | | Trayodashi Until 3:37AM Sun | Moon – Blue | | Devaloka Day | |
| Until 8:10AM | | | | Phalguna-Masi | | | |
| Then Routine Work - Marana Yoga | | <i>Pradosha Vrata</i> | | | | | |

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| 6 | | Sunday, March 5, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau | | Albany, NY Sun 27 Sutra 322 Subhakarit 5124 | |
| Kataka Rasi: 27.31 | Tithi 14 | Gulika 2:57PM – 4:22PM | Ashlesha* Until 10:47AM | Ganesha: Purple | <i>Sunrise:</i> 6:24AM | | |
| | | Yama 12:06PM – 1:31PM | Athiganda* Until 9:47AM | Muruqa: Purple | <i>Sunset:</i> 5:48PM | Moon 2 - Phase 44 - 27 | |
| | 144786577 | Rahu 4:22PM – 5:48PM | Gara Until 4:44PM | Nataraja: Orange | | 4th Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 5:45AM Mon | Moon – Blue | | Devaloka Day | |
| Until 10:47AM | | | | Phalguna-Masi | | | |
| Then Routine Work - Marana Yoga | | Chidambaram Abhishekam | | | | | |

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| ○ | | Monday, March 6, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukarma/Dhriti Yoga Visti* Karana Purnimayam Titau | | Albany, NY Sun 27 Sutra 323 Subhakarit 5124 | |
| Copper Retreat Star | | Gulika 1:31PM – 2:57PM | Magha* Until 1:31PM | Ganesha: Clear | <i>Sunrise:</i> 6:22AM | | |
| Simha Rasi: 9.32 | Tithi 15 | Yama 10:40AM – 12:06PM | Sukarma Until 10:19AM | Muruqa: Purple | <i>Sunset:</i> 5:49PM | Moon 2 - Phase 44 - | |
| Family Home Evening | 154786577 | Rahu 7:48AM – 9:14AM | Visti Until 6:45PM | Nataraja: Orange | | Purnima | |
| Routine Work | Marana Yoga | | Purnima* Until 7:38AM Tue | Moon – Red | | Sivaloka Day | |
| Until 1:31PM | | Holi | | Phalguna-Masi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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|----------------------------------|---------------|--------------------------------|-----------------------------------|--|------------------------|--|--|
| ○ | | Tuesday, March 7, 2023 | | Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | Albany, NY Sun 28 Sutra 324 Subhakarit 5124 | |
| Silver Retreat Star | | Gulika 12:05PM – 1:32PM | Purvaphalguni Until 3:48PM | Ganesha: Clear | <i>Sunrise:</i> 6:20AM | | |
| Simha Rasi: 21.4 | Tithi 15 – 16 | Yama 9:13AM – 10:39AM | Dhriti Until 10:40AM | Muruqa: Purple | <i>Sunset:</i> 5:50PM | Moon 2 - Phase 44 - | |
| | 154786577 | Rahu 2:58PM – 4:24PM | Balava Until 8:28PM | Nataraja: Orange | | Prathama | |
| Creative Work | Siddha Yoga | | Purnima* Until 7:38AM | Moon – Red | | Sivaloka Day | |
| Until 3:48PM | | | | Phalguna-Masi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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



Wednesday, March 8, 2023

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Shula*Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Albany, NY

Sutra 325

Subhakrit 5124

Kanya Rasi: 3.55 Tithi 16 - 17

154786577

Gulika 10:38AM - 12:05PM
Yama 7:45AM - 9:12AM
Rahu 12:05PM - 1:32PM

Uttaraphalguni Until 5:37PM

Shula* Until 10:44AM

Taitila Until 9:52PM

Prathama* Until 9:11AM

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon - Red

Phalguna-Masi

Sunrise: 6:19AM

Sunset: 5:51PM

Moon 3 - Phase 45 -

1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 5:37PM

Then Routine Work - Marana Yoga

Thursday, March 9, 2023

1

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Hasta Nakshatra Ganda*Vridhhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Sun 1

Sutra 326

Subhakrit 5124

Kanya Rasi: 16.19 Tithi 17 - 18

164786577

Gulika 9:11AM - 10:38AM
Yama 6:17AM - 7:44AM
Rahu 1:32PM - 2:59PM

Hasta Until 7:25PM

Ganda* Until 10:34AM

Vanija Until 10:53PM

Dvitiya Until 10:24AM

Ganesha: White

Muruqa: Purple

Nataraja: Orange

Moon - Green

Phalguna-Masi

Sunrise: 6:17AM

Sunset: 5:53PM

Moon 3 - Phase 45 - 1

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 7:25PM

Then Creative Work - Siddha Yoga

Friday, March 10, 2023

2

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Chitra Nakshatra Vridhhi/Dhruva Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Sun 2

Sutra 327

Subhakrit 5124

Kanya Rasi: 28.53 Tithi 18 - 19

165786577

Gulika 7:43AM - 9:10AM
Yama 2:59PM - 4:27PM
Rahu 10:37AM - 12:05PM

Chitra Until 8:40PM

Vridhhi Until 10:07AM

Bava Until 11:30PM

Tritiya Until 11:13AM

Ganesha: Yellow

Muruqa: Purple

Nataraja: Orange

Moon - Green

Phalguna-Masi

Sunrise: 6:15AM

Sunset: 5:54PM

Moon 3 - Phase 45 - 2

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Saturday, March 11, 2023

3

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Svati Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Sun 3

Sutra 328

Subhakrit 5124

Tula Rasi: 11.38 Tithi 19 - 20

165786577

Gulika 6:14AM - 7:41AM
Yama 1:32PM - 3:00PM
Rahu 9:09AM - 10:37AM

Svati Until 9:21PM

Dhruva Until 9:19AM

Kaulava Until 11:41PM

Chaturthi* Until 11:38AM

Ganesha: Yellow

Muruqa: Purple

Nataraja: Orange

Moon - Green

Phalguna-Masi

Sunrise: 6:14AM

Sunset: 5:55PM

Moon 3 - Phase 45 - 3

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Sunday, March 12, 2023

4

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Vishakha Nakshatra Vyaghata*/Harshana Yoga Taitila*/Gara Karana Panchami/Shashthyam Titau

Sun 4

Sutra 329

Subhakrit 5124

Tula Rasi: 24.37 Tithi 20 - 21

175786577

Gulika 3:00PM - 4:28PM
Yama 12:04PM - 1:32PM
Rahu 4:28PM - 5:56PM

Vishakha Until 9:52PM

Vyaghata* Until 8:11AM

Gara Until 11:23PM

Panchami Until 11:34AM

Ganesha: Blue

Muruqa: Purple

Nataraja: Orange

Moon - Orange

Phalguna-Masi

Sunrise: 6:12AM

Sunset: 5:56PM

Moon 3 - Phase 45 - 4

1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Monday, March 13, 2023

5

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam
Anuradha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Sun 5

Sutra 330

Subhakrit 5124

Vrischika Rasi: 7.5 Tithi 21 - 22

175786577

Gulika 1:32PM - 3:01PM
Yama 10:35AM - 12:04PM
Rahu 7:39AM - 9:07AM

Anuradha Until 9:44PM

Harshana Until 6:40AM

Visti Until 10:33PM

Shashthi* Until 11:01AM

Ganesha: Blue

Muruqa: Purple

Nataraja: Orange

Moon - Orange

Phalguna-Masi

Sunrise: 6:10AM

Sunset: 5:57PM

Moon 3 - Phase 45 - 5

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Tuesday, March 14, 2023

Retreat Star

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

Sun 6

Sutra 331

Subhakrit 5124

Vrischika Rasi: 21.2 Tithi 22 - 23

175786577

Gulika 12:03PM - 1:32PM
Yama 9:06AM - 10:35AM
Rahu 3:01PM - 4:30PM

Jyeshtha* Until 8:56PM

Siddhi Until 2:22AM Wed

Balava Until 9:12PM

Saptami Until 9:56AM

Ganesha: Blue

Muruqa: Purple

Nataraja: Orange

Moon - Orange

Phalguna-Panguni

Sunrise: 6:08AM

Sunset: 5:59PM

Moon 3 - Phase 45 - 6

Ashtami

Subha Sivaloka Day

Routine Work Marana Yoga

Until 8:56PM

Then Creative Work - Amrita Yoga

Wednesday, March 15, 2023

Retreat Star

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

Sun 7

Sutra 332

Subhakrit 5124

Dhanus Rasi: 5.1 Tithi 23 - 24

185786578

Gulika 10:34AM - 12:03PM
Yama 7:36AM - 9:05AM
Rahu 12:03PM - 1:32PM

Mula* Until 7:55PM

Vyatipata* Until 11:37PM

Taitila Until 7:20PM

Ashtami* Until 8:19AM

Ganesha: Red

Muruqa: Purple

Nataraja: Clear

Moon - Light Blue

Phalguna-Panguni

Sunrise: 6:07AM

Sunset: 6:00PM

Moon 3 - Phase 45 - 7

Navami

Sivaloka Day

Routine Work Marana Yoga

Until 7:55PM

Then Creative Work - Amrita Yoga


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|---------------------------------|---------------|--|----------------------------------|--|------------------------|-----------------------|--|
| 1 | | Thursday, March 16, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam | | Albany, NY | |
| | | Purvashadha* Nakshatra Varyan Yoga Gara/Visti* Karana Navami/Dashamyam Titau | | | | Sun 8 Sutra 333 | |
| Dhanus Rasi: 19.18 | Tithi 24 – 25 | Gulika 9:04AM – 10:33AM | Purvashadha* Until 6:17PM | Ganesha: Red | <i>Sunrise:</i> 6:05AM | Subhakrit 5124 | |
| | | Yama 6:05AM – 7:34AM | Variyan Until 8:28PM | Muruqa: Purple | <i>Sunset:</i> 6:01PM | Moon 3 - Phase 46 - 8 | |
| | | 185786578 Rahu 1:32PM – 3:02PM | Visti Until 3:39AM Fri | Nataraja: Clear | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Navami* Until 6:12AM | Moon – Light Blue | | Sivaloka Day | |
| Until 6:17PM | | | | Phalguna•Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| 2 | | Friday, March 17, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam | | Albany, NY | |
| | | Uttarashadha/Shravana Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Ekadashyam Titau | | | | Sun 9 Sutra 334 | |
| Makara Rasi: 3.44 | Tithi 26 | Gulika 7:33AM – 9:03AM | Uttarashadha Until 4:08PM | Ganesha: Red | <i>Sunrise:</i> 6:03AM | Subhakrit 5124 | |
| | | Yama 3:02PM – 4:32PM | Parigha* Until 5:02PM | Muruqa: Purple | <i>Sunset:</i> 6:02PM | Moon 3 - Phase 46 - 9 | |
| | | 185786578 Rahu 10:33AM – 12:03PM | Bava Until 2:16PM | Nataraja: Clear | | 2nd Phase | |
| Routine Work | Marana Yoga | | Ekadashi* Until 12:46AM Sat | Moon – Light Blue | | Sivaloka Day | |
| | | | | Phalguna•Panguni | | | |

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| 3 | | Saturday, March 18, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam | | Albany, NY | |
| | | Shravana/Dhanishtha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | | Sun 10 Sutra 335 | |
| Makara Rasi: 18.24 | Tithi 27 | Gulika 6:01AM – 7:32AM | Shravana Until 1:59PM | Ganesha: Green | <i>Sunrise:</i> 6:01AM | Subhakrit 5124 | |
| | | Yama 1:33PM – 3:03PM | Shiva Until 1:23PM | Muruqa: Purple | <i>Sunset:</i> 6:03PM | Moon 3 - Phase 46 - 10 | |
| | | 195786578 Rahu 9:02AM – 10:32AM | Kaulava Until 11:15AM | Nataraja: Clear | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dvadashi* Until 9:39PM | Moon – Purple | | Subha Sivaloka Day | |
| | | | | Phalguna•Panguni | | | |

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| 4 | | Sunday, March 19, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam | | Albany, NY | |
| | | Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Sun 11 Sutra 336 | |
| Kumbha Rasi: 3.13 | Tithi 28 | Gulika 3:03PM – 4:34PM | Dhanishtha Until 11:34AM | Ganesha: Green | <i>Sunrise:</i> 6:00AM | Subhakrit 5124 | |
| | | Yama 12:02PM – 1:33PM | Siddha Until 9:35AM | Muruqa: Clear | <i>Sunset:</i> 6:04PM | Moon 3 - Phase 46 - 11 | |
| | | 196896578 Rahu 4:34PM – 6:04PM | Gara Until 8:04AM | Nataraja: Clear | | 2nd Phase | |
| Routine Work | Marana Yoga | | Trayodashi* Until 6:27PM | Moon – Purple | | Sivaloka Day | |
| Until 11:34AM | | | | Phalguna•Panguni | | | |
| Then Creative Work - Siddha Yoga | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

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| 5 | | Monday, March 20, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam | | Albany, NY | |
| | | Shatabhishak/Purvaprosarthpada* Nakshatra Subha Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Sun 12 Sutra 337 | |
| Kumbha Rasi: 18.02 | Tithi 29 – 30 | Gulika 1:33PM – 3:04PM | Shatabhishak Until 9:01AM | Ganesha: Green | <i>Sunrise:</i> 5:58AM | Subhakrit 5124 | |
| Family Home Evening | | Yama 10:31AM – 12:02PM | Subha Until 2:11AM Tue | Muruqa: Clear | <i>Sunset:</i> 6:05PM | Moon 3 - Phase 46 - 12 | |
| | | 196896578 Rahu 7:29AM – 9:00AM | Catuspada Until 1:50AM Tue | Nataraja: Clear | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 3:19PM | Moon – Purple | | Sivaloka Day | |
| Until 9:01AM | | | | Phalguna•Panguni | | Tour Day | |
| Then Routine Work - Marana Yoga | | | | | | | |

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|  | | Tuesday, March 21, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam | | Albany, NY | |
| | | Retreat Star | | Purvaprosarthpada*Uttaraprosarthpada Nakshatra Sukla Yoga Naga/Kintughna* Karana Amavasya/Prathamayam Titau | | Sun 13 Sutra 338 | |
| Meena Rasi: 2.46 | Tithi 30 – 1 | Gulika 12:01PM – 1:33PM | Purvaprosarthpada* Until 6:55AM | Ganesha: Orange | <i>Sunrise:</i> 5:56AM | Subhakrit 5124 | |
| | | Yama 8:59AM – 10:30AM | Sukla Until 10:45PM | Muruqa: Clear | <i>Sunset:</i> 6:07PM | Moon 3 - Phase 46 - 13 | |
| | | 116896578 Rahu 3:04PM – 4:35PM | Kintughna Until 11:06PM | Nataraja: Clear | | Amavasya | |
| Routine Work | Marana Yoga | | Amavasya* Until 12:24PM | Moon – Clear | | Devaloka Day | |
| Until 6:55AM | | | | Phalguna•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| Retreat Star | | Wednesday, March 22, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam | | Albany, NY | |
| | | | | Revati Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Sun 14 Sutra 339 | |
| Meena Rasi: 17.14 | Tithi 1 – 2 | Gulika 10:29AM – 12:01PM | Revati Until 3:28AM Thu | Ganesha: Orange | <i>Sunrise:</i> 5:55AM | Subhakrit 5124 | |
| | | Yama 7:26AM – 8:58AM | Brahma Until 7:43PM | Muruqa: Clear | <i>Sunset:</i> 6:08PM | Moon 3 - Phase 46 - 14 | |
| | | 116896578 Rahu 12:01PM – 1:33PM | Balava Until 8:48PM | Nataraja: Clear | | Prathama | |
| Routine Work | Marana Yoga | | Prathama* Until 9:52AM | Moon – Clear | | Devaloka Day | |
| Until 3:28AM Thu | | Yugadhi | | Chaitra•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

O learned people, may we with our ears listen to what is beneficial, may we see with our eyes what is beneficial. May we, engaged in your praises, enjoy with firm limbs and sound bodies, a full term of life dedicated to God. Rig Veda

All times are standard time. Calculated for Albany, NY on 4/26/20

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| 1 | | Thursday, March 23, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Albany, NY Sun 15 Sutra 340 Subhakrit 5124 | |
| Mesha Rasi: 1.22 | Tithi 2 – 3 | Gulika 8:57AM – 10:29AM | Ashvini Until 2:50AM Fri | Ganesha: Clear | <i>Sunrise:</i> 5:53AM | | |
| | | Yama 5:53AM – 7:25AM | Indra Until 5:11PM | Muruqa: Clear | <i>Sunset:</i> 6:09PM | Moon 3 - Phase 47 - 15 | |
| | | 126896578 Rahu 1:33PM – 3:05PM | Taitila Until 7:06PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Amrita Yoga | | | Moon – White | | Devaloka Day | |
| Until 2:50AM Fri | | Chellappaswami Mahasamadhi | Dvitiya Until 7:51AM | Chaitra•Panguni | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 2 | | Friday, March 24, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau | | Albany, NY Sun 16 Sutra 341 Subhakrit 5124 | |
| Mesha Rasi: 15.06 | Tithi 3 – 4 | Gulika 7:23AM – 8:56AM | Bharani Until 2:48AM Sat | Ganesha: Clear | <i>Sunrise:</i> 5:51AM | | |
| | | Yama 3:05PM – 4:38PM | Vaidhriti* Until 3:10PM | Muruqa: Clear | <i>Sunset:</i> 6:10PM | Moon 3 - Phase 47 - 16 | |
| | | 126896578 Rahu 10:28AM – 12:01PM | Vanija Until 6:07PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Siddha Yoga | | | Moon – White | | Devaloka Day | |
| Until 2:48AM Sat | | | Tritiya Until 6:30AM | Chaitra•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 3 | | Saturday, March 25, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Panchamyam Titau | | Albany, NY Sun 17 Sutra 342 Subhakrit 5124 | |
| Mesha Rasi: 28.25 | Tithi 5 | Gulika 5:49AM – 7:22AM | Krittika Until 3:22AM Sun | Ganesha: Clear | <i>Sunrise:</i> 5:49AM | | |
| | | Yama 1:33PM – 3:06PM | Vishkambha* Until 1:48PM | Muruqa: Clear | <i>Sunset:</i> 6:11PM | Moon 3 - Phase 47 - 17 | |
| | | 126896578 Rahu 8:55AM – 10:28AM | Bava Until 5:55PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Amrita Yoga | | | Moon – White | | Devaloka Day | |
| Until 3:22AM Sun | | | Panchami Until 6:05AM Sun | Chaitra•Panguni | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 4 | | Sunday, March 26, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau | | Albany, NY Sun 18 Sutra 343 Subhakrit 5124 | |
| Vrishabha Rasi: 11.18 | Tithi 5 – 6 | Gulika 3:06PM – 4:39PM | Rohini Until 4:59AM Mon | Ganesha: Clear | <i>Sunrise:</i> 5:48AM | | |
| | | Yama 12:00PM – 1:33PM | Priti Until 1:03PM | Muruqa: Clear | <i>Sunset:</i> 6:12PM | Moon 3 - Phase 47 - 18 | |
| | | 137896578 Rahu 4:39PM – 6:12PM | Kaulava Until 6:30PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Siddha Yoga | | | Moon – Yellow | | Devaloka Day | |
| Until 4:59AM Mon | | | Panchami Until 6:05AM | Chaitra•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 5 | | Monday, March 27, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Albany, NY Sun 19 Sutra 344 Subhakrit 5124 | |
| Vrishabha Rasi: 23.5 | Tithi 6 – 7 | Gulika 1:33PM – 3:07PM | Mrigashira Until 7:05AM Tue | Ganesha: Clear | <i>Sunrise:</i> 5:46AM | | |
| Family Home Evening | | Yama 10:26AM – 12:00PM | Ayushman Until 12:50PM | Muruqa: Clear | <i>Sunset:</i> 6:13PM | Moon 3 - Phase 47 - 19 | |
| | | 137896578 Rahu 7:19AM – 8:53AM | Gara Until 7:47PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work | Amrita Yoga | | | Moon – Yellow | | Devaloka Day | |
| Until 7:05AM Tue | | | Shashthi* Until 7:02AM | Chaitra•Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| Retreat Star | | Tuesday, March 28, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | Albany, NY Sun 20 Sutra 345 Subhakrit 5124 | |
| Mithuna Rasi: 6.06 | Tithi 7 – 8 | Gulika 11:59AM – 1:33PM | Mrigashira Until 7:05AM | Ganesha: Clear | <i>Sunrise:</i> 5:44AM | | |
| | | Yama 8:52AM – 10:26AM | Saubhagya Until 1:07PM | Muruqa: Clear | <i>Sunset:</i> 6:15PM | Moon 3 - Phase 47 - 20 | |
| | | 137896578 Rahu 3:07PM – 4:41PM | Visti Until 9:39PM | Nataraja: Clear | | Ashtami | |
| Creative Work | Siddha Yoga | | | Moon – Yellow | | Devaloka Day | |
| Until 7:05AM | | | Saptami Until 8:38AM | Chaitra•Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| Retreat Star | | Wednesday, March 29, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana/Alhiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | Albany, NY Sun 21 Sutra 346 Subhakrit 5124 | |
| Mithuna Rasi: 18.1 | Tithi 8 – 9 | Gulika 10:25AM – 11:59AM | Ardra Until 9:30AM | Ganesha: Clear | <i>Sunrise:</i> 5:42AM | | |
| | | Yama 7:17AM – 8:51AM | Sobhana Until 1:45PM | Muruqa: Clear | <i>Sunset:</i> 6:16PM | Moon 3 - Phase 47 - 21 | |
| | | 137896578 Rahu 11:59AM – 1:33PM | Balava Until 11:53PM | Nataraja: Clear | | Navami | |
| Creative Work | Siddha Yoga | | | Moon – Yellow | | Devaloka Day | |
| | | Sri Rama Navami | Ashtami* Until 10:42AM | Chaitra•Panguni | | | |

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. Calculated for Albany, NY on 4/26/20

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|-------------------|--------------|---------------------------------|--------------------------------|---|------------------------|---|-----------------------------|
| 1 | | Thursday, March 30, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Alhiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau | | Albany, NY Sun 22 Sutra 347 Subhakrit 5124 | |
| Kataka Rasi: 0.06 | Tithi 9 – 10 | Gulika 8:50AM – 10:24AM | Punarvasu Until 12:30PM | Ganesha: White | <i>Sunrise:</i> 5:41AM | Muruqa: Clear | <i>Sunset:</i> 6:17PM |
| | | Yama 5:41AM – 7:15AM | Athiganda* Until 2:32PM | Nataraja: Clear | | Moon 3 - Phase 48 - 22 | |
| 147896578 | | Rahu 1:33PM – 3:08PM | Taitila Until 2:17AM Fri | Moon – Blue | | 4th Phase | |
| Creative Work | Amrita Yoga | | Navami* Until 1:03PM | Chaitra•Panguni | | Bhuloka Day | Devaloka Time: 3:PM to 6:PM |

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| 2 | | Friday, March 31, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Albany, NY Sun 23 Sutra 348 Subhakrit 5124 | |
| Kataka Rasi: 11.59 | Tithi 10 – 11 | Gulika 7:14AM – 8:49AM | Pushya Until 3:26PM | Ganesha: White | <i>Sunrise:</i> 5:39AM | Muruqa: Clear | <i>Sunset:</i> 6:18PM |
| | | Yama 3:08PM – 4:43PM | Sukarma Until 3:23PM | Nataraja: Clear | | Moon 3 - Phase 48 - 23 | |
| 147896578 | | Rahu 10:24AM – 11:58AM | Vanija Until 4:41AM Sat | Moon – Blue | | 4th Phase | |
| Routine Work | Marana Yoga | | Dashami Until 3:29PM | Chaitra•Panguni | | Bhuloka Day | Devaloka Time: 3:PM to 6:PM |

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| 3 | | Saturday, April 1, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | Albany, NY Sun 24 Sutra 349 Subhakrit 5124 | |
| Kataka Rasi: 23.53 | Tithi 11 – 12 | Gulika 5:39AM – 7:14AM | Ashlesha* Until 6:05PM | Ganesha: White | <i>Sunrise:</i> 5:39AM | Muruqa: Clear | <i>Sunset:</i> 6:18PM |
| | | Yama 1:33PM – 3:08PM | Dhriti Until 4:11PM | Nataraja: Clear | | Moon 3 - Phase 48 - 24 | |
| 147896578 | | Rahu 8:49AM – 10:24AM | Bava Until 6:54AM Sun | Moon – Blue | | 4th Phase | |
| Routine Work | Marana Yoga | | Ekadashi Until 5:48PM | Chaitra•Panguni | | Bhuloka Day | Devaloka Time: 3:PM to 6:PM |
| Until 6:05PM | | Yogaswami Mahasamadhi | | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

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| 4 | | Sunday, April 2, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Dvadashyam Titau | | Albany, NY Sun 25 Sutra 350 Subhakrit 5124 | |
| Simha Rasi: 5.52 | Tithi 12 | Gulika 3:09PM – 4:44PM | Magha* Until 8:50PM | Ganesha: Red | <i>Sunrise:</i> 5:37AM | Muruqa: Clear | <i>Sunset:</i> 6:19PM |
| | | Yama 11:58AM – 1:33PM | Shula* Until 4:46PM | Nataraja: Clear | | Moon 3 - Phase 48 - 25 | |
| 158896578 | | Rahu 4:44PM – 6:19PM | Bava Until 6:54AM | Moon – Red | | 4th Phase | |
| Routine Work | Marana Yoga | | Dvadashi Until 7:52PM | Chaitra•Panguni | | Devaloka Day | |
| Until 8:50PM | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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| 5 | | Monday, April 3, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Albany, NY Sun 26 Sutra 351 Subhakrit 5124 | |
| Simha Rasi: 17.58 | Tithi 13 | Gulika 1:33PM – 3:09PM | Purvaphalguni Until 11:04PM | Ganesha: Red | <i>Sunrise:</i> 5:35AM | Muruqa: Clear | <i>Sunset:</i> 6:20PM |
| | | Yama 10:22AM – 11:58AM | Ganda* Until 5:06PM | Nataraja: Clear | | Moon 3 - Phase 48 - 26 | |
| 158896578 | | Rahu 7:11AM – 8:47AM | Kaulava Until 8:48AM | Moon – Red | | 4th Phase | |
| Family Home Evening | | | Trayodashi Until 9:34PM | Chaitra•Panguni | | Devaloka Day | |
| Creative Work | Siddha Yoga | | | | | | |
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Pradosha Vrata

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| 6 | | Tuesday, April 4, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau | | Albany, NY Sun 27 Sutra 352 Subhakrit 5124 | |
| Kanya Rasi: 0.13 | Tithi 14 | Gulika 11:58AM – 1:33PM | Uttaraphalguni Until 12:42AM Wed | Ganesha: Red | <i>Sunrise:</i> 5:34AM | Muruqa: Clear | <i>Sunset:</i> 6:21PM |
| | | Yama 8:46AM – 10:22AM | Vridhhi Until 5:07PM | Nataraja: Clear | | Moon 3 - Phase 48 - 27 | |
| 158896578 | | Rahu 3:09PM – 4:45PM | Gara Until 10:17AM | Moon – Red | | 4th Phase | |
| Creative Work | Amrita Yoga | | Chaturdashi* Until 10:50PM | Chaitra•Panguni | | Devaloka Day | |
| Until 12:42AM Wed | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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| ○ | | Wednesday, April 5, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau | | Albany, NY Sutra 353 Subhakrit 5124 | |
| Copper Retreat Star | | Gulika 10:21AM – 11:57AM | Hasta Until 2:11AM Thu | Ganesha: Blue | <i>Sunrise:</i> 5:32AM | Muruqa: Clear | <i>Sunset:</i> 6:22PM |
| Kanya Rasi: 12.4 | Tithi 15 | Yama 7:08AM – 8:45AM | Dhruva Until 4:44PM | Nataraja: Clear | | Moon 3 - Phase 48 - | |
| 168896578 | | Rahu 11:57AM – 1:34PM | Visti Until 11:17AM | Moon – Green | | Purnima | |
| Routine Work | Marana Yoga | | Purnima* Until 11:36PM | Chaitra•Panguni | | Bhuloka Day | Devaloka Time: 3:PM to 6:PM |
| Until 2:11AM Thu | | Panguni Uttiram | | | | | |
| Then Creative Work - Siddha Yoga | | Hanuman Jayanti | | | | | |

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|----------------------------|-------------|--------------------------------|--------------------------------|---|------------------------|---|-----------------------------|
| ○ | | Thursday, April 6, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau | | Albany, NY Sutra 354 Subhakrit 5124 | |
| Silver Retreat Star | | Gulika 8:44AM – 10:20AM | Chitra Until 3:03AM Fri | Ganesha: Blue | <i>Sunrise:</i> 5:30AM | Muruqa: Clear | <i>Sunset:</i> 6:24PM |
| Kanya Rasi: 25.21 | Tithi 16 | Yama 5:30AM – 7:07AM | Vyaghata* Until 4:00PM | Nataraja: Clear | | Moon 3 - Phase 48 - | |
| 168896578 | | Rahu 1:34PM – 3:10PM | Balava Until 11:49AM | Moon – Green | | Prathama | |
| Creative Work | Siddha Yoga | | Prathama* Until 11:52PM | Chaitra•Panguni | | Bhuloka Day | Devaloka Time: 3:PM to 6:PM |
| | | | | | | | |

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



Friday, April 7, 2023
Gold Retreat Star

Tula Rasi: 8.15 Tithi 17
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam
Svati Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 7:06AM – 8:43AM
Yama 3:11PM – 4:48PM
168896578 **Rahu** 10:20AM – 11:57AM

Svati Until 3:18AM Sat
Harshana Until 2:54PM
Taitila Until 11:51AM
Dvitiya Until 11:41PM

Ganesha: Blue *Sunrise:* 5:29AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Clear
Moon – Green

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

Albany, NY
Sun 1 Sutra 355
Subhakrit 5124
Moon 4 - Phase 49 - 1
1st Phase

1

Saturday, April 8, 2023

Tula Rasi: 21.23 Tithi 18
Creative Work Siddha Yoga
Until 3:28AM Sun
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam
Vishakha Nakshatra Vajra*/Siddhi Yoga Vanija/Visli* Karana Tritiyayam Titau

Gulika 5:27AM – 7:04AM
Yama 1:34PM – 3:11PM
179896578 **Rahu** 8:42AM – 10:19AM

Vishakha Until 3:28AM Sun
Vajra* Until 1:26PM
Vanija Until 11:27AM
Tritiya Until 11:05PM

Ganesha: Red *Sunrise:* 5:27AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Clear
Moon – Orange

Devaloka Day

Albany, NY
Sun 2 Sutra 356
Subhakrit 5124
Moon 4 - Phase 49 - 2
1st Phase

2

Sunday, April 9, 2023

Virschika Rasi: 4.44 Tithi 19
Routine Work Marana Yoga
Until 3:07AM Mon
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam
Anuradha Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 3:12PM – 4:49PM
Yama 11:56AM – 1:34PM
179896578 **Rahu** 4:49PM – 6:27PM

Anuradha Until 3:07AM Mon
Siddhi Until 11:40AM
Bava Until 10:40AM
Chaturthi* Until 10:06PM

Ganesha: Red *Sunrise:* 5:25AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Clear
Moon – Orange

Devaloka Day

Albany, NY
Sun 3 Sutra 357
Subhakrit 5124
Moon 4 - Phase 49 - 3
1st Phase

3

Monday, April 10, 2023

Virschika Rasi: 18.18 Tithi 20
Family Home Evening
Creative Work Siddha Yoga
Until 2:17AM Tue
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam
Jyeshtha* Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 1:34PM – 3:12PM
Yama 10:18AM – 11:56AM
179896578 **Rahu** 7:02AM – 8:40AM

Jyeshtha* Until 2:17AM Tue
Vyatipata* Until 9:38AM
Kaulava Until 9:30AM
Panchami Until 8:47PM

Ganesha: Red *Sunrise:* 5:24AM
Muruqa: Clear *Sunset:* 6:28PM
Nataraja: Clear
Moon – Orange

Devaloka Day

Albany, NY
Sun 4 Sutra 358
Subhakrit 5124
Moon 4 - Phase 49 - 4
1st Phase

4

Tuesday, April 11, 2023

Dhanus Rasi: 2.02 Tithi 21
Creative Work Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam
Mula* Nakshatra Variyan/Parigaha* Yoga Gara/Vanija Karana Shashthyam Titau

Gulika 11:56AM – 1:34PM
Yama 8:39AM – 10:17AM
189896578 **Rahu** 3:12PM – 4:51PM

Mula* Until 1:28AM Wed
Variyan Until 7:19AM
Gara Until 8:02AM
Shashthi* Until 7:10PM

Ganesha: Green *Sunrise:* 5:22AM
Muruqa: Clear *Sunset:* 6:29PM
Nataraja: Clear
Moon – Light Blue

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

Albany, NY
Sun 5 Sutra 359
Subhakrit 5124
Moon 4 - Phase 49 - 5
1st Phase

5

Wednesday, April 12, 2023

Dhanus Rasi: 15.58 Tithi 22 – 23
Creative Work Amrita Yoga
Until 12:14AM Thu
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam
Purvashadha* Nakshatra Shiva Yoga Visti*/Balava Karana Saptami/Ashtamyam Titau

Gulika 10:16AM – 11:55AM
Yama 6:59AM – 8:38AM
189896578 **Rahu** 11:55AM – 1:34PM

Purvashadha* Until 12:14AM Thu
Shiva Until 2:04AM Thu
Visti Until 6:16AM
Saptami Until 5:16PM

Ganesha: Green *Sunrise:* 5:20AM
Muruqa: Clear *Sunset:* 6:30PM
Nataraja: Clear
Moon – Light Blue

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

Albany, NY
Sun 6 Sutra 360
Subhakrit 5124
Moon 4 - Phase 49 - 6
1st Phase

D

Thursday, April 13, 2023

Retreat Star

Makara Rasi: 0.03 Tithi 23 – 24
Routine Work Marana Yoga
Until 10:39PM
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Uttarashadha Nakshatra Siddha Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 8:37AM – 10:16AM
Yama 5:19AM – 6:58AM
189996578 **Rahu** 1:34PM – 3:13PM

Uttarashadha Until 10:39PM
Siddha Until 11:08PM
Taitila Until 2:01AM Fri
Ashtami* Until 3:09PM

Ganesha: White *Sunrise:* 5:19AM
Muruqa: Clear *Sunset:* 6:31PM
Nataraja: Clear
Moon – Light Blue

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

Albany, NY
Sun 7 Sutra 361
Subhakrit 5124
Moon 4 - Phase 49 - 7
Ashtami

Friday, April 14, 2023

Retreat Star

Makara Rasi: 14.16 Tithi 24 – 25
Routine Work Marana Yoga
Until 9:10PM
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana Nakshatra Sadhya Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Gulika 6:56AM – 8:36AM
Yama 3:14PM – 4:53PM
299996578 **Rahu** 10:15AM – 11:55AM

Shravana Until 9:10PM
Sadhya Until 8:05PM
Vanija Until 11:38PM
Navami* Until 12:49PM

Ganesha: White *Sunrise:* 5:17AM
Muruqa: Clear *Sunset:* 6:33PM
Nataraja: Clear
Moon – Purple

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

Albany, NY
Sun 8 Sutra 362
Sobhana 5125
Moon 4 - Phase 49 - 8
Navami

Tamil New Year


Chaitra*Chaitra

| | | | | | | | |
|----------|---------------------------------|--|---|--------------------------------|-----------------------|-----------------------------|-----------------|
| 1 | Saturday, April 15, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha/Sukla Yoga Visti/Bava Karana Dashami/Ekadashyam Titau | | | | Albany, NY |
| | Makara Rasi: 28.36 | Tithi 25 – 26 | Gulika 5:15AM – 6:55AM | Dhanishtha Until 7:26PM | Ganesha: White | <i>Sunrise:</i> 5:15AM | Sun 9 Sutra 363 |
| | | 299996578 Rahu 8:35AM – 10:15AM | Subha Until 4:57PM | Muruqa: Clear | <i>Sunset:</i> 6:34PM | Sobhana 5125 | |
| | | | Bava Until 9:08PM | Nataraja: Clear | | Moon 4 - Phase 1 - 9 | |
| | | | Dashami Until 10:22AM | Moon – Purple | | 2nd Phase | |
| | | | | Chaitra+Chaitra | | Bhuloka Day | |
| | | | | | | Devaloka Time: 3:PM to 6:PM | |

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|----------|-------------------------------|---------------------------------------|---|----------------------------------|-----------------------|------------------------|------------------|
| 2 | Sunday, April 16, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY |
| | Kumbha Rasi: 12.59 | Tithi 26 – 27 | Gulika 3:15PM – 4:55PM | Shatabhishak Until 5:33PM | Ganesha: Clear | <i>Sunrise:</i> 5:14AM | Sun 10 Sutra 364 |
| | | 291996578 Rahu 4:55PM – 6:35PM | Sukla Until 1:46PM | Muruqa: Clear | <i>Sunset:</i> 6:35PM | Sobhana 5125 | |
| | | | Kaulava Until 6:37PM | Nataraja: Clear | | Moon 4 - Phase 1 - 10 | |
| | | | Ekadashi* Until 7:51AM | Moon – Purple | | 2nd Phase | |
| | | | | Chaitra+Chaitra | | Devaloka Day | |

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|----------------------------|-------------------------------|---------------------------------------|---|---------------------------------------|------------------------|------------------------|----------------|
| 3 | Monday, April 17, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Albany, NY |
| | Kumbha Rasi: 27.21 | Tithi 28 | Gulika 1:34PM – 3:15PM | Purvaproshtapada* Until 4:01PM | Ganesha: Orange | <i>Sunrise:</i> 5:12AM | Sun 11 Sutra 1 |
| Family Home Evening | | 211996578 Rahu 6:52AM – 8:33AM | Brahma Until 10:39AM | Muruqa: Clear | <i>Sunset:</i> 6:36PM | Sobhana 5125 | |
| | | | Gara Until 4:11PM | Nataraja: Clear | | Moon 4 - Phase 1 - 11 | |
| | | | Trayodashi* Until 3:01AM Tue | Moon – Clear | | 2nd Phase | |
| | | | | Chaitra+Chaitra | | Devaloka Day | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

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|----------|--------------------------------|---------------------------------------|--|---------------------------------------|------------------------|------------------------|----------------|
| 4 | Tuesday, April 18, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Indra/Vaidhrili* Yoga Visti/Sakuni* Karana Chaturdashyam Titau | | | | Albany, NY |
| | Meena Rasi: 11.37 | Tithi 29 | Gulika 11:54AM – 1:35PM | Uttaraproshtapada Until 2:32PM | Ganesha: Orange | <i>Sunrise:</i> 5:10AM | Sun 12 Sutra 2 |
| | | 211996578 Rahu 3:15PM – 4:56PM | Indra Until 7:40AM | Muruqa: Clear | <i>Sunset:</i> 6:37PM | Sobhana 5125 | |
| | | | Visti Until 1:57PM | Nataraja: Clear | | Moon 4 - Phase 1 - 12 | |
| | | | Chaturdashi* Until 12:55AM Wed | Moon – Clear | | 2nd Phase | |
| | | | | Chaitra+Chaitra | | Devaloka Day | |

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|---|----------------------------------|--|--|----------------------------|------------------------|------------------------|----------------|
|  | Wednesday, April 19, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Albany, NY |
| | Retreat Star | | Gulika 10:12AM – 11:54AM | Revati Until 1:14PM | Ganesha: Orange | <i>Sunrise:</i> 5:09AM | Sun 13 Sutra 3 |
| Meena Rasi: 25.43 | Tithi 30 | 211996578 Rahu 11:54AM – 1:35PM | Vishkambha* Until 2:28AM Thu | Muruqa: Clear | <i>Sunset:</i> 6:38PM | Sobhana 5125 | |
| | | | Catuspada Until 12:02PM | Nataraja: Clear | | Moon 4 - Phase 1 - 13 | |
| | | | Amavasya* Until 11:12PM | Moon – Clear | | Amavasya | |
| | | | | Chaitra+Chaitra | | Devaloka Day | |

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|---------------------|---------------------------------|---------------------------------------|---|------------------------------|-----------------------|------------------------|----------------|
| Retreat Star | Thursday, April 20, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Priti Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Albany, NY |
| | Meshha Rasi: 9.32 | Tithi 1 | Gulika 8:30AM – 10:12AM | Ashvini Until 12:39PM | Ganesha: Clear | <i>Sunrise:</i> 5:07AM | Sun 14 Sutra 4 |
| | | 221996578 Rahu 1:35PM – 3:16PM | Priti Until 12:27AM Fri | Muruqa: Clear | <i>Sunset:</i> 6:39PM | Sobhana 5125 | |
| | | | Kintughna Until 10:32AM | Nataraja: Clear | | Moon 4 - Phase 1 - 14 | |
| | | | Prathama* Until 9:58PM | Moon – White | | Prathama | |
| | | | | Vaisaka+Chaitra | | Devaloka Day | |

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|----------|-------------------------------|-------------|--|------------------------------|------------------------|------------------------|---|
| 1 | Friday, April 21, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Albany, NY Sun 15 Sutra 5 Sobhana 5125 |
| | Mesha Rasi: 23.04 | Tithi 2 | Gulika 6:48AM – 8:29AM | Bharani Until 12:28PM | Ganesha: Clear | <i>Sunrise:</i> 5:06AM | |
| | | | Yama 3:17PM – 4:59PM | Ayushman Until 10:53PM | Muruqa: Clear | <i>Sunset:</i> 6:40PM | Moon 4 - Phase 2 - 15 |
| | Creative Work | Siddha Yoga | 221996578 Rahu 10:11AM – 11:53AM | Balava Until 9:35AM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 9:19PM | Moon – White | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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|----------|---------------------------------|-------------|--|-------------------------------|------------------------|------------------------|---|
| 2 | Saturday, April 22, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Albany, NY Sun 16 Sutra 6 Sobhana 5125 |
| | Vrishabha Rasi: 6.16 | Tithi 3 | Gulika 5:04AM – 6:46AM | Krittika Until 12:44PM | Ganesha: Clear | <i>Sunrise:</i> 5:04AM | |
| | | | Yama 1:35PM – 3:17PM | Saubhagya Until 9:51PM | Muruqa: Clear | <i>Sunset:</i> 6:42PM | Moon 4 - Phase 2 - 16 |
| | Creative Work | Amrita Yoga | 221996578 Rahu 8:28AM – 10:11AM | Taitila Until 9:15AM | Nataraja: Clear | | 3rd Phase |
| | | | Tritiya Until 9:19PM | Moon – White | | Devaloka Day | |
| | | | Akshaya Tritiya | Vaisaka-Chaitra | | | |

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|----------|-------------------------------|-------------|---|----------------------------|------------------------|------------------------|---|
| 3 | Sunday, April 23, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Sobhana Yoga Vanija/Visiti* Karana Chaturthyam Titau | | | | Albany, NY Sun 17 Sutra 7 Sobhana 5125 |
| | Vrishabha Rasi: 19.07 | Tithi 4 | Gulika 3:18PM – 5:00PM | Rohini Until 1:58PM | Ganesha: Orange | <i>Sunrise:</i> 5:03AM | |
| | | | Yama 11:53AM – 1:35PM | Sobhana Until 9:20PM | Muruqa: Clear | <i>Sunset:</i> 6:43PM | Moon 4 - Phase 2 - 17 |
| | Creative Work | Siddha Yoga | 231996578 Rahu 5:00PM – 6:43PM | Vanija Until 9:35AM | Nataraja: Clear | | 3rd Phase |
| | | | Chaturthi* Until 9:59PM | Moon – Yellow | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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|----------|-------------------------------|-------------|--|--------------------------------|------------------------|------------------------|---|
| 4 | Monday, April 24, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau | | | | Albany, NY Sun 18 Sutra 8 Sobhana 5125 |
| | Mithuna Rasi: 1.4 | Tithi 5 | Gulika 1:35PM – 3:18PM | Mrigashira Until 3:40PM | Ganesha: Orange | <i>Sunrise:</i> 5:01AM | |
| | Family Home Evening | | Yama 10:10AM – 11:52AM | Athiganda* Until 9:17PM | Muruqa: Clear | <i>Sunset:</i> 6:44PM | Moon 4 - Phase 2 - 18 |
| | Creative Work | Amrita Yoga | 231996578 Rahu 6:44AM – 8:27AM | Bava Until 10:34AM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 11:15PM | Moon – Yellow | | Devaloka Day | |
| | | | Adi Sankara Jayanthi | Vaisaka-Chaitra | | | |
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|----------|--------------------------------|-------------|---|---------------------------|-------------------------|------------------------|---|
| 5 | Tuesday, April 25, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra/Punarvasu Nakshatra Sukarma Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Albany, NY Sun 19 Sutra 9 Sobhana 5125 |
| | Mithuna Rasi: 13.58 | Tithi 6 | Gulika 11:52AM – 1:35PM | Ardra Until 5:44PM | Ganesha: Orange | <i>Sunrise:</i> 5:00AM | |
| | | | Yama 8:26AM – 10:09AM | Sukarma Until 9:38PM | Muruqa: Clear | <i>Sunset:</i> 6:45PM | Moon 4 - Phase 2 - 19 |
| | Routine Work | Marana Yoga | 231996579 Rahu 3:19PM – 5:02PM | Kaulava Until 12:07PM | Nataraja: Purple | | 3rd Phase |
| | | | Shashthi* Until 1:02AM Wed | Moon – Yellow | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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|----------|----------------------------------|-------------|---|-------------------------------|-------------------------|---------------------------|--|
| 6 | Wednesday, April 26, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Gara/Vanija Karana Saptamyam Titau | | | | Albany, NY Sun 20 Sutra 10 Sobhana 5125 |
| | Mithuna Rasi: 26.04 | Tithi 7 | Gulika 10:09AM – 11:52AM | Punarvasu Until 8:31PM | Ganesha: Green | <i>Sunrise:</i> 4:58AM | |
| | | | Yama 6:42AM – 8:25AM | Dhriti Until 10:18PM | Muruqa: Clear | <i>Sunset:</i> 6:46PM | Moon 4 - Phase 2 - 20 |
| | Creative Work | Siddha Yoga | 241996579 Rahu 11:52AM – 1:36PM | Gara Until 2:06PM | Nataraja: Purple | | 3rd Phase |
| | | | Saptami Until 3:11AM Thu | Moon – Blue | | Subha Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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|----------|---------------------------------|-------------|--|-----------------------------|-------------------------|------------------------|--|
| D | Thursday, April 27, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Visiti*/Bava Karana Ashtamyam Titau | | | | Albany, NY Sun 21 Sutra 11 Sobhana 5125 |
| | Retreat Star | | Gulika 8:24AM – 10:08AM | Pushya Until 11:21PM | Ganesha: Red | <i>Sunrise:</i> 4:57AM | |
| | Kataka Rasi: 8.02 | Tithi 8 | Yama 4:57AM – 6:40AM | Shula* Until 11:06PM | Muruqa: Clear | <i>Sunset:</i> 6:47PM | Moon 4 - Phase 2 - 21 |
| | Creative Work | Amrita Yoga | 242996579 Rahu 1:36PM – 3:20PM | Visiti Until 4:21PM | Nataraja: Purple | | Ashtami |
| | | | Ashtami* Until 5:30AM Fri | Moon – Blue | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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|----------|-------------------------------|-------------|---|-----------------------------------|-------------------------|------------------------|--|
| D | Friday, April 28, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Balava Karana Navamyam Titau | | | | Albany, NY Sun 22 Sutra 12 Sobhana 5125 |
| | Retreat Star | | Gulika 6:39AM – 8:23AM | Ashlesha* Until 2:03AM Sat | Ganesha: Red | <i>Sunrise:</i> 4:55AM | |
| | Kataka Rasi: 19.57 | Tithi 9 | Yama 3:20PM – 5:04PM | Ganda* Until 11:57PM | Muruqa: Clear | <i>Sunset:</i> 6:48PM | Moon 4 - Phase 2 - 22 |
| | Routine Work | Marana Yoga | 242996579 Rahu 10:08AM – 11:52AM | Balava Until 6:42PM | Nataraja: Purple | | Navami |
| | | | Navami* Until 7:49AM Sat | Moon – Blue | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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


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| 1 | | Saturday, April 29, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Magha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Albany, NY Sun 23 Sutra 13 Sobhana 5125 |
| Simha Rasi: 1.52 | Tithi 9 – 10 | Gulika 4:54AM – 6:38AM | Magha* Until 4:56AM Sun | Ganesha: Blue | <i>Sunrise:</i> 4:54AM | | | |
| | | Yama 1:36PM – 3:21PM | Vriddhi Until 12:42AM Sun | Muruqa: Clear | <i>Sunset:</i> 6:49PM | | Moon 4 - Phase 3 - 23 | |
| | | 252996579 Rahu 8:23AM – 10:07AM | Taitila Until 8:55PM | Nataraja: Purple | | | 4th Phase | |
| Creative Work | Amrita Yoga | | Navami* Until 7:49AM | Moon – Red | | | Devaloka Day | |
| Until 4:56AM Sun | | | | Vaisaka-Chaitra | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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| 2 | | Sunday, April 30, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Albany, NY Sun 24 Sutra 14 Sobhana 5125 |
| Simha Rasi: 13.52 | Tithi 10 – 11 | Gulika 3:21PM – 5:06PM | Purvaphalguni Until 7:17AM Mon | Ganesha: Blue | <i>Sunrise:</i> 4:52AM | | | |
| | | Yama 11:51AM – 1:36PM | Dhruva Until 1:10AM Mon | Muruqa: Clear | <i>Sunset:</i> 6:51PM | | Moon 4 - Phase 3 - 24 | |
| | | 252996579 Rahu 5:06PM – 6:51PM | Vanija Until 10:51PM | Nataraja: Purple | | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 9:55AM | Moon – Red | | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | | |

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| 3 | | Monday, May 1, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata* Yoga Vistil*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Albany, NY Sun 25 Sutra 15 Sobhana 5125 |
| Simha Rasi: 26 | Tithi 11 – 12 | Gulika 1:37PM – 3:22PM | Purvaphalguni Until 7:17AM | Ganesha: Blue | <i>Sunrise:</i> 4:50AM | | | |
| Family Home Evening | | Yama 10:06AM – 11:51AM | Vyaghata* Until 1:17AM Tue | Muruqa: Clear | <i>Sunset:</i> 6:53PM | | Moon 4 - Phase 3 - 25 | |
| | | 252996579 Rahu 6:35AM – 8:20AM | Bava Until 12:19AM Tue | Nataraja: Purple | | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 11:38AM | Moon – Red | | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | | |

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| 4 | | Tuesday, May 2, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Albany, NY Sun 26 Sutra 16 Sobhana 5125 |
| Kanya Rasi: 8.2 | Tithi 12 – 13 | Gulika 11:51AM – 1:37PM | Uttaraphalguni Until 9:00AM | Ganesha: Blue | <i>Sunrise:</i> 4:48AM | | | |
| | | Yama 8:20AM – 10:05AM | Harshana Until 12:58AM Wed | Muruqa: Clear | <i>Sunset:</i> 6:54PM | | Moon 4 - Phase 3 - 26 | |
| | | 252996579 Rahu 3:22PM – 5:08PM | Kaulava Until 1:11AM Wed | Nataraja: Purple | | | 4th Phase | |
| Creative Work | Amrita Yoga | | Dvadashi Until 12:48PM | Moon – Red | | | Devaloka Day | |
| Until 9:00AM | | | | Vaisaka-Chaitra | | | | |
| Then Creative Work - Siddha Yoga | | | <i>Pradosha Vrata</i> | | | | | |

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| 5 | | Wednesday, May 3, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Albany, NY Sun 27 Sutra 17 Sobhana 5125 |
| Kanya Rasi: 20.57 | Tithi 13 – 14 | Gulika 10:05AM – 11:51AM | Hasta Until 10:27AM | Ganesha: Yellow | <i>Sunrise:</i> 4:47AM | | | |
| | | Yama 6:33AM – 8:19AM | Vajra* Until 12:07AM Thu | Muruqa: Clear | <i>Sunset:</i> 6:55PM | | Moon 4 - Phase 3 - 27 | |
| | | 262996579 Rahu 11:51AM – 1:37PM | Gara Until 1:26AM Thu | Nataraja: Purple | | | 4th Phase | |
| Routine Work | Marana Yoga | | Trayodashi Until 1:22PM | Moon – Green | | | Sivaloka Day | |
| Until 10:27AM | | | | Vaisaka-Chaitra | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

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|  | | Thursday, May 4, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Siddhi Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau | | | | Albany, NY Sun 28 Sutra 18 Sobhana 5125 |
| Copper Retreat Star | | Gulika 8:18AM – 10:05AM | Chitra Until 11:07AM | Ganesha: Yellow | <i>Sunrise:</i> 4:46AM | | | |
| Tula Rasi: 3.52 | Tithi 14 – 15 | Yama 4:46AM – 6:32AM | Siddhi Until 10:48PM | Muruqa: Clear | <i>Sunset:</i> 6:56PM | | Moon 4 - Phase 3 - | |
| | | 262996579 Rahu 1:37PM – 3:23PM | Vistil Until 1:03AM Fri | Nataraja: Purple | | | Purnima | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 1:18PM | Moon – Green | | | Sivaloka Day | |
| Until 11:07AM | | Budha Purnima (Tamil Nadu) | | Vaisaka-Chaitra | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

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| Friday, May 5, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Albany, NY Sun 29 Sutra 19 Sobhana 5125 | | |
| Silver Retreat Star | | Gulika 6:31AM – 8:18AM | Svati Until 11:02AM | Ganesha: Yellow | <i>Sunrise:</i> 4:44AM | | | |
| Tula Rasi: 17.05 | Tithi 15 – 16 | Yama 3:24PM – 5:11PM | Vyatipata* Until 9:01PM | Muruqa: Clear | <i>Sunset:</i> 6:57PM | | Moon 4 - Phase 3 - | |
| | | 262996579 Rahu 10:04AM – 11:51AM | Balava Until 12:05AM Sat | Nataraja: Purple | | | Prathama | |
| Creative Work | Siddha Yoga | | Purnima* Until 12:37PM | Moon – Green | | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | | |

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