



**Monday, April 18, 2022**  
**Gold Retreat Star**

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

Adana, Turkey  
Sutra 1

Tula Rasi: 22.22 Tithi 17 – 18  
**Family Home Evening** 278345478  
Routine Work Marana Yoga  
Until 12:07AM Tue  
Then Creative Work - Siddha Yoga

**Gulika** 1:18PM – 2:58PM  
Yama 10:00AM – 11:39AM  
**Rahu** 6:41AM – 8:20AM

**Vishakha Until 12:07AM Tue**  
Siddhi Until 4:51PM  
Vanija Until 2:32AM Tue  
**Dvitiya Until 3:54PM**

**Ganesha:** Purple *Sunrise:* 5:02AM  
**Muruqa:** White *Sunset:* 6:16PM  
**Nataraja:** White  
Moon – Orange  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase

**Bhuloka Day**

**1**

**Tuesday, April 19, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha Nakshatra Vyatipata\*/Variyan Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Adana, Turkey  
Sun 1 Sutra 2

Virshika Rasi: 6.53 Tithi 18 – 19  
278345478  
Creative Work Siddha Yoga  
Until 10:06PM  
Then Routine Work - Marana Yoga

**Gulika** 11:39AM – 1:18PM  
Yama 8:20AM – 9:59AM  
**Rahu** 2:58PM – 4:38PM

**Anuradha Until 10:06PM**  
Vyatipata\* Until 1:29PM  
Bava Until 11:45PM  
**Tritiya Until 1:07PM**

**Ganesha:** Purple *Sunrise:* 5:00AM  
**Muruqa:** White *Sunset:* 6:17PM  
**Nataraja:** White  
Moon – Orange  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase

**Bhuloka Day**

**2**

**Wednesday, April 20, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\* Nakshatra Varyiana/Parigha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Adana, Turkey  
Sun 2 Sutra 3

Virshika Rasi: 21.26 Tithi 19 – 20  
278345478  
Creative Work Siddha Yoga  
Until 8:00PM  
Then Routine Work - Marana Yoga

**Gulika** 9:59AM – 11:39AM  
Yama 6:39AM – 8:19AM  
**Rahu** 11:39AM – 1:18PM

**Jyeshtha\* Until 8:00PM**  
Variyan Until 10:05AM  
Kaulava Until 9:01PM  
**Chaturthi\* Until 10:21AM**

**Ganesha:** Purple *Sunrise:* 4:59AM  
**Muruqa:** White *Sunset:* 6:18PM  
**Nataraja:** White  
Moon – Orange  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 2nd Phase

**Bhuloka Day**

**3**

**Thursday, April 21, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\* Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Adana, Turkey  
Sun 3 Sutra 4

Dhanus Rasi: 5.56 Tithi 20 – 21  
288345478  
Creative Work Siddha Yoga

**Gulika** 8:18AM – 9:58AM  
Yama 4:58AM – 6:38AM  
**Rahu** 1:19PM – 2:59PM

**Mula\* Until 6:19PM**  
Parigha\* Until 6:47AM  
Gara Until 6:25PM  
**Panchami Until 7:40AM**

**Ganesha:** Clear *Sunrise:* 4:58AM  
**Muruqa:** White *Sunset:* 6:19PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 3rd Phase

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

**4**

**Friday, April 22, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Siddha Yoga Visti\*/Bava Karana Saptamyam Titau

Adana, Turkey  
Sun 4 Sutra 5

Dhanus Rasi: 20.18 Tithi 22  
289345478  
Routine Work Prabalarishta Yoga  
Until 4:43PM  
Then Routine Work - Marana Yoga

**Gulika** 6:37AM – 8:17AM  
Yama 2:59PM – 4:39PM  
**Rahu** 9:58AM – 11:38AM

**Purvashadha\* Until 4:43PM**  
Siddha Until 12:42AM Sat  
Visti Until 4:03PM  
**Saptami Until 2:57AM Sat**

**Ganesha:** Purple *Sunrise:* 4:57AM  
**Muruqa:** White *Sunset:* 6:20PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 4th Phase

**Devaloka Day**

**5**

**Saturday, April 23, 2022**  
**Retreat Star**

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

Adana, Turkey  
Sun 5 Sutra 6

Makara Rasi: 4.29 Tithi 23  
289345478  
Routine Work Marana Yoga  
Until 3:15PM  
Then Creative Work - Siddha Yoga

**Gulika** 4:55AM – 6:36AM  
Yama 1:19PM – 2:59PM  
**Rahu** 8:17AM – 9:57AM

**Uttarashadha Until 3:15PM**  
Sadhya Until 10:00PM  
Balava Until 1:58PM  
**Ashtami\* Until 1:02AM Sun**

**Ganesha:** Purple *Sunrise:* 4:55AM  
**Muruqa:** White *Sunset:* 6:21PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 5th Phase  
Ashtami

**Devaloka Day**

**Sunday, April 24, 2022**  
**Retreat Star**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Subha Yoga Taitila/Gara Karana Navamyam Titau

Adana, Turkey  
Sun 6 Sutra 7

Makara Rasi: 18.29 Tithi 24  
299345478  
Creative Work Amrita Yoga  
Until 2:24PM  
Then Routine Work - Marana Yoga

**Gulika** 3:00PM – 4:41PM  
Yama 11:38AM – 1:19PM  
**Rahu** 4:41PM – 6:22PM

**Shravana Until 2:24PM**  
Subha Until 7:35PM  
Taitila Until 12:12PM  
**Navami\* Until 11:26PM**

**Ganesha:** Clear *Sunrise:* 4:54AM  
**Muruqa:** White *Sunset:* 6:22PM  
**Nataraja:** White  
Moon – Purple  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 6th Phase  
Navami

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

|          |                               |           |  |                                |                        |                        |                      |
|----------|-------------------------------|-----------|--|--------------------------------|------------------------|------------------------|----------------------|
| <b>1</b> | <b>Monday, April 25, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau |                                |                        |                        | Adana, Turkey        |
|          | Kumbha Rasi: 2.15             | Tithi 25  | <b>Gulika</b> 1:19PM – 3:00PM  | <b>Dhanishtha</b> Until 1:45PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:53AM | Sun 7 Subhakrit 5124 |
|          | <b>Family Home Evening</b>    | 299345479 | <b>Rahu</b> 6:34AM – 8:15AM  | Sukla Until 5:26PM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:22PM  | Moon 4 - Phase 2 - 7 |
|          | Creative Work Siddha Yoga     |           |  | Vanija Until 10:47AM           | <b>Nataraja:</b> Clear |                        | 2nd Phase            |
|          |                               |           | <b>Dashami</b> Until 10:12PM   |                                | <b>Chaitra+Chaitra</b> | <b>Devaloka Day</b>    |                      |


|          |                                |           |   |                                  |                        |                        |                      |
|----------|--------------------------------|-----------|---|----------------------------------|------------------------|------------------------|----------------------|
| <b>2</b> | <b>Tuesday, April 26, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau |                                  |                        |                        | Adana, Turkey        |
|          | Kumbha Rasi: 15.49             | Tithi 26  | <b>Gulika</b> 11:37AM – 1:19PM  | <b>Shatabhishak</b> Until 1:19PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:51AM | Sun 8 Subhakrit 5124 |
|          |                                | 299345479 | <b>Rahu</b> 3:00PM – 4:42PM   | Brahma Until 3:36PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:23PM  | Moon 4 - Phase 2 - 8 |
|          | Routine Work Marana Yoga       |           |   | Bava Until 9:45AM                | <b>Nataraja:</b> Clear |                        | 2nd Phase            |
|          |                                |           | <b>Ekadashi*</b> Until 9:21PM   |                                  | <b>Chaitra+Chaitra</b> | <b>Devaloka Day</b>    |                      |

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|----------|----------------------------------|-----------|--|---------------------------------------|------------------------|------------------------|----------------------|
| <b>3</b> | <b>Wednesday, April 27, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau |                                       |                        |                        | Adana, Turkey        |
|          | Kumbha Rasi: 29.08               | Tithi 27  | <b>Gulika</b> 9:56AM – 11:37AM   | <b>Purvaproshtapada*</b> Until 1:36PM | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 4:50AM | Sun 9 Subhakrit 5124 |
|          |                                  | 219345479 | <b>Rahu</b> 11:37AM – 1:19PM   | Indra Until 2:07PM                    | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:24PM  | Moon 4 - Phase 2 - 9 |
|          | Creative Work Amrita Yoga        |           |  | Kaulava Until 9:07AM                  | <b>Nataraja:</b> Clear |                        | 2nd Phase            |
|          |                                  |           | <b>Dvadashi*</b> Until 8:56PM  |                                       | <b>Chaitra+Chaitra</b> | <b>Devaloka Day</b>    |                      |

|          |                                 |           |   |                                       |                        |                                    |                       |
|----------|---------------------------------|-----------|---|---------------------------------------|------------------------|------------------------------------|-----------------------|
| <b>4</b> | <b>Thursday, April 28, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau |                                       |                        |                                    | Adana, Turkey         |
|          | Meena Rasi: 12.15               | Tithi 28  | <b>Gulika</b> 8:13AM – 9:55AM   | <b>Uttaraproshtapada</b> Until 2:10PM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:49AM             | Sun 10 Subhakrit 5124 |
|          |                                 | 219445479 | <b>Rahu</b> 1:19PM – 3:01PM   | Vaidhriti* Until 12:57PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:25PM              | Moon 4 - Phase 2 - 10 |
|          | Creative Work Siddha Yoga       |           |   | Gara Until 8:54AM                     | <b>Nataraja:</b> Clear |                                    | 2nd Phase             |
|          |                                 |           | <b>Trayodashi*</b> Until 8:57PM   |                                       | <b>Chaitra+Chaitra</b> | <b>Bhuloka Day</b>                 |                       |
|          |                                 |           |   |                                       |                        | <b>Devaloka Time: 6:PM to 9:PM</b> |                       |

*Pradosha Vrata (Fasting)*

|          |                               |           |  |                            |                        |                                    |                       |
|----------|-------------------------------|-----------|--|----------------------------|------------------------|------------------------------------|-----------------------|
| <b>5</b> | <b>Friday, April 29, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                            |                        |                                    | Adana, Turkey         |
|          | Meena Rasi: 25.07             | Tithi 29  | <b>Gulika</b> 6:30AM – 8:12AM  | <b>Revati</b> Until 3:02PM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:48AM             | Sun 11 Subhakrit 5124 |
|          |                               | 219445479 | <b>Rahu</b> 9:55AM – 11:37AM   | Vishkambha* Until 12:11PM  | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:26PM              | Moon 4 - Phase 2 - 11 |
|          | Creative Work Siddha Yoga     |           |  | Visti Until 9:10AM         | <b>Nataraja:</b> Clear |                                    | 2nd Phase             |
|          |                               |           | <b>Chaturdashi*</b> Until 9:27PM   |                            | <b>Chaitra+Chaitra</b> | <b>Bhuloka Day</b>                 |                       |
|          |                               |           |  |                            |                        | <b>Devaloka Time: 6:PM to 9:PM</b> |                       |

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|  | <b>Saturday, April 30, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                             |                        |                                    | Adana, Turkey         |
|   | <b>Retreat Star</b>             |          | <b>Gulika</b> 4:47AM – 6:29AM  | <b>Ashvini</b> Until 4:41PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 4:47AM             | Sun 12 Subhakrit 5124 |
|   | Mesha Rasi: 7.46                | Tithi 30 | <b>Rahu</b> 8:12AM – 9:54AM  | Priti Until 11:48AM         | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:27PM              | Moon 4 - Phase 2 - 12 |
|   | Creative Work Siddha Yoga       |          |  | Catuspada Until 9:55AM      | <b>Nataraja:</b> Clear |                                    | Amavasya              |
|   |                                 |          | <b>Amavasya*</b> Until 10:27PM   |                             | <b>Chaitra+Chaitra</b> | <b>Bhuloka Day</b>                 |                       |
|   |                                 |          |  |                             |                        | <b>Devaloka Time: 6:PM to 9:PM</b> |                       |

|  |                                 |         |   |                             |                        |                                    |                       |
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|  | <b>Sunday, May 1, 2022</b>      |         | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau |                             |                        |                                    | Adana, Turkey         |
|  | <b>Retreat Star</b>             |         | <b>Gulika</b> 3:02PM – 4:45PM   | <b>Bharani</b> Until 6:40PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 4:46AM             | Sun 13 Subhakrit 5124 |
|  | Mesha Rasi: 20.11               | Tithi 1 | <b>Rahu</b> 4:45PM – 6:28PM   | Ayushman Until 11:46AM      | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:28PM              | Moon 4 - Phase 2 - 13 |
|  | Routine Work Prabalarishta Yoga |         |   | Kintughna Until 11:10AM     | <b>Nataraja:</b> Clear |                                    | Prathama              |
|  |                                 |         | <b>Prathama*</b> Until 11:56PM  |                             | <b>Vaisaka+Chaitra</b> | <b>Bhuloka Day</b>                 |                       |
|  |                                 |         |   |                             |                        | <b>Devaloka Time: 6:PM to 9:PM</b> |                       |

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

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|----------------------------|---|--|---|--|---|---|
| <b>Monday, May 2, 2022</b> |   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau |   |  |   | Adana, Turkey<br>Sun 14<br>Sutra 15<br>Subhakrit 5124                                   |
| <b>1</b>                   | Vrishabha Rasi: 2.24<br>Family Home Evening<br>Routine Work Marana Yoga<br>Until 8:55PM<br>Then Creative Work - Amrita Yoga | <b>Gulika</b> 1:20PM – 3:03PM<br>Yama 9:54AM – 11:37AM<br>221445479 <b>Rahu</b> 6:27AM – 8:10AM  | <b>Krittika</b> Until 8:55PM<br>Saubhagya Until 12:07PM<br>Balava Until 12:52PM<br>Dvitiya Until 1:51AM Tue | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – White<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:44AM<br><b>Sunset:</b> 6:29PM | Moon 4 - Phase 3 - 14<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |

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|-----------------------------|---|--|--|---|---|---|
| <b>Tuesday, May 3, 2022</b> |   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau |  |   |   | Adana, Turkey<br>Sun 15<br>Sutra 16<br>Subhakrit 5124                                   |
| <b>2</b>                    | Vrishabha Rasi: 14.27<br>Creative Work Amrita Yoga<br>Until 11:50PM<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 11:36AM – 1:20PM<br>Yama 8:10AM – 9:53AM<br>231445479 <b>Rahu</b> 3:03PM – 4:46PM  | <b>Rohini</b> Until 11:50PM<br>Sobhana Until 12:47PM<br>Taitila Until 2:58PM<br>Tritiya Until 4:06AM Wed | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:43AM<br><b>Sunset:</b> 6:30PM | Moon 4 - Phase 3 - 15<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |

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|-------------------------------|---|--|---|---|---|---|
| <b>Wednesday, May 4, 2022</b> |   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau |   |   |   | Adana, Turkey<br>Sun 16<br>Sutra 17<br>Subhakrit 5124                                   |
| <b>3</b>                      | Vrishabha Rasi: 26.23<br>Creative Work Siddha Yoga<br>Until 2:48AM Thu<br>Then Routine Work - Marana Yoga | <b>Gulika</b> 9:53AM – 11:36AM<br>Yama 6:26AM – 8:09AM<br>231445479 <b>Rahu</b> 11:36AM – 1:20PM   | <b>Mrigashira</b> Until 2:48AM Thu<br>Athiganda* Until 1:38PM<br>Vanija Until 5:21PM<br>Chaturthi* Until 6:34AM Thu | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:42AM<br><b>Sunset:</b> 6:30PM | Moon 4 - Phase 3 - 16<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |

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|------------------------------|--|---|---|---|---|---|
| <b>Thursday, May 5, 2022</b> |  | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |   |   |   | Adana, Turkey<br>Sun 17<br>Sutra 18<br>Subhakrit 5124                                   |
| <b>4</b>                     | Mithuna Rasi: 8.14<br>Routine Work Marana Yoga<br>Until 5:40AM Fri<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 8:09AM – 9:52AM<br>Yama 4:41AM – 6:25AM<br>231445479 <b>Rahu</b> 1:20PM – 3:04PM  | <b>Ardra</b> Until 5:40AM Fri<br>Sukarma Until 2:37PM<br>Bava Until 7:51PM<br>Chaturthi* Until 6:34AM | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:41AM<br><b>Sunset:</b> 6:31PM | Moon 4 - Phase 3 - 17<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |

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|----------------------------|--|---|--|---|---|---|
| <b>Friday, May 6, 2022</b> |  | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |  |   |   | Adana, Turkey<br>Sun 18<br>Sutra 19<br>Subhakrit 5124     |
| <b>5</b>                   | Mithuna Rasi: 20.04<br>Creative Work Siddha Yoga | <b>Gulika</b> 6:24AM – 8:08AM<br>Yama 3:04PM – 4:48PM<br>241445479 <b>Rahu</b> 9:52AM – 11:36AM   | <b>Punarvasu</b> Until 8:46AM Sat<br>Dhriti Until 3:36PM<br>Kaulava Until 10:18PM<br>Panchami Until 9:04AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:40AM<br><b>Sunset:</b> 6:32PM | Moon 4 - Phase 3 - 18<br>3rd Phase<br><b>Devaloka Day</b> |

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|------------------------------|--|---|---|---|---|---|
| <b>Saturday, May 7, 2022</b> |  | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |   |   |   | Adana, Turkey<br>Sun 19<br>Sutra 20<br>Subhakrit 5124     |
| <b>6</b>                     | Kataka Rasi: 1.56<br>Creative Work Siddha Yoga | <b>Gulika</b> 4:39AM – 6:23AM<br>Yama 1:20PM – 3:05PM<br>241445479 <b>Rahu</b> 8:08AM – 9:52AM  | <b>Punarvasu</b> Until 8:46AM<br>Shula* Until 4:26PM<br>Gara Until 12:31AM Sun<br>Shashthi* Until 11:26AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:39AM<br><b>Sunset:</b> 6:33PM | Moon 4 - Phase 3 - 19<br>3rd Phase<br><b>Devaloka Day</b> |

|                            |   |   |  |   |   |   |
|----------------------------|---|---|--|---|---|---|
| <b>Sunday, May 8, 2022</b> |   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |  |   |   | Adana, Turkey<br>Sun 20<br>Sutra 21<br>Subhakrit 5124   |
| <b>Retreat Star</b>        | Kataka Rasi: 13.56<br>Creative Work Siddha Yoga | <b>Gulika</b> 3:05PM – 4:49PM<br>Yama 11:36AM – 1:21PM<br>241445479 <b>Rahu</b> 4:49PM – 6:34PM   | <b>Pushya</b> Until 11:25AM<br>Ganda* Until 5:00PM<br>Visti Until 2:20AM Mon<br>Saptami Until 1:28PM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:38AM<br><b>Sunset:</b> 6:34PM | Moon 4 - Phase 3 - 20<br>Ashtami<br><b>Devaloka Day</b> |

|                            |   |   |  |   |   |  |
|----------------------------|---|---|--|---|---|--|
| <b>Monday, May 9, 2022</b> |   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau |  |   |   | Adana, Turkey<br>Sun 21<br>Sutra 22<br>Subhakrit 5124  |
| <b>Retreat Star</b>        | Kataka Rasi: 26.06<br>Family Home Evening<br>Creative Work Siddha Yoga<br>Until 1:25PM<br>Then Routine Work - Marana Yoga | <b>Gulika</b> 1:21PM – 3:05PM<br>Yama 9:51AM – 11:36AM<br>241445479 <b>Rahu</b> 6:22AM – 8:07AM   | <b>Ashlesha*</b> Until 1:25PM<br>Vridhi Until 5:11PM<br>Balava Until 3:33AM Tue<br>Ashtami* Until 3:00PM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 4:37AM<br><b>Sunset:</b> 6:35PM | Moon 4 - Phase 3 - 21<br>Navami<br><b>Devaloka Day</b> |

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


|                  |                             |                                |                             |   |                        |                                  |  |
|------------------|-----------------------------|--------------------------------|-----------------------------|---|------------------------|----------------------------------|--|
| <b>1</b>         |                             | <b>Tuesday, May 10, 2022</b>   |                             | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                        | Adana, Turkey<br>Sun 22 Sutra 23 |  |
| Simha Rasi: 8.31 | Tithi 9 – 10                | <b>Gulika</b> 11:36AM – 1:21PM | <b>Magha* Until 3:08PM</b>  | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 4:36AM | Subhakrit 5124                   |  |
|                  |                             | Yama 8:06AM – 9:51AM           | Dhruva Until 4:49PM         | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:36PM  | Moon 4 - Phase 4 - 22            |  |
| 252445479        | <b>Rahu</b> 3:06PM – 4:51PM |                                | Taitila Until 4:04AM Wed    | <b>Nataraja:</b> Clear  |                        | 4th Phase                        |  |
| Creative Work    | Siddha Yoga                 |                                | <b>Navami* Until 3:53PM</b> | Moon – Red  |                        | <b>Devaloka Day</b>              |  |
|                  |                             |                                |                             | Vaisaka-Chaitra   |                        |                                  |  |

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|-------------------|------------------------------|--------------------------------|-----------------------------------|---|------------------------|----------------------------------|--|
| <b>2</b>          |                              | <b>Wednesday, May 11, 2022</b> |                                   | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                        | Adana, Turkey<br>Sun 23 Sutra 24 |  |
| Simha Rasi: 21.16 | Tithi 10 – 11                | <b>Gulika</b> 9:51AM – 11:36AM | <b>Purvaphalguni Until 3:57PM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 4:35AM | Subhakrit 5124                   |  |
|                   |                              | Yama 6:20AM – 8:06AM           | Vyaghata* Until 3:53PM            | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:37PM  | Moon 4 - Phase 4 - 23            |  |
| 252445479         | <b>Rahu</b> 11:36AM – 1:21PM |                                | Vanija Until 3:49AM Thu           | <b>Nataraja:</b> Clear  |                        | 4th Phase                        |  |
| Creative Work     | Amrita Yoga                  |                                | <b>Dashami Until 4:01PM</b>       | Moon – Red  |                        | <b>Devaloka Day</b>              |  |
|                   |                              |                                |                                   | Vaisaka-Chaitra   |                        |                                  |  |

|                                 |                             |                               |                                    |  |                        |                                  |  |
|---------------------------------|-----------------------------|-------------------------------|------------------------------------|--|------------------------|----------------------------------|--|
| <b>3</b>                        |                             | <b>Thursday, May 12, 2022</b> |                                    | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        | Adana, Turkey<br>Sun 24 Sutra 25 |  |
| Kanya Rasi: 4.23                | Tithi 11 – 12               | <b>Gulika</b> 8:05AM – 9:50AM | <b>Uttaraphalguni Until 3:51PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:34AM | Subhakrit 5124                   |  |
|                                 |                             | Yama 4:34AM – 6:20AM          | Harshana Until 2:21PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:37PM  | Moon 4 - Phase 4 - 24            |  |
| 252445479                       | <b>Rahu</b> 1:21PM – 3:07PM |                               | Bava Until 2:47AM Fri              | <b>Nataraja:</b> Clear   |                        | 4th Phase                        |  |
|                                 | Amrita Yoga                 |                               | <b>Ekadashi Until 3:23PM</b>       | Moon – Red   |                        | <b>Devaloka Day</b>              |  |
| Until 3:51PM                    |                             |                               |                                    | Vaisaka-Chaitra  |                        |                                  |  |
| Then Routine Work - Marana Yoga |                             |                               |                                    |  |                        |                                  |  |

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|----------------------------------|------------------------------|-------------------------------|------------------------------|--|------------------------|----------------------------------|--|
| <b>4</b>                         |                              | <b>Friday, May 13, 2022</b>   |                              | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                        | Adana, Turkey<br>Sun 25 Sutra 26 |  |
| Kanya Rasi: 17.57                | Tithi 12 – 13                | <b>Gulika</b> 6:19AM – 8:05AM | <b>Hasta Until 3:19PM</b>    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:33AM | Subhakrit 5124                   |  |
|                                  |                              | Yama 3:07PM – 4:53PM          | Vajra* Until 12:11PM         | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:38PM  | Moon 4 - Phase 4 - 25            |  |
| 262445479                        | <b>Rahu</b> 9:50AM – 11:36AM |                               | Kaulava Until 1:02AM Sat     | <b>Nataraja:</b> Clear   |                        | 4th Phase                        |  |
| Creative Work                    | Amrita Yoga                  |                               | <b>Dvadashi Until 1:58PM</b> | Moon – Green   |                        | <b>Sivaloka Day</b>              |  |
| Until 3:19PM                     |                              |                               |                              | Vaisaka-Chaitra  |                        |                                  |  |
| Then Creative Work - Siddha Yoga |                              |                               | <i>Pradosha Vrata</i>        |  |                        |                                  |  |

|                                  |                             |                               |                                 |   |                        |                                  |  |
|----------------------------------|-----------------------------|-------------------------------|---------------------------------|---|------------------------|----------------------------------|--|
| <b>5</b>                         |                             | <b>Saturday, May 14, 2022</b> |                                 | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | Adana, Turkey<br>Sun 26 Sutra 27 |  |
| Tula Rasi: 1.56                  | Tithi 13 – 14               | <b>Gulika</b> 4:32AM – 6:18AM | <b>Chitra Until 1:58PM</b>      | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:32AM | Subhakrit 5124                   |  |
|                                  |                             | Yama 1:22PM – 3:07PM          | Siddhi Until 9:28AM             | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:39PM  | Moon 4 - Phase 4 - 26            |  |
| 262445479                        | <b>Rahu</b> 8:04AM – 9:50AM |                               | Gara Until 10:40PM              | <b>Nataraja:</b> Clear  |                        | 4th Phase                        |  |
| Routine Work                     | Marana Yoga                 |                               | <b>Trayodashi Until 11:54AM</b> | Moon – Green  |                        | <b>Sivaloka Day</b>              |  |
| Until 1:58PM                     |                             |                               |                                 | Vaisaka-Chaitra   |                        |                                  |  |
| Then Creative Work - Siddha Yoga |                             |                               |                                 |   |                        |                                  |  |

|   |                             |                               |                                  |   |                        |                                  |  |
|---|-----------------------------|-------------------------------|----------------------------------|---|------------------------|----------------------------------|--|
|  |                             | <b>Sunday, May 15, 2022</b>   |                                  | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                        | Adana, Turkey<br>Sun 27 Sutra 28 |  |
| <b>Copper Retreat Star</b>  |                             | <b>Gulika</b> 3:08PM – 4:54PM | <b>Svati Until 11:56AM</b>       | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:32AM | Subhakrit 5124                   |  |
| Tula Rasi: 16.18  | Tithi 14 – 15               | Yama 11:36AM – 1:22PM         | Vyatipata* Until 6:19AM          | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:40PM  | Moon 4 - Phase 4 - 27            |  |
| 262445479   | <b>Rahu</b> 4:54PM – 6:40PM |                               | Visti Until 7:49PM               | <b>Nataraja:</b> Clear  |                        | Purnima                          |  |
| Creative Work   | Siddha Yoga                 |                               | <b>Chaturdashi* Until 9:16AM</b> | Moon – Green  |                        | <b>Sivaloka Day</b>              |  |
| Until 11:56AM   |                             |                               |                                  | Vaisaka-Vaikasi   |                        |                                  |  |
| Then Routine Work - Marana Yoga   |                             |                               |                                  |   |                        |                                  |  |

|                                  |                             |                               |                              |   |                        |                           |  |
|----------------------------------|-----------------------------|-------------------------------|------------------------------|---|------------------------|---------------------------|--|
| <b>Monday, May 16, 2022</b>      |                             | <b>Silver Retreat Star</b>    |                              | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau |                        | Adana, Turkey<br>Sutra 29 |  |
| Vrischika Rasi: 0.59             | Tithi 15 – 16               | <b>Gulika</b> 1:22PM – 3:08PM | <b>Vishakha Until 9:47AM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:31AM | Subhakrit 5124            |  |
| <b>Family Home Evening</b>       |                             | Yama 9:50AM – 11:36AM         | Parigha* Until 11:00PM       | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:41PM  | Moon 4 - Phase 4 -        |  |
| 272445479                        | <b>Rahu</b> 6:17AM – 8:03AM |                               | Kaulava Until 2:56AM Tue     | <b>Nataraja:</b> Clear  |                        | Prathama                  |  |
| Routine Work                     | Marana Yoga                 |                               | <b>Purnima* Until 6:14AM</b> | Moon – Orange   |                        | <b>Devaloka Day</b>       |  |
| Until 9:47AM                     |                             |                               |                              | Vaisaka-Vaikasi   |                        |                           |  |
| Then Creative Work - Siddha Yoga |                             |                               |                              |   |                        |                           |  |

Earth is upheld by Truth. Heaven is upheld by the sun. The solar regions are supported by eternal laws, rita. The elixir of divine love is supreme in heaven. Rig Veda Samhita

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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**Tuesday, May 17, 2022**  
**Gold Retreat Star**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Shiva Yoga Taitila/Gara Karana Dvitiyayam Titau

Adana, Turkey  
Sutra 30

Vrischika Rasi: 15.52 Tithi 17

272445479

**Gulika** 11:36AM – 1:22PM  
Yama 8:03AM – 9:49AM  
**Rahu** 3:09PM – 4:55PM

**Anuradha** Until 7:15AM  
Shiva Until 7:07PM  
Taitila Until 1:14PM  
**Dvitiya** Until 11:31PM

**Ganesha:** Yellow *Sunrise:* 4:30AM  
**Muruqa:** White *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Orange  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 7:15AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

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

Adana, Turkey  
Sun 1 Sutra 31

Dhanus Rasi: 0.5 Tithi 18

282445479

**Gulika** 9:49AM – 11:36AM  
Yama 6:16AM – 8:03AM  
**Rahu** 11:36AM – 1:23PM

**Mula\*** Until 2:07AM Thu  
Siddha Until 3:13PM  
Vanija Until 9:49AM  
**Tritiya** Until 8:08PM

**Ganesha:** Blue *Sunrise:* 4:29AM  
**Muruqa:** White *Sunset:* 6:42PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

Until 2:07AM Thu

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**2**

**Thursday, May 19, 2022**

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

Adana, Turkey  
Sun 2 Sutra 32

Dhanus Rasi: 15.43 Tithi 19 – 20

282445479

**Gulika** 8:02AM – 9:49AM  
Yama 4:29AM – 6:15AM  
**Rahu** 1:23PM – 3:10PM

**Purvashadha\*** Until 11:47PM  
Sadhya Until 11:27AM  
Bava Until 6:30AM  
**Chaturthi\*** Until 4:55PM

**Ganesha:** Blue *Sunrise:* 4:29AM  
**Muruqa:** White *Sunset:* 6:43PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 11:47PM

Then Routine Work - Marana Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

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

Adana, Turkey  
Sun 3 Sutra 33

Makara Rasi: 0.26 Tithi 20 – 21

282445479

**Gulika** 6:15AM – 8:02AM  
Yama 3:10PM – 4:57PM  
**Rahu** 9:49AM – 11:36AM

**Uttarashadha** Until 9:40PM  
Subha Until 7:55AM  
Gara Until 12:43AM Sat  
**Panchami** Until 2:01PM

**Ganesha:** Blue *Sunrise:* 4:28AM  
**Muruqa:** White *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

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

Adana, Turkey  
Sun 4 Sutra 34

Makara Rasi: 14.53 Tithi 21 – 22

292445479

**Gulika** 4:27AM – 6:14AM  
Yama 1:23PM – 3:10PM  
**Rahu** 8:02AM – 9:49AM

**Shravana** Until 8:17PM  
Brahma Until 1:51AM Sun  
Visti Until 10:28PM  
**Shashthi\*** Until 11:31AM

**Ganesha:** Red *Sunrise:* 4:27AM  
**Muruqa:** White *Sunset:* 6:45PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

**5**

**Sunday, May 22, 2022**  
**Retreat Star**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Adana, Turkey  
Sun 5 Sutra 35

Makara Rasi: 28.59 Tithi 22 – 23

292445479

**Gulika** 3:11PM – 4:58PM  
Yama 11:36AM – 1:23PM  
**Rahu** 4:58PM – 6:46PM

**Dhanishtha** Until 7:17PM  
Indra Until 11:29PM  
Balava Until 8:45PM  
**Saptami** Until 9:31AM

**Ganesha:** Red *Sunrise:* 4:26AM  
**Muruqa:** White *Sunset:* 6:46PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
Ashtami

Routine Work Marana Yoga

Until 7:17PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**  
**Retreat Star**

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

Adana, Turkey  
Sun 6 Sutra 36

Kumbha Rasi: 12.45 Tithi 23 – 24

293445479

**Gulika** 1:24PM – 3:11PM  
Yama 9:49AM – 11:36AM  
**Rahu** 6:13AM – 8:01AM

**Shatabhishak** Until 6:43PM  
Vaidhriti\* Until 9:34PM  
Taitila Until 7:38PM  
**Ashtami\*** Until 8:06AM

**Ganesha:** Green *Sunrise:* 4:26AM  
**Muruqa:** White *Sunset:* 6:46PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
Navami

Creative Work Siddha Yoga

Until 6:43PM

Then Routine Work - Marana Yoga

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

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 Adana, Turkey on 5/1/21

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|----------|--|---------------|--|--|---|---|--|
| <b>1</b> | <b>Tuesday, May 24, 2022</b>   |               | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau |  |   |   | Adana, Turkey<br>Sun 7<br>Sutra 37   |
|          | Kumbha Rasi: 26.1  | Tithi 24 – 25 | <b>Gulika</b> 11:36AM – 1:24PM<br>Yama 8:01AM – 9:48AM<br>Rahu 3:12PM – 5:00PM   | <b>Purvaproshtapada* Until 7:03PM</b><br>Vishkambha* Until 8:09PM<br>Vanija Until 7:06PM<br>Navami* Until 7:16AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 4:25AM<br><b>Sunset:</b> 6:47PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 7<br>2nd Phase<br><b>Devaloka Day</b> |
|          | Routine Work Marana Yoga<br>Until 7:03PM<br>Then Creative Work - Amrita Yoga |               |  |  |   |   |  |

|          |  |               |  |  |   |   |  |
|----------|--|---------------|--|--|---|---|--|
| <b>2</b> | <b>Wednesday, May 25, 2022</b>   |               | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |  |   |   | Adana, Turkey<br>Sun 8<br>Sutra 38   |
|          | Meena Rasi: 9.16   | Tithi 25 – 26 | <b>Gulika</b> 9:48AM – 11:36AM<br>Yama 6:13AM – 8:00AM<br>Rahu 11:36AM – 1:24PM  | <b>Uttaraproshtapada Until 7:48PM</b><br>Priti Until 7:13PM<br>Bava Until 7:10PM<br>Dashami Until 7:02AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 4:25AM<br><b>Sunset:</b> 6:48PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 8<br>2nd Phase<br><b>Devaloka Day</b> |
|          | Creative Work Siddha Yoga<br>Until 7:48PM<br>Then Routine Work - Marana Yoga |               |  |  |   |   |  |

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| <b>3</b> | <b>Thursday, May 26, 2022</b>   |               | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |   |  |   | Adana, Turkey<br>Sun 9<br>Sutra 39   |
|          | Meena Rasi: 22.04   | Tithi 26 – 27 | <b>Gulika</b> 8:00AM – 9:48AM<br>Yama 4:24AM – 6:12AM<br>Rahu 1:24PM – 3:13PM   | <b>Revati Until 8:57PM</b><br>Ayushman Until 6:42PM<br>Kaulava Until 7:47PM<br>Ekadashi* Until 7:23AM | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Clear | <b>Sunrise:</b> 4:24AM<br><b>Sunset:</b> 6:49PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 9<br>2nd Phase<br><b>Sivaloka Day</b> |
|          | Creative Work Siddha Yoga<br>Until 8:57PM<br>Then Creative Work - Amrita Yoga |               |   |   |  |   |  |

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| <b>4</b> | <b>Friday, May 27, 2022</b>  |               | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau |   |   |   | Adana, Turkey<br>Sun 10<br>Sutra 40   |
|          | Mesha Rasi: 4.37   | Tithi 27 – 28 | <b>Gulika</b> 6:12AM – 8:00AM<br>Yama 3:13PM – 5:01PM<br>Rahu 9:48AM – 11:37AM   | <b>Ashvini Until 10:54PM</b><br>Saubhagya Until 6:35PM<br>Gara Until 8:55PM<br>Dvadashi* Until 8:17AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 4:24AM<br><b>Sunset:</b> 6:50PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 10<br>2nd Phase<br><b>Devaloka Day</b> |
|          | Creative Work Amrita Yoga<br>Until 10:54PM<br>Then Creative Work - Siddha Yoga |               | <i>Pradosha Vrata (Fasting)</i>  |   |   |   |   |

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| <b>5</b> | <b>Saturday, May 28, 2022</b> |               | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |  |   |   | Adana, Turkey<br>Sun 11<br>Sutra 41   |
|          | Mesha Rasi: 16.57             | Tithi 28 – 29 | <b>Gulika</b> 4:23AM – 6:11AM<br>Yama 1:25PM – 3:13PM<br>Rahu 8:00AM – 9:48AM  | <b>Bharani Until 1:08AM Sun</b><br>Sobhana Until 6:51PM<br>Visti Until 10:30PM<br>Trayodashi* Until 9:39AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 4:23AM<br><b>Sunset:</b> 6:50PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 11<br>2nd Phase<br><b>Devaloka Day</b> |
|          | Creative Work Siddha Yoga     |               |  |  |   |   |   |

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|  | <b>Sunday, May 29, 2022</b>   |  | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |  |   |   | Adana, Turkey<br>Sun 12<br>Sutra 42  |
|   | <b>Retreat Star</b>   |  | <b>Gulika</b> 3:14PM – 5:02PM<br>Yama 11:37AM – 1:25PM<br>Rahu 5:02PM – 6:51PM   | <b>Krittika Until 3:32AM Mon</b><br>Athiganda* Until 7:22PM<br>Catuspada Until 12:28AM Mon<br>Chaturdashi* Until 11:25AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – White | <b>Sunrise:</b> 4:23AM<br><b>Sunset:</b> 6:51PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 12<br>Amavasya<br><b>Devaloka Day</b> |
|   | Mesha Rasi: 29.07<br>Tithi 29 – 30<br>Creative Work Siddha Yoga<br>Until 3:32AM Mon<br>Then Creative Work - Amrita Yoga |  |  |  |   |   |  |

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| <b>Monday, May 30, 2022</b> | <b>Retreat Star</b>  |              | Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |  |   |   | Adana, Turkey<br>Sun 13<br>Sutra 43  |
|                             | Vrishabha Rasi: 11.08  | Tithi 30 – 1 | <b>Gulika</b> 1:26PM – 3:14PM<br>Yama 9:48AM – 11:37AM<br>Rahu 6:11AM – 7:59AM  | <b>Rohini Until 6:33AM Tue</b><br>Sukarma Until 8:09PM<br>Kintughna Until 2:42AM Tue<br>Amavasya* Until 1:32PM | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow | <b>Sunrise:</b> 4:22AM<br><b>Sunset:</b> 6:52PM | Subhakrit 5124<br>Moon 5 - Phase 6 - 13<br>Prathama<br><b>Devaloka Day</b> |
|                             | Family Home Evening<br>Creative Work Amrita Yoga<br>Until 6:33AM Tue<br>Then Creative Work - Siddha Yoga |              |   |  |   |   |  |

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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| <b>1</b> | <b>Tuesday, May 31, 2022</b>  |             | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |  |   |                                    | Adana, Turkey<br>Sun 14 Sutra 44 |
|          | Wrisabha Rasi: 23.03  | Tithi 1 – 2 | <b>Gulika</b> 11:37AM – 1:26PM   | <b>Rohini</b> Until 6:33AM   | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:22AM   | Subhakit 5124                      |                                  |
|          | Creative Work Amrita Yoga<br>Until 6:33AM<br>Then Creative Work - Siddha Yoga | 333545479   | <b>Yama</b> 7:59AM – 9:48AM<br><b>Rahu</b> 3:15PM – 5:03PM   | Dhriti Until 9:06PM<br>Balava Until 5:07AM Wed<br>Prathama* Until 3:52PM | <b>Muruqa:</b> White <i>Sunset:</i> 6:52PM<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 14<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>2</b> | <b>Wednesday, June 1, 2022</b> |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava Karana Dvitiyayam Titau |  |   |                                    | Adana, Turkey<br>Sun 15 Sutra 45 |
|          | Mithuna Rasi: 4.55             | Tithi 2   | <b>Gulika</b> 9:48AM – 11:37AM   | <b>Mrigashira</b> Until 9:33AM                                       | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:21AM   | Subhakit 5124                      |                                  |
|          | Creative Work Siddha Yoga      | 333545479 | <b>Yama</b> 6:10AM – 7:59AM<br><b>Rahu</b> 11:37AM – 1:26PM  | Shula* Until 10:05PM<br>Kaulava Until 6:20PM<br>Dvitiya Until 6:20PM | <b>Muruqa:</b> White <i>Sunset:</i> 6:53PM<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 15<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>3</b> | <b>Thursday, June 2, 2022</b>   |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau |  |   |                                    | Adana, Turkey<br>Sun 16 Sutra 46 |
|          | Mithuna Rasi: 16.44   | Tithi 3   | <b>Gulika</b> 7:59AM – 9:48AM   | <b>Ardra</b> Until 12:25PM   | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:21AM   | Subhakit 5124                      |                                  |
|          | Routine Work Marana Yoga<br>Until 12:25PM<br>Then Creative Work - Amrita Yoga | 333555479 | <b>Yama</b> 4:21AM – 6:10AM<br><b>Rahu</b> 1:26PM – 3:15PM  | Ganda* Until 11:06PM<br>Taitila Until 7:36AM<br>Tritiya Until 8:49PM | <b>Muruqa:</b> Green <i>Sunset:</i> 6:54PM<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 16<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>4</b> | <b>Friday, June 3, 2022</b>  |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau |   |   |                                    | Adana, Turkey<br>Sun 17 Sutra 47 |
|          | Mithuna Rasi: 28.35  | Tithi 4   | <b>Gulika</b> 6:10AM – 7:59AM  | <b>Punarvasu</b> Until 3:35PM   | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:21AM  | Subhakit 5124                      |                                  |
|          | Creative Work Siddha Yoga<br>Until 3:35PM<br>Then Routine Work - Marana Yoga | 343555479 | <b>Yama</b> 3:16PM – 5:05PM<br><b>Rahu</b> 9:48AM – 11:37AM  | Vriddhi Until 12:03AM Sat<br>Vanija Until 10:03AM<br>Chaturthi* Until 11:12PM | <b>Muruqa:</b> Green <i>Sunset:</i> 6:54PM<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 17<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>5</b> | <b>Saturday, June 4, 2022</b>  |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau |   |   |                                    | Adana, Turkey<br>Sun 18 Sutra 48 |
|          | Kataka Rasi: 10.29   | Tithi 5   | <b>Gulika</b> 4:20AM – 6:10AM  | <b>Pushya</b> Until 6:23PM  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:20AM  | Subhakit 5124                      |                                  |
|          | Creative Work Siddha Yoga<br>Until 6:23PM<br>Then Routine Work - Marana Yoga | 343555479 | <b>Yama</b> 1:27PM – 3:16PM<br><b>Rahu</b> 7:59AM – 9:48AM   | Dhruva Until 12:47AM Sun<br>Bava Until 12:20PM<br>Panchami Until 1:21AM Sun | <b>Muruqa:</b> Green <i>Sunset:</i> 6:55PM<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 18<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>6</b> | <b>Sunday, June 5, 2022</b>  |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau |  |  |                                    | Adana, Turkey<br>Sun 19 Sutra 49 |
|          | Kataka Rasi: 22.29   | Tithi 6   | <b>Gulika</b> 3:17PM – 5:06PM  | <b>Ashlesha*</b> Until 8:42PM  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:20AM   | Subhakit 5124                      |                                  |
|          | Creative Work Siddha Yoga<br>Until 8:42PM<br>Then Routine Work - Marana Yoga | 343555471 | <b>Yama</b> 11:38AM – 1:27PM<br><b>Rahu</b> 5:06PM – 6:55PM  | Vyaghata* Until 1:15AM Mon<br>Kaulava Until 2:19PM<br>Shashthi* Until 3:08AM Mon | <b>Muruqa:</b> Green <i>Sunset:</i> 6:55PM<br><b>Nataraja:</b> Yellow<br>Moon – Blue<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 19<br>3rd Phase | <b>Devaloka Day</b>              |

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| <b>☾</b> | <b>Monday, June 6, 2022</b> |         | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau |  |   |                                    | Adana, Turkey<br>Sun 20 Sutra 50 |
|          | <b>Retreat Star</b>         |         | <b>Gulika</b> 1:27PM – 3:17PM  | <b>Magha*</b> Until 10:53PM  | <b>Ganesha:</b> Purple <i>Sunrise:</i> 4:20AM   | Subhakit 5124                      |                                  |
|          | Simha Rasi: 4.38            | Tithi 7 | <b>Yama</b> 9:48AM – 11:38AM<br><b>Rahu</b> 6:09AM – 7:59AM  | Harshana Until 1:21AM Tue<br>Gara Until 3:51PM<br>Saptami Until 4:23AM Tue | <b>Muruqa:</b> Green <i>Sunset:</i> 6:56PM<br><b>Nataraja:</b> Yellow<br>Moon – Red<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 20<br>3rd Phase | <b>Sivaloka Day</b>              |

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| <b>☾</b> | <b>Tuesday, June 7, 2022</b> |         | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau |   |   |                                  | Adana, Turkey<br>Sun 21 Sutra 51 |
|          | <b>Retreat Star</b>          |         | <b>Gulika</b> 11:38AM – 1:28PM   | <b>Purvaphalguni</b> Until 12:18AM Wed                                      | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:20AM  | Subhakit 5124                    |                                  |
|          | Simha Rasi: 17.01            | Tithi 8 | <b>Yama</b> 7:59AM – 9:48AM<br><b>Rahu</b> 3:17PM – 5:07PM   | Vajra* Until 12:55AM Wed<br>Visti Until 4:48PM<br>Ashtami* Until 5:00AM Wed | <b>Muruqa:</b> Green <i>Sunset:</i> 6:57PM<br><b>Nataraja:</b> Yellow<br>Moon – Red<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 21<br>Ashtami | <b>Devaloka Day</b>              |

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| <b>☾</b> | <b>Wednesday, June 8, 2022</b> |         | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau |   |   |                                 | Adana, Turkey<br>Sun 22 Sutra 52 |
|          | <b>Retreat Star</b>            |         | <b>Gulika</b> 9:49AM – 11:38AM  | <b>Uttaraphalguni</b> Until 12:51AM Thu                                 | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:19AM  | Subhakit 5124                   |                                  |
|          | Simha Rasi: 29.42              | Tithi 9 | <b>Yama</b> 6:09AM – 7:59AM<br><b>Rahu</b> 11:38AM – 1:28PM   | Siddhi Until 11:55PM<br>Balava Until 5:03PM<br>Navami* Until 4:51AM Thu | <b>Muruqa:</b> Green <i>Sunset:</i> 6:57PM<br><b>Nataraja:</b> Yellow<br>Moon – Red<br>Jyeshtha-Vaikasi | Moon 5 - Phase 7 - 22<br>Navami | <b>Devaloka Day</b>              |

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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| <b>1</b>  | <b>Thursday, June 9, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Hasta Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau |   |  |   | Adana, Turkey<br>Sun 23<br>Sutra 53   |
|   | Kanya Rasi: 12.44             | Tithi 10 | <b>Gulika</b> 7:59AM – 9:49AM<br>Yama 4:19AM – 6:09AM<br>364555471 <b>Rahu</b> 1:28PM – 3:18PM  | <b>Hasta</b> <b>Until 12:55AM Fri</b><br>Vyatipata* Until 10:19PM<br>Taitila Until 4:31PM<br><b>Dashami</b> <b>Until 3:56AM Fri</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Green | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 6:58PM | Subhakrit 5124<br>Moon 5 - Phase 8 - 23<br>4th Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Routine Work Marana Yoga<br>Until 12:55AM Fri<br>Then Creative Work - Siddha Yoga |                               |          |   |   |  |   |   |


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| <b>2</b>                  | <b>Friday, June 10, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau |  |  |   | Adana, Turkey<br>Sun 24<br>Sutra 54   |
|                           | Kanya Rasi: 26.13            | Tithi 11 | <b>Gulika</b> 6:09AM – 7:59AM<br>Yama 3:18PM – 5:08PM<br>364555471 <b>Rahu</b> 9:49AM – 11:39AM  | <b>Chitra</b> <b>Until 12:05AM Sat</b><br>Variyan Until 8:03PM<br>Vanija Until 3:12PM<br><b>Ekadashi</b> <b>Until 2:14AM Sat</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Green | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 6:58PM | Subhakrit 5124<br>Moon 5 - Phase 8 - 24<br>4th Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Creative Work Siddha Yoga |                              |          |  |  |  |   |   |

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| <b>3</b>                  | <b>Saturday, June 11, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Svati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Dvadashyam Titau |   |  |   | Adana, Turkey<br>Sun 25<br>Sutra 55   |
|                           | Tula Rasi: 10.08               | Tithi 12 | <b>Gulika</b> 4:19AM – 6:09AM<br>Yama 1:29PM – 3:19PM<br>364555471 <b>Rahu</b> 7:59AM – 9:49AM   | <b>Svati</b> <b>Until 10:24PM</b><br>Parigha* Until 5:13PM<br>Bava Until 1:08PM<br><b>Dvadashi</b> <b>Until 11:51PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Green | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 6:59PM | Subhakrit 5124<br>Moon 5 - Phase 8 - 25<br>4th Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Creative Work Siddha Yoga |                                |          |  |   |  |   |   |

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|--------------------------|------------------------------|------------------------|---|---|--|---|---|
| <b>4</b>                 | <b>Sunday, June 12, 2022</b> |                        | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau |   |  |   | Adana, Turkey<br>Sun 26<br>Sutra 56   |
|                          | Tula Rasi: 24.3              | Tithi 13               | <b>Gulika</b> 3:19PM – 5:09PM<br>Yama 11:39AM – 1:29PM<br>374555471 <b>Rahu</b> 5:09PM – 6:59PM   | <b>Vishakha</b> <b>Until 8:24PM</b><br>Shiva Until 1:53PM<br>Kaulava Until 10:27AM<br><b>Trayodashi</b> <b>Until 8:53PM</b> | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Orange | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 6:59PM | Subhakrit 5124<br>Moon 5 - Phase 8 - 26<br>4th Phase<br><b>Devaloka Day</b> |
| Routine Work Marana Yoga |                              | <b>Vaikasi Visakam</b> |   | <b>Pradosha Vrata</b>   |  |   |   |

|  |                              |               |   |   |  |   |   |
|--|------------------------------|---------------|---|---|--|---|---|
| <b>5</b>   | <b>Monday, June 13, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau |   |  |   | Adana, Turkey<br>Sun 27<br>Sutra 57   |
|  | Vrischika Rasi: 9.16         | Tithi 14 – 15 | <b>Gulika</b> 1:29PM – 3:19PM<br>Yama 9:49AM – 11:39AM<br>374555471 <b>Rahu</b> 6:09AM – 7:59AM   | <b>Anuradha</b> <b>Until 5:50PM</b><br>Siddha Until 10:08AM<br>Gara Until 7:15AM<br><b>Chaturdashi*</b> <b>Until 5:30PM</b> | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Orange | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 7:00PM | Subhakrit 5124<br>Moon 5 - Phase 8 - 27<br>4th Phase<br><b>Devaloka Day</b> |
| Family Home Evening<br>Creative Work Siddha Yoga |                              |               |   |   |  |   |   |

|   |                               |               |   |  |  |   |  |
|---|-------------------------------|---------------|---|--|--|---|--|
|  | <b>Tuesday, June 14, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  |  |   | Adana, Turkey<br>Sun 28<br>Sutra 58                                    |
|   | Vrischika Rasi: 24.18         | Tithi 15 – 16 | <b>Gulika</b> 11:39AM – 1:30PM<br>Yama 7:59AM – 9:49AM<br>374555471 <b>Rahu</b> 3:20PM – 5:10PM   | <b>Jyeshtha*</b> <b>Until 2:52PM</b><br>Sadhya Until 6:06AM<br>Balava Until 11:57PM<br><b>Purnima*</b> <b>Until 1:49PM</b> | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Orange | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 7:00PM | Subhakrit 5124<br>Moon 5 - Phase 8 -<br>Purnima<br><b>Devaloka Day</b> |
| Routine Work Marana Yoga<br>Until 2:52PM<br>Then Creative Work - Amrita Yoga        |                               |               |   |  |  |   |  |

|   |                                 |               |  |  |  |   |   |
|---|---------------------------------|---------------|--|--|--|---|---|
|  | <b>Wednesday, June 15, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau |  |  |   | Adana, Turkey<br>Sun 29<br>Sutra 59   |
|   | Dhanus Rasi: 9.3                | Tithi 16 – 17 | <b>Gulika</b> 9:50AM – 11:40AM<br>Yama 6:09AM – 7:59AM<br>384555471 <b>Rahu</b> 11:40AM – 1:30PM   | <b>Mula*</b> <b>Until 12:02PM</b><br>Sukla Until 9:44PM<br>Taitila Until 8:09PM<br><b>Prathama*</b> <b>Until 10:02AM</b> | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Green<br><b>Nataraja:</b> Yellow<br>Moon – Light Blue | <b>Sunrise:</b> 4:19AM<br><b>Sunset:</b> 7:00PM | Subhakrit 5124<br>Moon 5 - Phase 8 -<br>Prathama<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Routine Work Marana Yoga<br>Until 12:02PM<br>Then Creative Work - Amrita Yoga       |                                 |               |  |  |  |   |   |





Thursday, June 16, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha\*/Uttarashadha Nakshatra Brahma/Indra Yoga Gara/Visti\* Karana Dvitiya/Trilayam Titau

Adana, Turkey

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 24.41 Tithi 17 - 18

Gulika 7:59AM - 9:50AM

Purvashadha\* Until 9:08AM

Ganesha: Blue

Sunrise: 4:19AM

Yama 4:19AM - 6:09AM

Brahma Until 5:40PM

Muruqa: Green

Sunset: 7:01PM

384555471 Rahu 1:30PM - 3:20PM

Visti Until 2:45AM Fri

Nataraja: Yellow

Moon 6 - Phase 9 - 1

1st Phase

Creative Work Siddha Yoga

Dvitiya Until 6:17AM

Moon - Light Blue

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Until 9:08AM

Then Routine Work - Marana Yoga

Friday, June 17, 2022

1

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha\*/Shravana Nakshatra Indra/Vaidhriti\* Yoga Bava/Balava Karana Chaturtham Titau

Adana, Turkey

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 9.41 Tithi 19

Gulika 6:09AM - 8:00AM

Uttarashadha Until 6:21AM

Ganesha: Blue

Sunrise: 4:19AM

Yama 3:21PM - 5:11PM

Indra Until 1:51PM

Muruqa: Green

Sunset: 7:01PM

384555471 Rahu 9:50AM - 11:40AM

Bava Until 1:07PM

Nataraja: Yellow

Moon 6 - Phase 9 - 2

1st Phase

Routine Work Marana Yoga

Chaturthi\* Until 11:34PM

Moon - Light Blue

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Saturday, June 18, 2022

2

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Panchamiam Titau

Adana, Turkey

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 24.24 Tithi 20

Gulika 4:19AM - 6:10AM

Dhanishtha Until 2:29AM Sun

Ganesha: Blue

Sunrise: 4:19AM

Yama 1:31PM - 3:21PM

Vaidhriti\* Until 10:23AM

Muruqa: Green

Sunset: 7:01PM

394655471 Rahu 8:00AM - 9:50AM

Kaulava Until 10:11AM

Nataraja: Yellow

Moon 6 - Phase 9 - 3

1st Phase

Creative Work Siddha Yoga

Panchami Until 8:54PM

Moon - Purple

Sivaloka Day

Sunday, June 19, 2022

3

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Vishkambha\*/Priti Yoga Gara/Vanija Karana Shashthiam Titau

Adana, Turkey

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 8.43 Tithi 21

Gulika 3:21PM - 5:11PM

Shatabhishak Until 1:16AM Mon

Ganesha: Red

Sunrise: 4:19AM

Yama 11:41AM - 1:31PM

Vishkambha\* Until 7:24AM

Muruqa: Green

Sunset: 7:02PM

395655471 Rahu 5:11PM - 7:02PM

Gara Until 7:49AM

Nataraja: Yellow

Moon 6 - Phase 9 - 4

1st Phase

Creative Work Siddha Yoga

Father's Day

Shashthi\* Until 6:52PM

Moon - Purple

Devaloka Day

Until 1:16AM Mon

Then Routine Work - Marana Yoga

Monday, June 20, 2022

4

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

Adana, Turkey

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 22.36 Tithi 22 - 23

Gulika 1:31PM - 3:21PM

Purvaproshtapada\* Until 1:05AM Tue

Ganesha: Clear

Sunrise: 4:20AM

Yama 9:50AM - 11:41AM

Ayushman Until 3:10AM Tue

Muruqa: Green

Sunset: 7:02PM

315655471 Rahu 6:10AM - 8:00AM

Visti Until 6:08AM

Nataraja: Yellow

Moon 6 - Phase 9 - 5

1st Phase

Routine Work Marana Yoga

Saptami Until 5:33PM

Moon - Clear

Devaloka Day

Until 1:05AM Tue

Then Creative Work - Amrita 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/Navamiam Titau

Adana, Turkey

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 6.02 Tithi 23 - 24

Gulika 11:41AM - 1:31PM

Uttaraproshtapada Until 1:32AM Wed

Ganesha: Clear

Sunrise: 4:20AM

Yama 8:00AM - 9:51AM

Saubhagya Until 1:59AM Wed

Muruqa: Green

Sunset: 7:02PM

315655471 Rahu 3:22PM - 5:12PM

Taitila Until 5:03AM Wed

Nataraja: Yellow

Moon 6 - Phase 9 - 6

Ashtami

Creative Work Amrita Yoga

Ashtami\* Until 5:01PM

Moon - Clear

Devaloka Day

Until 1:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Sobhana Yoga Gara/Vanija Karana Navami/Dashamiam Titau

Adana, Turkey

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 19.03 Tithi 24 - 25

Gulika 9:51AM - 11:41AM

Revati Until 2:32AM Thu

Ganesha: Clear

Sunrise: 4:20AM

Yama 6:10AM - 8:01AM

Sobhana Until 1:24AM Thu

Muruqa: Green

Sunset: 7:02PM

315655471 Rahu 11:41AM - 1:31PM

Vanija Until 5:38AM Thu

Nataraja: Yellow

Moon 6 - Phase 9 - 7

Navami

Routine Work Marana Yoga

Navami\* Until 5:14PM

Moon - Clear

Devaloka Day

Until 2:32AM Thu

Then Creative Work - Amrita 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 Adana, Turkey on 5/1/21

www.gurudeva.org/panchang

|                                  |             |   |                                 |   |                        |                             |  |
|----------------------------------|-------------|---|---------------------------------|---|------------------------|-----------------------------|--|
| <b>1</b>                         |             | <b>Thursday, June 23, 2022</b>                                  |                                 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam |                        | Adana, Turkey               |  |
|                                  |             | Ashvini Nakshatra Athiganda* Yoga Visti* Karana Dashamyam Titau |                                 |   |                        | Sun 8 Sutra 67              |  |
| Mesha Rasi: 1.43                 | Tithi 25    | <b>Gulika</b> 8:01AM – 9:51AM                                   | <b>Ashvini</b> Until 4:31AM Fri | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 4:20AM | Subhakrit 5124              |  |
|                                  |             | Yama 4:20AM – 6:10AM  | Athiganda* Until 1:19AM Fri     | <b>Muruqa:</b> Green  | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 8       |  |
|                                  |             | 325655471 <b>Rahu</b> 1:32PM – 3:22PM                           | Visti Until 6:10PM              | <b>Nataraja:</b> Yellow   |                        | 2nd Phase                   |  |
| Creative Work                    | Amrita Yoga |   | <b>Dashami</b> Until 6:10PM     | Moon – White  |                        | <b>Bhuloka Day</b>          |  |
| Until 4:31AM Fri                 |             |   |                                 | Jyeshtha*Ani  |                        | Devaloka Time: 6:PM to 9:PM |  |
| Then Creative Work - Siddha Yoga |             |   |                                 |   |                        |                             |  |

|                                  |             |  |                                 |  |                        |                             |  |
|----------------------------------|-------------|--|---------------------------------|--|------------------------|-----------------------------|--|
| <b>2</b>                         |             | <b>Friday, June 24, 2022</b>                                       |                                 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam |                        | Adana, Turkey               |  |
|                                  |             | Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau |                                 |  |                        | Sun 9 Sutra 68              |  |
| Mesha Rasi: 14.05                | Tithi 26    | <b>Gulika</b> 6:11AM – 8:01AM                                      | <b>Bharani</b> Until 6:52AM Sat | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 4:20AM | Subhakrit 5124              |  |
|                                  |             | Yama 3:22PM – 5:12PM   | Sukarma Until 1:41AM Sat        | <b>Muruqa:</b> Green   | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 9       |  |
|                                  |             | 325655471 <b>Rahu</b> 9:51AM – 11:42AM                             | Bava Until 6:53AM               | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                   |  |
| Creative Work                    | Siddha Yoga |  | <b>Ekadashi*</b> Until 7:41PM   | Moon – White   |                        | <b>Bhuloka Day</b>          |  |
| Until 6:52AM Sat                 |             |  |                                 | Jyeshtha*Ani   |                        | Devaloka Time: 6:PM to 9:PM |  |
| Then Creative Work - Amrita Yoga |             |  |                                 |  |                        |                             |  |

|                                  |             |   |                               |  |                        |                             |  |
|----------------------------------|-------------|---|-------------------------------|--|------------------------|-----------------------------|--|
| <b>3</b>                         |             | <b>Saturday, June 25, 2022</b>  |                               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam |                        | Adana, Turkey               |  |
|                                  |             | Bharani/Krittika Nakshatra Dhriti* Yoga Kaulava/Taitila Karana Dvodashyam Titau |                               |  |                        | Sun 10 Sutra 69             |  |
| Mesha Rasi: 26.13                | Tithi 27    | <b>Gulika</b> 4:21AM – 6:11AM   | <b>Bharani</b> Until 6:52AM   | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 4:21AM | Subhakrit 5124              |  |
|                                  |             | Yama 1:32PM – 3:22PM  | Dhriti Until 2:23AM Sun       | <b>Muruqa:</b> Green   | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 10      |  |
|                                  |             | 325655471 <b>Rahu</b> 8:01AM – 9:52AM   | Kaulava Until 8:39AM          | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                   |  |
| Creative Work                    | Siddha Yoga |   | <b>Dvadashi*</b> Until 9:40PM | Moon – White   |                        | <b>Bhuloka Day</b>          |  |
| Until 6:52AM                     |             |   |                               | Jyeshtha*Ani   |                        | Devaloka Time: 6:PM to 9:PM |  |
| Then Creative Work - Amrita Yoga |             |   |                               |  |                        |                             |  |

|                      |             |   |                                  |  |                        |                                 |  |
|----------------------|-------------|---|----------------------------------|--|------------------------|---------------------------------|--|
| <b>4</b>             |             | <b>Sunday, June 26, 2022</b>  |                                  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam |                        | Adana, Turkey                   |  |
|                      |             | Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau |                                  |  |                        | Sun 11 Sutra 70                 |  |
| Vrishabha Rasi: 8.12 | Tithi 28    | <b>Gulika</b> 3:22PM – 5:13PM   | <b>Krittika</b> Until 9:25AM     | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 4:21AM | Subhakrit 5124                  |  |
|                      |             | Yama 11:42AM – 1:32PM   | Shula* Until 3:17AM Mon          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 11          |  |
|                      |             | 325655471 <b>Rahu</b> 5:13PM – 7:03PM                                       | Gara Until 10:48AM               | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                       |  |
| Creative Work        | Siddha Yoga |   | <b>Trayodashi*</b> Until 11:57PM | Moon – White   |                        | <b>Bhuloka Day</b>              |  |
|                      |             |   |                                  | Jyeshtha*Ani   |                        | Devaloka Time: 6:PM to 9:PM     |  |
|                      |             |   |                                  |  |                        | <i>Pradosha Vrata (Fasting)</i> |  |

|                            |             |   |                                      |   |                        |                             |  |
|----------------------------|-------------|---|--------------------------------------|---|------------------------|-----------------------------|--|
| <b>5</b>                   |             | <b>Monday, June 27, 2022</b>  |                                      | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam |                        | Adana, Turkey               |  |
|                            |             | Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                      |   |                        | Sun 12 Sutra 71             |  |
| Vrishabha Rasi: 20.05      | Tithi 29    | <b>Gulika</b> 1:32PM – 3:23PM   | <b>Rohini</b> Until 12:33PM          | <b>Ganesha:</b> Light Blue  | <i>Sunrise:</i> 4:21AM | Subhakrit 5124              |  |
| <b>Family Home Evening</b> |             | Yama 9:52AM – 11:42AM   | Ganda* Until 4:18AM Tue              | <b>Muruqa:</b> Green  | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 12      |  |
|                            |             | 335655471 <b>Rahu</b> 6:12AM – 8:02AM   | Visti Until 1:11PM                   | <b>Nataraja:</b> Yellow   |                        | 2nd Phase                   |  |
| Creative Work              | Amrita Yoga |   | <b>Chaturdashi*</b> Until 2:25AM Tue | Moon – Yellow   |                        | <b>Bhuloka Day</b>          |  |
|                            |             |   |                                      | Jyeshtha*Ani  |                        | Devaloka Time: 6:PM to 9:PM |  |

|                                 |             |   |                                   |  |                        |                             |  |
|---------------------------------|-------------|---|-----------------------------------|--|------------------------|-----------------------------|--|
| <b>Retreat Star</b>             |             | <b>Tuesday, June 28, 2022</b>   |                                   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam |                        | Adana, Turkey               |  |
|                                 |             | Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                   |  |                        | Sun 13 Sutra 72             |  |
| Mithuna Rasi: 1.55              | Tithi 30    | <b>Gulika</b> 11:42AM – 1:33PM  | <b>Mrigashira</b> Until 3:37PM    | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 4:22AM | Subhakrit 5124              |  |
|                                 |             | Yama 8:02AM – 9:52AM  | Vriddhi Until 5:22AM Wed          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 13      |  |
|                                 |             | 336655471 <b>Rahu</b> 3:23PM – 5:13PM   | Catuspada Until 3:41PM            | <b>Nataraja:</b> Yellow  |                        | Amavasya                    |  |
| Creative Work                   | Siddha Yoga |   | <b>Amavasya*</b> Until 4:55AM Wed | Moon – Yellow  |                        | <b>Bhuloka Day</b>          |  |
| Until 3:37PM                    |             |   |                                   | Jyeshtha*Ani   |                        | Devaloka Time: 6:PM to 9:PM |  |
| Then Routine Work - Marana Yoga |             |   |                                   |  |                        |                             |  |

|                     |             |   |                                   |  |                        |                             |  |
|---------------------|-------------|---|-----------------------------------|--|------------------------|-----------------------------|--|
| <b>Retreat Star</b> |             | <b>Wednesday, June 29, 2022</b>                                 |                                   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam |                        | Adana, Turkey               |  |
|                     |             | Ardra Nakshatra Dhruva Yoga Kintughna* Karana Prathamayam Titau |                                   |  |                        | Sun 14 Sutra 73             |  |
| Mithuna Rasi: 13.44 | Tithi 1     | <b>Gulika</b> 9:52AM – 11:43AM                                  | <b>Ardra</b> Until 6:30PM         | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 4:22AM | Subhakrit 5124              |  |
|                     |             | Yama 6:12AM – 8:02AM  | Dhruva Until 6:22AM Thu           | <b>Muruqa:</b> Green   | <i>Sunset:</i> 7:03PM  | Moon 6 - Phase 10 - 14      |  |
|                     |             | 336655471 <b>Rahu</b> 11:43AM – 1:33PM                          | Kintughna Until 6:10PM            | <b>Nataraja:</b> Yellow  |                        | Prathama                    |  |
| Creative Work       | Siddha Yoga |   | <b>Prathama*</b> Until 7:22AM Thu | Moon – Yellow  |                        | <b>Bhuloka Day</b>          |  |
|                     |             |   |                                   | Ashada*Ani   |                        | Devaloka Time: 6:PM to 9:PM |  |

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

|          |                                |  |                                       |                               |   |                                     |
|----------|--------------------------------|--|---------------------------------------|-------------------------------|---|-------------------------------------|
| <b>1</b> | <b>Thursday, June 30, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |                                       |                               |   | Adana, Turkey<br>Sun 15<br>Sutra 74 |
|          | Mithuna Rasi: 25.35            | Tithi 1 – 2  | <b>Gulika</b> 8:03AM – 9:53AM         | <b>Punarvasu</b> Until 9:38PM | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:23AM | Subhakarit 5124                     |
|          |                                |  | Yama 4:23AM – 6:13AM                  | Dhruva Until 6:22AM           | <b>Muruqa:</b> Green <i>Sunset:</i> 7:03PM        | Moon 6 - Phase 11 - 15              |
|          | Creative Work                  | Amrita Yoga  | 346655471 <b>Rahu</b> 1:33PM – 3:23PM | Balava Until 8:34PM           | <b>Nataraja:</b> Yellow<br>Moon – Blue            | 3rd Phase                           |
|          |                                |  | <b>Prathama* Until 7:22AM</b>         | <b>Ashada*Ani</b>             | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                     |

|          |                             |   |  |                                 |   |                                     |
|----------|-----------------------------|---|--|---------------------------------|---|-------------------------------------|
| <b>2</b> | <b>Friday, July 1, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |  |                                 |   | Adana, Turkey<br>Sun 16<br>Sutra 75 |
|          | Kataka Rasi: 7.28           | Tithi 2 – 3   | <b>Gulika</b> 6:13AM – 8:03AM          | <b>Pushya</b> Until 12:26AM Sat | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:23AM | Subhakarit 5124                     |
|          |                             |   | Yama 3:23PM – 5:13PM                   | Vyaghata* Until 7:16AM          | <b>Muruqa:</b> Green <i>Sunset:</i> 7:03PM        | Moon 6 - Phase 11 - 16              |
|          | Routine Work                | Marana Yoga   | 346655471 <b>Rahu</b> 9:53AM – 11:43AM | Taitila Until 10:47PM           | <b>Nataraja:</b> Yellow<br>Moon – Blue            | 3rd Phase                           |
|          |                             |   | <b>Dvitiya Until 9:41AM</b>            | <b>Ashada*Ani</b>               | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                     |

|          |                               |  |                                       |                                   |   |                                     |
|----------|-------------------------------|--|---------------------------------------|-----------------------------------|---|-------------------------------------|
| <b>3</b> | <b>Saturday, July 2, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                                       |                                   |   | Adana, Turkey<br>Sun 17<br>Sutra 76 |
|          | Kataka Rasi: 19.26            | Tithi 3 – 4  | <b>Gulika</b> 4:23AM – 6:13AM         | <b>Ashlesha*</b> Until 2:49AM Sun | <b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:23AM | Subhakarit 5124                     |
|          |                               |  | Yama 1:33PM – 3:23PM                  | Harshana Until 8:02AM             | <b>Muruqa:</b> Green <i>Sunset:</i> 7:03PM        | Moon 6 - Phase 11 - 17              |
|          | Routine Work                  | Marana Yoga  | 346655471 <b>Rahu</b> 8:03AM – 9:53AM | Vanija Until 12:45AM Sun          | <b>Nataraja:</b> Yellow<br>Moon – Blue            | 3rd Phase                           |
|          |                               |  | <b>Tritiya Until 11:47AM</b>          | <b>Ashada*Ani</b>                 | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                     |

|          |                             |  |                                       |                                |   |                                     |
|----------|-----------------------------|--|---------------------------------------|--------------------------------|---|-------------------------------------|
| <b>4</b> | <b>Sunday, July 3, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                                       |                                |   | Adana, Turkey<br>Sun 18<br>Sutra 77 |
|          | Simha Rasi: 1.31            | Tithi 4 – 5  | <b>Gulika</b> 3:23PM – 5:13PM         | <b>Magha*</b> Until 5:12AM Mon | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:24AM | Subhakarit 5124                     |
|          |                             |  | Yama 11:43AM – 1:33PM                 | Vajra* Until 8:34AM            | <b>Muruqa:</b> Green <i>Sunset:</i> 7:03PM    | Moon 6 - Phase 11 - 18              |
|          | Routine Work                | Marana Yoga  | 356655471 <b>Rahu</b> 5:13PM – 7:03PM | Bava Until 2:23AM Mon          | <b>Nataraja:</b> Yellow<br>Moon – Red         | 3rd Phase                           |
|          |                             |  | <b>Chaturthi* Until 1:36PM</b>        | <b>Ashada*Ani</b>              | <b>Devaloka Day</b>                           |                                     |

|          |                             |  |                                       |                                       |   |                                     |
|----------|-----------------------------|--|---------------------------------------|---------------------------------------|---|-------------------------------------|
| <b>5</b> | <b>Monday, July 4, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Siddhi/Vyatiyata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                                       |                                       |   | Adana, Turkey<br>Sun 19<br>Sutra 78 |
|          | Simha Rasi: 13.44           | Tithi 5 – 6  | <b>Gulika</b> 1:33PM – 3:23PM         | <b>Purvaphalguni</b> Until 6:59AM Tue | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:24AM | Subhakarit 5124                     |
|          | <b>Family Home Evening</b>  |  | Yama 9:54AM – 11:44AM                 | Siddhi Until 8:50AM                   | <b>Muruqa:</b> Green <i>Sunset:</i> 7:03PM    | Moon 6 - Phase 11 - 19              |
|          | Creative Work               | Siddha Yoga  | 356655471 <b>Rahu</b> 6:14AM – 8:04AM | Kaulava Until 3:35AM Tue              | <b>Nataraja:</b> Yellow<br>Moon – Red         | 3rd Phase                           |
|          |                             |  | <b>Panchami Until 3:02PM</b>          | <b>Ashada*Ani</b>                     | <b>Devaloka Day</b>                           |                                     |

|          |                              |   |                                       |                                   |   |                                     |
|----------|------------------------------|---|---------------------------------------|-----------------------------------|---|-------------------------------------|
| <b>6</b> | <b>Tuesday, July 5, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vyatiyata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                                       |                                   |   | Adana, Turkey<br>Sun 20<br>Sutra 79 |
|          | Simha Rasi: 26.08            | Tithi 6 – 7   | <b>Gulika</b> 11:44AM – 1:33PM        | <b>Purvaphalguni</b> Until 6:59AM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 4:25AM | Subhakarit 5124                     |
|          |                              |   | Yama 8:04AM – 9:54AM                  | Vyatiyata* Until 8:45AM           | <b>Muruqa:</b> Green <i>Sunset:</i> 7:02PM    | Moon 6 - Phase 11 - 20              |
|          | Creative Work                | Siddha Yoga   | 356655471 <b>Rahu</b> 3:23PM – 5:13PM | Gara Until 4:15AM Wed             | <b>Nataraja:</b> Yellow<br>Moon – Red         | 3rd Phase                           |
|          |                              |   | <b>Chidambaram Abhishekam</b>         | <b>Ashada*Ani</b>                 | <b>Devaloka Day</b>                           |                                     |

|          |                                |   |  |                                |                                       |  |
|----------|--------------------------------|---|--|--------------------------------|---------------------------------------|--|
| <b>7</b> | <b>Wednesday, July 6, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau |  |                                |                                       | Adana, Turkey<br>Sun 21<br>Sutra 80          |
|          | <b>Retreat Star</b>            | Kanya Rasi: 8.48  | Tithi 7 – 8                            | <b>Gulika</b> 9:54AM – 11:44AM | <b>Uttaraphalguni</b> Until 8:04AM    | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:25AM |
|          |                                |   |  | Yama 6:15AM – 8:05AM           | Variyan Until 8:12AM                  | <b>Muruqa:</b> Green <i>Sunset:</i> 7:02PM   |
|          | Creative Work                  | Amrita Yoga   | 357655471 <b>Rahu</b> 11:44AM – 1:33PM | Visti Until 4:16AM Thu         | <b>Nataraja:</b> Yellow<br>Moon – Red | Moon 6 - Phase 11 - 21                       |
|          |                                |   | <b>Saptami Until 4:19PM</b>            | <b>Ashada*Ani</b>              | <b>Devaloka Day</b>                   |  |

|          |                               |  |                                       |                               |   |  |
|----------|-------------------------------|--|---------------------------------------|-------------------------------|---|--|
| <b>8</b> | <b>Thursday, July 7, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                       |                               |   | Adana, Turkey<br>Sun 22<br>Sutra 81          |
|          | <b>Retreat Star</b>           | Kanya Rasi: 21.46  | Tithi 8 – 9                           | <b>Gulika</b> 8:05AM – 9:55AM | <b>Hasta</b> Until 8:50AM               | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:26AM |
|          |                               |  |                                       | Yama 4:26AM – 6:16AM          | Parigha* Until 7:08AM                   | <b>Muruqa:</b> Green <i>Sunset:</i> 7:02PM   |
|          | Routine Work                  | Marana Yoga  | 467655471 <b>Rahu</b> 1:33PM – 3:23PM | Balava Until 3:33AM Fri       | <b>Nataraja:</b> Yellow<br>Moon – Green | Moon 6 - Phase 11 - 22                       |
|          |                               |  | <b>Ashtami* Until 3:59PM</b>          | <b>Ashada*Ani</b>             | <b>Devaloka Day</b>                     |  |

|          |                             |   |  |                               |   |  |
|----------|-----------------------------|---|--|-------------------------------|---|--|
| <b>9</b> | <b>Friday, July 8, 2022</b> | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |  |                               |   | Adana, Turkey<br>Sun 23<br>Sutra 82          |
|          | <b>Retreat Star</b>         | Tula Rasi: 5.07   | Tithi 9 – 10                           | <b>Gulika</b> 6:16AM – 8:05AM | <b>Chitra</b> Until 8:43AM              | <b>Ganesha:</b> Clear <i>Sunrise:</i> 4:27AM |
|          |                             |   |  | Yama 3:23PM – 5:12PM          | Siddha Until 3:16AM Sat                 | <b>Muruqa:</b> Green <i>Sunset:</i> 7:02PM   |
|          | Creative Work               | Siddha Yoga   | 467655471 <b>Rahu</b> 9:55AM – 11:44AM | Taitila Until 2:07AM Sat      | <b>Nataraja:</b> Yellow<br>Moon – Green | Moon 6 - Phase 11 - 23                       |
|          |                             |   | <b>Navami* Until 2:55PM</b>            | <b>Ashada*Ani</b>             | <b>Devaloka Day</b>                     |  |

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

|   |                               |  |                                       |                           |  |                                     |
|---|-------------------------------|--|---------------------------------------|---------------------------|--|-------------------------------------|
| 1 | <b>Saturday, July 9, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                                       |                           |  | Adana, Turkey<br>Sun 24<br>Sutra 83 |
|   | Tula Rasi: 18.54              | Tithi 10 - 11  | <b>Gulika</b> 4:27AM - 6:16AM         | <b>Svati Until 7:43AM</b> | <b>Ganesha:</b> Clear <i>Sunrise: 4:27AM</i> | Subhakrit 5124                      |
|   |                               |  | Yama 1:34PM - 3:23PM                  | Sadhya Until 12:27AM Sun  | <b>Muruqa:</b> Green <i>Sunset: 7:01PM</i>   | Moon 6 - Phase 12 - 24              |
|   | Creative Work                 | Siddha Yoga  | 467655471 <b>Rahu</b> 8:06AM - 9:55AM | Vanija Until 11:58PM      | <b>Nataraja:</b> Yellow<br>Moon - Green      | 4th Phase                           |
|   |                               |  | <b>Dashami Until 1:07PM</b>           | <b>Ashada*Ani</b>         | <b>Devaloka Day</b>                          |                                     |

|   |                              |   |                                       |                              |   |                                     |
|---|------------------------------|---|---------------------------------------|------------------------------|---|-------------------------------------|
| 2 | <b>Sunday, July 10, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Subha Yoga Visi/Bava Karana Ekadashi/Dvadashyam Titau |                                       |                              |   | Adana, Turkey<br>Sun 25<br>Sutra 84 |
|   | Vrischika Rasi: 3.07         | Tithi 11 - 12   | <b>Gulika</b> 3:23PM - 5:12PM         | <b>Vishakha Until 6:20AM</b> | <b>Ganesha:</b> White <i>Sunrise: 4:28AM</i>      | Subhakrit 5124                      |
|   |                              |   | Yama 11:44AM - 1:34PM                 | Subha Until 9:09PM           | <b>Muruqa:</b> Green <i>Sunset: 7:01PM</i>        | Moon 6 - Phase 12 - 25              |
|   | Routine Work                 | Marana Yoga   | 477655471 <b>Rahu</b> 5:12PM - 7:01PM | Bava Until 9:13PM            | <b>Nataraja:</b> Yellow<br>Moon - Orange          | 4th Phase                           |
|   |                              |   | <b>Ekadashi Until 10:39AM</b>         | <b>Ashada*Ani</b>            | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                     |

|                       |                              |  |                                       |                                   |   |                                     |
|-----------------------|------------------------------|--|---------------------------------------|-----------------------------------|---|-------------------------------------|
| 3                     | <b>Monday, July 11, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau |                                       |                                   |   | Adana, Turkey<br>Sun 26<br>Sutra 85 |
|                       | Vrischika Rasi: 17.45        | Tithi 12 - 13  | <b>Gulika</b> 1:34PM - 3:23PM         | <b>Jyeshtha* Until 1:31AM Tue</b> | <b>Ganesha:</b> White <i>Sunrise: 4:28AM</i>      | Subhakrit 5124                      |
|                       | <b>Family Home Evening</b>   |  | Yama 9:56AM - 11:45AM                 | Sukla Until 5:24PM                | <b>Muruqa:</b> Green <i>Sunset: 7:01PM</i>        | Moon 6 - Phase 12 - 26              |
|                       | Creative Work                | Siddha Yoga  | 477655471 <b>Rahu</b> 6:17AM - 8:06AM | Taitila Until 4:10AM Tue          | <b>Nataraja:</b> Yellow<br>Moon - Orange          | 4th Phase                           |
|                       |                              |  | <b>Dvadashi Until 7:37AM</b>          | <b>Ashada*Ani</b>                 | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                     |
| <i>Pradosha Vrata</i> |                              |  |                                       |                                   |   |                                     |

|                                  |                               |  |                                       |                            |  |                                     |
|----------------------------------|-------------------------------|--|---------------------------------------|----------------------------|--|-------------------------------------|
| 4                                | <b>Tuesday, July 12, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau |                                       |                            |  | Adana, Turkey<br>Sun 27<br>Sutra 86 |
|                                  | Dhanus Rasi: 2.44             | Tithi 14   | <b>Gulika</b> 11:45AM - 1:34PM        | <b>Mula* Until 10:46PM</b> | <b>Ganesha:</b> White <i>Sunrise: 4:29AM</i> | Subhakrit 5124                      |
|                                  |                               |  | Yama 8:07AM - 9:56AM                  | Brahma Until 1:22PM        | <b>Muruqa:</b> Green <i>Sunset: 7:00PM</i>   | Moon 6 - Phase 12 - 27              |
|                                  | Creative Work                 | Amrita Yoga  | 488655471 <b>Rahu</b> 3:23PM - 5:11PM | Gara Until 2:20PM          | <b>Nataraja:</b> Yellow<br>Moon - Light Blue | 4th Phase                           |
|                                  |                               |  | <b>Chaturdashi* Until 12:26AM Wed</b> | <b>Ashada*Ani</b>          | <b>Sivaloka Day</b>                          |                                     |
| Then Creative Work - Siddha Yoga |                               |  |                                       |                            |  |                                     |

|   |                                 |  |  |                                  |   |                                     |
|---|---------------------------------|--|--|----------------------------------|---|-------------------------------------|
| ○ | <b>Wednesday, July 13, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visi/Bava Karana Purnimayam Titau |  |                                  |   | Adana, Turkey<br>Sun 28<br>Sutra 87 |
|   | <b>Copper Retreat Star</b>      |  | <b>Gulika</b> 9:56AM - 11:45AM         | <b>Purvashadha* Until 7:46PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 4:30AM</i> | Subhakrit 5124                      |
|   | Dhanus Rasi: 17.55              | Tithi 15   | Yama 6:18AM - 8:07AM                   | Indra Until 9:11AM               | <b>Muruqa:</b> Green <i>Sunset: 7:00PM</i>    | Moon 6 - Phase 12 -                 |
|   | Creative Work                   | Amrita Yoga  | 488755471 <b>Rahu</b> 11:45AM - 1:34PM | Visti Until 10:32AM              | <b>Nataraja:</b> Yellow<br>Moon - Light Blue  | Purnima                             |
|   |                                 |  | <b>Satguru Purnima</b>                 | <b>Purnima* Until 8:35PM</b>     | <b>Ashada*Ani</b>                             | <b>Devaloka Day</b>                 |

|                                  |                                |  |                                       |                                  |   |                                     |
|----------------------------------|--------------------------------|--|---------------------------------------|----------------------------------|---|-------------------------------------|
| ○                                | <b>Thursday, July 14, 2022</b> | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau |                                       |                                  |   | Adana, Turkey<br>Sun 29<br>Sutra 88 |
|                                  | <b>Silver Retreat Star</b>     |  | <b>Gulika</b> 8:08AM - 9:56AM         | <b>Uttarashadha Until 4:40PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 4:30AM</i> | Subhakrit 5124                      |
|                                  | Makara Rasi: 3.09              | Tithi 16 - 17  | Yama 4:30AM - 6:19AM                  | Vishkambha* Until 12:47AM Fri    | <b>Muruqa:</b> Green <i>Sunset: 7:00PM</i>    | Moon 6 - Phase 12 -                 |
|                                  | Routine Work                   | Marana Yoga  | 488755471 <b>Rahu</b> 1:34PM - 3:22PM | Balava Until 6:41AM              | <b>Nataraja:</b> Yellow<br>Moon - Light Blue  | Prathama                            |
|                                  |                                |  | <b>Prathama* Until 4:47PM</b>         | <b>Ashada*Ani</b>                | <b>Devaloka Day</b>                           |                                     |
| 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 Yoga Gara/Vanija Karana Dvitiya/Tritiyam Titau

Adana, Turkey

Sun 1 Sutra 89

Subhakrit 5124

Makara Rasi: 18.17 Tithi 17 - 18

498755471

**Gulika** 6:20AM - 8:08AM  
Yama 3:22PM - 5:11PM  
**Rahu** 9:57AM - 11:45AM

**Shravana** Until 2:04PM  
Priti Until 8:54PM  
Vanija Until 11:35PM  
**Dvitiya** Until 1:13PM

**Ganesha:** Blue *Sunrise: 4:31AM*  
**Muruqa:** Green *Sunset: 6:59PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Ani**

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

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

**1**

**Saturday, July 16, 2022**

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

Adana, Turkey

Sun 2 Sutra 90

Subhakrit 5124

Kumbha Rasi: 3.09 Tithi 18 - 19

498755471

**Gulika** 4:32AM - 6:20AM  
Yama 1:33PM - 3:22PM  
**Rahu** 8:08AM - 9:57AM

**Dhanishtha** Until 11:44AM  
Ayushman Until 5:22PM  
Bava Until 8:40PM  
**Tritiya** Until 10:02AM

**Ganesha:** Blue *Sunrise: 4:32AM*  
**Muruqa:** Green *Sunset: 6:59PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Adi**

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

Creative Work Siddha Yoga  
Until 11:44AM  
Then Creative Work - Amrita Yoga

**2**

**Sunday, July 17, 2022**

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

Adana, Turkey

Sun 3 Sutra 91

Subhakrit 5124

Kumbha Rasi: 17.38 Tithi 19 - 20

498755472

**Gulika** 3:22PM - 5:10PM  
Yama 11:45AM - 1:33PM  
**Rahu** 5:10PM - 6:58PM

**Shatabhishak** Until 9:50AM  
Saubhagya Until 2:22PM  
Kaulava Until 6:22PM  
**Chaturthi\*** Until 7:25AM

**Ganesha:** Blue *Sunrise: 4:32AM*  
**Muruqa:** Green *Sunset: 6:58PM*  
**Nataraja:** White  
Moon - Purple  
**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  
Purvaproshtapada/Uttaraproshtapada Nakshatra Sobhana/Athiganda\* Yoga Gara/Vanija Karana Shashtham Titau

Adana, Turkey

Sun 4 Sutra 92

Subhakrit 5124

Meena Rasi: 1.38 Tithi 21

418755472

**Gulika** 1:33PM - 3:21PM  
Yama 9:57AM - 11:45AM  
**Rahu** 6:21AM - 8:09AM

**Purvaproshtapada\*** Until 8:56AM  
Sobhana Until 11:58AM  
Gara Until 4:50PM  
**Shashthi\*** Until 4:22AM Tue

**Ganesha:** White *Sunrise: 4:33AM*  
**Muruqa:** Green *Sunset: 6:57PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Bhuloka Day**

**Family Home Evening**  
Routine Work Marana Yoga  
Until 8:56AM  
Then Creative Work - Siddha Yoga

**4**

**Tuesday, July 19, 2022**

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

Adana, Turkey

Sun 5 Sutra 93

Subhakrit 5124

Meena Rasi: 15.1 Tithi 22

419755472

**Gulika** 11:45AM - 1:33PM  
Yama 8:10AM - 9:57AM  
**Rahu** 3:21PM - 5:09PM

**Uttaraproshtapada** Until 8:42AM  
Athiganda\* Until 10:13AM  
Visti Until 4:09PM  
**Saptami** Until 4:06AM Wed

**Ganesha:** Clear *Sunrise: 4:34AM*  
**Muruqa:** Green *Sunset: 6:57PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

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

Creative Work Amrita Yoga  
Until 8:42AM  
Then Creative Work - Siddha Yoga

**Retreat Star**

**Wednesday, July 20, 2022**

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

Adana, Turkey

Sun 6 Sutra 94

Subhakrit 5124

Meena Rasi: 28.13 Tithi 23

419755472

**Gulika** 9:58AM - 11:45AM  
Yama 6:22AM - 8:10AM  
**Rahu** 11:45AM - 1:33PM

**Revati** Until 9:10AM  
Sukarma Until 9:11AM  
Balava Until 4:19PM  
**Ashtami\*** Until 4:42AM Thu

**Ganesha:** Clear *Sunrise: 4:35AM*  
**Muruqa:** Green *Sunset: 6:56PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

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

Routine Work Marana Yoga

**Thursday, July 21, 2022**

**Retreat Star**

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

Adana, Turkey

Sun 7 Sutra 95

Subhakrit 5124

Mesha Rasi: 10.51 Tithi 24

429755472

**Gulika** 8:10AM - 9:58AM  
Yama 4:35AM - 6:23AM  
**Rahu** 1:33PM - 3:21PM

**Ashvini** Until 10:46AM  
Dhriti Until 8:49AM  
Taitila Until 5:19PM  
**Navami\*** Until 6:03AM Fri

**Ganesha:** Purple *Sunrise: 4:35AM*  
**Muruqa:** Green *Sunset: 6:56PM*  
**Nataraja:** White  
Moon - White  
**Ashada-Adi**

**Devaloka Day**

Creative Work Amrita Yoga  
Until 10:46AM  
Then Creative Work - Siddha Yoga

|          |                              |               |  |                              |                        |                        |                                 |
|----------|------------------------------|---------------|--|------------------------------|------------------------|------------------------|---------------------------------|
| <b>1</b> | <b>Friday, July 22, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Bharani/Krittika Nakshatra Shula/Ganda Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                              |                        |                        | Adana, Turkey<br>Sun 8 Sutra 96 |
|          | Mesha Rasi: 23.1             | Tithi 24 – 25 | <b>Gulika</b> 6:23AM – 8:11AM  | <b>Bharani</b> Until 12:54PM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:36AM | Subhakrit 5124                  |
|          |                              |               | Yama 3:20PM – 5:08PM   | Shula* Until 8:59AM          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:55PM  | Moon 7 - Phase 14 - 8           |
|          | Creative Work                | Siddha Yoga   | 429755472 <b>Rahu</b> 9:58AM – 11:46AM   | Vanija Until 6:59PM          | <b>Nataraja:</b> White |                        | 2nd Phase                       |
|          |                              |               | <b>Navami*</b> Until 6:03AM  | Moon – White                 |                        | <b>Devaloka Day</b>    |                                 |
|          |                              |               |  | Ashada*Adi                   |                        |                        |                                 |


|          |                                |               |   |                              |                        |                        |                                 |
|----------|--------------------------------|---------------|---|------------------------------|------------------------|------------------------|---------------------------------|
| <b>2</b> | <b>Saturday, July 23, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam<br>Krittika/Rohini Nakshatra Ganda/Vridhhi Yoga Vistil/Bava Karana Dashami/Ekadashyam Titau |                              |                        |                        | Adana, Turkey<br>Sun 9 Sutra 97 |
|          | Vrishabha Rasi: 5.14           | Tithi 25 – 26 | <b>Gulika</b> 4:37AM – 6:24AM   | <b>Krittika</b> Until 3:24PM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 4:37AM | Subhakrit 5124                  |
|          |                                |               | Yama 1:33PM – 3:20PM  | Ganda* Until 9:37AM          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:54PM  | Moon 7 - Phase 14 - 9           |
|          | Creative Work                  | Amrita Yoga   | 429755472 <b>Rahu</b> 8:11AM – 9:58AM   | Bava Until 9:08PM            | <b>Nataraja:</b> White |                        | 2nd Phase                       |
|          |                                |               | <b>Dashami</b> Until 7:59AM   | Moon – White                 |                        | <b>Devaloka Day</b>    |                                 |
|          |                                |               |   | Ashada*Adi                   |                        |                        |                                 |


|          |                              |               |   |                            |                        |                             |                                  |
|----------|------------------------------|---------------|---|----------------------------|------------------------|-----------------------------|----------------------------------|
| <b>3</b> | <b>Sunday, July 24, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                            |                        |                             | Adana, Turkey<br>Sun 10 Sutra 98 |
|          | Vrishabha Rasi: 17.08        | Tithi 26 – 27 | <b>Gulika</b> 3:20PM – 5:07PM   | <b>Rohini</b> Until 6:32PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:38AM      | Subhakrit 5124                   |
|          |                              |               | Yama 11:46AM – 1:33PM   | Vriddhi Until 10:32AM      | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:54PM       | Moon 7 - Phase 14 - 10           |
|          | Creative Work                | Siddha Yoga   | 439755472 <b>Rahu</b> 5:07PM – 6:54PM   | Kaulava Until 11:34PM      | <b>Nataraja:</b> White |                             | 2nd Phase                        |
|          |                              |               | <b>Ekadashi*</b> Until 10:18AM  | Moon – Yellow              |                        | <b>Bhuloka Day</b>          |                                  |
|          |                              |               |   | Ashada*Adi                 |                        | Devaloka Time: 9:AM to12:PM |                                  |

|          |                              |               |  |                                 |                        |                             |                                  |
|----------|------------------------------|---------------|--|---------------------------------|------------------------|-----------------------------|----------------------------------|
| <b>4</b> | <b>Monday, July 25, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Dhruva/Vyaghata Yoga Taillita/Gara Karana Dvadashi/Trayodashyam Titau |                                 |                        |                             | Adana, Turkey<br>Sun 11 Sutra 99 |
|          | Vrishabha Rasi: 28.58        | Tithi 27 – 28 | <b>Gulika</b> 1:32PM – 3:19PM  | <b>Mrigashira</b> Until 9:37PM  | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:38AM      | Subhakrit 5124                   |
|          | <b>Family Home Evening</b>   |               | Yama 9:59AM – 11:46AM  | Dhruva Until 11:34AM            | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:53PM       | Moon 7 - Phase 14 - 11           |
|          | Creative Work                | Amrita Yoga   | 439755472 <b>Rahu</b> 6:25AM – 8:12AM  | Gara Until 2:06AM Tue           | <b>Nataraja:</b> White |                             | 2nd Phase                        |
|          |                              |               | <b>Dvadashi*</b> Until 12:49PM   | Moon – Yellow                   |                        | <b>Bhuloka Day</b>          |                                  |
|          |                              |               |  | Ashada*Adi                      |                        | Devaloka Time: 9:AM to12:PM |                                  |
|          |                              |               |  | <i>Pradosha Vrata (Fasting)</i> |                        |                             |                                  |

|          |                               |               |   |                                |                        |                             |                                   |
|----------|-------------------------------|---------------|---|--------------------------------|------------------------|-----------------------------|-----------------------------------|
| <b>5</b> | <b>Tuesday, July 26, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Vistil Karana Trayodashi/Chaturdashyam Titau |                                |                        |                             | Adana, Turkey<br>Sun 12 Sutra 100 |
|          | Mithuna Rasi: 10.47           | Tithi 28 – 29 | <b>Gulika</b> 11:46AM – 1:32PM  | <b>Ardra</b> Until 12:30AM Wed | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:39AM      | Subhakrit 5124                    |
|          |                               |               | Yama 8:12AM – 9:59AM  | Vyaghata* Until 12:38PM        | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:52PM       | Moon 7 - Phase 14 - 12            |
|          | Routine Work                  | Marana Yoga   | 439755472 <b>Rahu</b> 3:19PM – 5:05PM   | Vistil Until 4:34AM Wed        | <b>Nataraja:</b> White |                             | 2nd Phase                         |
|          |                               |               | <b>Trayodashi*</b> Until 3:20PM   | Moon – Yellow                  |                        | <b>Bhuloka Day</b>          |                                   |
|          |                               |               |   | Ashada*Adi                     |                        | Devaloka Time: 9:AM to12:PM |                                   |

|          |                                 |               |  |                                   |                        |                             |                                   |
|----------|---------------------------------|---------------|--|-----------------------------------|------------------------|-----------------------------|-----------------------------------|
| <b>6</b> | <b>Wednesday, July 27, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam<br>Punarvasu Nakshatra Harshana/Vajra Yoga Sakuni/Catuspada Karana Chaturdashi/Amavasyayam Titau |                                   |                        |                             | Adana, Turkey<br>Sun 13 Sutra 101 |
|          | Mithuna Rasi: 22.37             | Tithi 29 – 30 | <b>Gulika</b> 9:59AM – 11:46AM   | <b>Punarvasu</b> Until 3:35AM Thu | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:40AM      | Subhakrit 5124                    |
|          |                                 |               | Yama 6:26AM – 8:13AM   | Harshana Until 1:37PM             | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:51PM       | Moon 7 - Phase 14 - 13            |
|          | Creative Work                   | Siddha Yoga   | 441755472 <b>Rahu</b> 11:46AM – 1:32PM   | Catuspada Until 6:52AM Thu        | <b>Nataraja:</b> White |                             | 2nd Phase                         |
|          |                                 |               | <b>Chaturdashi*</b> Until 5:44PM   | Moon – Blue                       |                        | <b>Bhuloka Day</b>          |                                   |
|          |                                 |               |  | Ashada*Adi                        |                        | Devaloka Time: 9:AM to12:PM |                                   |

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|---|--------------------------------|-------------|--|--------------------------------|------------------------|-----------------------------|-----------------------------------|
|  | <b>Thursday, July 28, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam<br>Pushya Nakshatra Vajra/Siddhi Yoga Catuspada/Naga Karana Amavasyayam Titau |                                |                        |                             | Adana, Turkey<br>Sun 14 Sutra 102 |
|   | <b>Retreat Star</b>            |             | <b>Gulika</b> 8:13AM – 9:59AM  | <b>Pushya</b> Until 6:16AM Fri | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:41AM      | Subhakrit 5124                    |
|   | Kataka Rasi: 4.31              | Tithi 30    | Yama 4:41AM – 6:27AM   | Vajra* Until 2:26PM            | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:50PM       | Moon 7 - Phase 14 - 14            |
|   | Creative Work                  | Amrita Yoga | 441755472 <b>Rahu</b> 1:32PM – 3:18PM  | Catuspada Until 6:52AM         | <b>Nataraja:</b> White |                             | Amavasya                          |
|   |                                |             | <b>Amavasya*</b> Until 7:55PM  | Moon – Blue                    |                        | <b>Bhuloka Day</b>          |                                   |
|   |                                |             |  | Ashada*Adi                     |                        | Devaloka Time: 9:AM to12:PM |                                   |

|   |                              |             |   |                            |                        |                             |                                   |
|---|------------------------------|-------------|---|----------------------------|------------------------|-----------------------------|-----------------------------------|
|  | <b>Friday, July 29, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya/Ashlesha Nakshatra Siddhi/Vyatlipata Yoga Kintughna/Bava Karana Prathamayam Titau |                            |                        |                             | Adana, Turkey<br>Sun 15 Sutra 103 |
|   | <b>Retreat Star</b>          |             | <b>Gulika</b> 6:28AM – 8:14AM   | <b>Pushya</b> Until 6:16AM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:42AM      | Subhakrit 5124                    |
|   | Kataka Rasi: 16.31           | Tithi 1     | Yama 3:18PM – 5:04PM  | Siddhi Until 3:04PM        | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:50PM       | Moon 7 - Phase 14 - 15            |
|   | Routine Work                 | Marana Yoga | 441755472 <b>Rahu</b> 10:00AM – 11:46AM   | Kintughna Until 8:57AM     | <b>Nataraja:</b> White |                             | Prathama                          |
|   |                              |             | <b>Prathama*</b> Until 9:51PM   | Moon – Blue                |                        | <b>Bhuloka Day</b>          |                                   |
|   |                              |             |   | Sraavana*Adi               |                        | Devaloka Time: 9:AM to12:PM |                                   |

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

|                                  |             |  |                               |   |                        |  |                             |   |
|----------------------------------|-------------|--|-------------------------------|---|------------------------|--|-----------------------------|---|
| <b>1</b>                         |             | <b>Saturday, July 30, 2022</b>         |                               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau |                        |  |                             | Adana, Turkey<br>Sun 16 Sutra 104<br>Subhakrit 5124 |
| Kataka Rasi: 28.37               | Tithi 2     | <b>Gulika</b> 4:42AM – 6:28AM          | <b>Ashlesha* Until 8:31AM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:42AM |  |                             |   |
|                                  |             | Yama 1:31PM – 3:17PM                   | Vyatipata* Until 3:30PM       | <b>Muruqa:</b> Green  | <i>Sunset:</i> 6:49PM  |  | Moon 7 - Phase 15 - 16      |   |
|                                  |             | 441755472 <b>Rahu</b> 8:14AM – 10:00AM | Balava Until 10:44AM          | <b>Nataraja:</b> White  |                        |  | 3rd Phase                   |   |
| Routine Work                     | Marana Yoga |  | <b>Dvitiya Until 11:29PM</b>  | Moon – Blue   |                        |  | <b>Bhuloka Day</b>          |   |
| Until 8:31AM                     |             |  |                               | Sravana*Adi   |                        |  | Devaloka Time: 9:AM to12:PM |   |
| Then Creative Work - Amrita Yoga |             |  |                               |   |                        |  |                             |   |

|                                  |             |                                       |                                  |   |                        |  |                             |   |
|----------------------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|--|-----------------------------|---|
| <b>2</b>                         |             | <b>Sunday, July 31, 2022</b>          |                                  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau |                        |  |                             | Adana, Turkey<br>Sun 17 Sutra 105<br>Subhakrit 5124 |
| Simha Rasi: 10.52                | Tithi 3     | <b>Gulika</b> 3:17PM – 5:02PM         | <b>Magha* Until 10:48AM</b>      | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 4:43AM |  |                             |   |
|                                  |             | Yama 11:45AM – 1:31PM                 | Varyan Until 3:39PM              | <b>Muruqa:</b> Green  | <i>Sunset:</i> 6:48PM  |  | Moon 7 - Phase 15 - 17      |   |
|                                  |             | 451755472 <b>Rahu</b> 5:02PM – 6:48PM | Taitila Until 12:12PM            | <b>Nataraja:</b> White  |                        |  | 3rd Phase                   |   |
| Routine Work                     | Marana Yoga |                                       | <b>Tritiya Until 12:47AM Mon</b> | Moon – Red  |                        |  | <b>Bhuloka Day</b>          |   |
| Until 10:48AM                    |             |                                       |                                  | Sravana*Adi   |                        |  | Devaloka Time: 9:AM to12:PM |   |
| Then Creative Work - Siddha Yoga |             |                                       |                                  |   |                        |  |                             |   |

|                            |             |                                       |                                    |   |                        |  |                             |   |
|----------------------------|-------------|---------------------------------------|------------------------------------|---|------------------------|--|-----------------------------|---|
| <b>3</b>                   |             | <b>Monday, August 1, 2022</b>         |                                    | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau |                        |  |                             | Adana, Turkey<br>Sun 18 Sutra 106<br>Subhakrit 5124 |
| Simha Rasi: 23.14          | Tithi 4     | <b>Gulika</b> 1:31PM – 3:16PM         | <b>Purvaphalguni Until 12:35PM</b> | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 4:44AM |  |                             |   |
| <b>Family Home Evening</b> |             | Yama 10:00AM – 11:45AM                | Parigha* Until 3:32PM              | <b>Muruqa:</b> Green  | <i>Sunset:</i> 6:47PM  |  | Moon 7 - Phase 15 - 18      |   |
|                            |             | 451755472 <b>Rahu</b> 6:29AM – 8:15AM | Vanija Until 1:19PM                | <b>Nataraja:</b> White  |                        |  | 3rd Phase                   |   |
| Creative Work              | Siddha Yoga |                                       | <b>Chaturthi* Until 1:43AM Tue</b> | Moon – Red  |                        |  | <b>Bhuloka Day</b>          |   |
|                            |             |                                       |                                    | Sravana*Adi   |                        |  | Devaloka Time: 9:AM to12:PM |   |
|                            |             |                                       |                                    |   |                        |  |                             |   |

|                                  |             |                                       |                                    |   |                        |  |                             |   |
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| <b>4</b>                         |             | <b>Tuesday, August 2, 2022</b>        |                                    | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau |                        |  |                             | Adana, Turkey<br>Sun 19 Sutra 107<br>Subhakrit 5124 |
| Kanya Rasi: 5.47                 | Tithi 5     | <b>Gulika</b> 11:45AM – 1:30PM        | <b>Uttaraphalguni Until 1:48PM</b> | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 4:45AM |  |                             |   |
|                                  |             | Yama 8:15AM – 10:00AM                 | Shiva Until 3:06PM                 | <b>Muruqa:</b> Green  | <i>Sunset:</i> 6:46PM  |  | Moon 7 - Phase 15 - 19      |   |
|                                  |             | 451755472 <b>Rahu</b> 3:16PM – 5:01PM | Bava Until 2:02PM                  | <b>Nataraja:</b> White  |                        |  | 3rd Phase                   |   |
| Creative Work                    | Amrita Yoga |                                       | <b>Panchami Until 2:12AM Wed</b>   | Moon – Red  |                        |  | <b>Bhuloka Day</b>          |   |
| Until 1:48PM                     |             |                                       |                                    | Sravana*Adi   |                        |  | Devaloka Time: 9:AM to12:PM |   |
| Then Creative Work - Siddha Yoga |             |                                       |                                    |   |                        |  |                             |   |

|                                  |             |  |                                   |  |                        |  |                        |   |
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| <b>5</b>                         |             | <b>Wednesday, August 3, 2022</b>       |                                   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau |                        |  |                        | Adana, Turkey<br>Sun 20 Sutra 108<br>Subhakrit 5124 |
| Kanya Rasi: 18.32                | Tithi 6     | <b>Gulika</b> 10:00AM – 11:45AM        | <b>Hasta Until 2:53PM</b>         | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:46AM |  |                        |   |
|                                  |             | Yama 6:30AM – 8:15AM                   | Siddha Until 2:17PM               | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:45PM  |  | Moon 7 - Phase 15 - 20 |   |
|                                  |             | 461755472 <b>Rahu</b> 11:45AM – 1:30PM | Kaulava Until 2:17PM              | <b>Nataraja:</b> White   |                        |  | 3rd Phase              |   |
| Routine Work                     | Marana Yoga |  | <b>Shashthi* Until 2:11AM Thu</b> | Moon – Green   |                        |  | <b>Devaloka Day</b>    |   |
| Until 2:53PM                     |             |  |                                   | Sravana*Adi  |                        |  |                        |   |
| Then Creative Work - Siddha Yoga |             |  |                                   |  |                        |  |                        |   |

|                                  |             |                                       |                                 |   |                        |  |                        |   |
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| <b>6</b>                         |             | <b>Thursday, August 4, 2022</b>       |                                 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau |                        |  |                        | Adana, Turkey<br>Sun 21 Sutra 109<br>Subhakrit 5124 |
| Tula Rasi: 1.32                  | Tithi 7     | <b>Gulika</b> 8:16AM – 10:00AM        | <b>Chitra Until 3:17PM</b>      | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 4:46AM |  |                        |   |
|                                  |             | Yama 4:46AM – 6:31AM                  | Sadhya Until 1:03PM             | <b>Muruqa:</b> Green  | <i>Sunset:</i> 6:44PM  |  | Moon 7 - Phase 15 - 21 |   |
|                                  |             | 461755472 <b>Rahu</b> 1:30PM – 3:15PM | Gara Until 2:00PM               | <b>Nataraja:</b> White  |                        |  | 3rd Phase              |   |
| Creative Work                    | Siddha Yoga |                                       | <b>Saptami Until 1:37AM Fri</b> | Moon – Green  |                        |  | <b>Devaloka Day</b>    |   |
| Until 3:17PM                     |             |                                       |                                 | Sravana*Adi   |                        |  |                        |   |
| Then Creative Work - Amrita Yoga |             |                                       |                                 |   |                        |  |                        |   |

|                     |             |   |                                   |   |                        |  |                        |   |
|---------------------|-------------|---|-----------------------------------|---|------------------------|--|------------------------|---|
| <b>Retreat Star</b> |             | <b>Friday, August 5, 2022</b>           |                                   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau |                        |  |                        | Adana, Turkey<br>Sun 22 Sutra 110<br>Subhakrit 5124 |
| Tula Rasi: 14.51    | Tithi 8     | <b>Gulika</b> 6:32AM – 8:16AM           | <b>Svati Until 2:58PM</b>         | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 4:47AM |  |                        |   |
|                     |             | Yama 3:14PM – 4:58PM                    | Subha Until 11:22AM               | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:43PM  |  | Moon 7 - Phase 15 - 22 |   |
|                     |             | 461765472 <b>Rahu</b> 10:01AM – 11:45AM | Visti Until 1:07PM                | <b>Nataraja:</b> White  |                        |  | Ashtami                |   |
| Creative Work       | Siddha Yoga |   | <b>Ashtami* Until 12:26AM Sat</b> | Moon – Green  |                        |  | <b>Devaloka Day</b>    |   |
|                     |             |   |                                   | Sravana*Adi   |                        |  |                        |   |
|                     |             | <b>Varalakshmi Vratam</b>               |                                   |   |                        |  |                        |   |

|                     |             |  |                              |   |                        |  |                        |   |
|---------------------|-------------|--|------------------------------|---|------------------------|--|------------------------|---|
| <b>Retreat Star</b> |             | <b>Saturday, August 6, 2022</b>        |                              | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau |                        |  |                        | Adana, Turkey<br>Sun 23 Sutra 111<br>Subhakrit 5124 |
| Tula Rasi: 28.3     | Tithi 9     | <b>Gulika</b> 4:48AM – 6:32AM          | <b>Vishakha Until 2:19PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 4:48AM |  |                        |   |
|                     |             | Yama 1:29PM – 3:13PM                   | Sukla Until 9:09AM           | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:42PM  |  | Moon 7 - Phase 15 - 23 |   |
|                     |             | 472765472 <b>Rahu</b> 8:17AM – 10:01AM | Balava Until 11:38AM         | <b>Nataraja:</b> White  |                        |  | Navami                 |   |
| Creative Work       | Siddha Yoga |  | <b>Navami* Until 10:38PM</b> | Moon – Orange   |                        |  | <b>Bhuloka Day</b>     |   |
|                     |             |  |                              | Sravana*Adi   |                        |  |                        |   |

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 Adana, Turkey on 5/1/21

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|                                 |             |   |                               |                        |                        |   |
|---------------------------------|-------------|---|-------------------------------|------------------------|------------------------|---|
| <b>1 Sunday, August 7, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau |                               |                        |                        | Adana, Turkey<br>Sun 24 Sutra 112                 |
| Vrischika Rasi: 12.32           | Tithi 10    | <b>Gulika</b> 3:13PM - 4:57PM   | <b>Anuradha</b> Until 12:56PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:49AM | Subhakrit 5124                                    |
|                                 |             | Yama 11:45AM - 1:29PM   | Brahma Until 6:28AM           | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:41PM  | Moon 7 - Phase 16 - 24                            |
|                                 | 472865472   | <b>Rahu</b> 4:57PM - 6:41PM   | Taitila Until 9:32AM          | <b>Nataraja:</b> White |                        | 4th Phase   |
| Routine Work                    | Marana Yoga |   | <b>Dashami</b> Until 8:16PM   | Moon - Orange          |                        |   |
|                                 |             |   |                               | Sravana*Adi            |                        | <b>Bhuloka Day</b><br>Devaloka Time: 9:AM to12:PM |

|                                 |               |  |                                |                        |                        |   |
|---------------------------------|---------------|--|--------------------------------|------------------------|------------------------|---|
| <b>2 Monday, August 8, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau |                                |                        |                        | Adana, Turkey<br>Sun 25 Sutra 113                 |
| Vrischika Rasi: 26.56           | Tithi 11 - 12 | <b>Gulika</b> 1:28PM - 3:12PM  | <b>Jyeshtha*</b> Until 10:53AM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 4:50AM | Subhakrit 5124                                    |
| <b>Family Home Evening</b>      |               | Yama 10:01AM - 11:45AM   | Vaidhriti* Until 11:48PM       | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:40PM  | Moon 7 - Phase 16 - 25                            |
|                                 | 472865472     | <b>Rahu</b> 6:33AM - 8:17AM  | Vanija Until 6:55AM            | <b>Nataraja:</b> White |                        | 4th Phase   |
| Creative Work                   | Siddha Yoga   |  | <b>Ekadashi</b> Until 5:25PM   | Moon - Orange          |                        |   |
|                                 |               |  |                                | Sravana*Adi            |                        | <b>Bhuloka Day</b><br>Devaloka Time: 9:AM to12:PM |

|                                  |               |  |                              |                        |                        |                                   |
|----------------------------------|---------------|--|------------------------------|------------------------|------------------------|-----------------------------------|
| <b>3 Tuesday, August 9, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                              |                        |                        | Adana, Turkey<br>Sun 26 Sutra 114 |
| Dhanus Rasi: 11.4                | Tithi 12 - 13 | <b>Gulika</b> 11:45AM - 1:28PM   | <b>Mula*</b> Until 8:41AM    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:51AM | Subhakrit 5124                    |
|                                  |               | Yama 8:18AM - 10:01AM  | Vishkambha* Until 7:59PM     | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:39PM  | Moon 7 - Phase 16 - 26            |
|                                  | 482865472     | <b>Rahu</b> 3:12PM - 4:55PM  | Kaulava Until 12:28AM Wed    | <b>Nataraja:</b> White |                        | 4th Phase                         |
| Creative Work                    | Amrita Yoga   |  | <b>Dvadashi</b> Until 2:10PM | Moon - Light Blue      |                        |                                   |
| Until 8:41AM                     |               |  |                              | Sravana*Adi            |                        | <b>Devaloka Day</b>               |
| Then Creative Work - Siddha Yoga |               |  | <i>Pradosha Vrata</i>        |                        |                        |                                   |

|                                     |               |   |                                  |                        |                        |                                   |
|-------------------------------------|---------------|---|----------------------------------|------------------------|------------------------|-----------------------------------|
| <b>4 Wednesday, August 10, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                                  |                        |                        | Adana, Turkey<br>Sun 27 Sutra 115 |
| Dhanus Rasi: 26.37                  | Tithi 13 - 14 | <b>Gulika</b> 10:01AM - 11:44AM   | <b>Purvashadha*</b> Until 6:04AM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:51AM | Subhakrit 5124                    |
|                                     |               | Yama 6:35AM - 8:18AM  | Priti Until 4:01PM               | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:37PM  | Moon 7 - Phase 16 - 27            |
|                                     | 482865472     | <b>Rahu</b> 11:44AM - 1:28PM  | Gara Until 8:55PM                | <b>Nataraja:</b> White |                        | 4th Phase                         |
| Creative Work                       | Amrita Yoga   |   | <b>Trayodashi</b> Until 10:41AM  | Moon - Light Blue      |                        |                                   |
|                                     |               |   |                                  | Sravana*Adi            |                        | <b>Devaloka Day</b>               |

|                                  |               |  |                                   |                        |                        |   |
|----------------------------------|---------------|--|-----------------------------------|------------------------|------------------------|---|
| <b>Thursday, August 11, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau |                                   |                        |                        | Adana, Turkey<br>Sutra 116                        |
| <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 8:18AM - 10:01AM   | <b>Shravana</b> Until 12:36AM Fri | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:52AM | Subhakrit 5124                                    |
| Makara Rasi: 11.4                | Tithi 14 - 15 | Yama 4:52AM - 6:35AM   | Ayushman Until 11:59AM            | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:36PM  | Moon 7 - Phase 16 -                               |
|                                  | 492865472     | <b>Rahu</b> 1:27PM - 3:10PM  | Bava Until 3:35AM Fri             | <b>Nataraja:</b> White |                        | Purnima   |
| Creative Work                    | Siddha Yoga   |  | <b>Chaturdashi*</b> Until 7:06AM  | Moon - Purple          |                        |   |
|                                  |               | <b>Raksha Bandhan</b>  |                                   | Sravana*Adi            |                        | <b>Bhuloka Day</b><br>Devaloka Time: 9:AM to12:PM |

|                                |             |  |                                    |                        |                        |   |
|--------------------------------|-------------|--|------------------------------------|------------------------|------------------------|---|
| <b>Friday, August 12, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau |                                    |                        |                        | Adana, Turkey<br>Sutra 117                        |
| <b>Silver Retreat Star</b>     |             | <b>Gulika</b> 6:36AM - 8:19AM  | <b>Dhanishtha</b> Until 10:06PM    | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 4:53AM | Subhakrit 5124                                    |
| Makara Rasi: 26.41             | Tithi 16    | Yama 3:10PM - 4:52PM   | Saubhagya Until 8:02AM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:35PM  | Moon 7 - Phase 16 -                               |
|                                | 492865472   | <b>Rahu</b> 10:01AM - 11:44AM  | Balava Until 1:55PM                | <b>Nataraja:</b> White |                        | Prathama  |
| Creative Work                  | Siddha Yoga |  | <b>Prathama*</b> Until 12:18AM Sat | Moon - Purple          |                        |   |
|                                |             |  |                                    | Sravana*Adi            |                        | <b>Bhuloka Day</b><br>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: 11.3      Tithi 17  
492865472  
Creative Work    Amrita Yoga  
Until 7:51PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yukhtayam  
Shatabhishak Nakshatra Athiganda\* Yoga Taitila/Gara Karana Dvityayam Titau

**Gulika**    4:54AM – 6:36AM  
Yama      1:26PM – 3:09PM  
**Rahu**      8:19AM – 10:01AM  
**Shatabhishak** **Until 7:51PM**  
Athiganda\* **Until 12:59AM** Sun  
Taitila **Until 10:50AM**  
**Dvitiya** **Until 9:26PM**

Adana, Turkey      Sun 1      Sutra 118  
Subhakrit 5124  
Moon 8 - Phase 17 - 1  
1st Phase  
**Ganesha:** Clear      *Sunrise:* 4:54AM  
**Muruqa:** White      *Sunset:* 6:34PM  
**Nataraja:** White  
Moon – Purple  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**1**

**Sunday, August 14, 2022**

Kumbha Rasi: 25.59      Tithi 18  
412865472  
Creative Work    Siddha Yoga  
Until 6:27PM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Purvaproshtapada\* Nakshatra Sukarma Yoga Vanija/Vistil\* Karana Trityayam Titau

**Gulika**    3:08PM – 4:51PM  
Yama      11:44AM – 1:26PM  
**Rahu**      4:51PM – 6:33PM  
**Purvaproshtapada** **Until 6:27PM**  
Sukarma **Until 10:08PM**  
Vanija **Until 8:13AM**  
**Tritiya** **Until 7:08PM**

Adana, Turkey      Sun 2      Sutra 119  
Subhakrit 5124  
Moon 8 - Phase 17 - 2  
1st Phase  
**Ganesha:** Yellow      *Sunrise:* 4:55AM  
**Muruqa:** White      *Sunset:* 6:33PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**2**

**Monday, August 15, 2022**

Meena Rasi: 10.01      Tithi 19 – 20  
412865472  
Family Home Evening  
Creative Work    Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yukhtayam  
Uttaraproshtapada/Revati Nakshatra Dhriti Yoga Bava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika**    1:26PM – 3:08PM  
Yama      10:02AM – 11:44AM  
**Rahu**      6:38AM – 8:20AM  
**Uttaraproshtapada** **Until 5:37PM**  
Dhriti **Until 7:53PM**  
Bava **Until 6:16AM**  
**Chaturthi** **Until 5:33PM**

Adana, Turkey      Sun 3      Sutra 120  
Subhakrit 5124  
Moon 8 - Phase 17 - 3  
1st Phase  
**Ganesha:** Yellow      *Sunrise:* 4:56AM  
**Muruqa:** White      *Sunset:* 6:32PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**3**

**Tuesday, August 16, 2022**

Meena Rasi: 23.36      Tithi 20 – 21  
412865472  
Creative Work    Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Revati/Ashvini Nakshatra Shula\* Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

**Gulika**    11:43AM – 1:25PM  
Yama      8:20AM – 10:02AM  
**Rahu**      3:07PM – 4:49PM  
**Revati** **Until 5:27PM**  
Shula\* **Until 6:18PM**  
Gara **Until 4:46AM** Wed  
**Panchami** **Until 4:48PM**

Adana, Turkey      Sun 4      Sutra 121  
Subhakrit 5124  
Moon 8 - Phase 17 - 4  
1st Phase  
**Ganesha:** Yellow      *Sunrise:* 4:56AM  
**Muruqa:** White      *Sunset:* 6:30PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**4**

**Wednesday, August 17, 2022**

Mesha Rasi: 6.42      Tithi 21 – 22  
522865472  
Routine Work    Marana Yoga  
Until 6:27PM  
Then Creative Work - Siddha Yoga

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

**Gulika**    10:02AM – 11:43AM  
Yama      6:39AM – 8:20AM  
**Rahu**      11:43AM – 1:25PM  
**Ashvini** **Until 6:27PM**  
Ganda\* **Until 5:25PM**  
Vistil **Until 5:19AM** Thu  
**Shashthi** **Until 4:55PM**

Adana, Turkey      Sun 5      Sutra 122  
Subhakrit 5124  
Moon 8 - Phase 17 - 5  
1st Phase  
**Ganesha:** Yellow      *Sunrise:* 4:57AM  
**Muruqa:** White      *Sunset:* 6:29PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**5**

**Thursday, August 18, 2022**

Mesha Rasi: 19.22      Tithi 22 – 23  
522865472  
Creative Work    Siddha Yoga  
Until 8:06PM  
Then Routine Work - Marana Yoga

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

**Gulika**    8:20AM – 10:02AM  
Yama      4:58AM – 6:39AM  
**Rahu**      1:24PM – 3:05PM  
**Bharani** **Until 8:06PM**  
Vridhhi **Until 5:12PM**  
Balava **Until 6:40AM** Fri  
**Saptami** **Until 5:53PM**

Adana, Turkey      Sun 6      Sutra 123  
Subhakrit 5124  
Moon 8 - Phase 17 - 6  
1st Phase  
**Ganesha:** Yellow      *Sunrise:* 4:58AM  
**Muruqa:** White      *Sunset:* 6:28PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**D**

**Friday, August 19, 2022**  
**Retreat Star**

Vrishabha Rasi: 1.42      Tithi 23  
523865472  
Creative Work    Siddha Yoga  
Until 10:16PM  
Then Routine Work - Marana Yoga

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

**Gulika**    6:40AM – 8:21AM  
Yama      3:05PM – 4:46PM  
**Rahu**      10:02AM – 11:43AM  
**Krittika** **Until 10:16PM**  
Dhruva **Until 5:30PM**  
Balava **Until 6:40AM**  
**Ashtami** **Until 7:33PM**

Adana, Turkey      Sun 7      Sutra 124  
Subhakrit 5124  
Moon 8 - Phase 17 - 7  
Ashtami  
**Ganesha:** White      *Sunrise:* 4:59AM  
**Muruqa:** White      *Sunset:* 6:27PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**Saturday, August 20, 2022**

**Retreat Star**

Vrishabha Rasi: 13.47      Tithi 24  
533865472  
Creative Work    Amrita Yoga  
Until 1:13AM Sun  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yukhtayam  
Rohini Nakshatra Vyaghata\* Yoga Taitila/Gara Karana Navamyam Titau

**Gulika**    5:00AM – 6:40AM  
Yama      1:23PM – 3:04PM  
**Rahu**      8:21AM – 10:02AM  
**Rohini** **Until 1:13AM** Sun  
Vyaghata\* **Until 6:13PM**  
Taitila **Until 8:37AM**  
**Navami** **Until 9:44PM**

Adana, Turkey      Sun 8      Sutra 125  
Subhakrit 5124  
Moon 8 - Phase 17 - 8  
Navami  
**Ganesha:** Yellow      *Sunrise:* 5:00AM  
**Muruqa:** White      *Sunset:* 6:25PM  
**Nataraja:** White  
Moon – Yellow  
**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

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

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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|   |          |  |                  |                                    |                        |                             |
|---|----------|--|------------------|------------------------------------|------------------------|-----------------------------|
| <b>1 Sunday, August 21, 2022</b>  |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam |                  |                                    |                        | Adana, Turkey               |
| Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau |          |  |                  |                                    |                        | Sun 9 Sutra 126             |
| Wishabha Rasi: 25.41  | Tithi 25 | <b>Gulika</b>  | 3:03PM – 4:43PM  | <b>Mrigashira</b> Until 4:14AM Mon | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:01AM      |
|   |          | <b>Yama</b>  | 11:42AM – 1:23PM | Harshana Until 7:11PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:24PM       |
| 533865472   |          | <b>Rahu</b>  | 4:43PM – 6:24PM  | Vanija Until 10:57AM               | <b>Nataraja:</b> White | Moon 8 - Phase 18 - 9       |
| Creative Work Siddha Yoga   |          |  |                  |                                    |                        | 2nd Phase                   |
|   |          |  |                  | <b>Dashami</b> Until 12:10AM Mon   | <b>Bhuloka Day</b>     | Devaloka Time: 6:AM to 9:AM |

|   |          |   |                   |                                   |                                    |                        |
|---|----------|---|-------------------|-----------------------------------|------------------------------------|------------------------|
| <b>2 Monday, August 22, 2022</b>                                |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam |                   |                                   |                                    | Adana, Turkey          |
| Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau |          |   |                   |                                   |                                    | Sun 10 Sutra 127       |
| Mithuna Rasi: 7.32  | Tithi 26 | <b>Gulika</b>   | 1:22PM – 3:02PM   | <b>Ardra</b> Until 7:05AM Tue     | <b>Ganesha:</b> Yellow             | <i>Sunrise:</i> 5:01AM |
|   |          | <b>Yama</b>   | 10:02AM – 11:42AM | Vajra* Until 8:11PM               | <b>Muruqa:</b> White               | <i>Sunset:</i> 6:23PM  |
| 533865472   |          | <b>Rahu</b>   | 6:42AM – 8:22AM   | Bava Until 1:27PM                 | <b>Nataraja:</b> White             | Moon 8 - Phase 18 - 10 |
| Family Home Evening   |          |   |                   |                                   |                                    | 2nd Phase              |
| Creative Work Siddha Yoga                                       |          |   |                   |                                   |                                    | <b>Bhuloka Day</b>     |
|   |          |   |                   | <b>Ekadashi*</b> Until 2:40AM Tue | <b>Devaloka Time: 6:AM to 9:AM</b> |                        |

|   |          |  |                  |                                   |                                    |                             |
|---|----------|--|------------------|-----------------------------------|------------------------------------|-----------------------------|
| <b>3 Tuesday, August 23, 2022</b>   |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam |                  |                                   |                                    | Adana, Turkey               |
| Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau |          |  |                  |                                   |                                    | Sun 11 Sutra 128            |
| Mithuna Rasi: 19.22   | Tithi 27 | <b>Gulika</b>  | 11:42AM – 1:22PM | <b>Ardra</b> Until 7:05AM         | <b>Ganesha:</b> Yellow             | <i>Sunrise:</i> 5:02AM      |
|   |          | <b>Yama</b>  | 8:22AM – 10:02AM | Siddhi Until 9:07PM               | <b>Muruqa:</b> White               | <i>Sunset:</i> 6:21PM       |
| 533865472   |          | <b>Rahu</b>  | 3:01PM – 4:41PM  | Kaulava Until 3:54PM              | <b>Nataraja:</b> White             | Moon 8 - Phase 18 - 11      |
| Routine Work Marana Yoga  |          |  |                  |                                   |                                    | 2nd Phase                   |
| Until 7:05AM  |          |  |                  |                                   |                                    | <b>Bhuloka Day</b>          |
| Then Creative Work - Siddha Yoga  |          |  |                  |                                   |                                    | Devaloka Time: 6:AM to 9:AM |
|   |          |  |                  | <b>Dvadashi*</b> Until 5:02AM Wed | <b>Devaloka Time: 6:AM to 9:AM</b> |                             |

|   |          |  |                   |                                     |                                    |                        |
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| <b>4 Wednesday, August 24, 2022</b>                                       |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam |                   |                                     |                                    | Adana, Turkey          |
| Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara Karana Trayodashyam Titau |          |  |                   |                                     |                                    | Sun 12 Sutra 129       |
| Kataka Rasi: 1.16   | Tithi 28 | <b>Gulika</b>  | 10:02AM – 11:41AM | <b>Punarvasu</b> Until 10:08AM      | <b>Ganesha:</b> Blue               | <i>Sunrise:</i> 5:03AM |
|   |          | <b>Yama</b>  | 6:43AM – 8:22AM   | Vyatipata* Until 9:54PM             | <b>Muruqa:</b> White               | <i>Sunset:</i> 6:20PM  |
| 533865472   |          | <b>Rahu</b>  | 11:41AM – 1:21PM  | Gara Until 6:08PM                   | <b>Nataraja:</b> White             | Moon 8 - Phase 18 - 12 |
| Creative Work Siddha Yoga   |          |  |                   |                                     |                                    | 2nd Phase              |
|   |          |  |                   | <b>Trayodashi*</b> Until 7:08AM Thu | <b>Bhuloka Day</b>                 |                        |
|   |          |  |                   | <i>Pradosha Vrata (Fasting)</i>     | <b>Devaloka Time: 6:AM to 9:AM</b> |                        |

|   |               |   |                  |                                 |                                    |                                    |
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| <b>5 Thursday, August 25, 2022</b>  |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam |                  |                                 |                                    | Adana, Turkey                      |
| Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |               |   |                  |                                 |                                    | Sun 13 Sutra 130                   |
| Kataka Rasi: 13.16  | Tithi 28 – 29 | <b>Gulika</b>   | 8:23AM – 10:02AM | <b>Pushya</b> Until 12:45PM     | <b>Ganesha:</b> Blue               | <i>Sunrise:</i> 5:04AM             |
|   |               | <b>Yama</b>   | 5:04AM – 6:43AM  | Variyan Until 10:24PM           | <b>Muruqa:</b> White               | <i>Sunset:</i> 6:19PM              |
| 533865472   |               | <b>Rahu</b>   | 1:21PM – 3:00PM  | Visti Until 8:04PM              | <b>Nataraja:</b> White             | Moon 8 - Phase 18 - 13             |
| Creative Work Amrita Yoga   |               |   |                  |                                 |                                    | 2nd Phase                          |
| Until 12:45PM   |               |   |                  |                                 |                                    | <b>Bhuloka Day</b>                 |
| Then Creative Work - Siddha Yoga  |               |   |                  |                                 |                                    | <b>Devaloka Time: 6:AM to 9:AM</b> |
|   |               |   |                  | <b>Trayodashi*</b> Until 7:08AM | <b>Devaloka Time: 6:AM to 9:AM</b> |                                    |

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| <b>Friday, August 26, 2022</b>   |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam |                   |                                    |                        | Adana, Turkey          |
| Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashy/Amavasyayam Titau |               |  |                   |                                    |                        | Sun 14 Sutra 131       |
| Kataka Rasi: 25.23   | Tithi 29 – 30 | <b>Gulika</b>  | 6:44AM – 8:23AM   | <b>Ashlesha*</b> Until 2:51PM      | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:05AM |
|  |               | <b>Yama</b>  | 2:59PM – 4:38PM   | Parigha* Until 10:38PM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:17PM  |
| 533865472  |               | <b>Rahu</b>  | 10:02AM – 11:41AM | Catuspada Until 9:38PM             | <b>Nataraja:</b> White | Moon 8 - Phase 18 - 14 |
| Routine Work Marana Yoga   |               |  |                   |                                    |                        | Amavasya               |
|  |               |  |                   | <b>Chaturdashy*</b> Until 8:53AM   | <b>Bhuloka Day</b>     |                        |
|  |               |  |                   | <b>Devaloka Time: 6:AM to 9:AM</b> |                        |                        |

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| <b>Saturday, August 27, 2022</b>   |              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam |                  |                                |                                    | Adana, Turkey                      |
| Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |              |  |                  |                                |                                    | Sun 15 Sutra 132                   |
| Simha Rasi: 7.41   | Tithi 30 – 1 | <b>Gulika</b>  | 5:05AM – 6:44AM  | <b>Magha*</b> Until 4:54PM     | <b>Ganesha:</b> Blue               | <i>Sunrise:</i> 5:05AM             |
|  |              | <b>Yama</b>  | 1:19PM – 2:58PM  | Shiva Until 10:35PM            | <b>Muruqa:</b> White               | <i>Sunset:</i> 6:16PM              |
| 533865472  |              | <b>Rahu</b>  | 8:23AM – 10:02AM | Kintughna Until 10:49PM        | <b>Nataraja:</b> White             | Moon 8 - Phase 18 - 15             |
| Creative Work Amrita Yoga  |              |  |                  |                                |                                    | Prathama                           |
| Until 4:54PM   |              |  |                  |                                |                                    | <b>Bhuloka Day</b>                 |
| Then Creative Work - Siddha Yoga   |              |  |                  |                                |                                    | <b>Devaloka Time: 6:AM to 9:AM</b> |
|  |              |  |                  | <b>Amavasya*</b> Until 10:15AM | <b>Devaloka Time: 6:AM to 9:AM</b> |                                    |

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 Adana, Turkey on 5/1/21

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|  |             |   |                                   |   |                             |
|--|-------------|---|-----------------------------------|---|-----------------------------|
| <b>1</b> Sunday, August 28, 2022   |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Adana, Turkey |                                   |   |                             |
| Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |             | Sun 16 Sutra 133  |                                   | Subhakrit 5124                              |                             |
| Simha Rasi: 20.09  | Tithi 1 – 2 | <b>Gulika</b> 2:57PM – 4:36PM   | <b>Purvaphalguni</b> Until 6:24PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:06AM |                             |
|  |             | Yama 11:40AM – 1:19PM   | Siddha Until 10:11PM              | <b>Muruqa:</b> White <i>Sunset:</i> 6:14PM  | Moon 8 - Phase 19 - 16      |
|  | 553865473   | <b>Rahu</b> 4:36PM – 6:14PM   | Balava Until 11:36PM              | <b>Nataraja:</b> Clear                      | 3rd Phase                   |
| Creative Work Siddha Yoga  |             |   | <b>Prathama*</b> Until 11:14AM    | <b>Bhadrpada*Avani</b>                      | <b>Bhuloka Day</b>          |
| Until 6:24PM   |             |   |                                   |   | Devaloka Time: 6:PM to 9:PM |
| Then Creative Work - Amrita Yoga   |             |   |                                   |   |                             |

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| <b>2</b> Monday, August 29, 2022   |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Adana, Turkey |                                    |   |                             |
| Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |             | Sun 17 Sutra 134   |                                    | Subhakrit 5124                              |                             |
| Kanya Rasi: 2.47   | Tithi 2 – 3 | <b>Gulika</b> 1:18PM – 2:56PM  | <b>Uttaraphalguni</b> Until 7:22PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:07AM |                             |
| <b>Family Home Evening</b>   |             | Yama 10:02AM – 11:40AM   | Sadhya Until 9:30PM                | <b>Muruqa:</b> White <i>Sunset:</i> 6:13PM  | Moon 8 - Phase 19 - 17      |
|  | 553865473   | <b>Rahu</b> 6:45AM – 8:24AM  | Taitila Until 11:59PM              | <b>Nataraja:</b> Clear                      | 3rd Phase                   |
| Creative Work Siddha Yoga  |             |  | <b>Dvitiya</b> Until 11:49AM       | <b>Bhadrpada*Avani</b>                      | <b>Bhuloka Day</b>          |
|  |             |  |                                    |   | Devaloka Time: 6:PM to 9:PM |

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| <b>3</b> Tuesday, August 30, 2022                                       |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Adana, Turkey |                              |   |                             |
| Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |             | Sun 18 Sutra 135  |                              | Subhakrit 5124                              |                             |
| Kanya Rasi: 16  | Tithi 3 – 4 | <b>Gulika</b> 11:40AM – 1:18PM  | <b>Hasta</b> Until 8:17PM    | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:08AM |                             |
|   |             | Yama 8:24AM – 10:02AM   | Subha Until 8:32PM           | <b>Muruqa:</b> White <i>Sunset:</i> 6:12PM  | Moon 8 - Phase 19 - 18      |
|   | 563865473   | <b>Rahu</b> 2:56PM – 4:34PM   | Vanija Until 12:00AM Wed     | <b>Nataraja:</b> Clear                      | 3rd Phase                   |
| Creative Work Siddha Yoga   |             |   | <b>Tritiya</b> Until 12:01PM | <b>Bhadrpada*Avani</b>                      | <b>Bhuloka Day</b>          |
|   |             |   |                              |   | Devaloka Time: 6:PM to 9:PM |

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| <b>4</b> Wednesday, August 31, 2022                                       |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Adana, Turkey |                                 |   |                             |
| Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |             | Sun 19 Sutra 136  |                                 | Subhakrit 5124                              |                             |
| Kanya Rasi: 28.37   | Tithi 4 – 5 | <b>Gulika</b> 10:02AM – 11:39AM   | <b>Chitra</b> Until 8:39PM      | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:09AM |                             |
|   |             | Yama 6:46AM – 8:24AM  | Sukla Until 7:14PM              | <b>Muruqa:</b> White <i>Sunset:</i> 6:10PM  | Moon 8 - Phase 19 - 19      |
|   | 563865473   | <b>Rahu</b> 11:39AM – 1:17PM  | Bava Until 11:38PM              | <b>Nataraja:</b> Clear                      | 3rd Phase                   |
| Creative Work Siddha Yoga   |             |   | <b>Chaturthi*</b> Until 11:51AM | <b>Bhadrpada*Avani</b>                      | <b>Bhuloka Day</b>          |
|   |             |   |                                 |   | Devaloka Time: 6:PM to 9:PM |

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| <b>5</b> Thursday, September 1, 2022  |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Adana, Turkey |                               |  |                        |
| Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |             | Sun 20 Sutra 137   |                               | Subhakrit 5124                             |                        |
| Tula Rasi: 11.49  | Tithi 5 – 6 | <b>Gulika</b> 8:24AM – 10:02AM   | <b>Svati</b> Until 8:30PM     | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:10AM |                        |
|   |             | Yama 5:10AM – 6:47AM   | Brahma Until 5:38PM           | <b>Muruqa:</b> White <i>Sunset:</i> 6:09PM | Moon 8 - Phase 19 - 20 |
|   | 563965473   | <b>Rahu</b> 1:16PM – 2:54PM  | Kaulava Until 10:52PM         | <b>Nataraja:</b> Clear                     | 3rd Phase              |
| Creative Work Amrita Yoga   |             |  | <b>Panchami</b> Until 11:17AM | <b>Bhadrpada*Avani</b>                     | <b>Devaloka Day</b>    |
| Until 8:30PM  |             |  |                               |  |                        |
| Then Creative Work - Siddha Yoga  |             |  |                               |  |                        |

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| <b>6</b> Friday, September 2, 2022  |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Adana, Turkey |                                |   |                        |
| Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |             | Sun 21 Sutra 138  |                                | Subhakrit 5124                              |                        |
| Tula Rasi: 25.15  | Tithi 6 – 7 | <b>Gulika</b> 6:47AM – 8:25AM   | <b>Vishakha</b> Until 8:14PM   | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:10AM |                        |
|   |             | Yama 2:53PM – 4:30PM  | Indra Until 3:43PM             | <b>Muruqa:</b> White <i>Sunset:</i> 6:07PM  | Moon 8 - Phase 19 - 21 |
|   | 573965473   | <b>Rahu</b> 10:02AM – 11:39AM   | Gara Until 9:41PM              | <b>Nataraja:</b> Clear                      | 3rd Phase              |
| Creative Work Siddha Yoga   |             |   | <b>Shashthi*</b> Until 10:18AM | <b>Bhadrpada*Avani</b>                      | <b>Sivaloka Day</b>    |
|   |             |   |                                |   |                        |

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| <b>Retreat Star</b> Saturday, September 3, 2022   |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Adana, Turkey |                              |   |                        |
| Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |             | Sun 22 Sutra 139  |                              | Subhakrit 5124                                |                        |
| Vrischika Rasi: 8.55  | Tithi 7 – 8 | <b>Gulika</b> 5:11AM – 6:48AM   | <b>Anuradha</b> Until 7:24PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:11AM |                        |
|   |             | Yama 1:15PM – 2:52PM  | Vaidhriti* Until 1:26PM      | <b>Muruqa:</b> White <i>Sunset:</i> 6:06PM    | Moon 8 - Phase 19 - 22 |
|   | 574965473   | <b>Rahu</b> 8:25AM – 10:02AM  | Visti Until 8:05PM           | <b>Nataraja:</b> Clear                        | Ashtami                |
| Creative Work Siddha Yoga   |             |   | <b>Saptami</b> Until 8:55AM  | <b>Bhadrpada*Avani</b>                        | <b>Devaloka Day</b>    |
|   |             |   |                              |   |                        |

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| <b>Retreat Star</b> Sunday, September 4, 2022  |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Adana, Turkey |                               |   |                        |
| Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau |             | Sun 23 Sutra 140  |                               | Subhakrit 5124                                |                        |
| Vrischika Rasi: 22.5   | Tithi 8 – 9 | <b>Gulika</b> 2:51PM – 4:28PM   | <b>Jyeshtha*</b> Until 6:01PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:12AM |                        |
|  |             | Yama 11:38AM – 1:15PM   | Vishkambha* Until 10:49AM     | <b>Muruqa:</b> White <i>Sunset:</i> 6:04PM    | Moon 8 - Phase 19 - 23 |
|  | 574965473   | <b>Rahu</b> 4:28PM – 6:04PM   | Balava Until 6:05PM           | <b>Nataraja:</b> Clear                        | Navami                 |
| Routine Work Marana Yoga   |             |   | <b>Ashtami*</b> Until 7:07AM  | <b>Bhadrpada*Avani</b>                        | <b>Devaloka Day</b>    |
| Until 6:01PM   |             |   |                               |   |                        |
| 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

|                                 |           |                                  |                   |   |                         |                                    |                        |
|---------------------------------|-----------|----------------------------------|-------------------|---|-------------------------|------------------------------------|------------------------|
| <b>1</b>                        |           | <b>Monday, September 5, 2022</b> |                   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mula*Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau |                         | Adana, Turkey<br>Sun 24 Sutra 141  |                        |
| Dhanus Rasi: 7.01               | Tithi 10  | <b>Gulika</b>                    | 1:14PM – 2:50PM   | <b>Mula* Until 4:32PM</b>   | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:13AM             | Subhakrit 5124         |
| <b>Family Home Evening</b>      | 584965473 | Yama                             | 10:02AM – 11:38AM | Priti Until 7:55AM  | <b>Muruqa:</b> White    | <i>Sunset:</i> 6:03PM              | Moon 8 - Phase 20 - 24 |
| Creative Work Siddha Yoga       |           | <b>Rahu</b>                      | 6:49AM – 8:25AM   | Taitila Until 3:42PM  | <b>Nataraja:</b> Clear  |                                    | 4th Phase              |
| Until 4:32PM                    |           |                                  |                   | <b>Dashami Until 2:22AM Tue</b>   | Moon – Light Blue       | <b>Bhuloka Day</b>                 |                        |
| Then Routine Work - Marana Yoga |           |                                  |                   |   | <b>Bhadrapada*Avani</b> | <b>Devaloka Time: 6:PM to 9:PM</b> |                        |

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| <b>2</b>                               |           | <b>Tuesday, September 6, 2022</b> |                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau |                         | Adana, Turkey<br>Sun 25 Sutra 142  |                        |
| Dhanus Rasi: 21.26                     | Tithi 11  | <b>Gulika</b>                     | 11:37AM – 1:13PM | <b>Purvashadha* Until 2:36PM</b>  | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:14AM             | Subhakrit 5124         |
|  | 584965473 | Yama                              | 8:26AM – 10:02AM | Saubhagya Until 1:16AM Wed  | <b>Muruqa:</b> White    | <i>Sunset:</i> 6:01PM              | Moon 8 - Phase 20 - 25 |
| Creative Work Siddha Yoga              |           | <b>Rahu</b>                       | 2:49PM – 4:25PM  | Vanija Until 1:00PM   | <b>Nataraja:</b> Clear  |                                    | 4th Phase              |
| Until 2:36PM                           |           |                                   |                  | <b>Ekadashi Until 11:33PM</b>   | Moon – Light Blue       | <b>Bhuloka Day</b>                 |                        |
| Then Routine Work - Prabararishta Yoga |           |                                   |                  |   | <b>Bhadrapada*Avani</b> | <b>Devaloka Time: 6:PM to 9:PM</b> |                        |

|                                  |           |                                     |                   |   |                         |                                    |                        |
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| <b>3</b>                         |           | <b>Wednesday, September 7, 2022</b> |                   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau |                         | Adana, Turkey<br>Sun 26 Sutra 143  |                        |
| Makara Rasi: 6.02                | Tithi 12  | <b>Gulika</b>                       | 10:01AM – 11:37AM | <b>Uttarashadha Until 12:20PM</b>   | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:14AM             | Subhakrit 5124         |
|                                  | 584965473 | Yama                                | 6:50AM – 8:26AM   | Sobhana Until 9:44PM  | <b>Muruqa:</b> White    | <i>Sunset:</i> 6:00PM              | Moon 8 - Phase 20 - 26 |
| Creative Work Amrita Yoga        |           | <b>Rahu</b>                         | 11:37AM – 1:13PM  | Bava Until 10:05AM  | <b>Nataraja:</b> Clear  |                                    | 4th Phase              |
| Until 12:20PM                    |           |                                     |                   | <b>Dvadashi Until 8:34PM</b>  | Moon – Light Blue       | <b>Bhuloka Day</b>                 |                        |
| Then Creative Work - Siddha Yoga |           |                                     |                   |   | <b>Bhadrapada*Avani</b> | <b>Devaloka Time: 6:PM to 9:PM</b> |                        |

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| <b>4</b>                  |               | <b>Thursday, September 8, 2022</b> |                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau |                         | Adana, Turkey<br>Sun 27 Sutra 144 |                        |
| Makara Rasi: 20.43        | Tithi 13 – 14 | <b>Gulika</b>                      | 8:26AM – 10:01AM | <b>Shravana Until 10:15AM</b>  | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:15AM            | Subhakrit 5124         |
|                           | 594965473     | Yama                               | 5:15AM – 6:51AM  | Athiganda* Until 6:09PM  | <b>Muruqa:</b> White    | <i>Sunset:</i> 5:58PM             | Moon 8 - Phase 20 - 27 |
| Creative Work Siddha Yoga |               | <b>Rahu</b>                        | 1:12PM – 2:48PM  | Kaulava Until 7:04AM   | <b>Nataraja:</b> Clear  |                                   | 4th Phase              |
|                           |               |                                    |                  | <b>Trayodashi Until 5:33PM</b>   | Moon – Purple           | <b>Devaloka Day</b>               |                        |
|                           |               | <b>Chidambaram Abhishekam</b>      |                  |  | <b>Bhadrapada*Avani</b> |                                   |                        |
|                           |               |                                    |                  | <i>Pradosha Vrata</i>  |                         |                                   |                        |

|   |               |                                  |                   |  |                         |                                   |                     |
|---|---------------|----------------------------------|-------------------|--|-------------------------|-----------------------------------|---------------------|
|  |               | <b>Friday, September 9, 2022</b> |                   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                         | Adana, Turkey<br>Sun 28 Sutra 145 |                     |
| <b>Copper Retreat Star</b>  |               | <b>Gulika</b>                    | 6:51AM – 8:26AM   | <b>Dhanishtha Until 8:04AM</b>   | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:16AM            | Subhakrit 5124      |
| Kumbha Rasi: 5.23   | Tithi 14 – 15 | Yama                             | 2:47PM – 4:22PM   | Sukarma Until 2:40PM   | <b>Muruqa:</b> White    | <i>Sunset:</i> 5:57PM             | Moon 8 - Phase 20 - |
|   | 594965473     | <b>Rahu</b>                      | 10:01AM – 11:36AM | Visti Until 1:17AM Sat   | <b>Nataraja:</b> Clear  |                                   | Purnima             |
| Creative Work Siddha Yoga   |               |                                  |                   | <b>Chaturdashi* Until 2:38PM</b>   | Moon – Purple           | <b>Devaloka Day</b>               |                     |
|   |               |                                  |                   |  | <b>Bhadrapada*Avani</b> |                                   |                     |

|                                  |               |                                     |                  |  |                         |                                   |                     |
|----------------------------------|---------------|-------------------------------------|------------------|--|-------------------------|-----------------------------------|---------------------|
| <b>5</b>                         |               | <b>Saturday, September 10, 2022</b> |                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                         | Adana, Turkey<br>Sun 29 Sutra 146 |                     |
| <b>Silver Retreat Star</b>       |               | <b>Gulika</b>                       | 5:17AM – 6:52AM  | <b>Purvaproshtapada* Until 4:31AM Sun</b>  | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:17AM            | Subhakrit 5124      |
| Kumbha Rasi: 19.55               | Tithi 15 – 16 | Yama                                | 1:11PM – 2:46PM  | Dhriti Until 11:25AM   | <b>Muruqa:</b> White    | <i>Sunset:</i> 5:55PM             | Moon 8 - Phase 20 - |
|                                  | 594965473     | <b>Rahu</b>                         | 8:26AM – 10:01AM | Balava Until 10:49PM   | <b>Nataraja:</b> Clear  |                                   | Prathama            |
| Routine Work Marana Yoga         |               |                                     |                  | <b>Purnima* Until 11:59AM</b>  | Moon – Purple           | <b>Devaloka Day</b>               |                     |
| Until 4:31AM Sun                 |               |                                     |                  |  | <b>Bhadrapada*Avani</b> |                                   |                     |
| Then Creative Work - Amrita 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 Shula\*Ganda\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Adana, Turkey  
Sutra 147

Meena Rasi: 4.11 Tithi 16 – 17

**Gulika** 2:45PM – 4:19PM  
Yama 11:36AM – 1:10PM  
**Rahu** 4:19PM – 5:54PM

**Uttaraproshtapada** Until 3:27AM Mon  
Shula\* Until 8:28AM  
Taitila Until 8:51PM  
**Prathama\*** Until 9:45AM

**Ganesha:** Clear *Sunrise: 5:18AM*  
**Muruqa:** White *Sunset: 5:54PM*

Subhakrit 5124  
Moon 9 - Phase 21 - 1st Phase

Creative Work Amrita Yoga

Until 3:27AM Mon

Then Creative Work - Siddha Yoga

**Grandparent's Day**

**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 Gara/Vanija Karana Tritiya/Trityayam Titau

Adana, Turkey  
Sun 1 Sutra 148

Meena Rasi: 18.07 Tithi 17 – 18

**Gulika** 1:10PM – 2:44PM  
Yama 10:01AM – 11:35AM  
**Rahu** 6:53AM – 8:27AM

**Revati** Until 2:55AM Tue  
Vriddhi Until 4:04AM Tue  
Vanija Until 7:31PM  
**Dvitiya** Until 8:05AM

**Ganesha:** Clear *Sunrise: 5:18AM*  
**Muruqa:** White *Sunset: 5:52PM*

Subhakrit 5124  
Moon 9 - Phase 21 - 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 Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Adana, Turkey  
Sun 2 Sutra 149

Mesha Rasi: 1.37 Tithi 18 – 19

**Gulika** 11:35AM – 1:09PM  
Yama 8:27AM – 10:01AM  
**Rahu** 2:43PM – 4:17PM

**Ashvini** Until 3:25AM Wed  
Dhruva Until 2:44AM Wed  
Bava Until 6:56PM  
**Tritiya** Until 7:06AM

**Ganesha:** White *Sunrise: 5:19AM*  
**Muruqa:** White *Sunset: 5:51PM*

Subhakrit 5124  
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 Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Adana, Turkey  
Sun 3 Sutra 150

Mesha Rasi: 14.43 Tithi 19 – 20

**Gulika** 10:01AM – 11:35AM  
Yama 6:54AM – 8:27AM  
**Rahu** 11:35AM – 1:08PM

**Bharani** Until 4:34AM Thu  
Vyaghata\* Until 2:03AM Thu  
Kaulava Until 7:09PM  
**Chaturthi\*** Until 6:55AM

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

Subhakrit 5124  
Moon 9 - Phase 21 - 3 1st Phase

Creative Work Siddha Yoga

Until 4:34AM Thu

Then Routine Work - Marana Yoga

**Bhadrapada\*Avani**

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

**4**

**Thursday, September 15, 2022**

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

Adana, Turkey  
Sun 4 Sutra 151

Mesha Rasi: 27.24 Tithi 20 – 21

**Gulika** 8:28AM – 10:01AM  
Yama 5:21AM – 6:54AM  
**Rahu** 1:08PM – 2:41PM

**Krittika** Until 6:17AM Fri  
Harshana Until 1:59AM Fri  
Gara Until 8:08PM  
**Panchami** Until 7:32AM

**Ganesha:** Clear *Sunrise: 5:21AM*  
**Muruqa:** White *Sunset: 5:48PM*

Subhakrit 5124  
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 Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Krittika/Rohini Nakshatra Vajra\* Yoga Vanija/Visti\* Karana Shashthi/Saptayam Titau

Adana, Turkey  
Sun 5 Sutra 152

Vrishabha Rasi: 9.46 Tithi 21 – 22

**Gulika** 6:55AM – 8:28AM  
Yama 2:40PM – 4:13PM  
**Rahu** 10:01AM – 11:34AM

**Krittika** Until 6:17AM  
Vajra\* Until 2:22AM Sat  
Visti Until 9:49PM  
**Shashthi\*** Until 8:53AM

**Ganesha:** Clear *Sunrise: 5:22AM*  
**Muruqa:** White *Sunset: 5:46PM*

Subhakrit 5124  
Moon 9 - Phase 21 - 5 1st Phase

Creative Work Siddha Yoga

Until 6:17AM

Then Routine Work - Marana Yoga

**Bhadrapada\*Avani**

**Devaloka Day**

**6**

**Saturday, September 17, 2022**  
**Retreat Star**

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

Adana, Turkey  
Sun 6 Sutra 153

Vrishabha Rasi: 21.52 Tithi 22 – 23

**Gulika** 5:23AM – 6:55AM  
Yama 1:06PM – 2:39PM  
**Rahu** 8:28AM – 10:01AM

**Rohini** Until 8:55AM  
Siddhi Until 3:06AM Sun  
Balava Until 11:58PM  
**Saptami** Until 10:50AM

**Ganesha:** White *Sunrise: 5:23AM*  
**Muruqa:** White *Sunset: 5:45PM*

Subhakrit 5124  
Moon 9 - Phase 21 - 6 Ashtami

Creative Work Amrita Yoga

Until 8:55AM

Then 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  
Mrigashira/Ardra Nakshatra Vyatipata\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Adana, Turkey  
Sun 7 Sutra 154

Mithuna Rasi: 3.49 Tithi 23 – 24

**Gulika** 2:38PM – 4:11PM  
Yama 11:33AM – 1:06PM  
**Rahu** 4:11PM – 5:43PM

**Mrigashira** Until 11:44AM  
Vyatipata\* Until 4:01AM Mon  
Taitila Until 2:23AM Mon  
**Ashtami\*** Until 1:09PM

**Ganesha:** White *Sunrise: 5:23AM*  
**Muruqa:** White *Sunset: 5:43PM*

Subhakrit 5124  
Moon 9 - Phase 21 - 7 Navami

Creative Work Siddha Yoga

**Bhadrapada\*Puratasi**

**Sivaloka Day**

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 Adana, Turkey on 5/1/21

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|                                  |                                   |                      |  |                          |                     |                 |                       |
|----------------------------------|-----------------------------------|----------------------|--|--------------------------|---------------------|-----------------|-----------------------|
| <b>1</b>                         | <b>Monday, September 19, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam<br>Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                          |                     |                 | Adana, Turkey         |
|                                  | Mithuna Rasi: 15.41               | Tithi 24 – 25        | Gulika 1:05PM – 2:37PM   | Ardra Until 2:33PM       | Ganesha: White      | Sunrise: 5:24AM | Sun 8 Sutra 155       |
| <b>Family Home Evening</b>       |                                   | 545965473            | Yama 10:01AM – 11:33AM   | Variyan Until 4:54AM Tue | Muruqa: White       | Sunset: 5:42PM  | Subhakrit 5124        |
| Creative Work                    | Siddha Yoga                       | Rahu 6:56AM – 8:29AM | Vanija Until 4:49AM Tue  | Nataraja: Clear          |                     |                 | Moon 9 - Phase 22 - 8 |
| Until 2:33PM                     |                                   |                      | Navami* Until 3:36PM   | Moon – Yellow            | <b>Sivaloka Day</b> |                 | 2nd Phase             |
| Then Creative Work - Amrita Yoga |                                   |                      |  | Bhadrapada-Puratasi      |                     |                 |                       |


|               |                                    |                      |  |                           |                     |                 |                       |
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| <b>2</b>      | <b>Tuesday, September 20, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam<br>Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                           |                     |                 | Adana, Turkey         |
|               | Mithuna Rasi: 27.34                | Tithi 25 – 26        | Gulika 11:33AM – 1:04PM  | Punarvasu Until 5:36PM    | Ganesha: Yellow     | Sunrise: 5:25AM | Sun 9 Sutra 156       |
|               |                                    | 545965473            | Yama 8:29AM – 10:01AM  | Parigha* Until 5:40AM Wed | Muruqa: White       | Sunset: 5:40PM  | Subhakrit 5124        |
| Creative Work | Siddha Yoga                        | Rahu 2:36PM – 4:08PM | Bava Until 7:05AM Wed  | Nataraja: Clear           |                     |                 | Moon 9 - Phase 22 - 9 |
|               |                                    |                      | Dashami Until 5:58PM   | Moon – Blue               | <b>Devaloka Day</b> |                 | 2nd Phase             |
|               |                                    |                      |  | Bhadrapada-Puratasi       |                     |                 |                       |

|               |                                      |                       |   |                        |                     |                 |                        |
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| <b>3</b>      | <b>Wednesday, September 21, 2022</b> |                       | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam<br>Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau |                        |                     |                 | Adana, Turkey          |
|               | Kataka Rasi: 9.3                     | Tithi 26              | Gulika 10:01AM – 11:32AM  | Pushya Until 8:15PM    | Ganesha: Yellow     | Sunrise: 5:26AM | Sun 10 Sutra 157       |
|               |                                      | 545965473             | Yama 6:57AM – 8:29AM  | Shiva Until 6:12AM Thu | Muruqa: White       | Sunset: 5:39PM  | Subhakrit 5124         |
| Creative Work | Siddha Yoga                          | Rahu 11:32AM – 1:04PM | Bava Until 7:05AM   | Nataraja: Clear        |                     |                 | Moon 9 - Phase 22 - 10 |
|               |                                      |                       | Ekadashi* Until 8:04PM  | Moon – Blue            | <b>Devaloka Day</b> |                 | 2nd Phase              |
|               |                                      |                       |   | Bhadrapada-Puratasi    |                     |                 |                        |

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| <b>4</b>                         | <b>Thursday, September 22, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam<br>Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvodashyam Titau |                         |                     |                 | Adana, Turkey          |
|                                  | Kataka Rasi: 21.35                  | Tithi 27             | Gulika 8:29AM – 10:01AM  | Ashlesha* Until 10:20PM | Ganesha: Yellow     | Sunrise: 5:27AM | Sun 11 Sutra 158       |
|                                  |                                     | 545965473            | Yama 5:27AM – 6:58AM   | Shiva Until 6:12AM      | Muruqa: White       | Sunset: 5:37PM  | Subhakrit 5124         |
| Creative Work                    | Siddha Yoga                         | Rahu 1:03PM – 2:34PM | Kaulava Until 8:59AM   | Nataraja: Clear         |                     |                 | Moon 9 - Phase 22 - 11 |
| Until 10:20PM                    |                                     |                      | Dvodashi* Until 9:46PM   | Moon – Blue             | <b>Devaloka Day</b> |                 | 2nd Phase              |
| Then Creative Work - Amrita Yoga |                                     |                      |  | Bhadrapada-Puratasi     |                     |                 |                        |

|                                  |                                   |                        |   |                          |                     |                 |                        |
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| <b>5</b>                         | <b>Friday, September 23, 2022</b> |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam<br>Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau |                          |                     |                 | Adana, Turkey          |
|                                  | Simha Rasi: 3.5                   | Tithi 28               | Gulika 6:58AM – 8:29AM  | Magha* Until 12:18AM Sat | Ganesha: Red        | Sunrise: 5:27AM | Sun 12 Sutra 159       |
|                                  |                                   | 555965473              | Yama 2:34PM – 4:05PM  | Siddha Until 6:21AM      | Muruqa: White       | Sunset: 5:36PM  | Subhakrit 5124         |
| Routine Work                     | Marana Yoga                       | Rahu 10:00AM – 11:31AM | Gara Until 10:27AM  | Nataraja: Clear          |                     |                 | Moon 9 - Phase 22 - 12 |
| Until 12:18AM Sat                |                                   |                        | Trayodashi* Until 10:59PM   | Moon – Red               | <b>Devaloka Day</b> |                 | 2nd Phase              |
| Then Creative Work - Siddha Yoga |                                   |                        | <i>Pradosha Vrata (Fasting)</i>   | Bhadrapada-Puratasi      |                     |                 |                        |

|                                  |                                     |                       |   |                                |                             |                 |                        |
|----------------------------------|-------------------------------------|-----------------------|---|--------------------------------|-----------------------------|-----------------|------------------------|
| <b>6</b>                         | <b>Saturday, September 24, 2022</b> |                       | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam<br>Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                |                             |                 | Adana, Turkey          |
|                                  | Simha Rasi: 16.18                   | Tithi 29              | Gulika 5:28AM – 6:59AM  | Purvaphalguni Until 1:36AM Sun | Ganesha: Green              | Sunrise: 5:28AM | Sun 13 Sutra 160       |
|                                  |                                     | 556965473             | Yama 1:02PM – 2:33PM  | Sadhya Until 6:09AM            | Muruqa: White               | Sunset: 5:34PM  | Subhakrit 5124         |
| Creative Work                    | Siddha Yoga                         | Rahu 8:30AM – 10:00AM | Visti Until 11:26AM   | Nataraja: Clear                |                             |                 | Moon 9 - Phase 22 - 13 |
| Until 1:36AM Sun                 |                                     |                       | Chaturdashi* Until 11:42PM  | Moon – Red                     | <b>Bhuloka Day</b>          |                 | 2nd Phase              |
| Then Creative Work - Amrita Yoga |                                     |                       |   | Bhadrapada-Puratasi            | Devaloka Time: 6:PM to 9:PM |                 |                        |

|   |                                   |                      |   |                                 |                             |                 |                        |
|---|-----------------------------------|----------------------|---|---------------------------------|-----------------------------|-----------------|------------------------|
|  | <b>Sunday, September 25, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam<br>Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                 |                             |                 | Adana, Turkey          |
|   | <b>Retreat Star</b>               |                      | Gulika 2:32PM – 4:02PM  | Uttaraphalguni Until 2:15AM Mon | Ganesha: Blue               | Sunrise: 5:29AM | Sun 14 Sutra 161       |
| Simha Rasi: 29  | Tithi 30                          | 556165473            | Yama 11:31AM – 1:01PM   | Sukla Until 4:33AM Mon          | Muruqa: White               | Sunset: 5:32PM  | Subhakrit 5124         |
| Creative Work   | Amrita Yoga                       | Rahu 4:02PM – 5:32PM | Catuspada Until 11:53AM   | Nataraja: Clear                 |                             |                 | Moon 9 - Phase 22 - 14 |
| Until 2:15AM Mon  |                                   |                      | Amavasya* Until 11:54PM   | Moon – Red                      | <b>Bhuloka Day</b>          |                 | Amavasya               |
| Then Creative Work - Siddha Yoga  |                                   |                      | <b>Mahalaya Amavasai (Tamil Nadu)</b>   | Bhadrapada-Puratasi             | Devaloka Time: 6:PM to 9:PM |                 |                        |

|                            |                                   |                      |   |                         |                             |                 |                        |
|----------------------------|-----------------------------------|----------------------|---|-------------------------|-----------------------------|-----------------|------------------------|
| <b>Retreat Star</b>        | <b>Monday, September 26, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam<br>Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau |                         |                             |                 | Adana, Turkey          |
|                            | Kanya Rasi: 11.56                 | Tithi 1              | Gulika 1:01PM – 2:31PM  | Hasta Until 2:45AM Tue  | Ganesha: Blue               | Sunrise: 5:30AM | Sun 15 Sutra 162       |
| <b>Family Home Evening</b> |                                   | 566165473            | Yama 10:00AM – 11:30AM  | Brahma Until 3:11AM Tue | Muruqa: White               | Sunset: 5:31PM  | Subhakrit 5124         |
| Creative Work              | Siddha Yoga                       | Rahu 7:00AM – 8:30AM | Kintughna Until 11:50AM   | Nataraja: Clear         |                             |                 | Moon 9 - Phase 22 - 15 |
|                            |                                   |                      | Prathama* Until 11:38PM   | Moon – Green            | <b>Bhuloka Day</b>          |                 | Prathama               |
|                            |                                   |                      | <b>Navaratri Begins</b>   | Ashvina-Puratasi        | Devaloka Time: 6:PM to 9:PM |                 |                        |

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 Adana, Turkey on 5/1/21

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|          |                                    |             |   |                                |               |                 |                  |
|----------|------------------------------------|-------------|---|--------------------------------|---------------|-----------------|------------------|
| <b>1</b> | <b>Tuesday, September 27, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau |                                |               |                 | Adana, Turkey    |
|          | Kanya Rasi: 25.07                  | Tithi 2     | Gulika 11:30AM – 1:00PM   | <b>Chitra Until 2:41AM Wed</b> | Ganesha: Blue | Sunrise: 5:31AM | Sun 16 Sutra 163 |
|          | Creative Work                      | Siddha Yoga | Yama 8:30AM – 10:00AM   | Indra Until 1:31AM Wed         | Muruqa: White | Sunset: 5:29PM  | Subhakrit 5124   |

|          |                                      |             |   |                               |               |                 |                  |
|----------|--------------------------------------|-------------|---|-------------------------------|---------------|-----------------|------------------|
| <b>2</b> | <b>Wednesday, September 28, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Triliyayam Titau |                               |               |                 | Adana, Turkey    |
|          | Tula Rasi: 8.31                      | Tithi 3     | Gulika 10:00AM – 11:30AM  | <b>Svati Until 2:09AM Thu</b> | Ganesha: Blue | Sunrise: 5:32AM | Sun 17 Sutra 164 |
|          | Creative Work                        | Siddha Yoga | Yama 7:01AM – 8:31AM  | Vaidhriti* Until 11:32PM      | Muruqa: White | Sunset: 5:28PM  | Subhakrit 5124   |

|          |                                     |             |  |                                  |               |                 |                  |
|----------|-------------------------------------|-------------|--|----------------------------------|---------------|-----------------|------------------|
| <b>3</b> | <b>Thursday, September 29, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau |                                  |               |                 | Adana, Turkey    |
|          | Tula Rasi: 22.06                    | Tithi 4     | Gulika 8:31AM – 10:00AM  | <b>Vishakha Until 1:37AM Fri</b> | Ganesha: Blue | Sunrise: 5:32AM | Sun 18 Sutra 165 |
|          | Creative Work                       | Siddha Yoga | Yama 5:32AM – 7:02AM   | Vishkambha* Until 9:19PM         | Muruqa: White | Sunset: 5:26PM  | Subhakrit 5124   |

|          |                                   |             |  |                                   |               |                 |                  |
|----------|-----------------------------------|-------------|--|-----------------------------------|---------------|-----------------|------------------|
| <b>4</b> | <b>Friday, September 30, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau |                                   |               |                 | Adana, Turkey    |
|          | Vrischika Rasi: 5.51              | Tithi 5     | Gulika 7:02AM – 8:31AM   | <b>Anuradha Until 12:41AM Sat</b> | Ganesha: Blue | Sunrise: 5:33AM | Sun 19 Sutra 166 |
|          | Creative Work                     | Siddha Yoga | Yama 2:27PM – 3:56PM   | Priti Until 6:56PM                | Muruqa: White | Sunset: 5:25PM  | Subhakrit 5124   |

|          |                                  |             |   |                                |               |                 |                  |
|----------|----------------------------------|-------------|---|--------------------------------|---------------|-----------------|------------------|
| <b>5</b> | <b>Saturday, October 1, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau |                                |               |                 | Adana, Turkey    |
|          | Vrischika Rasi: 19.44            | Tithi 6 – 7 | Gulika 5:34AM – 7:03AM  | <b>Jyeshtha* Until 11:26PM</b> | Ganesha: Blue | Sunrise: 5:34AM | Sun 20 Sutra 167 |
|          | Creative Work                    | Siddha Yoga | Yama 12:57PM – 2:26PM   | Ayushman Until 4:21PM          | Muruqa: White | Sunset: 5:23PM  | Subhakrit 5124   |

|          |                                |             |   |                            |               |                 |                  |
|----------|--------------------------------|-------------|---|----------------------------|---------------|-----------------|------------------|
| <b>6</b> | <b>Sunday, October 2, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau |                            |               |                 | Adana, Turkey    |
|          | Dhanus Rasi: 3.45              | Tithi 7 – 8 | Gulika 2:25PM – 3:54PM  | <b>Mula* Until 10:17PM</b> | Ganesha: Blue | Sunrise: 5:35AM | Sun 21 Sutra 168 |
|          | Creative Work                  | Amrita Yoga | Yama 11:28AM – 12:57PM  | Saubhagya Until 1:38PM     | Muruqa: Green | Sunset: 5:22PM  | Subhakrit 5124   |

|          |                                |             |  |                                  |               |                 |                  |
|----------|--------------------------------|-------------|--|----------------------------------|---------------|-----------------|------------------|
| <b>D</b> | <b>Monday, October 3, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                  |               |                 | Adana, Turkey    |
|          | <b>Retreat Star</b>            |             | Gulika 12:56PM – 2:24PM  | <b>Purvashadha* Until 8:52PM</b> | Ganesha: Blue | Sunrise: 5:36AM | Sun 22 Sutra 169 |
|          | Dhanus Rasi: 17.52             | Tithi 8 – 9 | Yama 10:00AM – 11:28AM   | Sobhana Until 10:48AM            | Muruqa: Green | Sunset: 5:20PM  | Subhakrit 5124   |

|          |                                 |              |   |                                  |               |                 |                  |
|----------|---------------------------------|--------------|---|----------------------------------|---------------|-----------------|------------------|
| <b>D</b> | <b>Tuesday, October 4, 2022</b> |              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau |                                  |               |                 | Adana, Turkey    |
|          | <b>Retreat Star</b>             |              | Gulika 11:28AM – 12:56PM  | <b>Uttarashadha Until 7:12PM</b> | Ganesha: Blue | Sunrise: 5:37AM | Sun 23 Sutra 170 |
|          | Makara Rasi: 2.04               | Tithi 9 – 10 | Yama 8:32AM – 10:00AM   | Athiganda* Until 7:51AM          | Muruqa: Green | Sunset: 5:19PM  | Subhakrit 5124   |

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 Adana, Turkey on 5/1/21

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|  |                                   |               |  |                              |                         |                        |                                      |
|--|-----------------------------------|---------------|--|------------------------------|-------------------------|------------------------|--------------------------------------|
| 1                                      | <b>Wednesday, October 5, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                              |                         |                        | Adana, Turkey<br>Sun 24<br>Sutra 171 |
|  | Makara Rasi: 16.19                | Tithi 10 - 11 | <b>Gulika</b> 10:00AM - 11:28AM  | <b>Shravana Until 5:46PM</b> | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 5:38AM | Subhakrit 5124                       |
|  |                                   |               | Yama 7:05AM - 8:33AM   | Dhriti Until 1:50AM Thu      | <b>Muruqa:</b> Green    | <i>Sunset:</i> 5:18PM  | Moon 9 - Phase 24 - 24               |
|  |                                   | 697166473     | <b>Rahu</b> 11:28AM - 12:55PM  | Vanija Until 7:24PM          | <b>Nataraja:</b> Clear  |                        | 4th Phase                            |
| Creative Work Siddha Yoga              |                                   |               | <b>Vijaya Dasami</b>   | <b>Dashami Until 8:32AM</b>  | <b>Ashvina+Puratasi</b> | <b>Devaloka Day</b>    |                                      |
| Until 5:46PM                           |                                   |               |  |                              |                         |                        |                                      |
| Then Routine Work - Prabalarishta Yoga |                                   |               |  |                              |                         |                        |                                      |

|                           |                                  |               |  |                                |                        |                        |                                      |
|---------------------------|----------------------------------|---------------|--|--------------------------------|------------------------|------------------------|--------------------------------------|
| 2                         | <b>Thursday, October 6, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau |                                |                        |                        | Adana, Turkey<br>Sun 25<br>Sutra 172 |
|                           | Kumbha Rasi: 0.35                | Tithi 11 - 12 | <b>Gulika</b> 8:33AM - 10:00AM   | <b>Dhanishtha Until 4:14PM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:38AM | Subhakrit 5124                       |
|                           |                                  |               | Yama 5:38AM - 7:06AM   | Shula* Until 10:51PM           | <b>Muruqa:</b> Green   | <i>Sunset:</i> 5:16PM  | Moon 9 - Phase 24 - 25               |
|                           |                                  | 697166473     | <b>Rahu</b> 12:54PM - 2:22PM   | Balava Until 4:00AM Fri        | <b>Nataraja:</b> Clear |                        | 4th Phase                            |
| Creative Work Siddha Yoga |                                  |               | <b>Ekadashi Until 6:14AM</b>   | <b>Ashvina+Puratasi</b>        | <b>Devaloka Day</b>    |                        |                                      |

|                           |                                |           |   |                                  |                        |                        |                                      |
|---------------------------|--------------------------------|-----------|---|----------------------------------|------------------------|------------------------|--------------------------------------|
| 3                         | <b>Friday, October 7, 2022</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau |                                  |                        |                        | Adana, Turkey<br>Sun 26<br>Sutra 173 |
|                           | Kumbha Rasi: 14.47             | Tithi 13  | <b>Gulika</b> 7:06AM - 8:33AM   | <b>Shatabhishak Until 2:41PM</b> | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:39AM | Subhakrit 5124                       |
|                           |                                |           | Yama 2:21PM - 3:48PM  | Ganda* Until 8:01PM              | <b>Muruqa:</b> Green   | <i>Sunset:</i> 5:15PM  | Moon 9 - Phase 24 - 26               |
|                           |                                | 697166473 | <b>Rahu</b> 10:00AM - 11:27AM   | Kaulava Until 2:58PM             | <b>Nataraja:</b> Clear |                        | 4th Phase                            |
| Creative Work Siddha Yoga |                                |           | <b>Trayodashi Until 1:58AM Sat</b>  | <b>Ashvina+Puratasi</b>          | <b>Devaloka Day</b>    |                        |                                      |
|                           |                                |           | <i>Pradosha Vrata</i>   |                                  |                        |                        |                                      |

|                                  |                                  |           |  |                                       |                         |                        |                                      |
|----------------------------------|----------------------------------|-----------|--|---------------------------------------|-------------------------|------------------------|--------------------------------------|
| 4                                | <b>Saturday, October 8, 2022</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau |                                       |                         |                        | Adana, Turkey<br>Sun 27<br>Sutra 174 |
|                                  | Kumbha Rasi: 28.52               | Tithi 14  | <b>Gulika</b> 5:40AM - 7:07AM  | <b>Purvaproshtapada* Until 1:39PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:40AM | Subhakrit 5124                       |
|                                  |                                  |           | Yama 12:53PM - 2:20PM  | Vridhhi Until 5:25PM                  | <b>Muruqa:</b> Green    | <i>Sunset:</i> 5:13PM  | Moon 9 - Phase 24 - 27               |
|                                  |                                  | 618166474 | <b>Rahu</b> 8:33AM - 10:00AM   | Gara Until 1:04PM                     | <b>Nataraja:</b> Purple |                        | 4th Phase                            |
| Routine Work Marana Yoga         |                                  |           | <b>Chaturdashi* Until 12:13AM Sun</b>  | <b>Ashvina+Puratasi</b>               | <b>Bhuloka Day</b>      |                        |                                      |
| Until 1:39PM                     |                                  |           |  |                                       |                         |                        |                                      |
| Then Creative Work - Siddha Yoga |                                  |           |  |                                       |                         |                        |                                      |

|                           |                                |           |  |  |                         |                        |                            |
|---------------------------|--------------------------------|-----------|--|--|-------------------------|------------------------|----------------------------|
| ○                         | <b>Sunday, October 9, 2022</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau |  |                         |                        | Adana, Turkey<br>Sutra 175 |
|                           | <b>Copper Retreat Star</b>     |           | <b>Gulika</b> 2:19PM - 3:45PM  | <b>Uttaraproshtapada Until 12:50PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:41AM | Subhakrit 5124             |
|                           | Meena Rasi: 12.45              | Tithi 15  | Yama 11:26AM - 12:53PM   | Dhruva Until 3:05PM                    | <b>Muruqa:</b> Green    | <i>Sunset:</i> 5:12PM  | Moon 9 - Phase 24 -        |
|                           |                                | 618166474 | <b>Rahu</b> 3:45PM - 5:12PM  | Visti Until 11:31AM                    | <b>Nataraja:</b> Purple |                        | Purnima                    |
| Creative Work Amrita Yoga |                                |           | <b>Purnima* Until 10:54PM</b>  | <b>Ashvina+Puratasi</b>                | <b>Bhuloka Day</b>      |                        |                            |

|                           |                                 |           |  |                             |                         |                        |                            |
|---------------------------|---------------------------------|-----------|--|-----------------------------|-------------------------|------------------------|----------------------------|
| ○                         | <b>Monday, October 10, 2022</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau |                             |                         |                        | Adana, Turkey<br>Sutra 176 |
|                           | <b>Silver Retreat Star</b>      |           | <b>Gulika</b> 12:52PM - 2:18PM   | <b>Revati Until 12:21PM</b> | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:42AM | Subhakrit 5124             |
|                           | Meena Rasi: 26.22               | Tithi 16  | Yama 10:00AM - 11:26AM   | Vyaghata* Until 1:10PM      | <b>Muruqa:</b> Green    | <i>Sunset:</i> 5:10PM  | Moon 9 - Phase 24 -        |
|                           |                                 | 618166474 | <b>Rahu</b> 7:08AM - 8:34AM  | Balava Until 10:28AM        | <b>Nataraja:</b> Purple |                        | Prathama                   |
| Family Home Evening       |                                 |           | <b>Prathama* Until 10:07PM</b>   | <b>Ashvina+Puratasi</b>     | <b>Bhuloka Day</b>      |                        |                            |
| Creative Work Siddha Yoga |                                 |           |  |                             |                         |                        |                            |





**Tuesday, October 11, 2022**  
**Gold Retreat Star**

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

Adana, Turkey  
 Sun 1 Sutra 177

Mesha Rasi: 9.39 Tithi 17  
 628176474 Rahu

**Gulika** 11:26AM – 12:52PM  
**Ashvini** Until 12:45PM  
 Yama 8:34AM – 10:00AM  
 Harshana Until 11:44AM  
 Rahu 2:17PM – 3:43PM  
 Taitila Until 9:59AM  
**Dvitiya** Until 9:58PM

**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** White *Sunset:* 5:09PM  
**Nataraja:** Purple  
 Moon – White  
**Bhuloka Day**  
 Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

**1**

**Wednesday, October 12, 2022**

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
 Bharani/Krittika Nakshatra Vajra\*/Siddhi Yoga Vanija/Visti\* Karana Trityayam Titau

Adana, Turkey  
 Sun 2 Sutra 178

Mesha Rasi: 22.36 Tithi 18  
 628176474 Rahu

**Gulika** 10:00AM – 11:26AM  
**Bharani** Until 1:38PM  
 Yama 7:09AM – 8:35AM  
 Vajra\* Until 10:47AM  
 Rahu 11:26AM – 12:51PM  
 Vanija Until 10:10AM  
 Trittaya Until 10:30PM

**Ganesha:** Yellow *Sunrise:* 5:44AM  
**Muruqa:** White *Sunset:* 5:07PM  
**Nataraja:** Purple  
 Moon – White  
**Bhuloka Day**  
 Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga  
 Until 1:38PM  
 Then Creative Work - Amrita Yoga

**2**

**Thursday, October 13, 2022**

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
 Krittika/Rohini Nakshatra Siddhi/Vyatipata\* Yoga Bava/Balava Karana Chaturthyam Titau

Adana, Turkey  
 Sun 3 Sutra 179

Virshabha Rasi: 5.14 Tithi 19  
 628176474 Rahu

**Gulika** 8:35AM – 10:00AM  
**Krittika** Until 3:01PM  
 Yama 5:45AM – 7:10AM  
 Siddhi Until 10:23AM  
 Rahu 12:51PM – 2:16PM  
 Bava Until 11:02AM  
 Chaturthi\* Until 11:41PM

**Ganesha:** Yellow *Sunrise:* 5:45AM  
**Muruqa:** White *Sunset:* 5:06PM  
**Nataraja:** Purple  
 Moon – White  
**Bhuloka Day**  
 Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

**3**

**Friday, October 14, 2022**

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Rohini/Mrigashira Nakshatra Vyatipata\*/Varyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Adana, Turkey  
 Sun 4 Sutra 180

Virshabha Rasi: 17.35 Tithi 20  
 638176474 Rahu

**Gulika** 7:10AM – 8:35AM  
**Rohini** Until 5:19PM  
 Yama 2:15PM – 3:40PM  
 Vyatipata\* Until 10:28AM  
 Rahu 10:00AM – 11:25AM  
 Kaulava Until 12:32PM  
 Panchami Until 1:27AM Sat

**Ganesha:** Blue *Sunrise:* 5:46AM  
**Muruqa:** White *Sunset:* 5:05PM  
**Nataraja:** Purple  
 Moon – Yellow  
**Bhuloka Day**

Routine Work Marana Yoga  
 Until 5:19PM  
 Then Creative Work - Siddha Yoga

**4**

**Saturday, October 15, 2022**

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
 Mrigashira Nakshatra Varyan/Parigha\* Yoga Gara/Vanija Karana Shashthyam Titau

Adana, Turkey  
 Sun 5 Sutra 181

Virshabha Rasi: 29.42 Tithi 21  
 639176474 Rahu

**Gulika** 5:46AM – 7:11AM  
**Mrigashira** Until 7:55PM  
 Yama 12:49PM – 2:14PM  
 Varyan Until 10:56AM  
 Rahu 8:36AM – 10:00AM  
 Gara Until 2:32PM  
 Shashthi\* Until 3:39AM Sun

**Ganesha:** Red *Sunrise:* 5:46AM  
**Muruqa:** White *Sunset:* 5:03PM  
**Nataraja:** Purple  
 Moon – Yellow  
**Bhuloka Day**  
 Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

**5**

**Sunday, October 16, 2022**

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Ardra Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptamyam Titau

Adana, Turkey  
 Sun 6 Sutra 182

Mithuna Rasi: 11.4 Tithi 22  
 639176474 Rahu

**Gulika** 2:13PM – 3:38PM  
**Ardra** Until 10:37PM  
 Yama 11:25AM – 12:49PM  
 Parigha\* Until 11:40AM  
 Rahu 3:38PM – 5:02PM  
 Visti Until 4:52PM  
 Saptami Until 6:04AM Mon

**Ganesha:** Red *Sunrise:* 5:47AM  
**Muruqa:** White *Sunset:* 5:02PM  
**Nataraja:** Purple  
 Moon – Yellow  
**Bhuloka Day**  
 Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

**D**

**Monday, October 17, 2022**

**Retreat Star**

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

Adana, Turkey  
 Sun 7 Sutra 183

Mithuna Rasi: 23.34 Tithi 22 – 23  
**Family Home Evening**  
 649176474 Rahu

**Gulika** 12:48PM – 2:13PM  
**Punarvasu** Until 1:42AM Tue  
 Yama 10:00AM – 11:24AM  
 Shiva Until 12:32PM  
 Rahu 7:12AM – 8:36AM  
 Balava Until 7:18PM  
 Saptami Until 6:04AM

**Ganesha:** Green *Sunrise:* 5:48AM  
**Muruqa:** White *Sunset:* 5:01PM  
**Nataraja:** Purple  
 Moon – Blue  
**Devaloka Day**

Creative Work Amrita Yoga  
 Until 1:42AM Tue  
 Then Creative Work - Siddha Yoga

**Tuesday, October 18, 2022**

**Retreat Star**

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

Adana, Turkey  
 Sun 8 Sutra 184

Kataka Rasi: 5.27 Tithi 23 – 24  
 649176474 Rahu

**Gulika** 11:24AM – 12:48PM  
**Pushya** Until 4:29AM Wed  
 Yama 8:37AM – 10:00AM  
 Siddha Until 1:20PM  
 Rahu 2:12PM – 3:36PM  
 Taitila Until 9:39PM  
 Ashtami\* Until 8:29AM

**Ganesha:** Green *Sunrise:* 5:49AM  
**Muruqa:** White *Sunset:* 4:59PM  
**Nataraja:** Purple  
 Moon – Blue  
**Devaloka Day**

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 Adana, Turkey on 5/1/21

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|                                  |               |                                    |  |   |   |  |  |
|----------------------------------|---------------|------------------------------------|--|---|---|--|--|
| <b>1</b>                         |               | <b>Wednesday, October 19, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau |   | Adana, Turkey<br>Sun 9 Sutra 185<br>Subhakrit 5124 |  |
| Kataka Rasi: 17.25               | Tithi 24 – 25 | 649176474                          | <b>Gulika</b> 10:01AM – 11:24AM<br>Yama 7:14AM – 8:37AM<br><b>Rahu</b> 11:24AM – 12:48PM | <b>Ashlesha* Until 6:47AM Thu</b><br>Sadhya Until 1:58PM<br>Vanija Until 11:42PM<br><b>Navami* Until 10:42AM</b>  | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Blue | <b>Sunrise:</b> 5:50AM<br><b>Sunset:</b> 4:58PM    | Moon 10 - Phase 26 - 9<br>2nd Phase<br><b>Devaloka Day</b> |
| Creative Work Siddha Yoga        |               |                                    |  |   |   |  |  |
| Until 6:47AM Thu                 |               |                                    |  |   |   |  |  |
| Then Creative Work - Amrita Yoga |               |                                    |  |   |   |  |  |

|                                  |               |                                   |  |  |   |   |   |
|----------------------------------|---------------|-----------------------------------|--|--|---|---|---|
| <b>2</b>                         |               | <b>Thursday, October 20, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |   | Adana, Turkey<br>Sun 10 Sutra 186<br>Subhakrit 5124 |   |
| Kataka Rasi: 29.31               | Tithi 25 – 26 | 649276474                         | <b>Gulika</b> 8:37AM – 10:01AM<br>Yama 5:51AM – 7:14AM<br><b>Rahu</b> 12:47PM – 2:10PM | <b>Ashlesha* Until 6:47AM</b><br>Subha Until 2:19PM<br>Bava Until 1:17AM Fri<br><b>Dashami Until 12:32PM</b>   | <b>Ganesha:</b> Red<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Blue | <b>Sunrise:</b> 5:51AM<br><b>Sunset:</b> 4:57PM     | Moon 10 - Phase 26 - 10<br>2nd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:AM to 9:AM |
| Creative Work Siddha Yoga        |               |                                   |  |  |   |   |   |
| Until 6:47AM                     |               |                                   |  |  |   |   |   |
| Then Creative Work - Amrita Yoga |               |                                   |  |  |   |   |   |

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| <b>3</b>                         |               | <b>Friday, October 21, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |  | Adana, Turkey<br>Sun 11 Sutra 187<br>Subhakrit 5124 |  |
| Simha Rasi: 11.49                | Tithi 26 – 27 | 659276474                       | <b>Gulika</b> 7:15AM – 8:38AM<br>Yama 2:10PM – 3:32PM<br><b>Rahu</b> 10:01AM – 11:24AM | <b>Magha* Until 8:55AM</b><br>Sukla Until 2:13PM<br>Kaulava Until 2:18AM Sat<br><b>Ekadashi* Until 1:51PM</b>  | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:52AM<br><b>Sunset:</b> 4:55PM     | Moon 10 - Phase 26 - 11<br>2nd Phase<br><b>Bhuloka Day</b> |
| Routine Work Marana Yoga         |               |                                 |  |  |  |   |  |
| Until 8:55AM                     |               |                                 |  |  |  |   |  |
| Then Creative Work - Siddha Yoga |               |                                 |  |  |  |   |  |

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| <b>4</b>                        |               | <b>Saturday, October 22, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau |  | Adana, Turkey<br>Sun 12 Sutra 188<br>Subhakrit 5124 |  |
| Simha Rasi: 24.22               | Tithi 27 – 28 | 659276474                         | <b>Gulika</b> 5:53AM – 7:16AM<br>Yama 12:46PM – 2:09PM<br><b>Rahu</b> 8:38AM – 10:01AM | <b>Purvaphalguni Until 10:18AM</b><br>Brahma Until 1:39PM<br>Gara Until 2:40AM Sun<br><b>Dvadashi* Until 2:33PM</b>  | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:53AM<br><b>Sunset:</b> 4:54PM     | Moon 10 - Phase 26 - 12<br>2nd Phase<br><b>Bhuloka Day</b> |
| Creative Work Siddha Yoga       |               |                                   |  |  |  |   |  |
| Until 10:18AM                   |               |                                   |  |  |  |   |  |
| Then Routine Work - Marana Yoga |               |                                   |  |  |  |   |  |
|                                 |               |                                   |  | <i>Pradosha Vrata (Fasting)</i>  |  |   |  |

|                           |               |                                       |  |  |   |   |  |
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| <b>5</b>                  |               | <b>Sunday, October 23, 2022</b>       |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |   | Adana, Turkey<br>Sun 13 Sutra 189<br>Subhakrit 5124 |  |
| Kanya Rasi: 7.14          | Tithi 28 – 29 | 651276474                             | <b>Gulika</b> 2:08PM – 3:30PM<br>Yama 11:23AM – 12:46PM<br><b>Rahu</b> 3:30PM – 4:53PM | <b>Uttaraphalguni Until 10:55AM</b><br>Indra Until 12:37PM<br>Visti Until 2:23AM Mon<br><b>Trayodashi* Until 2:35PM</b>  | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:54AM<br><b>Sunset:</b> 4:53PM     | Moon 10 - Phase 26 - 13<br>2nd Phase<br><b>Bhuloka Day</b> |
| Creative Work Amrita Yoga |               |                                       |  |  |   |   |  |
| Until 11:13AM             |               |                                       |  |  |   |   |  |
|                           |               | <b>Deepavali Hindu Solidarity Day</b> |  |  |   |   |  |

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|  |               | <b>Monday, October 24, 2022</b>     |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |   | Adana, Turkey<br>Sun 14 Sutra 190<br>Subhakrit 5124 |   |
| <b>Retreat Star</b>   |               |                                     |   |   |   |   |   |
| Kanya Rasi: 20.25   | Tithi 29 – 30 | 661276474                           | <b>Gulika</b> 12:45PM – 2:07PM<br>Yama 10:01AM – 11:23AM<br><b>Rahu</b> 7:17AM – 8:39AM | <b>Hasta Until 11:13AM</b><br>Vaidhriti* Until 11:02AM<br>Catuspada Until 1:30AM Tue<br><b>Chaturdashi* Until 2:00PM</b>  | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 5:55AM<br><b>Sunset:</b> 4:52PM     | Moon 10 - Phase 26 - 14<br>Amavasya<br><b>Bhuloka Day</b> |
| Family Home Evening   |               |                                     |   |   |   |   |   |
| Creative Work Siddha Yoga   |               |                                     |   |   |   |   |   |
| Until 11:13AM   |               |                                     |   |   |   |   |   |
| Then Routine Work - Prabalarishta Yoga  |               |                                     |   |   |   |   |   |
|   |               | <b>Subramuniyaswami Mahasamadhi</b> |   |   |   |   |   |

|                           |              |                                  |   |  |   |   |   |
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| <b>Retreat Star</b>       |              | <b>Tuesday, October 25, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |   | Adana, Turkey<br>Sun 15 Sutra 191<br>Subhakrit 5124 |   |
| Tula Rasi: 3.55           | Tithi 30 – 1 | 661276474                        | <b>Gulika</b> 11:23AM – 12:45PM<br>Yama 8:40AM – 10:01AM<br><b>Rahu</b> 2:07PM – 3:29PM | <b>Chitra Until 10:47AM</b><br>Vishkambha* Until 9:01AM<br>Kintughna Until 12:06AM Wed<br><b>Amavasya* Until 12:50PM</b>   | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 5:56AM<br><b>Sunset:</b> 4:50PM     | Moon 10 - Phase 26 - 15<br>Prathama<br><b>Bhuloka Day</b> |
| Creative Work Siddha Yoga |              |                                  |   |  |   |   |   |
|                           |              | <b>Skanda Shasthi Begins</b>     |   |  |   |   |   |
|                           |              |                                  |   | <b>Kartika-Aipasi</b>  |   |   |   |

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

|          |                                    |             |  |                                |                            |                        |                             |
|----------|------------------------------------|-------------|--|--------------------------------|----------------------------|------------------------|-----------------------------|
| <b>1</b> | <b>Wednesday, October 26, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |                                |                            |                        | Adana, Turkey               |
|          | Tula Rasi: 17.44                   | Tithi 1 - 2 | <b>Gulika</b> 10:01AM - 11:23AM  | <b>Svati</b> Until 9:45AM      | <b>Ganesha:</b> Light Blue | <i>Sunrise:</i> 5:57AM | Sun 16 Sutra 192            |
|          | Creative Work                      | Siddha Yoga | Yama 7:18AM - 8:40AM   | Priti Until 6:37AM             | <b>Muruqa:</b> Clear       | <i>Sunset:</i> 4:49PM  | Subhakit 5124               |
|          |                                    | 661276574   | <b>Rahu</b> 11:23AM - 12:45PM  | Balava Until 10:16PM           | <b>Nataraja:</b> Clear     |                        | Moon 10 - Phase 27 - 16     |
|          |                                    |             |  | <b>Prathama*</b> Until 11:13AM | Moon - Green               |                        | 3rd Phase                   |
|          |                                    |             |  |                                | <b>Karttika-Aipasi</b>     | <b>Bhuloka Day</b>     | Devaloka Time: 3:PM to 6:PM |

|          |                                   |             |  |                              |                        |                        |                             |
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| <b>2</b> | <b>Thursday, October 27, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                              |                        |                        | Adana, Turkey               |
|          | Vrischika Rasi: 1.46              | Tithi 2 - 3 | <b>Gulika</b> 8:40AM - 10:02AM   | <b>Vishakha</b> Until 8:38AM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:58AM | Sun 17 Sutra 193            |
|          | Creative Work                     | Siddha Yoga | Yama 5:58AM - 7:19AM   | Saubhagya Until 12:57AM Fri  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:48PM  | Subhakit 5124               |
|          |                                   | 671276574   | <b>Rahu</b> 12:44PM - 2:05PM   | Taitila Until 8:09PM         | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 17     |
|          |                                   |             |  | <b>Dvitiya</b> Until 9:13AM  | Moon - Orange          |                        | 3rd Phase                   |
|          |                                   |             |  |                              | <b>Karttika-Aipasi</b> | <b>Bhuloka Day</b>     | Devaloka Time: 3:PM to 6:PM |

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| <b>3</b> | <b>Friday, October 28, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Visti Karana Tritiya/Chaturtham Titau |                              |                        |                        | Adana, Turkey               |
|          | Vrischika Rasi: 15.59           | Tithi 3 - 4 | <b>Gulika</b> 7:20AM - 8:41AM  | <b>Anuradha</b> Until 7:07AM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:59AM | Sun 18 Sutra 194            |
|          | Creative Work                   | Siddha Yoga | Yama 2:05PM - 3:26PM   | Sobhana Until 9:54PM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:47PM  | Subhakit 5124               |
|          |                                 | 671276574   | <b>Rahu</b> 10:02AM - 11:23AM  | Visti Until 4:38AM Sat       | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 18     |
|          |                                 |             |  | <b>Tritiya</b> Until 7:00AM  | Moon - Orange          |                        | 3rd Phase                   |
|          |                                 |             |  |                              | <b>Karttika-Aipasi</b> | <b>Bhuloka Day</b>     | Devaloka Time: 3:PM to 6:PM |

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| <b>4</b> | <b>Saturday, October 29, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula Nakshatra Athiganda Yoga Bava/Balava Karana Panchamyam Titau |                                  |                        |                        | Adana, Turkey           |
|          | Dhanus Rasi: 0.18                 | Tithi 5     | <b>Gulika</b> 6:00AM - 7:21AM  | <b>Mula*</b> Until 3:49AM Sun    | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:00AM | Sun 19 Sutra 195        |
|          | Creative Work                     | Siddha Yoga | Yama 12:44PM - 2:04PM  | Athiganda* Until 6:45PM          | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:46PM  | Subhakit 5124           |
|          |                                   | 681276574   | <b>Rahu</b> 8:41AM - 10:02AM   | Bava Until 3:27PM                | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 19 |
|          |                                   |             |  | <b>Panchami</b> Until 2:14AM Sun | Moon - Light Blue      |                        | 3rd Phase               |
|          |                                   |             |  |                                  | <b>Karttika-Aipasi</b> | <b>Devaloka Day</b>    |                         |

|          |                                 |             |   |                                      |                        |                        |                         |
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| <b>5</b> | <b>Sunday, October 30, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau |                                      |                        |                        | Adana, Turkey           |
|          | Dhanus Rasi: 14.38              | Tithi 6     | <b>Gulika</b> 2:04PM - 3:24PM   | <b>Purvashadha*</b> Until 2:11AM Mon | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:01AM | Sun 20 Sutra 196        |
|          | Creative Work                   | Siddha Yoga | Yama 11:23AM - 12:43PM  | Sukarma Until 3:39PM                 | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:45PM  | Subhakit 5124           |
|          |                                 | 681276574   | <b>Rahu</b> 3:24PM - 4:45PM   | Kaulava Until 1:03PM                 | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 20 |
|          |                                 |             |   | <b>Shashthi*</b> Until 11:52PM       | Moon - Light Blue      |                        | 3rd Phase               |
|          |                                 |             |   |                                      | <b>Karttika-Aipasi</b> | <b>Devaloka Day</b>    |                         |

|          |                                 |           |   |                                       |                        |                        |                         |
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| <b>6</b> | <b>Monday, October 31, 2022</b> |           | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saptamyam Titau |                                       |                        |                        | Adana, Turkey           |
|          | Dhanus Rasi: 28.55              | Tithi 7   | <b>Gulika</b> 12:43PM - 2:03PM  | <b>Uttarashadha</b> Until 12:33AM Tue | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:02AM | Sun 21 Sutra 197        |
|          | Family Home Evening             |           | Yama 10:02AM - 11:23AM  | Dhriti Until 12:37PM                  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:44PM  | Subhakit 5124           |
|          |                                 | 681276574 | <b>Rahu</b> 7:22AM - 8:42AM   | Gara Until 10:45AM                    | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 21 |
|          |                                 |           |   | <b>Saptami</b> Until 9:38PM           | Moon - Light Blue      |                        | 3rd Phase               |
|          |                                 |           |   |                                       | <b>Karttika-Aipasi</b> | <b>Devaloka Day</b>    |                         |

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| <b>Retreat Star</b> | <b>Tuesday, November 1, 2022</b> |             | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau |                               |                        |                        | Adana, Turkey               |
|                     | Makara Rasi: 13.07               | Tithi 8     | <b>Gulika</b> 11:23AM - 12:43PM  | <b>Shravana</b> Until 11:21PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 6:03AM | Sun 22 Sutra 198            |
|                     | Creative Work                    | Siddha Yoga | Yama 8:43AM - 10:03AM  | Shula* Until 9:41AM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:42PM  | Subhakit 5124               |
|                     |                                  | 691276574   | <b>Rahu</b> 2:03PM - 3:22PM  | Visti Until 8:35AM            | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 22     |
|                     |                                  |             |  | <b>Ashtami*</b> Until 7:33PM  | Moon - Purple          |                        | Ashtami                     |
|                     |                                  |             |  |                               | <b>Karttika-Aipasi</b> | <b>Bhuloka Day</b>     | Devaloka Time: 3:PM to 6:PM |

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| <b>Retreat Star</b> | <b>Wednesday, November 2, 2022</b> |                    | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha Nakshatra Ganda/Vridhi Yoga Balava/Taitila Karana Navami/Dashamyam Titau |                                 |                        |                        | Adana, Turkey               |
|                     | Makara Rasi: 27.13                 | Tithi 9 - 10       | <b>Gulika</b> 10:03AM - 11:23AM  | <b>Dhanishtha</b> Until 10:14PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 6:04AM | Sun 23 Sutra 199            |
|                     | Routine Work                       | Prabalarishta Yoga | Yama 7:24AM - 8:43AM   | Ganda* Until 6:55AM             | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:41PM  | Subhakit 5124               |
|                     |                                    | 692276574          | <b>Rahu</b> 11:23AM - 12:42PM  | Balava Until 6:37AM             | <b>Nataraja:</b> Clear |                        | Moon 10 - Phase 27 - 23     |
|                     |                                    |                    |  | <b>Navami*</b> Until 5:41PM     | Moon - Purple          |                        | Navami                      |
|                     |                                    |                    |  |                                 | <b>Karttika-Aipasi</b> | <b>Bhuloka Day</b>     | 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 Adana, Turkey on 5/1/21

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|---|-------------------------------------|--|----------------------------------|--|-----------------------------------|
| 1 | <b>Thursday, November 3, 2022</b>   | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                                  |  | Adana, Turkey<br>Sun 24 Sutra 201 |
|   | Kumbha Rasi: 11.09    Tithi 10 – 11 | <b>Gulika</b> 8:44AM – 10:03AM   | <b>Shatabhishak</b> Until 9:12PM | <b>Ganesha:</b> Green <i>Sunrise:</i> 6:05AM | Subhakit 5124                     |
|   | 692276574                           | Yama    6:05AM – 7:24AM  | Dhruva Until 1:56AM Fri          | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:40PM   | Moon 10 - Phase 28 - 24           |
|   | Creative Work    Siddha Yoga        | <b>Rahu</b> 12:42PM – 2:01PM   | Vanija Until 3:22AM Fri          | <b>Nataraja:</b> Clear                       | 4th Phase                         |
|   |                                     | <b>Dashami</b> Until 4:03PM  | Moon – Purple                    | <b>Bhuloka Day</b>                           | Devaloka Time: 3:PM to 6:PM       |
|   |                                     |  | Karttika•Aipasi                  |  |                                   |

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| 2 | <b>Friday, November 4, 2022</b>     | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                                       |   | Adana, Turkey<br>Sun 25 Sutra 201 |
|   | Kumbha Rasi: 24.56    Tithi 11 – 12 | <b>Gulika</b> 7:25AM – 8:44AM  | <b>Purvaproshtapada*</b> Until 8:44PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:06AM | Subhakit 5124                     |
|   | 612276574                           | Yama    2:01PM – 3:20PM  | Vyaghata*    Until 11:46PM            | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:39PM  | Moon 10 - Phase 28 - 25           |
|   | Creative Work    Siddha Yoga        | <b>Rahu</b> 10:03AM – 11:23AM  | Bava Until 2:10AM Sat                 | <b>Nataraja:</b> Clear                      | 4th Phase                         |
|   |                                     | <b>Ekadashi</b> Until 2:42PM   | Moon – Clear                          | <b>Bhuloka Day</b>                          | Devaloka Time: 3:PM to 6:PM       |
|   |                                     |  | Karttika•Aipasi                       |   |                                   |

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| 3                                      | <b>Saturday, November 5, 2022</b> | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                                       |   | Adana, Turkey<br>Sun 26 Sutra 202 |
|  | Meena Rasi: 8.33    Tithi 12 – 13 | <b>Gulika</b> 6:07AM – 7:26AM  | <b>Uttaraproshtapada</b> Until 8:28PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:07AM | Subhakit 5124                     |
|  | 612276574                         | Yama    12:42PM – 2:01PM   | Harshana Until 9:54PM                 | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:38PM  | Moon 10 - Phase 28 - 26           |
|  | Creative Work    Siddha Yoga      | <b>Rahu</b> 8:45AM – 10:04AM   | Kaulava Until 1:19AM Sun              | <b>Nataraja:</b> Clear                      | 4th Phase                         |
| Until 8:28PM                           |                                   | <b>Dvadashi</b> Until 1:40PM   | Moon – Clear                          | <b>Bhuloka Day</b>                          | Devaloka Time: 3:PM to 6:PM       |
| Then Routine Work - Prabalarishta Yoga |                                   | <i>Pradosha Vrata</i>  | Karttika•Aipasi                       |   |                                   |

|                                  |                                    |  |                            |   |                                   |
|----------------------------------|------------------------------------|--|----------------------------|---|-----------------------------------|
| 4                                | <b>Sunday, November 6, 2022</b>    | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                            |   | Adana, Turkey<br>Sun 27 Sutra 203 |
|                                  | Meena Rasi: 21.57    Tithi 13 – 14 | <b>Gulika</b> 2:00PM – 3:19PM  | <b>Revati</b> Until 8:25PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:08AM | Subhakit 5124                     |
|                                  | 612276574                          | Yama    11:23AM – 12:41PM  | Vajra*    Until 8:18PM     | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:37PM  | Moon 10 - Phase 28 - 27           |
|                                  | Creative Work    Amrita Yoga       | <b>Rahu</b> 3:19PM – 4:37PM  | Gara Until 12:52AM Mon     | <b>Nataraja:</b> Clear                      | 4th Phase                         |
| Until 8:25PM                     |                                    | <b>Trayodashi</b> Until 1:01PM   | Moon – Clear               | <b>Bhuloka Day</b>                          | Devaloka Time: 3:PM to 6:PM       |
| Then Creative Work - Siddha Yoga |                                    |  | Karttika•Aipasi            |   |                                   |

|                              |                                   |   |                             |   |                             |
|------------------------------|-----------------------------------|---|-----------------------------|---|-----------------------------|
| ○                            | <b>Monday, November 7, 2022</b>   | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                             |   | Adana, Turkey<br>Sutra 204  |
|                              | <b>Copper Retreat Star</b>        | <b>Gulika</b> 12:41PM – 2:00PM  | <b>Ashvini</b> Until 9:07PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:09AM | Subhakit 5124               |
|                              | Mesha Rasi: 5.08    Tithi 14 – 15 | Yama    10:04AM – 11:23AM   | Siddhi Until 7:05PM         | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:36PM  | Moon 10 - Phase 28 -        |
|                              | <b>Family Home Evening</b>        | <b>Rahu</b> 7:27AM – 8:46AM   | Visti Until 12:52AM Tue     | <b>Nataraja:</b> Clear                      | Purnima                     |
| Creative Work    Siddha Yoga |                                   | <b>Chaturdashi*</b> Until 12:47PM   | Moon – White                | <b>Bhuloka Day</b>                          | Devaloka Time: 3:PM to 6:PM |
|                              |                                   |   | Karttika•Aipasi             |   |                             |

|                              |                                    |   |                              |   |                             |
|------------------------------|------------------------------------|---|------------------------------|---|-----------------------------|
| ○                            | <b>Tuesday, November 8, 2022</b>   | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                              |   | Adana, Turkey<br>Sutra 205  |
|                              | <b>Silver Retreat Star</b>         | <b>Gulika</b> 11:23AM – 12:41PM   | <b>Bharani</b> Until 10:08PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:10AM | Subhakit 5124               |
|                              | Mesha Rasi: 18.05    Tithi 15 – 16 | Yama    8:46AM – 10:05AM  | Vyatipata*    Until 6:14PM   | <b>Muruqa:</b> Clear <i>Sunset:</i> 4:36PM  | Moon 10 - Phase 28 -        |
|                              | 722276574                          | <b>Rahu</b> 1:59PM – 3:17PM   | Balava Until 1:23AM Wed      | <b>Nataraja:</b> Clear                      | Prathama                    |
| Creative Work    Siddha Yoga |                                    | <b>Purnima*</b> Until 1:02PM  | Moon – White                 | <b>Bhuloka Day</b>                          | Devaloka Time: 3:PM to 6:PM |
|                              |                                    |   | Karttika•Aipasi              |   |                             |

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**

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

Adana, Turkey  
Sutra 206

Wrishabha Rasi: 0.47 Tithi 16 – 17

722276574

**Gulika** 10:05AM – 11:23AM  
**Yama** 7:29AM – 8:47AM  
**Rahu** 11:23AM – 12:41PM

**Krittika Until 11:29PM**  
Varyan Until 5:46PM  
Taitila Until 2:25AM Thu  
**Prathama\* Until 1:49PM**

**Ganesha:** Blue *Sunrise: 6:11AM*  
**Muruqa:** Clear *Sunset: 4:35PM*  
**Nataraja:** Clear  
Moon – White  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 1st Phase

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

Creative Work Amrita Yoga

Until 11:29PM

Then Creative Work - Siddha Yoga

**1**

**Thursday, November 10, 2022**

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

Adana, Turkey  
Sun 1 Sutra 207

Wrishabha Rasi: 13.16 Tithi 17 – 18

732276574

**Gulika** 8:48AM – 10:05AM  
**Yama** 6:12AM – 7:30AM  
**Rahu** 12:41PM – 1:58PM

**Rohini Until 1:39AM Fri**  
Parigha\* Until 5:42PM  
Vanija Until 3:56AM Fri  
**Dvitiya Until 3:06PM**

**Ganesha:** Red *Sunrise: 6:12AM*  
**Muruqa:** Clear *Sunset: 4:34PM*  
**Nataraja:** Clear  
Moon – Yellow  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 1st Phase

**Devaloka Day**

Routine Work Marana Yoga

Until 1:39AM Fri

Then Creative Work - Siddha Yoga

**2**

**Friday, November 11, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Mrigashira Nakshatra Shiva/Brahma Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Adana, Turkey  
Sun 2 Sutra 208

Wrishabha Rasi: 25.32 Tithi 18 – 19

732276574

**Gulika** 7:31AM – 8:48AM  
**Yama** 1:58PM – 3:16PM  
**Rahu** 10:06AM – 11:23AM

**Mrigashira Until 4:05AM Sat**  
Shiva Until 6:00PM  
Bava Until 5:55AM Sat  
**Tritiya Until 4:51PM**

**Ganesha:** Red *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 4:33PM*  
**Nataraja:** Clear  
Moon – Yellow  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 2nd Phase

**Devaloka Day**

Creative Work Siddha Yoga

**3**

**Saturday, November 12, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam  
Ardra Nakshatra Siddha Yoga Balava Karana Chaturthyam Titau

Adana, Turkey  
Sun 3 Sutra 209

Mithuna Rasi: 7.37 Tithi 19

732276574

**Gulika** 6:14AM – 7:31AM  
**Yama** 12:40PM – 1:58PM  
**Rahu** 8:49AM – 10:06AM

**Ardra Until 6:39AM Sun**  
Siddha Until 6:34PM  
Balava Until 7:00PM  
**Chaturthi\* Until 7:00PM**

**Ganesha:** Red *Sunrise: 6:14AM*  
**Muruqa:** Clear *Sunset: 4:32PM*  
**Nataraja:** Clear  
Moon – Yellow  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 3rd Phase

**Devaloka Day**

Creative Work Siddha Yoga

**4**

**Sunday, November 13, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Ardra/Punarvasu Nakshatra Sadhya Yoga Kaulava/Taitila Karana Panchamyam Titau

Adana, Turkey  
Sun 4 Sutra 210

Mithuna Rasi: 19.35 Tithi 20

732276574

**Gulika** 1:57PM – 3:14PM  
**Yama** 11:23AM – 12:40PM  
**Rahu** 3:14PM – 4:31PM

**Ardra Until 6:39AM**  
Sadhya Until 7:19PM  
Kaulava Until 8:12AM  
**Panchami Until 9:24PM**

**Ganesha:** Red *Sunrise: 6:15AM*  
**Muruqa:** Clear *Sunset: 4:31PM*  
**Nataraja:** Clear  
Moon – Yellow  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 4th Phase

**Devaloka Day**

Creative Work Siddha Yoga

**5**

**Monday, November 14, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam  
Punarvasu/Pushya Nakshatra Subha Yoga Gara/Vanija Karana Shashthyam Titau

Adana, Turkey  
Sun 5 Sutra 211

Kataka Rasi: 1.28 Tithi 21

742376574

**Gulika** 12:40PM – 1:57PM  
**Yama** 10:07AM – 11:23AM  
**Rahu** 7:33AM – 8:50AM

**Punarvasu Until 9:45AM**  
Subha Until 8:11PM  
Gara Until 10:41AM  
**Shashthi\* Until 11:54PM**

**Ganesha:** White *Sunrise: 6:16AM*  
**Muruqa:** Clear *Sunset: 4:31PM*  
**Nataraja:** Clear  
Moon – Blue  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 5th Phase

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

**Family Home Evening**

Creative Work Amrita Yoga

Until 9:45AM

Then Creative Work - Siddha Yoga

**6**

**Tuesday, November 15, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Pushya/Ashlesha\* Nakshatra Sukla Yoga Visti\*/Bava Karana Saptamyam Titau

Adana, Turkey  
Sun 6 Sutra 212

Kataka Rasi: 13.21 Tithi 22

743376574

**Gulika** 11:24AM – 12:40PM  
**Yama** 8:50AM – 10:07AM  
**Rahu** 1:57PM – 3:13PM

**Pushya Until 12:40PM**  
Sukla Until 8:57PM  
Visti Until 1:09PM  
**Saptami Until 2:18AM Wed**

**Ganesha:** Green *Sunrise: 6:17AM*  
**Muruqa:** Clear *Sunset: 4:30PM*  
**Nataraja:** Clear  
Moon – Blue  
**Karttika-Aipasi**

Subhakit 5124  
Moon 11 - Phase 29 - 6th Phase

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

Creative Work Siddha Yoga

**D**

**Wednesday, November 16, 2022**

**Retreat Star**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yukhtayam  
Ashlesha\*/Magha\* Nakshatra Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau

Adana, Turkey  
Sun 7 Sutra 213

Kataka Rasi: 25.17 Tithi 23

743376574

**Gulika** 10:07AM – 11:24AM  
**Yama** 7:35AM – 8:51AM  
**Rahu** 11:24AM – 12:40PM

**Ashlesha\* Until 3:15PM**  
Brahma Until 9:33PM  
Balava Until 3:26PM  
**Ashtami\* Until 4:24AM Thu**

**Ganesha:** Green *Sunrise: 6:18AM*  
**Muruqa:** Clear *Sunset: 4:29PM*  
**Nataraja:** Clear  
Moon – Blue  
**Karttika-Karttikai**

Subhakit 5124  
Moon 11 - Phase 29 - 7th Phase

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

Creative Work Siddha Yoga

**Thursday, November 17, 2022**

**Retreat Star**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yukhtayam  
Magha\*/Purvaphalguni Nakshatra Indra Yoga Taitila/Gara Karana Navamyam Titau

Adana, Turkey  
Sun 8 Sutra 214

Simha Rasi: 7.2 Tithi 24

753376575

**Gulika** 8:52AM – 10:08AM  
**Yama** 6:19AM – 7:36AM  
**Rahu** 12:40PM – 1:56PM

**Magha\* Until 5:47PM**  
Indra Until 9:49PM  
Taitila Until 5:19PM  
**Navami\* Until 6:01AM Fri**

**Ganesha:** Orange *Sunrise: 6:19AM*  
**Muruqa:** Clear *Sunset: 4:29PM*  
**Nataraja:** Purple  
Moon – Red  
**Karttika-Karttikai**

Subhakit 5124  
Moon 11 - Phase 29 - 8th Phase

**Sivaloka Day**

Creative Work Amrita Yoga

Until 5:47PM

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


|                   |               |   |                                   |  |                        |                        |  |
|-------------------|---------------|---|-----------------------------------|--|------------------------|------------------------|--|
| <b>1</b>          |               | <b>Friday, November 18, 2022</b>        |                                   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yukhtayam |                        | Adana, Turkey          |  |
|                   |               |   |                                   | Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau                       |                        | Sun 9 Sutra 215        |  |
| Simha Rasi: 19.35 | Tithi 24 – 25 | <b>Gulika</b> 7:36AM – 8:52AM           | <b>Purvaphalguni</b> Until 7:35PM | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 6:20AM | Subhakrit 5124         |  |
|                   |               | Yama 1:56PM – 3:12PM                    | Vaidhrili* Until 9:37PM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:28PM  | Moon 11 - Phase 30 - 9 |  |
|                   |               | 753376575 <b>Rahu</b> 10:08AM – 11:24AM | Vanija Until 6:37PM               | <b>Nataraja:</b> Purple  |                        | 2nd Phase              |  |
| Creative Work     | Siddha Yoga   |   | <b>Navami*</b> Until 6:01AM       | Moon – Red   |                        | <b>Sivaloka Day</b>    |  |
|                   |               |   |                                   | Karttika-Karttikai   |                        |                        |  |

|                  |               |  |                                    |  |                        |                         |  |
|------------------|---------------|--|------------------------------------|--|------------------------|-------------------------|--|
| <b>2</b>         |               | <b>Saturday, November 19, 2022</b>     |                                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yukhtayam |                        | Adana, Turkey           |  |
|                  |               |  |                                    | Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau                  |                        | Sun 10 Sutra 216        |  |
| Kanya Rasi: 2.08 | Tithi 25 – 26 | <b>Gulika</b> 6:21AM – 7:37AM          | <b>Uttaraphalguni</b> Until 8:34PM | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 6:21AM | Subhakrit 5124          |  |
|                  |               | Yama 12:40PM – 1:56PM                  | Vishkambha* Until 8:53PM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:27PM  | Moon 11 - Phase 30 - 10 |  |
|                  |               | 753376575 <b>Rahu</b> 8:53AM – 10:09AM | Bava Until 7:13PM                  | <b>Nataraja:</b> Purple  |                        | 2nd Phase               |  |
| Routine Work     | Marana Yoga   |  | <b>Dashami</b> Until 7:00AM        | Moon – Red   |                        | <b>Sivaloka Day</b>     |  |
|                  |               |  |                                    | Karttika-Karttikai   |                        |                         |  |

|                                  |               |                                       |                               |  |                        |                         |  |
|----------------------------------|---------------|---------------------------------------|-------------------------------|--|------------------------|-------------------------|--|
| <b>3</b>                         |               | <b>Sunday, November 20, 2022</b>      |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yukhtayam |                        | Adana, Turkey           |  |
|                                  |               |                                       |                               | Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau                             |                        | Sun 11 Sutra 217        |  |
| Kanya Rasi: 15.01                | Tithi 26 – 27 | <b>Gulika</b> 1:56PM – 3:11PM         | <b>Hasta</b> Until 9:07PM     | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 6:22AM | Subhakrit 5124          |  |
|                                  |               | Yama 11:25AM – 12:40PM                | Priti Until 7:33PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:27PM  | Moon 11 - Phase 30 - 11 |  |
|                                  |               | 763376575 <b>Rahu</b> 3:11PM – 4:27PM | Kaulava Until 7:03PM          | <b>Nataraja:</b> Purple  |                        | 2nd Phase               |  |
| Creative Work                    | Amrita Yoga   |                                       | <b>Ekadashi*</b> Until 7:13AM | Moon – Green   |                        | <b>Devaloka Day</b>     |  |
| Until 9:07PM                     |               |                                       |                               | Karttika-Karttikai   |                        |                         |  |
| Then Creative Work - Siddha Yoga |               |                                       |                               |  |                        |                         |  |

|                                  |                    |                                       |                               |   |                        |                         |  |
|----------------------------------|--------------------|---------------------------------------|-------------------------------|---|------------------------|-------------------------|--|
| <b>4</b>                         |                    | <b>Monday, November 21, 2022</b>      |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yukhtayam |                        | Adana, Turkey           |  |
|                                  |                    |                                       |                               | Chitra Nakshatra Ayushman/Saubhagya Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau              |                        | Sun 12 Sutra 218        |  |
| Kanya Rasi: 28.17                | Tithi 27 – 28      | <b>Gulika</b> 12:40PM – 1:56PM        | <b>Chitra</b> Until 8:45PM    | <b>Ganesha:</b> Light Blue  | <i>Sunrise:</i> 6:24AM | Subhakrit 5124          |  |
| <b>Family Home Evening</b>       |                    | Yama 10:10AM – 11:25AM                | Ayushman Until 5:36PM         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:26PM  | Moon 11 - Phase 30 - 12 |  |
| Routine Work                     | Prabalarishta Yoga | 763376575 <b>Rahu</b> 7:39AM – 8:54AM | Gara Until 6:07PM             | <b>Nataraja:</b> Purple   |                        | 2nd Phase               |  |
| Until 8:45PM                     |                    |                                       | <b>Dvadashi*</b> Until 6:40AM | Moon – Green  |                        | <b>Devaloka Day</b>     |  |
| Then Creative Work - Amrita Yoga |                    |                                       |                               | Karttika-Karttikai  |                        |                         |  |
|                                  |                    |                                       |                               | Pradosha Vrata (Fasting)  |                        |                         |  |

|                                 |             |                                       |                                      |  |                        |                         |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|-------------------------|--|
| <b>5</b>                        |             | <b>Tuesday, November 22, 2022</b>     |                                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yukhtayam |                        | Adana, Turkey           |  |
|                                 |             |                                       |                                      | Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau                         |                        | Sun 13 Sutra 219        |  |
| Tula Rasi: 11.59                | Tithi 29    | <b>Gulika</b> 11:25AM – 12:40PM       | <b>Svati</b> Until 7:34PM            | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 6:25AM | Subhakrit 5124          |  |
|                                 |             | Yama 8:55AM – 10:10AM                 | Saubhagya Until 3:07PM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:26PM  | Moon 11 - Phase 30 - 13 |  |
|                                 |             | 763376575 <b>Rahu</b> 1:55PM – 3:11PM | Visti Until 4:30PM                   | <b>Nataraja:</b> Purple  |                        | 2nd Phase               |  |
| Creative Work                   | Siddha Yoga |                                       | <b>Chaturdashi*</b> Until 3:26AM Wed | Moon – Green   |                        | <b>Devaloka Day</b>     |  |
| Until 7:34PM                    |             |                                       |                                      | Karttika-Karttikai   |                        |                         |  |
| Then Routine Work - Marana Yoga |             |                                       |                                      |  |                        |                         |  |

|   |             |   |                                    |  |                        |                         |  |
|---|-------------|---|------------------------------------|--|------------------------|-------------------------|--|
|  |             | <b>Wednesday, November 23, 2022</b>     |                                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yukhtayam |                        | Adana, Turkey           |  |
| <b>Retreat Star</b>   |             |   |                                    | Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau                   |                        | Sun 14 Sutra 220        |  |
| Tula Rasi: 26.04  | Tithi 30    | <b>Gulika</b> 10:10AM – 11:25AM         | <b>Vishakha</b> Until 6:07PM       | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 6:26AM | Subhakrit 5124          |  |
|   |             | Yama 7:41AM – 8:55AM                    | Sobhana Until 12:09PM              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:25PM  | Moon 11 - Phase 30 - 14 |  |
|   |             | 773376575 <b>Rahu</b> 11:25AM – 12:40PM | Catuspada Until 2:16PM             | <b>Nataraja:</b> Purple  |                        | Amavasya                |  |
| Creative Work   | Siddha Yoga |   | <b>Amavasya*</b> Until 12:58AM Thu | Moon – Orange  |                        | <b>Devaloka Day</b>     |  |
|   |             |   |                                    | Karttika-Karttikai   |                        |                         |  |

|  |             |  |                                |   |                        |                         |  |
|--|-------------|--|--------------------------------|---|------------------------|-------------------------|--|
| <b>Thursdays, November 24, 2022</b>    |             | <b>Retreat Star</b>                    |                                | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yukhtayam |                        | Adana, Turkey           |  |
|  |             |  |                                | Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau       |                        | Sun 15 Sutra 221        |  |
| Vrischika Rasi: 10.3                   | Tithi 1     | <b>Gulika</b> 8:56AM – 10:11AM         | <b>Anuradha</b> Until 4:06PM   | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:27AM | Subhakrit 5124          |  |
|  |             | Yama 6:27AM – 7:41AM                   | Athiganda* Until 8:48AM        | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:25PM  | Moon 11 - Phase 30 - 15 |  |
|  |             | 773376575 <b>Rahu</b> 12:41PM – 1:55PM | Kintughna Until 11:36AM        | <b>Nataraja:</b> Purple   |                        | Prathama                |  |
| Creative Work                          | Siddha Yoga |  | <b>Prathama*</b> Until 10:08PM | Moon – Orange   |                        | <b>Devaloka Day</b>     |  |
| Until 4:06PM                           |             |  |                                | Margasira-Karttikai   |                        |                         |  |
| Then Routine Work - Prabalarishta Yoga |             |  |                                |   |                        |                         |  |

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

|                                  |             |   |                               |  |                        |                         |                     |   |
|----------------------------------|-------------|---|-------------------------------|--|------------------------|-------------------------|---------------------|---|
| <b>1</b>                         |             | <b>Friday, November 25, 2022</b>        |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        |                         |                     | Adana, Turkey<br>Sun 16 Sutra 222<br>Subhakrit 5124 |
| Vrischika Rasi: 25.1             | Tithi 2     | <b>Gulika</b> 7:42AM – 8:57AM           | <b>Jyeshtha* Until 1:41PM</b> | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 6:28AM |                         |                     |   |
|                                  |             | Yama 1:55PM – 3:10PM                    | Dhriti Until 1:27AM Sat       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:24PM  | Moon 11 - Phase 31 - 16 |                     |   |
| Routine Work                     | Marana Yoga | 783376575 <b>Rahu</b> 10:11AM – 11:26AM | Balava Until 8:39AM           | <b>Nataraja:</b> Purple  |                        | 3rd Phase               |                     |   |
| Until 1:41PM                     |             |   | <b>Dvitiya Until 7:05PM</b>   | Moon – Orange  |                        |                         | <b>Devaloka Day</b> |   |
| Then Creative Work - Amrita Yoga |             |   |                               | Margasira-Karttikai  |                        |                         |                     |   |

|                   |             |  |                             |   |                        |                         |                     |   |
|-------------------|-------------|--|-----------------------------|---|------------------------|-------------------------|---------------------|---|
| <b>2</b>          |             | <b>Saturday, November 26, 2022</b>     |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 17 Sutra 223<br>Subhakrit 5124 |
| Dhanus Rasi: 9.58 | Tithi 3 – 4 | <b>Gulika</b> 6:29AM – 7:43AM          | <b>Mula* Until 11:26AM</b>  | <b>Ganesha:</b> Light Blue  | <i>Sunrise:</i> 6:29AM |                         |                     |   |
|                   |             | Yama 12:41PM – 1:55PM                  | Shula* Until 9:41PM         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:24PM  | Moon 11 - Phase 31 - 17 |                     |   |
|                   |             | 783376575 <b>Rahu</b> 8:57AM – 10:12AM | Vanija Until 2:26AM Sun     | <b>Nataraja:</b> Purple   |                        | 3rd Phase               |                     |   |
| Creative Work     | Siddha Yoga |  | <b>Tritiya Until 3:57PM</b> | Moon – Light Blue   |                        |                         | <b>Devaloka Day</b> |   |
|                   |             |  |                             | Margasira-Karttikai   |                        |                         |                     |   |

|                                  |             |                                       |                                  |   |                        |                         |                     |   |
|----------------------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|-------------------------|---------------------|---|
| <b>3</b>                         |             | <b>Sunday, November 27, 2022</b>      |                                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 18 Sutra 224<br>Subhakrit 5124 |
| Dhanus Rasi: 24.45               | Tithi 4 – 5 | <b>Gulika</b> 1:55PM – 3:09PM         | <b>Purvashadha* Until 9:06AM</b> | <b>Ganesha:</b> Light Blue  | <i>Sunrise:</i> 6:30AM |                         |                     |   |
|                                  |             | Yama 11:27AM – 12:41PM                | Ganda* Until 6:00PM              | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:24PM  | Moon 11 - Phase 31 - 18 |                     |   |
|                                  |             | 783376575 <b>Rahu</b> 3:09PM – 4:24PM | Bava Until 11:29PM               | <b>Nataraja:</b> Purple   |                        | 3rd Phase               |                     |   |
| Creative Work                    | Siddha Yoga |                                       | <b>Chaturthi* Until 12:55PM</b>  | Moon – Light Blue   |                        |                         | <b>Devaloka Day</b> |   |
| Until 9:06AM                     |             |                                       |                                  | Margasira-Karttikai   |                        |                         |                     |   |
| Then Creative Work - Amrita Yoga |             |                                       |                                  |   |                        |                         |                     |   |

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| <b>4</b>                         |             | <b>Monday, November 28, 2022</b>      |                                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha*/Shravana Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 19 Sutra 225<br>Subhakrit 5124 |
| Makara Rasi: 9.25                | Tithi 5 – 6 | <b>Gulika</b> 12:41PM – 1:55PM        | <b>Uttarashadha Until 6:49AM</b> | <b>Ganesha:</b> Light Blue  | <i>Sunrise:</i> 6:31AM |                         |                     |   |
| <b>Family Home Evening</b>       |             | Yama 10:13AM – 11:27AM                | Vriddhi Until 2:32PM             | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:23PM  | Moon 11 - Phase 31 - 19 |                     |   |
| Routine Work                     | Marana Yoga | 783376575 <b>Rahu</b> 7:45AM – 8:59AM | Kaulava Until 8:47PM             | <b>Nataraja:</b> Purple   |                        | 3rd Phase               |                     |   |
| Until 6:49AM                     |             |                                       | <b>Panchami Until 10:04AM</b>    | Moon – Light Blue   |                        |                         | <b>Devaloka Day</b> |   |
| Then Creative Work - Amrita Yoga |             |                                       |                                  | Margasira-Karttikai   |                        |                         |                     |   |

|                    |             |                                       |                                    |  |                        |                         |                     |   |
|--------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|-------------------------|---------------------|---|
| <b>5</b>           |             | <b>Tuesday, November 29, 2022</b>     |                                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Talila/Gara Karana Shashthi/Saplamyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 20 Sutra 226<br>Subhakrit 5124 |
| Makara Rasi: 23.52 | Tithi 6 – 7 | <b>Gulika</b> 11:27AM – 12:41PM       | <b>Dhanishtha Until 3:39AM Wed</b> | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 6:31AM |                         |                     |   |
|                    |             | Yama 8:59AM – 10:13AM                 | Dhruva Until 11:20AM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:23PM  | Moon 11 - Phase 31 - 20 |                     |   |
|                    |             | 793376575 <b>Rahu</b> 1:55PM – 3:09PM | Gara Until 6:28PM                  | <b>Nataraja:</b> Purple  |                        | 3rd Phase               |                     |   |
| Creative Work      | Siddha Yoga |                                       | <b>Shashthi* Until 7:34AM</b>      | Moon – Purple  |                        |                         | <b>Sivaloka Day</b> |   |
|                    |             |                                       |                                    | Margasira-Karttikai  |                        |                         |                     |   |

|                     |             |   |                                      |   |                        |                         |                     |   |
|---------------------|-------------|---|--------------------------------------|---|------------------------|-------------------------|---------------------|---|
| <b>Retreat Star</b> |             | <b>Wednesday, November 30, 2022</b>     |                                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 21 Sutra 227<br>Subhakrit 5124 |
| Kumbha Rasi: 8.02   | Tithi 8     | <b>Gulika</b> 10:14AM – 11:28AM         | <b>Shatabhishak Until 2:32AM Thu</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:32AM |                         |                     |   |
|                     |             | Yama 7:46AM – 9:00AM                    | Vyaghata* Until 8:29AM               | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:23PM  | Moon 11 - Phase 31 - 21 |                     |   |
|                     |             | 794376575 <b>Rahu</b> 11:28AM – 12:42PM | Visti Until 4:37PM                   | <b>Nataraja:</b> Purple   |                        | Ashtami                 |                     |   |
| Creative Work       | Siddha Yoga |   | <b>Ashtami* Until 3:51AM Thu</b>     | Moon – Purple   |                        |                         | <b>Sivaloka Day</b> |   |
|                     |             |   |                                      | Margasira-Karttikai   |                        |                         |                     |   |

|                     |             |  |   |  |                        |                         |                     |   |
|---------------------|-------------|--|---|--|------------------------|-------------------------|---------------------|---|
| <b>Retreat Star</b> |             | <b>Thursday, December 1, 2022</b>      |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau |                        |                         |                     | Adana, Turkey<br>Sun 22 Sutra 228<br>Subhakrit 5124 |
| Kumbha Rasi: 21.53  | Tithi 9     | <b>Gulika</b> 9:01AM – 10:14AM         | <b>Purvaproshtapada* Until 2:12AM Fri</b> | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 6:33AM |                         |                     |   |
|                     |             | Yama 6:33AM – 7:47AM                   | Harshana Until 6:02AM                     | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:23PM  | Moon 11 - Phase 31 - 22 |                     |   |
|                     |             | 714376575 <b>Rahu</b> 12:42PM – 1:55PM | Balava Until 3:15PM                       | <b>Nataraja:</b> Purple  |                        | Navami                  |                     |   |
| Creative Work       | Siddha Yoga |  | <b>Navami* Until 2:45AM Fri</b>           | Moon – Clear   |                        |                         | <b>Sivaloka Day</b> |   |
|                     |             |  |   | Margasira-Karttikai  |                        |                         |                     |   |

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|--|-------------|---|---|---|------------------------|-------------------------|--|
| <b>1</b>                               |             | <b>Friday, December 2, 2022</b>   |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam |                        | Adana, Turkey           |  |
|  |             | Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau |   |   |                        | Sun 23 Sutra 229        |  |
| Meena Rasi: 5.26                       | Tithi 10    | <b>Gulika</b> 7:48AM – 9:01AM   | <b>Uttaraproshtapada</b> Until 2:14AM Sat | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 6:34AM | Subhakrit 5124          |  |
|  |             | Yama 1:56PM – 3:09PM  | Siddhi Until 2:18AM Sat                   | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:23PM  | Moon 11 - Phase 32 - 23 |  |
|  |             | 714376575 <b>Rahu</b> 10:15AM – 11:28AM                                     | Taitila Until 2:25PM                      | <b>Nataraja:</b> Purple   |                        | 4th Phase               |  |
| Creative Work                          | Siddha Yoga |   | <b>Dashami</b> Until 2:10AM Sat           | Moon – Clear  |                        | <b>Sivaloka Day</b>     |  |
| Until 2:14AM Sat                       |             |   |   | Margasira-Karttikai   |                        |                         |  |
| Then Routine Work - Prabalarishta Yoga |             |   |   |   |                        |                         |  |

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| <b>2</b>                         |                    | <b>Saturday, December 3, 2022</b>                                      |                                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam |                        | Adana, Turkey           |  |
|                                  |                    | Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau |                                  |   |                        | Sun 24 Sutra 230        |  |
| Meena Rasi: 18.43                | Tithi 11           | <b>Gulika</b> 6:35AM – 7:49AM  | <b>Revati</b> Until 2:37AM Sun   | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 6:35AM | Subhakrit 5124          |  |
|                                  |                    | Yama 12:42PM – 1:56PM  | Vyatipata* Until 1:04AM Sun      | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - 24 |  |
|                                  |                    | 714376575 <b>Rahu</b> 9:02AM – 10:15AM                                 | Vanija Until 2:05PM              | <b>Nataraja:</b> Purple   |                        | 4th Phase               |  |
| Routine Work                     | Prabalarishta Yoga |  | <b>Ekadashi</b> Until 2:06AM Sun | Moon – Clear  |                        | <b>Sivaloka Day</b>     |  |
| Until 2:37AM Sun                 |                    |  |                                  | Margasira-Karttikai   |                        |                         |  |
| Then Creative Work - Siddha Yoga |                    |  |                                  |   |                        |                         |  |

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| <b>3</b>                         |             | <b>Sunday, December 4, 2022</b>                                   |                                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam |                        | Adana, Turkey           |  |
|                                  |             | Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau |                                  |   |                        | Sun 25 Sutra 231        |  |
| Mesha Rasi: 1.44                 | Tithi 12    | <b>Gulika</b> 1:56PM – 3:09PM                                     | <b>Ashvini</b> Until 3:45AM Mon  | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:36AM | Subhakrit 5124          |  |
|                                  |             | Yama 11:29AM – 12:43PM  | Varyan Until 12:10AM Mon         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - 25 |  |
|                                  |             | 724376575 <b>Rahu</b> 3:09PM – 4:22PM                             | Bava Until 2:15PM                | <b>Nataraja:</b> Purple   |                        | 4th Phase               |  |
| Creative Work                    | Siddha Yoga |   | <b>Dvodashi</b> Until 2:30AM Mon | Moon – White  |                        | <b>Devaloka Day</b>     |  |
| Until 3:09PM                     |             |   |                                  | Margasira-Karttikai   |                        |                         |  |
| Then Creative Work - Siddha Yoga |             |   |                                  |   |                        |                         |  |

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| <b>4</b>                         |             | <b>Monday, December 5, 2022</b>   |                                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam |                        | Adana, Turkey           |  |
|                                  |             | Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                    |  |                        | Sun 26 Sutra 232        |  |
| Mesha Rasi: 14.31                | Tithi 13    | <b>Gulika</b> 12:43PM – 1:56PM  | <b>Bharani</b> Until 5:09AM Tue    | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:37AM | Subhakrit 5124          |  |
| <b>Family Home Evening</b>       |             | Yama 10:17AM – 11:30AM  | Parigha* Until 11:37PM             | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - 26 |  |
|                                  |             | 724376575 <b>Rahu</b> 7:50AM – 9:03AM                                     | Kaulava Until 2:53PM               | <b>Nataraja:</b> Purple  |                        | 4th Phase               |  |
| Creative Work                    | Siddha Yoga |   | <b>Trayodashi</b> Until 3:20AM Tue | Moon – White   |                        | <b>Devaloka Day</b>     |  |
| Until 7:50AM                     |             |   |                                    | Margasira-Karttikai  |                        |                         |  |
| Then Creative Work - Siddha Yoga |             |   |                                    |  |                        |                         |  |
|                                  |             |   |                                    |  |                        | <i>Pradosha Vrata</i>   |  |

|                                  |             |  |                                      |   |                        |                         |  |
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| <b>5</b>                         |             | <b>Tuesday, December 6, 2022</b>                                     |                                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam |                        | Adana, Turkey           |  |
|                                  |             | Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau |                                      |   |                        | Sun 27 Sutra 233        |  |
| Mesha Rasi: 27.05                | Tithi 14    | <b>Gulika</b> 11:30AM – 12:43PM                                      | <b>Krittika</b> Until 6:47AM Wed     | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:38AM | Subhakrit 5124          |  |
|                                  |             | Yama 9:04AM – 10:17AM  | Shiva Until 11:23PM                  | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - 27 |  |
|                                  |             | 724376575 <b>Rahu</b> 1:56PM – 3:09PM                                | Gara Until 3:56PM                    | <b>Nataraja:</b> Purple   |                        | 4th Phase               |  |
| Creative Work                    | Siddha Yoga |  | <b>Chaturdashi*</b> Until 4:35AM Wed | Moon – White  |                        | <b>Devaloka Day</b>     |  |
| Until 1:56PM                     |             |  |                                      | Margasira-Karttikai   |                        |                         |  |
| Then Creative Work - Siddha Yoga |             |  |                                      |   |                        |                         |  |

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| <b>○</b>                         |             | <b>Wednesday, December 7, 2022</b>      |                                  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam |                        | Adana, Turkey                |  |
|                                  |             | <b>Copper Retreat Star</b>              |                                  | Krittika/Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau                           |                        | Sutra 234                    |  |
| Vrishabha Rasi: 9.3              | Tithi 15    | <b>Gulika</b> 10:18AM – 11:31AM         | <b>Krittika</b> Until 6:47AM     | <b>Ganesha:</b> Blue  | <i>Sunrise:</i> 6:39AM | Subhakrit 5124               |  |
|                                  |             | Yama 7:52AM – 9:05AM                    | Siddha Until 11:25PM             | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - Purnima |  |
|                                  |             | 724376575 <b>Rahu</b> 11:31AM – 12:43PM | Visti Until 5:22PM               | <b>Nataraja:</b> Purple   |                        | 4th Phase                    |  |
| Creative Work                    | Amrita Yoga |   | <b>Purnima*</b> Until 6:12AM Thu | Moon – White  |                        | <b>Devaloka Day</b>          |  |
| Until 6:47AM                     |             |   |                                  | Margasira-Karttikai   |                        |                              |  |
| Then Creative Work - Siddha Yoga |             |   |                                  |   |                        |                              |  |

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| <b>○</b>                         |               | <b>Thursday, December 8, 2022</b>      |                              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam |                        | Adana, Turkey                  |  |
|                                  |               | <b>Silver Retreat Star</b>             |                              | Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau                 |                        | Sutra 235                      |  |
| Vrishabha Rasi: 21.46            | Tithi 15 – 16 | <b>Gulika</b> 9:05AM – 10:18AM         | <b>Rohini</b> Until 9:05AM   | <b>Ganesha:</b> Yellow   | <i>Sunrise:</i> 6:40AM | Subhakrit 5124                 |  |
|                                  |               | Yama 6:40AM – 7:52AM                   | Sadhya Until 11:43PM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 4:22PM  | Moon 11 - Phase 32 - Prathama  |  |
|                                  |               | 734376575 <b>Rahu</b> 12:44PM – 1:57PM | Balava Until 7:10PM          | <b>Nataraja:</b> Purple  |                        | 4th Phase                      |  |
| Routine Work                     | Marana Yoga   |  | <b>Purnima*</b> Until 6:12AM | Moon – Yellow  |                        | <b>Sivaloka Day</b>            |  |
| Until 12:44PM                    |               |  |                              | Margasira-Karttikai  |                        |                                |  |
| Then Creative Work - Siddha Yoga |               |  |                              |  |                        |                                |  |
|                                  |               |  |                              |  |                        | <b>Vinayaga Viratam Begins</b> |  |

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





Friday, December 9, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Subha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Adana, Turkey

Sutra 236

Subhakrit 5124

Mithuna Rasi: 3.53 Tithi 16 - 17

734476575

**Gulika** 7:53AM - 9:06AM  
**Yama** 1:57PM - 3:10PM  
**Rahu** 10:19AM - 11:31AM

**Mrigashira** Until 11:32AM  
Subha Until 12:14AM Sat  
Taitila Until 9:15PM  
**Prathama\*** Until 8:09AM

**Ganesha:** Red *Sunrise:* 6:40AM  
**Muruqa:** Clear *Sunset:* 4:22PM  
**Nataraja:** Purple  
Moon - Yellow  
**Margasira-Karttikai**

Moon 12 - Phase 33 -  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Adana, Turkey

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 15.53 Tithi 17 - 18

734476575

**Gulika** 6:41AM - 7:54AM  
**Yama** 12:45PM - 1:57PM  
**Rahu** 9:07AM - 10:19AM

**Ardra** Until 2:03PM  
Sukla Until 12:54AM Sun  
Vanija Until 11:35PM  
**Dvitiya** Until 10:22AM

**Ganesha:** Red *Sunrise:* 6:41AM  
**Muruqa:** Clear *Sunset:* 4:22PM  
**Nataraja:** Purple  
Moon - Yellow  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 1  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Brahma Yoga Visti/Bava Karana Tritiya/Chaturtham Titau

Adana, Turkey

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 27.49 Tithi 18 - 19

744476575

**Gulika** 1:57PM - 3:10PM  
**Yama** 11:32AM - 12:45PM  
**Rahu** 3:10PM - 4:23PM

**Punarvasu** Until 5:06PM  
Brahma Until 1:42AM Mon  
Bava Until 2:04AM Mon  
**Tritiya** Until 12:47PM

**Ganesha:** Green *Sunrise:* 6:42AM  
**Muruqa:** Clear *Sunset:* 4:23PM  
**Nataraja:** Purple  
Moon - Blue  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 2  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Adana, Turkey

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 9.43 Tithi 19 - 20

745476575

**Gulika** 12:45PM - 1:58PM  
**Yama** 10:20AM - 11:33AM  
**Rahu** 7:55AM - 9:08AM

**Pushya** Until 8:03PM  
Indra Until 2:33AM Tue  
Kaulava Until 4:36AM Tue  
**Chaturthi\*** Until 3:19PM

**Ganesha:** White *Sunrise:* 6:43AM  
**Muruqa:** Clear *Sunset:* 4:23PM  
**Nataraja:** Purple  
Moon - Blue  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 3  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga  
Family Home Evening

4

Tuesday, December 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashlesha\* Nakshatra Vaidhriti\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Adana, Turkey

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 21.34 Tithi 20 - 21

745476575

**Gulika** 11:33AM - 12:46PM  
**Yama** 9:08AM - 10:21AM  
**Rahu** 1:58PM - 3:11PM

**Ashlesha\*** Until 10:48PM  
Vaidhriti\* Until 3:19AM Wed  
Gara Until 7:03AM Wed  
**Panchami** Until 5:49PM

**Ganesha:** White *Sunrise:* 6:44AM  
**Muruqa:** Clear *Sunset:* 4:23PM  
**Nataraja:** Purple  
Moon - Blue  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 4  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

5

Wednesday, December 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\* Nakshatra Vishkambha\* Yoga Gara/Vanija Karana Shashthyam Titau

Adana, Turkey

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 3.29 Tithi 21

755476575

**Gulika** 10:21AM - 11:34AM  
**Yama** 7:57AM - 9:09AM  
**Rahu** 11:34AM - 12:46PM

**Magha\*** Until 1:42AM Thu  
Vishkambha\* Until 3:55AM Thu  
Gara Until 7:03AM  
**Shashthi\*** Until 8:10PM

**Ganesha:** Clear *Sunrise:* 6:44AM  
**Muruqa:** Clear *Sunset:* 4:23PM  
**Nataraja:** Purple  
Moon - Red  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 5  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

6

Thursday, December 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaphalguni Nakshatra Priti Yoga Visti/Bava Karana Saptamyam Titau

Adana, Turkey

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 15.29 Tithi 22

755476575

**Gulika** 9:10AM - 10:22AM  
**Yama** 6:45AM - 7:57AM  
**Rahu** 12:47PM - 1:59PM

**Purvaphalguni** Until 4:02AM Fri  
Priti Until 4:13AM Fri  
Visti Until 9:14AM  
**Saptami** Until 10:08PM

**Ganesha:** Clear *Sunrise:* 6:45AM  
**Muruqa:** Clear *Sunset:* 4:24PM  
**Nataraja:** Purple  
Moon - Red  
**Margasira-Karttikai**

Moon 12 - Phase 33 - 6  
1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

D

Friday, December 16, 2022

Retreat Star

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

Adana, Turkey

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 27.4 Tithi 23

755476575

**Gulika** 7:58AM - 9:10AM  
**Yama** 1:59PM - 3:12PM  
**Rahu** 10:22AM - 11:35AM

**Uttaraphalguni** Until 5:38AM Sat  
Ayushman Until 4:02AM Sat  
Balava Until 10:57AM  
**Ashtami\*** Until 11:33PM

**Ganesha:** Clear *Sunrise:* 6:46AM  
**Muruqa:** Clear *Sunset:* 4:24PM  
**Nataraja:** Purple  
Moon - Red  
**Margasira-Markali**

Moon 12 - Phase 33 - 7  
Ashtami

**Sivaloka Day**

Creative Work Siddha Yoga

Until 5:38AM Sat  
Then Routine Work - Marana Yoga

**Markali Pillaiyar**

Saturday, December 17, 2022

Retreat Star

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

Adana, Turkey

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 10.06 Tithi 24

865476575

**Gulika** 6:46AM - 7:59AM  
**Yama** 12:47PM - 2:00PM  
**Rahu** 9:11AM - 10:23AM

**Hasta** Until 6:49AM Sun  
Saubhagya Until 3:17AM Sun  
Taitila Until 12:01PM  
**Navami\*** Until 12:14AM Sun

**Ganesha:** Clear *Sunrise:* 6:46AM  
**Muruqa:** Clear *Sunset:* 4:24PM  
**Nataraja:** Purple  
Moon - Green  
**Margasira-Markali**

Moon 12 - Phase 33 - 8  
Navami

**Sivaloka Day**

Routine Work Marana Yoga

Until 6:49AM Sun  
Then Creative Work - Siddha Yoga

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 Adana, Turkey on 5/1/21

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|   |          |                                  |   |  |  |  |   |
|---|----------|----------------------------------|---|--|--|--|---|
| <b>1</b>  |          | <b>Sunday, December 18, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau |  | Adana, Turkey<br>Sun 9 Sutra 245<br>Subhakrit 5124 |   |
| Kanya Rasi: 22.53   | Tithi 25 | 865476575                        | <b>Gulika</b> 2:00PM – 3:12PM<br><b>Yama</b> 11:36AM – 12:48PM<br><b>Rahu</b> 3:12PM – 4:25PM | <b>Hasta</b> <b>Until 6:49AM</b><br>Sobhana <b>Until 1:54AM Mon</b><br>Vanija <b>Until 12:17PM</b><br><b>Dashami</b> <b>Until 12:05AM Mon</b>                                  | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:47AM<br><b>Sunset:</b> 4:25PM    | Moon 12 - Phase 34 - 9<br>2nd Phase<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Creative Work Amrita Yoga<br>Until 6:49AM<br>Then Creative Work - Siddha Yoga |          |                                  |   |  |  |  |   |

|  |          |                                  |  |   |  |   |  |
|--|----------|----------------------------------|--|---|--|---|--|
| <b>2</b>   |          | <b>Monday, December 19, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam<br>Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau |  | Adana, Turkey<br>Sun 10 Sutra 246<br>Subhakrit 5124 |  |
| Tula Rasi: 6.05  | Tithi 26 | 865476575                        | <b>Gulika</b> 12:48PM – 2:01PM<br><b>Yama</b> 10:24AM – 11:36AM<br><b>Rahu</b> 8:00AM – 9:12AM | <b>Chitra</b> <b>Until 7:01AM</b><br>Athiganda* <b>Until 11:49PM</b><br>Bava <b>Until 11:42AM</b><br><b>Ekadashi*</b> <b>Until 11:04PM</b>                                      | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:47AM<br><b>Sunset:</b> 4:25PM     | Moon 12 - Phase 34 - 10<br>2nd Phase<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Family Home Evening<br>Routine Work Prabalarishta Yoga<br>Until 7:01AM<br>Then Creative Work - Amrita Yoga |          |                                  |  |   |  |   |  |

|  |          |                                   |  |   |  |   |  |
|--|----------|-----------------------------------|--|---|--|---|--|
| <b>3</b>   |          | <b>Tuesday, December 20, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau |  | Adana, Turkey<br>Sun 11 Sutra 247<br>Subhakrit 5124 |  |
| Tula Rasi: 19.46   | Tithi 27 | 865476575                         | <b>Gulika</b> 11:37AM – 12:49PM<br><b>Yama</b> 9:12AM – 10:25AM<br><b>Rahu</b> 2:01PM – 3:13PM | <b>Svati</b> <b>Until 6:15AM</b><br>Sukarma <b>Until 9:07PM</b><br>Kaulava <b>Until 10:17AM</b><br><b>Dvadashi*</b> <b>Until 9:15PM</b>   | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:48AM<br><b>Sunset:</b> 4:25PM     | Moon 12 - Phase 34 - 11<br>2nd Phase<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Creative Work Siddha Yoga<br>Until 6:15AM<br>Then Routine Work - Marana Yoga |          |                                   |  |   |  |   |  |

|   |          |                                     |   |   |   |   |  |
|---|----------|-------------------------------------|---|---|---|---|--|
| <b>4</b>  |          | <b>Wednesday, December 21, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam<br>Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau |   | Adana, Turkey<br>Sun 12 Sutra 248<br>Subhakrit 5124 |  |
| Vrischika Rasi: 3.55  | Tithi 28 | 876476575                           | <b>Gulika</b> 10:25AM – 11:37AM<br><b>Yama</b> 8:01AM – 9:13AM<br><b>Rahu</b> 11:37AM – 12:49PM | <b>Anuradha</b> <b>Until 3:00AM Thu</b><br>Dhriti <b>Until 5:52PM</b><br>Gara <b>Until 8:06AM</b><br><b>Trayodashi*</b> <b>Until 6:45PM</b><br><i>Pradosha Vrata (Fasting)</i>    | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:49AM<br><b>Sunset:</b> 4:26PM     | Moon 12 - Phase 34 - 12<br>2nd Phase<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Creative Work Siddha Yoga<br>Until 3:00AM Thu<br>Then Routine Work - Prabalarishta Yoga |          | Day 1 of Pancha Ganapati            |   |   |   |   |  |

|  |               |                                    |   |   |   |   |  |
|--|---------------|------------------------------------|---|---|---|---|--|
| <b>5</b>   |               | <b>Thursday, December 22, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam<br>Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |   | Adana, Turkey<br>Sun 13 Sutra 249<br>Subhakrit 5124 |  |
| Vrischika Rasi: 18.3   | Tithi 29 – 30 | 876476575                          | <b>Gulika</b> 9:13AM – 10:26AM<br><b>Yama</b> 6:49AM – 8:01AM<br><b>Rahu</b> 12:50PM – 2:02PM | <b>Jyeshtha*</b> <b>Until 12:22AM Fri</b><br>Shula* <b>Until 2:09PM</b><br>Catuspada <b>Until 2:02AM Fri</b><br><b>Chaturdashi*</b> <b>Until 3:42PM</b>   | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:49AM<br><b>Sunset:</b> 4:26PM     | Moon 12 - Phase 34 - 13<br>2nd Phase<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Routine Work Prabalarishta Yoga<br>Until 12:22AM Fri<br>Then Creative Work - Amrita Yoga |               | Day 2 of Pancha Ganapati           |   |   |   |   |  |

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|---|--|----------------------------------|--|--|---|--|--|---|---|
|  |  | <b>Friday, December 23, 2022</b> |  | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |   | Adana, Turkey<br>Sun 14 Sutra 250<br>Subhakrit 5124  |  |   |   |
| <b>Retreat Star</b>   |  | Dhanus Rasi: 3.26 Tithi 30 – 1   |  | 886476575  | <b>Gulika</b> 8:02AM – 9:14AM<br><b>Yama</b> 2:03PM – 3:15PM<br><b>Rahu</b> 10:26AM – 11:38AM | <b>Mula*</b> <b>Until 9:42PM</b><br>Ganda* <b>Until 10:08AM</b><br>Kintughna <b>Until 10:29PM</b><br><b>Amavasya*</b> <b>Until 12:16PM</b> | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sunrise:</b> 6:50AM<br><b>Sunset:</b> 4:27PM | Moon 12 - Phase 34 - 14<br>Amavasya<br><b>Sivaloka Day</b><br>Margasira*Markali |
| Creative Work Amrita Yoga<br>Until 9:42PM<br>Then Routine Work - Prabalarishta Yoga |  | Day 3 of Pancha Ganapati         |  |  |   |  |  |   |   |

|  |  |                                    |  |   |   |   |   |   |  |
|--|--|------------------------------------|--|---|---|---|---|---|--|
| <b>6</b>   |  | <b>Saturday, December 24, 2022</b> |  | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvashadha* Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |   | Adana, Turkey<br>Sun 15 Sutra 251<br>Subhakrit 5124   |   |   |  |
| <b>Retreat Star</b>  |  | Dhanus Rasi: 18.34 Tithi 1 – 2     |  | 886486575   | <b>Gulika</b> 6:50AM – 8:02AM<br><b>Yama</b> 12:51PM – 2:03PM<br><b>Rahu</b> 9:14AM – 10:27AM | <b>Purvashadha*</b> <b>Until 6:46PM</b><br>Dhruva <b>Until 1:40AM Sun</b><br>Balava <b>Until 6:49PM</b><br><b>Prathama*</b> <b>Until 8:38AM</b> | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sunrise:</b> 6:50AM<br><b>Sunset:</b> 4:27PM | Moon 12 - Phase 34 - 15<br>Prathama<br><b>Subha Sivaloka Day</b><br>Pausha*Markali |
| Creative Work Siddha Yoga<br>Until 6:46PM<br>Then Routine Work - Marana Yoga |  | Day 4 of Pancha Ganapati           |  |   |   |   |   |   |  |

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

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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|          |                                  |                          |  |                                  |                         |   |   |
|----------|----------------------------------|--------------------------|--|----------------------------------|-------------------------|---|---|
| <b>1</b> | <b>Sunday, December 25, 2022</b> |                          | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau |                                  |                         |   | Adana, Turkey<br>Sun 16 Sutra 252<br>Subhakrit 5124 |
|          | Makara Rasi: 3.45                | Tithi 3                  | <b>Gulika</b> 2:04PM – 3:16PM  | <b>Uttarashadha</b> Until 3:46PM | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 6:50AM                      |   |
|          |                                  |                          | Yama 11:39AM – 12:51PM   | Vyaghata* Until 9:30PM           | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 4:28PM                       | Moon 12 - Phase 35 - 16                             |
|          | Creative Work Amrita Yoga        | 886486575                | <b>Rahu</b> 3:16PM – 4:28PM  | Taitila Until 3:11PM             | <b>Nataraja:</b> Purple |   | 3rd Phase   |
|          |                                  | Day 5 of Pancha Ganapati |  | Tritiya Until 1:26AM Mon         |                         | Pausha-Markali<br><b>Subha Sivaloka Day</b> |   |

|                                  |                                  |           |  |                              |                        |                                       |   |
|----------------------------------|----------------------------------|-----------|--|------------------------------|------------------------|---------------------------------------|---|
| <b>2</b>                         | <b>Monday, December 26, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthiyam Titau |                              |                        |                                       | Adana, Turkey<br>Sun 17 Sutra 253<br>Subhakrit 5124 |
|                                  | Makara Rasi: 18.49               | Tithi 4   | <b>Gulika</b> 12:52PM – 2:04PM   | <b>Shravana</b> Until 1:15PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:51AM                |   |
|                                  | <b>Family Home Evening</b>       |           | Yama 10:28AM – 11:40AM   | Harshana Until 5:35PM        | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:29PM                 | Moon 12 - Phase 35 - 17                             |
|                                  | Creative Work Amrita Yoga        | 896486576 | <b>Rahu</b> 8:03AM – 9:15AM  | Vanija Until 11:48AM         | <b>Nataraja:</b> Clear |                                       | 3rd Phase   |
| Until 1:15PM                     |                                  |           |  | Chaturthi* Until 10:13PM     |                        | Pausha-Markali<br><b>Sivaloka Day</b> |   |
| Then Creative Work - Siddha Yoga |                                  |           |  |                              |                        |                                       |   |

|                                 |                                   |           |   |                                 |                        |                                       |   |
|---------------------------------|-----------------------------------|-----------|---|---------------------------------|------------------------|---------------------------------------|---|
| <b>3</b>                        | <b>Tuesday, December 27, 2022</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau |                                 |                        |                                       | Adana, Turkey<br>Sun 18 Sutra 254<br>Subhakrit 5124 |
|                                 | Kumbha Rasi: 3.37                 | Tithi 5   | <b>Gulika</b> 11:40AM – 12:52PM   | <b>Dhanishtha</b> Until 11:00AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:51AM                |   |
|                                 |                                   |           | Yama 9:16AM – 10:28AM   | Vajra* Until 1:58PM             | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:29PM                 | Moon 12 - Phase 35 - 18                             |
|                                 | Creative Work Siddha Yoga         | 896486576 | <b>Rahu</b> 2:05PM – 3:17PM   | Bava Until 8:47AM               | <b>Nataraja:</b> Clear |                                       | 3rd Phase   |
| Until 11:00AM                   |                                   |           |   | Panchami Until 7:27PM           |                        | Pausha-Markali<br><b>Sivaloka Day</b> |   |
| Then Routine Work - Marana Yoga |                                   |           |   |                                 |                        |                                       |   |

|                                  |                                     |                       |   |                                  |                        |                                       |   |
|----------------------------------|-------------------------------------|-----------------------|---|----------------------------------|------------------------|---------------------------------------|---|
| <b>4</b>                         | <b>Wednesday, December 28, 2022</b> |                       | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau |                                  |                        |                                       | Adana, Turkey<br>Sun 19 Sutra 255<br>Subhakrit 5124 |
|                                  | Kumbha Rasi: 18.03                  | Tithi 6 – 7           | <b>Gulika</b> 10:28AM – 11:41AM   | <b>Shatabhishak</b> Until 9:08AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:52AM                |   |
|                                  |                                     |                       | Yama 8:04AM – 9:16AM  | Siddhi Until 10:50AM             | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:30PM                 | Moon 12 - Phase 35 - 19                             |
|                                  | Creative Work Siddha Yoga           | 896486576             | <b>Rahu</b> 11:41AM – 12:53PM   | Kaulava Until 6:18AM             | <b>Nataraja:</b> Clear |                                       | 3rd Phase   |
| Until 9:08AM                     |                                     |                       |   | Shashthi* Until 5:16PM           |                        | Pausha-Markali<br><b>Sivaloka Day</b> |   |
| Then Creative Work - Amrita Yoga |                                     | Vinayaga Viratam Ends |   |                                  |                        |                                       |   |

|          |                                    |             |  |                                       |                        |                                       |   |
|----------|------------------------------------|-------------|--|---------------------------------------|------------------------|---------------------------------------|---|
| <b>5</b> | <b>Thursday, December 29, 2022</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                                       |                        |                                       | Adana, Turkey<br>Sun 20 Sutra 256<br>Subhakrit 5124 |
|          | Meena Rasi: 2.04                   | Tithi 7 – 8 | <b>Gulika</b> 9:17AM – 10:29AM   | <b>Purvaproshtapada*</b> Until 8:12AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:52AM                |   |
|          |                                    |             | Yama 6:52AM – 8:04AM   | Vyatipata* Until 8:14AM               | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:31PM                 | Moon 12 - Phase 35 - 20                             |
|          | Creative Work Siddha Yoga          | 817486576   | <b>Rahu</b> 12:54PM – 2:06PM   | Visti Until 3:20AM Fri                | <b>Nataraja:</b> Clear |                                       | 3rd Phase   |
|          |                                    |             |  | Saptami Until 3:47PM                  |                        | Pausha-Markali<br><b>Devaloka Day</b> |   |

|          |                                  |             |  |                                       |                        |                                       |   |
|----------|----------------------------------|-------------|--|---------------------------------------|------------------------|---------------------------------------|---|
| <b>☾</b> | <b>Friday, December 30, 2022</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                       |                        |                                       | Adana, Turkey<br>Sun 21 Sutra 257<br>Subhakrit 5124 |
|          | <b>Retreat Star</b>              |             | <b>Gulika</b> 8:05AM – 9:17AM  | <b>Uttaraproshtapada</b> Until 7:51AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:52AM                |   |
|          | Meena Rasi: 15.38                | Tithi 8 – 9 | Yama 2:07PM – 3:19PM   | Variyan Until 6:11AM                  | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:31PM                 | Moon 12 - Phase 35 - 21                             |
|          | Creative Work Siddha Yoga        | 817486576   | <b>Rahu</b> 10:29AM – 11:42AM  | Balava Until 2:57AM Sat               | <b>Nataraja:</b> Clear |                                       | Ashtami   |
|          |                                  |             |  | Ashtami* Until 3:02PM                 |                        | Pausha-Markali<br><b>Devaloka Day</b> |   |

|                                  |                                    |              |  |                            |                        |                                       |   |
|----------------------------------|------------------------------------|--------------|--|----------------------------|------------------------|---------------------------------------|---|
| <b>☾</b>                         | <b>Saturday, December 31, 2022</b> |              | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                            |                        |                                       | Adana, Turkey<br>Sun 22 Sutra 258<br>Subhakrit 5124 |
|                                  | <b>Retreat Star</b>                |              | <b>Gulika</b> 6:52AM – 8:05AM  | <b>Revati</b> Until 8:04AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:52AM                |   |
|                                  | Meena Rasi: 28.47                  | Tithi 9 – 10 | Yama 12:55PM – 2:07PM  | Shiva Until 3:51AM Sun     | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:32PM                 | Moon 12 - Phase 35 - 22                             |
|                                  | Routine Work Prabalarishta Yoga    | 817486576    | <b>Rahu</b> 9:17AM – 10:30AM   | Taitila Until 3:17AM Sun   | <b>Nataraja:</b> Clear |                                       | Navami  |
| Until 8:04AM                     |                                    |              |  | Navami* Until 3:01PM       |                        | Pausha-Markali<br><b>Devaloka Day</b> |   |
| Then Creative Work - Siddha Yoga |                                    |              |  |                            |                        |                                       |   |


|  |                                |                             |  |   |   |                         |                  |
|--|--------------------------------|-----------------------------|--|---|---|-------------------------|------------------|
| <b>1</b>                               | <b>Sunday, January 1, 2023</b> |                             | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam |   |   |                         | Adana, Turkey    |
|  |                                |                             | Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau              |   |   |                         | Sun 23 Sutra 259 |
|  | Mesha Rasi: 12                 | Tithi 10 - 11               | <b>Gulika</b> 2:08PM - 3:20PM  | <b>Ashvini Until 9:16AM</b>                 | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:53AM |                         | Subhakrit 5124   |
|  | 827486576                      | <b>Rahu</b> 3:20PM - 4:33PM | Siddha Until 3:24AM Mon  | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:33PM |   | Moon 12 - Phase 36 - 23 | 4th Phase        |
| Creative Work Siddha Yoga              |                                | Vanija Until 4:16AM Mon     |  | <b>Nataraja:</b> Clear                      | <b>Sivaloka Day</b>                           |                         |                  |
| Until 9:16AM                           |                                | <b>Dashami Until 3:41PM</b> |  | Moon - White                                | Pausha-Markali                                |                         |                  |
| Then Routine Work - Prabararishta Yoga |                                |                             |  |   |   |                         |                  |

|                                 |                                |                              |   |   |   |                         |                  |
|---------------------------------|--------------------------------|------------------------------|---|---|---|-------------------------|------------------|
| <b>2</b>                        | <b>Monday, January 2, 2023</b> |                              | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam |   |   |                         | Adana, Turkey    |
|                                 |                                |                              | Bharani/Krittika Nakshatra Sadhya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau            |   |   |                         | Sun 24 Sutra 260 |
|                                 | Mesha Rasi: 24.08              | Tithi 11 - 12                | <b>Gulika</b> 12:56PM - 2:08PM  | <b>Bharani Until 10:53AM</b>                | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:53AM |                         | Subhakrit 5124   |
|                                 | 827486576                      | <b>Rahu</b> 8:05AM - 9:18AM  | Sadhya Until 3:22AM Tue   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:33PM |   | Moon 12 - Phase 36 - 24 | 4th Phase        |
| Family Home Evening             |                                | Bava Until 5:44AM Tue        |   | <b>Nataraja:</b> Clear                      | <b>Sivaloka Day</b>                           |                         |                  |
| Creative Work Siddha Yoga       |                                | <b>Ekadashi Until 4:55PM</b> |   | Moon - White                                | Pausha-Markali                                |                         |                  |
| Until 10:53AM                   |                                | <b>Vaikuntha Ekadasi</b>     |   |   |   |                         |                  |
| Then Routine Work - Marana Yoga |                                |                              |   |   |   |                         |                  |

|                                  |                                 |                              |  |   |   |                         |                  |
|----------------------------------|---------------------------------|------------------------------|--|---|---|-------------------------|------------------|
| <b>3</b>                         | <b>Tuesday, January 3, 2023</b> |                              | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam |   |   |                         | Adana, Turkey    |
|                                  |                                 |                              | Krittika/Rohini Nakshatra Subha Yoga Balava Karana Dvadashyam Titau                              |   |   |                         | Sun 25 Sutra 261 |
|                                  | Vrishabha Rasi: 6.27            | Tithi 12                     | <b>Gulika</b> 11:44AM - 12:56PM  | <b>Krittika Until 12:47PM</b>               | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:53AM |                         | Subhakrit 5124   |
|                                  | 827586576                       | <b>Rahu</b> 2:09PM - 3:22PM  | Subha Until 3:38AM Wed   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:34PM |   | Moon 12 - Phase 36 - 25 | 4th Phase        |
| Creative Work Siddha Yoga        |                                 | Balava Until 6:36PM          |  | <b>Nataraja:</b> Clear                      | <b>Subha Sivaloka Day</b>                   |                         |                  |
| Until 12:47PM                    |                                 | <b>Dvadashi Until 6:36PM</b> |  | Moon - White                                | Pausha-Markali                              |                         |                  |
| Then Creative Work - Amrita Yoga |                                 |                              |  |   |   |                         |                  |

|                           |                                   |                                |  |   |  |                         |                  |
|---------------------------|-----------------------------------|--------------------------------|--|---|--|-------------------------|------------------|
| <b>4</b>                  | <b>Wednesday, January 4, 2023</b> |                                | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam |   |  |                         | Adana, Turkey    |
|                           |                                   |                                | Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau               |   |  |                         | Sun 26 Sutra 262 |
|                           | Vrishabha Rasi: 18.37             | Tithi 13                       | <b>Gulika</b> 10:31AM - 11:44AM  | <b>Rohini Until 3:21PM</b>                  | <b>Ganesha:</b> White <i>Sunrise:</i> 6:53AM |                         | Subhakrit 5124   |
|                           | 838586576                         | <b>Rahu</b> 11:44AM - 12:57PM  | Sukla Until 4:05AM Thu   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:35PM |  | Moon 12 - Phase 36 - 26 | 4th Phase        |
| Creative Work Siddha Yoga |                                   | Kaulava Until 7:35AM           |  | <b>Nataraja:</b> Clear                      | <b>Devaloka Day</b>                          |                         |                  |
|                           |                                   | <b>Trayodashi Until 8:36PM</b> |  | Moon - Yellow                               | Pausha-Markali                               |                         |                  |
|                           |                                   | <i>Pradosha Vrata</i>          |  |   |  |                         |                  |

|                          |                                  |                                   |   |   |  |                         |                  |
|--------------------------|----------------------------------|-----------------------------------|---|---|--|-------------------------|------------------|
| <b>5</b>                 | <b>Thursday, January 5, 2023</b> |                                   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam |   |  |                         | Adana, Turkey    |
|                          |                                  |                                   | Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau                 |   |  |                         | Sun 27 Sutra 263 |
|                          | Mithuna Rasi: 0.4                | Tithi 14                          | <b>Gulika</b> 9:19AM - 10:32AM  | <b>Mrigashira Until 5:59PM</b>              | <b>Ganesha:</b> White <i>Sunrise:</i> 6:53AM |                         | Subhakrit 5124   |
|                          | 838586576                        | <b>Rahu</b> 12:57PM - 2:10PM      | Brahma Until 4:42AM Fri   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:36PM |  | Moon 12 - Phase 36 - 27 | 4th Phase        |
| Routine Work Marana Yoga |                                  | Gara Until 9:43AM                 |   | <b>Nataraja:</b> Clear                      | <b>Devaloka Day</b>                          |                         |                  |
|                          |                                  | <b>Subramuniyaswami Jayanti</b>   |   | Moon - Yellow                               | Pausha-Markali                               |                         |                  |
|                          |                                  | <b>Chaturdashi* Until 10:50PM</b> |   |   |  |                         |                  |

|   |                                |                                  |  |   |  |                              |                |
|---|--------------------------------|----------------------------------|--|---|--|------------------------------|----------------|
|  | <b>Friday, January 6, 2023</b> |                                  | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam |   |  |                              | Adana, Turkey  |
|   | <b>Copper Retreat Star</b>     |                                  | Ardra Nakshatra Indra Yoga Visti/Bava Karana Purnimayam Titau                                  |   |  |                              | Sutra 264      |
|   | Mithuna Rasi: 12.38            | Tithi 15                         | <b>Gulika</b> 8:06AM - 9:19AM  | <b>Ardra Until 8:36PM</b>                   | <b>Ganesha:</b> White <i>Sunrise:</i> 6:53AM |                              | Subhakrit 5124 |
|   | 838586576                      | <b>Rahu</b> 10:32AM - 11:45AM    | Indra Until 5:25AM Sat   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:37PM |  | Moon 12 - Phase 36 - Purnima |                |
| Creative Work Siddha Yoga   |                                | Visti Until 12:01PM              |  | <b>Nataraja:</b> Clear                      | <b>Devaloka Day</b>                          |                              |                |
|   |                                | <b>Purnima* Until 1:12AM Sat</b> |  | Moon - Yellow                               | Pausha-Markali                               |                              |                |
|   |                                | <b>Ardra Darshanam</b>           |  |   |  |                              |                |

|                           |                                  |                                   |   |   |  |                               |                |
|---------------------------|----------------------------------|-----------------------------------|---|---|--|-------------------------------|----------------|
|                           | <b>Saturday, January 7, 2023</b> |                                   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam |   |  |                               | Adana, Turkey  |
|                           | <b>Silver Retreat Star</b>       |                                   | Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau                       |   |  |                               | Sutra 265      |
|                           | Mithuna Rasi: 24.34              | Tithi 16                          | <b>Gulika</b> 6:53AM - 8:06AM   | <b>Punarvasu Until 11:38PM</b>              | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:53AM |                               | Subhakrit 5124 |
|                           | 848586576                        | <b>Rahu</b> 9:19AM - 10:32AM      | Vaidhriti* Until 6:10AM Sun   | <b>Muruqa:</b> Purple <i>Sunset:</i> 4:38PM |  | Moon 12 - Phase 36 - Prathama |                |
| Creative Work Siddha Yoga |                                  | Balava Until 2:26PM               |   | <b>Nataraja:</b> Clear                      | <b>Sivaloka Day</b>                          |                               |                |
|                           |                                  | <b>Prathama* Until 3:39AM Sun</b> |   | Moon - Blue                                 | 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: 6.29      Tithi 17  
Creative Work      Siddha Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya Nakshatra Vaidhriti/Vishkamba\* Yoga Tailila/Gara Karana Dvitiyayam Titau

**Gulika** 2:12PM – 3:26PM  
**Yama** 11:46AM – 12:59PM  
**Rahu** 3:26PM – 4:39PM

**Pushya Until 2:33AM Mon**  
Vaidhriti\* Until 6:10AM  
Tailila Until 4:55PM  
**Dvitiya Until 6:09AM Mon**

**Ganesha:** Clear      *Sunrise:* 6:53AM  
**Muruqa:** Purple      *Sunset:* 4:39PM  
**Nataraja:** Clear  
Moon – Blue  
**Pausha-Markali**

Adana, Turkey  
Sutra 266  
Subhakarit 5124  
Moon 1 - Phase 37 -  
1st Phase

**Sivaloka Day**

**1**

**Monday, January 9, 2023**

Kataka Rasi: 18.22      Tithi 17 – 18  
**Family Home Evening**  
Creative Work      Siddha Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\* Nakshatra Vishkamba\*/Priti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika** 1:00PM – 2:13PM  
**Yama** 10:33AM – 11:46AM  
**Rahu** 8:06AM – 9:20AM

**Ashlesha\* Until 5:17AM Tue**  
Vishkamba\* Until 6:57AM  
Vanija Until 7:25PM  
**Dvitiya Until 6:09AM**

**Ganesha:** Clear      *Sunrise:* 6:53AM  
**Muruqa:** Purple      *Sunset:* 4:40PM  
**Nataraja:** Clear  
Moon – Blue  
**Pausha-Markali**

Adana, Turkey  
Sun 1      Sutra 267  
Subhakarit 5124  
Moon 1 - Phase 37 - 1  
1st Phase

**Sivaloka Day**

**2**

**Tuesday, January 10, 2023**

Simha Rasi: 0.16      Tithi 18 – 19  
Creative Work      Siddha Yoga  
Until 8:16AM Wed  
Then Creative Work - Amrita Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\* Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

**Gulika** 11:47AM – 1:00PM  
**Yama** 9:20AM – 10:33AM  
**Rahu** 2:14PM – 3:27PM

**Magha\* Until 8:16AM Wed**  
Priti Until 7:45AM  
Bava Until 9:51PM  
**Tritiya Until 8:37AM**

**Ganesha:** Purple      *Sunrise:* 6:53AM  
**Muruqa:** Purple      *Sunset:* 4:41PM  
**Nataraja:** Clear  
Moon – Red  
**Pausha-Markali**

Adana, Turkey  
Sun 2      Sutra 268  
Subhakarit 5124  
Moon 1 - Phase 37 - 2  
1st Phase

**Devaloka Day**

**3**

**Wednesday, January 11, 2023**

Simha Rasi: 12.11      Tithi 19 – 20  
Creative Work      Siddha Yoga  
Until 8:16AM  
Then Creative Work - Amrita Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika** 10:34AM – 11:47AM  
**Yama** 8:06AM – 9:20AM  
**Rahu** 11:47AM – 1:01PM

**Magha\* Until 8:16AM**  
Ayushman Until 8:26AM  
Kaulava Until 12:07AM Thu  
**Chaturthi\* Until 10:59AM**

**Ganesha:** Clear      *Sunrise:* 6:53AM  
**Muruqa:** Purple      *Sunset:* 4:42PM  
**Nataraja:** Clear  
Moon – Red  
**Pausha-Markali**

Adana, Turkey  
Sun 3      Sutra 269  
Subhakarit 5124  
Moon 1 - Phase 37 - 3  
1st Phase

**Sivaloka Day**

**4**

**Thursday, January 12, 2023**

Simha Rasi: 24.13      Tithi 20 – 21  
Creative Work      Siddha Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

**Gulika** 9:20AM – 10:34AM  
**Yama** 6:53AM – 8:06AM  
**Rahu** 1:01PM – 2:15PM

**Purvaphalguni Until 10:51AM**  
Saubhagya Until 8:58AM  
Gara Until 2:03AM Fri  
**Panchami Until 1:07PM**

**Ganesha:** Clear      *Sunrise:* 6:53AM  
**Muruqa:** Purple      *Sunset:* 4:43PM  
**Nataraja:** Clear  
Moon – Red  
**Pausha-Markali**

Adana, Turkey  
Sun 4      Sutra 270  
Subhakarit 5124  
Moon 1 - Phase 37 - 4  
1st Phase

**Sivaloka Day**

**5**

**Friday, January 13, 2023**

Kanya Rasi: 6.22      Tithi 21 – 22  
Creative Work      Siddha Yoga  
Until 12:55PM  
Then Creative Work - Amrita Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

**Gulika** 8:06AM – 9:20AM  
**Yama** 2:16PM – 3:30PM  
**Rahu** 10:34AM – 11:48AM

**Uttaraphalguni Until 12:55PM**  
Sobhana Until 9:13AM  
Visti Until 3:30AM Sat  
**Shashthi\* Until 2:50PM**

**Ganesha:** Clear      *Sunrise:* 6:52AM  
**Muruqa:** Purple      *Sunset:* 4:43PM  
**Nataraja:** Clear  
Moon – Red  
**Pausha-Markali**

Adana, Turkey  
Sun 5      Sutra 271  
Subhakarit 5124  
Moon 1 - Phase 37 - 5  
1st Phase

**Sivaloka Day**

**6**

**Saturday, January 14, 2023**

Kanya Rasi: 18.44      Tithi 22 – 23  
Routine Work      Marana Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta/Chitra Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika** 6:52AM – 8:06AM  
**Yama** 1:02PM – 2:16PM  
**Rahu** 9:20AM – 10:34AM

**Hasta Until 2:46PM**  
Athiganda\* Until 9:03AM  
Balava Until 4:17AM Sun  
**Saptami Until 3:58PM**

**Ganesha:** White      *Sunrise:* 6:52AM  
**Muruqa:** Purple      *Sunset:* 4:44PM  
**Nataraja:** Clear  
Moon – Green  
**Pausha-Thai**

Adana, Turkey  
Sun 6      Sutra 272  
Subhakarit 5124  
Moon 1 - Phase 37 - 6  
1st Phase

**Subha Sivaloka Day**

**Thai Pongal**

**☾**

**Sunday, January 15, 2023**

**Retreat Star**

Tula Rasi: 1.24      Tithi 23 – 24  
Creative Work      Siddha Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Svati Nakshatra Sukarma/Dhriti Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

**Gulika** 2:17PM – 3:31PM  
**Yama** 11:49AM – 1:03PM  
**Rahu** 3:31PM – 4:45PM

**Chitra Until 3:45PM**  
Sukarma Until 8:21AM  
Tailila Until 4:15AM Mon  
**Ashtami\* Until 4:21PM**

**Ganesha:** White      *Sunrise:* 6:52AM  
**Muruqa:** Purple      *Sunset:* 4:45PM  
**Nataraja:** Clear  
Moon – Green  
**Pausha-Thai**

Adana, Turkey  
Sun 7      Sutra 273  
Subhakarit 5124  
Moon 1 - Phase 37 - 7  
Ashtami

**Subha Sivaloka Day**

**Monday, January 16, 2023**

**Retreat Star**

Tula Rasi: 14.28      Tithi 24 – 25  
**Family Home Evening**  
Creative Work      Amrita Yoga  
Until 3:46PM  
Then Routine Work - Marana Yoga

Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
Svati/Vishakha Nakshatra Dhriti/Shula\* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

**Gulika** 1:03PM – 2:18PM  
**Yama** 10:35AM – 11:49AM  
**Rahu** 8:06AM – 9:20AM

**Svati Until 3:46PM**  
Dhriti Until 7:03AM  
Vanija Until 3:23AM Tue  
**Navami\* Until 3:54PM**

**Ganesha:** White      *Sunrise:* 6:52AM  
**Muruqa:** Purple      *Sunset:* 4:46PM  
**Nataraja:** Clear  
Moon – Green  
**Pausha-Thai**

Adana, Turkey  
Sun 8      Sutra 274  
Subhakarit 5124  
Moon 1 - Phase 37 - 8  
Navami

**Subha Sivaloka Day**

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

All times are standard time. Calculated for Adana, Turkey on 5/1/21


www.gurudeva.org/panchang


|                                  |                                  |                             |   |                              |                        |                        |                       |
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| <b>1</b>                         | <b>Tuesday, January 17, 2023</b> |                             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam |                              |                        |                        | Adana, Turkey         |
|                                  |                                  |                             | Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau                  |                              |                        |                        | Sun 9 Sutra 275       |
|                                  | Tula Rasi: 27.59                 | Tithi 25 – 26               | <b>Gulika</b> 11:49AM – 1:04PM  | <b>Vishakha</b> Until 3:15PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:51AM | Subhakrit 5124        |
|                                  | 879586576                        | Rahu                        | Yama 9:20AM – 10:35AM   | Ganda* Until 2:24AM Wed      | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:48PM  | Moon 1 - Phase 38 - 9 |
| Routine Work Marana Yoga         |                                  | Bava Until 1:40AM Wed       |   | <b>Nataraja:</b> Clear       | 2nd Phase              |                        |                       |
| Until 3:15PM                     |                                  | <b>Dashami</b> Until 2:36PM |   | Moon – Orange                | <b>Sivaloka Day</b>    |                        |                       |
| Then Creative Work - Siddha Yoga |                                  |                             |   | Pausha*Thai                  |                        |                        |                       |

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| <b>2</b>                  | <b>Wednesday, January 18, 2023</b> |                                | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam |                              |                        |                        | Adana, Turkey          |
|                           |                                    |                                | Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau        |                              |                        |                        | Sun 10 Sutra 276       |
|                           | Vischika Rasi: 11.59               | Tithi 26 – 27                  | <b>Gulika</b> 10:35AM – 11:50AM   | <b>Anuradha</b> Until 1:48PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:51AM | Subhakrit 5124         |
|                           | 879586576                          | Rahu                           | Yama 8:06AM – 9:20AM  | Vriddhi Until 11:11PM        | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:49PM  | Moon 1 - Phase 38 - 10 |
| Creative Work Siddha Yoga |                                    | Kaulava Until 11:13PM          |   | <b>Nataraja:</b> Clear       | 2nd Phase              |                        |                        |
|                           |                                    | <b>Ekadashi*</b> Until 12:30PM |   | Moon – Orange                | <b>Sivaloka Day</b>    |                        |                        |
|                           |                                    |                                |   | Pausha*Thai                  |                        |                        |                        |

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| <b>3</b>                         | <b>Thursday, January 19, 2023</b> |                                | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam |                                 |                        |                        | Adana, Turkey          |
|                                  |                                   |                                | Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashti/Trayodashyam Titau           |                                 |                        |                        | Sun 11 Sutra 277       |
|                                  | Vischika Rasi: 26.29              | Tithi 27 – 28                  | <b>Gulika</b> 9:20AM – 10:35AM   | <b>Jyeshtha*</b> Until 11:33AM  | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:51AM | Subhakrit 5124         |
|                                  | 871586576                         | Rahu                           | Yama 6:51AM – 8:05AM   | Dhruva Until 7:26PM             | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:50PM  | Moon 1 - Phase 38 - 11 |
| Routine Work Prabalarishta Yoga  |                                   | Gara Until 8:09PM              |  | <b>Nataraja:</b> Clear          | 2nd Phase              |                        |                        |
| Until 11:33AM                    |                                   | <b>Dvadashti*</b> Until 9:44AM |  | Moon – Orange                   | <b>Sivaloka Day</b>    |                        |                        |
| Then Creative Work - Siddha Yoga |                                   |                                |  | Pausha*Thai                     |                        |                        |                        |
|                                  |                                   |                                |  | <i>Pradosha Vrata (Fasting)</i> |                        |                        |                        |

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| <b>4</b>                               | <b>Friday, January 20, 2023</b> |                                 | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam        |                           |                       |                        | Adana, Turkey          |
|  |                                 |                                 | Mula*/Purvashadha* Nakshatra Vyaghata/Harshana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau |                           |                       |                        | Sun 12 Sutra 278       |
|  | Dhanus Rasi: 11.23              | Tithi 28 – 29                   | <b>Gulika</b> 8:05AM – 9:20AM  | <b>Mula*</b> Until 9:04AM | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 6:50AM | Subhakrit 5124         |
|  | 881586576                       | Rahu                            | Yama 2:20PM – 3:36PM   | Vyaghata* Until 3:20PM    | <b>Muruqa:</b> Purple | <i>Sunset:</i> 4:51PM  | Moon 1 - Phase 38 - 12 |
| Creative Work Amrita Yoga              |                                 | Sakuni Until 2:44AM Sat         |  | <b>Nataraja:</b> Clear    | 2nd Phase             |                        |                        |
| Until 9:04AM                           |                                 | <b>Trayodashi*</b> Until 6:25AM |  | Moon – Light Blue         | <b>Sivaloka Day</b>   |                        |                        |
| Then Routine Work - Prabalarishta Yoga |                                 |                                 |  | Pausha*Thai               |                       |                        |                        |

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|  | <b>Saturday, January 21, 2023</b> |                                | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  |                                  |                       |                        | Adana, Turkey          |
|   | <b>Retreat Star</b>               |                                | Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                  |                       |                        | Sun 13 Sutra 279       |
|   | Dhanus Rasi: 26.35                | Tithi 30                       | <b>Gulika</b> 6:50AM – 8:05AM  | <b>Purvashadha*</b> Until 6:06AM | <b>Ganesha:</b> Red   | <i>Sunrise:</i> 6:50AM | Subhakrit 5124         |
|   | 881586576                         | Rahu                           | Yama 1:06PM – 2:21PM   | Harshana Until 11:01AM           | <b>Muruqa:</b> Purple | <i>Sunset:</i> 4:52PM  | Moon 1 - Phase 38 - 13 |
| Creative Work Siddha Yoga   |                                   | Catuspada Until 12:50PM        |  | <b>Nataraja:</b> Clear           | Amavasya              |                        |                        |
| Until 6:06AM  |                                   | <b>Amavasya*</b> Until 10:53PM |  | Moon – Light Blue                | <b>Sivaloka Day</b>   |                        |                        |
| Then Routine Work - Marana Yoga   |                                   |                                |  | Pausha*Thai                      |                       |                        |                        |

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|  | <b>Sunday, January 22, 2023</b> |                               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam |                               |                        |                        | Adana, Turkey          |
|   | <b>Retreat Star</b>             |                               | Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau                  |                               |                        |                        | Sun 14 Sutra 280       |
|   | Makara Rasi: 11.55              | Tithi 1                       | <b>Gulika</b> 2:22PM – 3:37PM   | <b>Shravana</b> Until 11:53PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:49AM | Subhakrit 5124         |
|   | 891586576                       | Rahu                          | Yama 11:51AM – 1:06PM   | Vajra* Until 6:34AM           | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:53PM  | Moon 1 - Phase 38 - 14 |
| Creative Work Amrita Yoga   |                                 | Kintughna Until 8:57AM        |   | <b>Nataraja:</b> Clear        | Prathama               |                        |                        |
| Until 11:53PM   |                                 | <b>Prathama*</b> Until 7:01PM |   | Moon – Purple                 | <b>Sivaloka Day</b>    |                        |                        |
| Then Routine Work - Marana Yoga   |                                 |                               |   | Magha*Thai                    |                        |                        |                        |

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| <b>1</b> | <b>Monday, January 23, 2023</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                                |                        |                        | Adana, Turkey<br>Sun 15 Sutra 281<br>Subhakrit 5124 |
|          | Makara Rasi: 27.12              | Tithi 2 – 3 | <b>Gulika</b> 1:07PM – 2:23PM  | <b>Dhanishtha</b> Until 9:00PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:49AM |   |
|          | <b>Family Home Evening</b>      | 891586576   | Yama 10:36AM – 11:51AM   | Vyatipata* Until 10:01PM       | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:54PM  | Moon 1 - Phase 39 - 15                              |
|          | Creative Work Siddha Yoga       |             | <b>Rahu</b> 8:04AM – 9:20AM  | Taitila Until 1:36AM Tue       | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                                 |             | <b>Dvitiya</b> Until 3:19PM  | Moon – Purple                  | <b>Sivaloka Day</b>    |                        |   |

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| <b>2</b> | <b>Tuesday, January 24, 2023</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                                  |                        |                        | Adana, Turkey<br>Sun 16 Sutra 282<br>Subhakrit 5124 |
|          | Kumbha Rasi: 12.16               | Tithi 3 – 4 | <b>Gulika</b> 11:51AM – 1:07PM  | <b>Shatabhishak</b> Until 6:24PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:48AM |   |
|          |                                  | 891586576   | Yama 9:20AM – 10:36AM   | Variyan Until 6:09PM             | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:55PM  | Moon 1 - Phase 39 - 16                              |
|          | Routine Work Marana Yoga         |             | <b>Rahu</b> 2:23PM – 3:39PM   | Vanija Until 10:31PM             | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                                  |             | <b>Tritiya</b> Until 11:59AM  | Moon – Purple                    | <b>Sivaloka Day</b>    |                        |   |

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| <b>3</b> | <b>Wednesday, January 25, 2023</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                                       |                           |                        | Adana, Turkey<br>Sun 17 Sutra 283<br>Subhakrit 5124 |
|          | Kumbha Rasi: 26.58                 | Tithi 4 – 5 | <b>Gulika</b> 10:36AM – 11:52AM   | <b>Purvaproshtapada*</b> Until 4:38PM | <b>Ganesha:</b> Blue      | <i>Sunrise:</i> 6:47AM |   |
|          |                                    | 911586576   | Yama 8:04AM – 9:20AM  | Parigha* Until 2:46PM                 | <b>Muruqa:</b> Purple     | <i>Sunset:</i> 4:56PM  | Moon 1 - Phase 39 - 17                              |
|          | Creative Work Amrita Yoga          |             | <b>Rahu</b> 11:52AM – 1:08PM  | Bava Until 8:01PM                     | <b>Nataraja:</b> Clear    |                        | 3rd Phase   |
|          |                                    |             | <b>Chaturthi*</b> Until 9:09AM  | Moon – Clear                          | <b>Subha Sivaloka Day</b> |                        |   |

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| <b>4</b> | <b>Thursday, January 26, 2023</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                                       |                           |                        | Adana, Turkey<br>Sun 18 Sutra 284<br>Subhakrit 5124 |
|          | Meena Rasi: 11.11                 | Tithi 5 – 6 | <b>Gulika</b> 9:19AM – 10:36AM   | <b>Uttaraproshtapada</b> Until 3:26PM | <b>Ganesha:</b> Blue      | <i>Sunrise:</i> 6:47AM |   |
|          |                                   | 911586576   | Yama 6:47AM – 8:03AM   | Shiva Until 11:59AM                   | <b>Muruqa:</b> Purple     | <i>Sunset:</i> 4:57PM  | Moon 1 - Phase 39 - 18                              |
|          | Creative Work Siddha Yoga         |             | <b>Rahu</b> 1:08PM – 2:25PM  | Kaulava Until 6:15PM                  | <b>Nataraja:</b> Clear    |                        | 3rd Phase   |
|          |                                   |             | <b>Panchami</b> Until 7:01AM   | Moon – Clear                          | <b>Subha Sivaloka Day</b> |                        |   |

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| <b>5</b> | <b>Friday, January 27, 2023</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau |                            |                           |                        | Adana, Turkey<br>Sun 19 Sutra 285<br>Subhakrit 5124 |
|          | Meena Rasi: 24.56               | Tithi 7   | <b>Gulika</b> 8:03AM – 9:19AM   | <b>Revati</b> Until 2:55PM | <b>Ganesha:</b> Blue      | <i>Sunrise:</i> 6:46AM |   |
|          |                                 | 911586576 | Yama 2:25PM – 3:42PM  | Siddha Until 9:48AM        | <b>Muruqa:</b> Purple     | <i>Sunset:</i> 4:58PM  | Moon 1 - Phase 39 - 19                              |
|          | Creative Work Siddha Yoga       |           | <b>Rahu</b> 10:36AM – 11:52AM   | Gara Until 5:20PM          | <b>Nataraja:</b> Clear    |                        | 3rd Phase   |
|          |                                 |           | <b>Saptami</b> Until 5:11AM Sat   | Moon – Clear               | <b>Subha Sivaloka Day</b> |                        |   |

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| <b>☾</b> | <b>Saturday, January 28, 2023</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau |                             |                        |                        | Adana, Turkey<br>Sun 20 Sutra 286<br>Subhakrit 5124 |
|          | <b>Retreat Star</b>               |           | <b>Gulika</b> 6:46AM – 8:02AM  | <b>Ashvini</b> Until 3:32PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:46AM |   |
|          | Mesha Rasi: 8.11                  | Tithi 8   | Yama 1:09PM – 2:26PM   | Sadhya Until 8:20AM         | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 4:59PM  | Moon 1 - Phase 39 - 20                              |
|          |                                   | 921586576 | <b>Rahu</b> 9:19AM – 10:36AM   | Visti Until 5:18PM          | <b>Nataraja:</b> Clear |                        | Ashtami   |
|          |                                   |           | <b>Ashtami*</b> Until 5:34AM Sun   | Moon – White                | <b>Sivaloka Day</b>    |                        |   |

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| <b>☽</b> | <b>Sunday, January 29, 2023</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava Karana Navamyam Titau |                             |                        |                        | Adana, Turkey<br>Sun 21 Sutra 287<br>Subhakrit 5124 |
|          | <b>Retreat Star</b>             |           | <b>Gulika</b> 2:26PM – 3:43PM   | <b>Bharani</b> Until 4:48PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 6:45AM |   |
|          | Mesha Rasi: 21                  | Tithi 9   | Yama 11:53AM – 1:10PM   | Subha Until 7:31AM          | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:00PM  | Moon 1 - Phase 39 - 21                              |
|          |                                 | 922686576 | <b>Rahu</b> 3:43PM – 5:00PM   | Balava Until 6:04PM         | <b>Nataraja:</b> Clear |                        | Navami  |
|          |                                 |           | <b>Navami*</b> Until 6:42AM Mon   | Moon – White                | <b>Sivaloka Day</b>    |                        |   |

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

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| <b>Monday, January 30, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |   |  |   | Adana, Turkey<br>Sun 22<br>Sutra 288<br>Subhakarit 5124    |
| <b>1</b>                        | Vrishabha Rasi: 3.28<br>Tithi 9 – 10<br><b>Family Home Evening</b><br>Routine Work Marana Yoga<br>Until 6:35PM<br>Then Creative Work - Amrita Yoga | <b>Gulika</b> 1:10PM – 2:27PM<br>Yama 10:36AM – 11:53AM<br><b>Rahu</b> 8:01AM – 9:18AM   | <b>Krittika Until 6:35PM</b><br>Sukla Until 7:16AM<br>Taitila Until 7:32PM<br><b>Navami* Until 6:42AM</b> | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – White<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:44AM<br><b>Sunset:</b> 5:01PM | Moon 1 - Phase 40 - 22<br>4th Phase<br><b>Sivaloka Day</b> |

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| <b>Tuesday, January 31, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |   |  |   | Adana, Turkey<br>Sun 23<br>Sutra 289<br>Subhakarit 5124          |
| <b>2</b>                         | Vrishabha Rasi: 15.41<br>Tithi 10 – 11<br>932686576<br>Creative Work Amrita Yoga<br>Until 9:11PM<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 11:53AM – 1:10PM<br>Yama 9:18AM – 10:36AM<br><b>Rahu</b> 2:28PM – 3:45PM  | <b>Rohini Until 9:11PM</b><br>Brahma Until 7:28AM<br>Vanija Until 9:31PM<br><b>Dashami Until 8:27AM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:43AM<br><b>Sunset:</b> 5:02PM | Moon 1 - Phase 40 - 23<br>4th Phase<br><b>Subha Sivaloka Day</b> |

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| <b>Wednesday, February 1, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |  |  |   | Adana, Turkey<br>Sun 24<br>Sutra 290<br>Subhakarit 5124          |
| <b>3</b>                           | Vrishabha Rasi: 27.44<br>Tithi 11 – 12<br>932686576<br>Creative Work Siddha Yoga | <b>Gulika</b> 10:36AM – 11:53AM<br>Yama 8:01AM – 9:18AM<br><b>Rahu</b> 11:53AM – 1:10PM  | <b>Mrigashira Until 11:56PM</b><br>Indra Until 8:01AM<br>Bava Until 11:50PM<br><b>Ekadashi Until 10:37AM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:43AM<br><b>Sunset:</b> 5:02PM | Moon 1 - Phase 40 - 24<br>4th Phase<br><b>Subha Sivaloka Day</b> |

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| <b>Thursday, February 2, 2023</b> |   | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |  |   | Adana, Turkey<br>Sun 25<br>Sutra 291<br>Subhakarit 5124          |
| <b>4</b>                          | Mithuna Rasi: 9.4<br>Tithi 12 – 13<br>932686576<br>Routine Work Marana Yoga<br>Until 2:40AM Fri<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 9:18AM – 10:35AM<br>Yama 6:43AM – 8:00AM<br><b>Rahu</b> 1:11PM – 2:28PM   | <b>Ardra Until 2:40AM Fri</b><br>Vaidhriti* Until 8:43AM<br>Kaulava Until 2:18AM Fri<br><b>Dvadashi Until 1:02PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:43AM<br><b>Sunset:</b> 5:04PM | Moon 1 - Phase 40 - 25<br>4th Phase<br><b>Subha Sivaloka Day</b> |

*Pradosha Vrata*

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|---------------------------------|--|--|--|--|---|--|
| <b>Friday, February 3, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |  |  |   | Adana, Turkey<br>Sun 26<br>Sutra 292<br>Subhakarit 5124    |
| <b>5</b>                        | Mithuna Rasi: 21.33<br>Tithi 13 – 14<br>942686576<br>Creative Work Siddha Yoga | <b>Gulika</b> 8:00AM – 9:17AM<br>Yama 2:29PM – 3:47PM<br><b>Rahu</b> 10:35AM – 11:53AM   | <b>Punarvasu Until 5:47AM Sat</b><br>Vishkambha* Until 9:32AM<br>Gara Until 4:49AM Sat<br><b>Trayodashi Until 3:32PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Blue<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:42AM<br><b>Sunset:</b> 5:05PM | Moon 1 - Phase 40 - 26<br>4th Phase<br><b>Sivaloka Day</b> |

|                                   |   |  |  |   |   |  |
|-----------------------------------|---|--|--|---|---|--|
| <b>Saturday, February 4, 2023</b> |   | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Pushya Nakshatra Priti/Ayushman Yoga Vanija Karana Chaturdashyam Titau |  |   |   | Adana, Turkey<br>Sun 27<br>Sutra 293<br>Subhakarit 5124    |
| <b>6</b>                          | Kataka Rasi: 3.26<br>Tithi 14<br>942686577<br>Creative Work Siddha Yoga | <b>Gulika</b> 6:41AM – 7:59AM<br>Yama 1:11PM – 2:30PM<br><b>Rahu</b> 9:17AM – 10:35AM  | <b>Pushya Until 8:41AM Sun</b><br>Priti Until 10:22AM<br>Vanija Until 6:02PM<br><b>Chaturdashi* Until 6:02PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:41AM<br><b>Sunset:</b> 5:06PM | Moon 1 - Phase 40 - 27<br>4th Phase<br><b>Sivaloka Day</b> |

**Thai Pusam**

|                                 |  |   |  |   |   |   |
|---------------------------------|--|---|--|---|---|---|
| <b>Sunday, February 5, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau |  |   |   | Adana, Turkey<br>Sutra 294<br>Subhakarit 5124         |
| <b>○</b>                        | <b>Copper Retreat Star</b><br>Kataka Rasi: 15.19<br>Tithi 15<br>942686577<br>Creative Work Siddha Yoga | <b>Gulika</b> 2:30PM – 3:48PM<br>Yama 11:53AM – 1:12PM<br><b>Rahu</b> 3:48PM – 5:07PM   | <b>Pushya Until 8:41AM</b><br>Ayushman Until 11:08AM<br>Visti Until 7:17AM<br><b>Purnima* Until 8:27PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:40AM<br><b>Sunset:</b> 5:07PM | Moon 1 - Phase 40 -<br>Purnima<br><b>Sivaloka Day</b> |

|                                 |   |   |  |   |   |  |
|---------------------------------|---|---|--|---|---|--|
| <b>Monday, February 6, 2023</b> |   | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau |  |   |   | Adana, Turkey<br>Sutra 295<br>Subhakarit 5124          |
| <b>○</b>                        | <b>Silver Retreat Star</b><br>Kataka Rasi: 27.15<br>Tithi 16<br>942686577<br>Family Home Evening<br>Creative Work Siddha Yoga<br>Until 11:19AM<br>Then Routine Work - Marana Yoga | <b>Gulika</b> 1:12PM – 2:31PM<br>Yama 10:35AM – 11:54AM<br><b>Rahu</b> 7:58AM – 9:16AM  | <b>Ashlesha* Until 11:19AM</b><br>Saubhagya Until 11:50AM<br>Balava Until 9:39AM<br><b>Prathama* Until 10:46PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br><b>Magha-Thai</b> | <b>Sunrise:</b> 6:39AM<br><b>Sunset:</b> 5:08PM | Moon 1 - Phase 40 -<br>Prathama<br><b>Sivaloka Day</b> |





Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 9.14      Tithi 17

952686577

Creative Work      Siddha Yoga

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

**Gulika** 11:54AM – 1:12PM  
**Yama** 9:16AM – 10:35AM  
**Rahu** 2:31PM – 3:50PM

**Magha\* Until 2:10PM**  
Sobhana Until 12:27PM  
Taitila Until 11:54AM  
**Dvitiya Until 12:55AM Wed**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

**Sunrise:** 6:38AM  
**Sunset:** 5:09PM

Adana, Turkey  
Sun 1      Sutra 296  
Subhakrit 5124  
Moon 2 - Phase 41 - 1  
1st Phase

**Subha Sivaloka Day**

1

Wednesday, February 8, 2023

Simha Rasi: 21.16      Tithi 18

952686577

Creative Work      Amrita Yoga

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

**Gulika** 10:35AM – 11:54AM  
**Yama** 7:56AM – 9:15AM  
**Rahu** 11:54AM – 1:13PM

**Purvaphalguni Until 4:40PM**  
Athiganda\* Until 12:54PM  
Vanija Until 1:57PM  
**Tritiya Until 2:52AM Thu**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

**Sunrise:** 6:37AM  
**Sunset:** 5:10PM

Adana, Turkey  
Sun 2      Sutra 297  
Subhakrit 5124  
Moon 2 - Phase 41 - 2  
1st Phase

**Subha Sivaloka Day**

2

Thursday, February 9, 2023

Kanya Rasi: 3.25      Tithi 19

952686577

Amrita Yoga

Until 6:45PM  
Then Routine Work - Marana Yoga

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

**Gulika** 9:15AM – 10:34AM  
**Yama** 6:36AM – 7:56AM  
**Rahu** 1:13PM – 2:32PM

**Maha Sankatahara Chaturthi**

**Uttaraphalguni Until 6:45PM**  
Sukarma Until 1:11PM  
Bava Until 3:44PM  
**Chaturthi\* Until 4:29AM Fri**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

**Sunrise:** 6:36AM  
**Sunset:** 5:11PM

Adana, Turkey  
Sun 3      Sutra 298  
Subhakrit 5124  
Moon 2 - Phase 41 - 3  
1st Phase

**Subha Sivaloka Day**

3

Friday, February 10, 2023

Kanya Rasi: 15.4      Tithi 20

962686577

Amrita Yoga

Until 8:48PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 7:55AM – 9:15AM  
**Yama** 2:33PM – 3:53PM  
**Rahu** 10:34AM – 11:54AM

**Hasta Until 8:48PM**  
Dhriti Until 1:13PM  
Kaulava Until 5:11PM  
**Panchami Until 5:42AM Sat**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

**Sunrise:** 6:35AM  
**Sunset:** 5:12PM

Adana, Turkey  
Sun 4      Sutra 299  
Subhakrit 5124  
Moon 2 - Phase 41 - 4  
1st Phase

**Sivaloka Day**

4

Saturday, February 11, 2023

Kanya Rasi: 28.07      Tithi 21

963686577

Marana Yoga

Until 10:13PM  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Chitra Nakshatra Shula\*/Ganda\* Yoga Gara Karana Shashthyam Titau

**Gulika** 6:34AM – 7:54AM  
**Yama** 1:14PM – 2:34PM  
**Rahu** 9:14AM – 10:34AM

**Chitra Until 10:13PM**  
Shula\* Until 12:52PM  
Gara Until 6:08PM  
**Shashthi\* Until 6:22AM Sun**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

**Sunrise:** 6:34AM  
**Sunset:** 5:13PM

Adana, Turkey  
Sun 5      Sutra 300  
Subhakrit 5124  
Moon 2 - Phase 41 - 5  
1st Phase

**Devaloka Day**

5

Sunday, February 12, 2023

Tula Rasi: 10.48      Tithi 21 – 22

963686577

Siddha Yoga

Until 10:52PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Svati Nakshatra Ganda\*/Vridhhi Yoga Vanija/Visiti\* Karana Shashthi/Saptamyam Titau

**Gulika** 2:34PM – 3:54PM  
**Yama** 11:54AM – 1:14PM  
**Rahu** 3:54PM – 5:14PM

**Svati Until 10:52PM**  
Ganda\* Until 12:06PM  
Visiti Until 6:29PM  
**Shashthi\* Until 6:22AM**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

**Sunrise:** 6:33AM  
**Sunset:** 5:14PM

Adana, Turkey  
Sun 6      Sutra 301  
Subhakrit 5124  
Moon 2 - Phase 41 - 6  
1st Phase

**Devaloka Day**

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 23.48      Tithi 22 – 23

Family Home Evening

973686577

Marana Yoga

Until 11:08PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 1:14PM – 2:35PM  
**Yama** 10:33AM – 11:54AM  
**Rahu** 7:53AM – 9:13AM

**Vishakha Until 11:08PM**  
Vridhhi Until 10:49AM  
Balava Until 6:07PM  
**Saptami Until 6:22AM**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

**Sunrise:** 6:32AM  
**Sunset:** 5:15PM

Adana, Turkey  
Sun 7      Sutra 302  
Subhakrit 5124  
Moon 2 - Phase 41 - 7  
Ashtami

**Sivaloka Day**

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.11      Tithi 24

973686577

Siddha Yoga

Until 10:32PM  
Then Routine Work - Marana Yoga

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

**Gulika** 11:54AM – 1:14PM  
**Yama** 9:12AM – 10:33AM  
**Rahu** 2:35PM – 3:56PM

**Anuradha Until 10:32PM**  
Dhruva Until 8:56AM  
Taitila Until 5:02PM  
**Navami\* Until 4:11AM Wed**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

**Sunrise:** 6:31AM  
**Sunset:** 5:16PM

Adana, Turkey  
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 Adana, Turkey on 5/1/21

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|          |  |           |  |   |   |                                   |   |
|----------|--|-----------|--|---|---|-----------------------------------|---|
| <b>1</b> | <b>Wednesday, February 15, 2023</b>  |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau |   |   |                                   | Adana, Turkey<br>Sun 9  |
|          | Vrischika Rasi: 21<br>Tithi 25<br>Creative Work Siddha Yoga<br>Until 9:05PM<br>Then Routine Work - Marana Yoga | 973686577 | Gulika 10:33AM – 11:54AM<br>Yama 7:51AM – 9:12AM<br>Rahu 11:54AM – 1:15PM  | Jyeshtha* Until 9:05PM<br>Vyaghata* Until 6:29AM<br>Vanija Until 3:13PM<br>Dashami Until 2:02AM Thu | Ganesha: Clear<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Orange<br>Magha-Masi | Sunrise: 6:30AM<br>Sunset: 5:18PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 9<br>2nd Phase<br>Sivaloka Day |

|          |  |           |   |   |   |                                   |  |
|----------|--|-----------|---|---|---|-----------------------------------|--|
| <b>2</b> | <b>Thursday, February 16, 2023</b>                         |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau |   |   |                                   | Adana, Turkey<br>Sun 10  |
|          | Dhanus Rasi: 5.14<br>Tithi 26<br>Creative Work Siddha Yoga | 983686577 | Gulika 9:11AM – 10:33AM<br>Yama 6:29AM – 7:50AM<br>Rahu 1:15PM – 2:36PM   | Mula* Until 7:18PM<br>Vajra* Until 11:59PM<br>Bava Until 12:44PM<br>Ekadashi* Until 11:16PM | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:29AM<br>Sunset: 5:19PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 10<br>2nd Phase<br>Devaloka Day |

|          |  |           |  |  |   |                                   |  |
|----------|--|-----------|--|--|---|-----------------------------------|--|
| <b>3</b> | <b>Friday, February 17, 2023</b>   |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau |  |   |                                   | Adana, Turkey<br>Sun 11  |
|          | Dhanus Rasi: 19.54<br>Tithi 27<br>Routine Work Prabalarishta Yoga<br>Until 4:53PM<br>Then Routine Work - Marana Yoga | 983686577 | Gulika 7:49AM – 9:11AM<br>Yama 2:37PM – 3:58PM<br>Rahu 10:32AM – 11:54AM   | Purvashadha* Until 4:53PM<br>Siddhi Until 8:08PM<br>Kaulava Until 9:43AM<br>Dvadashi* Until 8:02PM | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:28AM<br>Sunset: 5:20PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 11<br>2nd Phase<br>Devaloka Day |

|          |  |           |  |  |   |                                   |  |
|----------|--|-----------|--|--|---|-----------------------------------|--|
| <b>4</b> | <b>Saturday, February 18, 2023</b>   |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau |  |   |                                   | Adana, Turkey<br>Sun 12  |
|          | Makara Rasi: 4.52<br>Tithi 28 – 29<br>Routine Work Marana Yoga<br>Until 1:59PM<br>Then Creative Work - Siddha Yoga | 983686577 | Gulika 6:27AM – 7:48AM<br>Yama 1:15PM – 2:37PM<br>Rahu 9:10AM – 10:32AM  | Uttarashadha Until 1:59PM<br>Vyatipata* Until 4:01PM<br>Gara Until 6:19AM<br>Trayodashi* Until 4:29PM<br><i>Pradosha Vrata (Fasting)</i> | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:27AM<br>Sunset: 5:21PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 12<br>2nd Phase<br>Devaloka Day |

|  |  |           |  |  |   |                                   |   |
|--|--|-----------|--|--|---|-----------------------------------|---|
|  | <b>Sunday, February 19, 2023</b>   |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |  |   |                                   | Adana, Turkey<br>Sun 13   |
|  | Makara Rasi: 20.02<br>Tithi 29 – 30<br>Creative Work Amrita Yoga<br>Until 11:11AM<br>Then Routine Work - Marana Yoga | 993686577 | Gulika 2:38PM – 4:00PM<br>Yama 11:54AM – 1:16PM<br>Rahu 4:00PM – 5:22PM  | Shravana Until 11:11AM<br>Variyan Until 11:45AM<br>Catuspada Until 10:57PM<br>Chaturdashi* Until 12:47PM | Ganesha: Green<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Purple<br>Magha-Masi | Sunrise: 6:25AM<br>Sunset: 5:23PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 13<br>Amavasya<br>Devaloka Day |

|                     |   |           |  |  |   |                                   |   |
|---------------------|---|-----------|--|--|---|-----------------------------------|---|
| <b>Retreat Star</b> | <b>Monday, February 20, 2023</b>  |           | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |  |   |                                   | Adana, Turkey<br>Sun 14   |
|                     | Kumbha Rasi: 5.14<br>Tithi 30 – 1<br>Family Home Evening<br>Creative Work Siddha Yoga | 993686577 | Gulika 1:16PM – 2:38PM<br>Yama 10:31AM – 11:53AM<br>Rahu 7:47AM – 9:09AM   | Dhanishtha Until 8:16AM<br>Parigha* Until 7:31AM<br>Kintughna Until 7:21PM<br>Amavasya* Until 9:07AM | Ganesha: Green<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Purple<br>Phalgun-Masi | Sunrise: 6:24AM<br>Sunset: 5:23PM | Subhakarit 5124<br>Moon 2 - Phase 42 - 14<br>Prathama<br>Devaloka Day |

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

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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|          |                                   |                      |   |                                    |                |                        |                  |
|----------|-----------------------------------|----------------------|---|------------------------------------|----------------|------------------------|------------------|
| <b>1</b> | <b>Tuesday, February 21, 2023</b> |                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau |                                    |                |                        | Adana, Turkey    |
|          | Kumbha Rasi: 20.17                | Tithi 2              | Gulika 11:53AM – 1:16PM   | Purvaproshtapada* Until 3:10AM Wed | Ganesha: Red   | Sunrise: 6:23AM        | Sun 15 Sutra 310 |
|          | 913686577                         | Rahu 2:39PM – 4:01PM | Siddha Until 11:38PM  | Muruqa: Purple                     | Sunset: 5:24PM | Moon 2 - Phase 43 - 15 | Subhakrit 5124   |
|          | Routine Work Marana Yoga          |                      | Balava Until 4:02PM   | Nataraja: Orange                   |                | 3rd Phase              |                  |
|          |                                   |                      | Dvitiya Until 2:31AM Wed  | Moon – Clear                       |                | <b>Sivaloka Day</b>    |                  |
|          |                                   |                      |   | Phalguna-Masi                      |                |                        |                  |

|          |                                     |                       |  |                                    |                |                        |                  |
|----------|-------------------------------------|-----------------------|--|------------------------------------|----------------|------------------------|------------------|
| <b>2</b> | <b>Wednesday, February 22, 2023</b> |                       | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau |                                    |                |                        | Adana, Turkey    |
|          | Meena Rasi: 5.03                    | Tithi 3               | Gulika 10:30AM – 11:53AM   | Uttaraproshtapada Until 1:21AM Thu | Ganesha: Red   | Sunrise: 6:22AM        | Sun 16 Sutra 311 |
|          | 913686577                           | Rahu 11:53AM – 1:16PM | Sadhya Until 8:16PM  | Muruqa: Purple                     | Sunset: 5:25PM | Moon 2 - Phase 43 - 16 | Subhakrit 5124   |
|          | Creative Work Siddha Yoga           |                       | Taitila Until 1:11PM   | Nataraja: Orange                   |                | 3rd Phase              |                  |
|          |                                     |                       | Tritiya Until 11:57PM  | Moon – Clear                       |                | <b>Sivaloka Day</b>    |                  |
|          |                                     |                       |  | Phalguna-Masi                      |                |                        |                  |

|          |                                    |                      |  |                          |                |   |                  |
|----------|------------------------------------|----------------------|--|--------------------------|----------------|---|------------------|
| <b>3</b> | <b>Thursday, February 23, 2023</b> |                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau |                          |                |   | Adana, Turkey    |
|          | Meena Rasi: 19.24                  | Tithi 4              | Gulika 9:07AM – 10:30AM  | Revati Until 12:05AM Fri | Ganesha: Blue  | Sunrise: 6:21AM                         | Sun 17 Sutra 312 |
|          | 913786577                          | Rahu 1:16PM – 2:39PM | Subha Until 5:27PM   | Muruqa: Purple           | Sunset: 5:26PM | Moon 2 - Phase 43 - 17                  | Subhakrit 5124   |
|          | Creative Work Siddha Yoga          |                      | Vanija Until 10:57AM   | Nataraja: Orange         |                | 3rd Phase                               |                  |
|          |                                    |                      | Chaturthi* Until 10:05PM   | Moon – Clear             |                | <b>Subha Sivaloka Day</b>               |                  |
|          |                                    |                      |  | Phalguna-Masi            |                |   |                  |
|          |                                    |                      |  |                          |                | <b>Subramuniyaswami Siva Vision Day</b> |                  |

|          |                                  |                        |  |                       |                 |                        |                  |
|----------|----------------------------------|------------------------|--|-----------------------|-----------------|------------------------|------------------|
| <b>4</b> | <b>Friday, February 24, 2023</b> |                        | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau |                       |                 |                        | Adana, Turkey    |
|          | Mesha Rasi: 3.17                 | Tithi 5                | Gulika 7:43AM – 9:06AM   | Ashvini Until 11:55PM | Ganesha: Yellow | Sunrise: 6:19AM        | Sun 18 Sutra 313 |
|          | 923786577                        | Rahu 10:30AM – 11:53AM | Sukla Until 3:15PM   | Muruqa: Purple        | Sunset: 5:27PM  | Moon 2 - Phase 43 - 18 | Subhakrit 5124   |
|          | Creative Work Amrita Yoga        |                        | Bava Until 9:28AM  | Nataraja: Orange      |                 | 3rd Phase              |                  |
|          |                                  |                        | Panchami Until 9:02PM  | Moon – White          |                 | <b>Sivaloka Day</b>    |                  |
|          |                                  |                        |  | Phalguna-Masi         |                 |                        |                  |

|          |                                    |                       |  |                           |                 |                        |                  |
|----------|------------------------------------|-----------------------|--|---------------------------|-----------------|------------------------|------------------|
| <b>5</b> | <b>Saturday, February 25, 2023</b> |                       | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau |                           |                 |                        | Adana, Turkey    |
|          | Mesha Rasi: 16.4                   | Tithi 6               | Gulika 6:18AM – 7:42AM   | Bharani Until 12:27AM Sun | Ganesha: Yellow | Sunrise: 6:18AM        | Sun 19 Sutra 314 |
|          | 923786577                          | Rahu 9:05AM – 10:29AM | Brahma Until 1:44PM  | Muruqa: Purple            | Sunset: 5:28PM  | Moon 2 - Phase 43 - 19 | Subhakrit 5124   |
|          | Creative Work Siddha Yoga          |                       | Kaulava Until 8:51AM   | Nataraja: Orange          |                 | 3rd Phase              |                  |
|          |                                    |                       | Shashthi* Until 8:50PM   | Moon – White              |                 | <b>Sivaloka Day</b>    |                  |
|          |                                    |                       |  | Phalguna-Masi             |                 |                        |                  |

|          |                                  |                      |  |                           |                |                        |                  |
|----------|----------------------------------|----------------------|--|---------------------------|----------------|------------------------|------------------|
| <b>6</b> | <b>Sunday, February 26, 2023</b> |                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau |                           |                |                        | Adana, Turkey    |
|          | Mesha Rasi: 29.37                | Tithi 7              | Gulika 2:41PM – 4:05PM   | Krittika Until 1:39AM Mon | Ganesha: Blue  | Sunrise: 6:17AM        | Sun 20 Sutra 315 |
|          | 924786577                        | Rahu 4:05PM – 5:29PM | Indra Until 12:55PM  | Muruqa: Purple            | Sunset: 5:29PM | Moon 2 - Phase 43 - 20 | Subhakrit 5124   |
|          | Creative Work Siddha Yoga        |                      | Gara Until 9:05AM  | Nataraja: Orange          |                | 3rd Phase              |                  |
|          |                                  |                      | Saptami Until 9:30PM   | Moon – White              |                | <b>Devaloka Day</b>    |                  |
|          |                                  |                      |  | Phalguna-Masi             |                |                        |                  |

|                           |                                  |           |   |                          |                  |                     |                        |
|---------------------------|----------------------------------|-----------|---|--------------------------|------------------|---------------------|------------------------|
| <b>☾</b>                  | <b>Monday, February 27, 2023</b> |           | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau |                          |                  |                     | Adana, Turkey          |
|                           | <b>Retreat Star</b>              |           | Gulika 1:17PM – 2:41PM  | Rohini Until 3:51AM Tue  | Ganesha: Yellow  | Sunrise: 6:15AM     | Sun 21 Sutra 316       |
|                           | Vrishabha Rasi: 12.1             | Tithi 8   | Yama 10:28AM – 11:53AM  | Vaidhriti* Until 12:41PM | Muruqa: Purple   | Sunset: 5:30PM      | Subhakrit 5124         |
|                           | <b>Family Home Evening</b>       | 934786577 | Rahu 7:40AM – 9:04AM  | Visti Until 10:09AM      | Nataraja: Orange |                     | Moon 2 - Phase 43 - 21 |
| Creative Work Amrita Yoga |                                  |           | Ashtami* Until 10:55PM  | Moon – Yellow            |                  | Ashtami             |                        |
|                           |                                  |           |   | Phalguna-Masi            |                  | <b>Sivaloka Day</b> |                        |

|                           |                                   |                      |   |                             |                 |                        |                  |
|---------------------------|-----------------------------------|----------------------|---|-----------------------------|-----------------|------------------------|------------------|
| <b>☽</b>                  | <b>Tuesday, February 28, 2023</b> |                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau |                             |                 |                        | Adana, Turkey    |
|                           | <b>Retreat Star</b>               |                      | Gulika 11:52AM – 1:17PM   | Mrigashira Until 6:24AM Wed | Ganesha: Yellow | Sunrise: 6:14AM        | Sun 22 Sutra 317 |
|                           | Vrishabha Rasi: 24.25             | Tithi 9              | Yama 9:03AM – 10:28AM   | Vishkambha* Until 12:57PM   | Muruqa: Purple  | Sunset: 5:31PM         | Subhakrit 5124   |
|                           | 934786577                         | Rahu 2:42PM – 4:06PM | Balava Until 11:52AM  | Nataraja: Orange            |                 | Moon 2 - Phase 43 - 22 | Navami           |
| Creative Work Siddha Yoga |                                   |                      | Navami* Until 12:54AM Wed   | Moon – Yellow               |                 | <b>Sivaloka Day</b>    |                  |
|                           |                                   |                      |   | Phalguna-Masi               |                 |                        |                  |

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

|                                  |                               |                                 |                                    |   |                        |                                   |  |
|----------------------------------|-------------------------------|---------------------------------|------------------------------------|---|------------------------|-----------------------------------|--|
| <b>1</b>                         |                               | <b>Wednesday, March 1, 2023</b> |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau                    |                        | Adana, Turkey<br>Sun 23 Sutra 318 |  |
| Mithuna Rasi: 6.27               | Tithi 10                      | <b>Gulika</b> 10:27AM – 11:52AM | <b>Mrigashira</b> Until 6:24AM     | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:11AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 7:37AM – 9:02AM            | Priti Until 1:34PM                 | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:33PM  | Moon 2 - Phase 44 - 23            |  |
| 934786577                        | <b>Rahu</b> 11:52AM – 1:17PM  |                                 | Taitila Until 2:04PM               | <b>Nataraja:</b> Orange   |                        | 4th Phase                         |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Dashami</b> Until 3:15AM Thu    | Moon – Yellow   |                        | <b>Sivaloka Day</b>               |  |
|                                  |                               |                                 |                                    | Phalguna-Masi   |                        |                                   |  |
| <b>2</b>                         |                               | <b>Thursday, March 2, 2023</b>  |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau                |                        | Adana, Turkey<br>Sun 24 Sutra 319 |  |
| Mithuna Rasi: 18.22              | Tithi 11                      | <b>Gulika</b> 9:01AM – 10:26AM  | <b>Ardra</b> Until 9:06AM          | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:10AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 6:10AM – 7:35AM            | Ayushman Until 2:22PM              | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:33PM  | Moon 2 - Phase 44 - 24            |  |
| 934786577                        | <b>Rahu</b> 1:17PM – 2:43PM   |                                 | Vanija Until 4:31PM                | <b>Nataraja:</b> Orange   |                        | 4th Phase                         |  |
| Routine Work                     | Marana Yoga                   |                                 | <b>Ekadashi</b> Until 5:45AM Fri   | Moon – Yellow   |                        | <b>Sivaloka Day</b>               |  |
| Until 9:06AM                     |                               |                                 |                                    | Phalguna-Masi   |                        |                                   |  |
| Then Creative Work - Amrita Yoga |                               |                                 |                                    |   |                        |                                   |  |
| <b>3</b>                         |                               | <b>Friday, March 3, 2023</b>    |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau                        |                        | Adana, Turkey<br>Sun 25 Sutra 320 |  |
| Kataka Rasi: 0.14                | Tithi 12                      | <b>Gulika</b> 7:34AM – 9:00AM   | <b>Punarvasu</b> Until 12:14PM     | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:09AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 2:43PM – 4:09PM            | Saubhagya Until 3:14PM             | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:35PM  | Moon 2 - Phase 44 - 25            |  |
| 944786577                        | <b>Rahu</b> 10:26AM – 11:52AM |                                 | Bava Until 7:02PM                  | <b>Nataraja:</b> Orange   |                        | 4th Phase                         |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Dvadashi</b> Until 8:15AM Sat   | Moon – Blue   |                        | <b>Devaloka Day</b>               |  |
| Until 12:14PM                    |                               |                                 |                                    | Phalguna-Masi   |                        |                                   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                    |   |                        |                                   |  |
| <b>4</b>                         |                               | <b>Saturday, March 4, 2023</b>  |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau  |                        | Adana, Turkey<br>Sun 26 Sutra 321 |  |
| Kataka Rasi: 12.07               | Tithi 12 – 13                 | <b>Gulika</b> 6:07AM – 7:33AM   | <b>Pushya</b> Until 3:10PM         | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:07AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 1:17PM – 2:44PM            | Sobhana Until 4:05PM               | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:36PM  | Moon 2 - Phase 44 - 26            |  |
| 944786577                        | <b>Rahu</b> 8:59AM – 10:25AM  |                                 | Kaulava Until 9:28PM               | <b>Nataraja:</b> Orange   |                        | 4th Phase                         |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Dvadashi</b> Until 8:15AM       | Moon – Blue   |                        | <b>Devaloka Day</b>               |  |
| Until 3:10PM                     |                               |                                 |                                    | Phalguna-Masi   |                        |                                   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                    |   |                        |                                   |  |
|                                  |                               |                                 |                                    |   |                        | <i>Pradosha Vrata</i>             |  |
| <b>5</b>                         |                               | <b>Sunday, March 5, 2023</b>    |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | Adana, Turkey<br>Sun 27 Sutra 322 |  |
| Kataka Rasi: 24.02               | Tithi 13 – 14                 | <b>Gulika</b> 2:44PM – 4:10PM   | <b>Ashlesha*</b> Until 5:47PM      | <b>Ganesha:</b> Purple  | <i>Sunrise:</i> 6:06AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 11:51AM – 1:18PM           | Athiganda* Until 4:47PM            | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:37PM  | Moon 2 - Phase 44 - 27            |  |
| 144786577                        | <b>Rahu</b> 4:10PM – 5:37PM   |                                 | Gara Until 11:44PM                 | <b>Nataraja:</b> Orange   |                        | 4th Phase                         |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Trayodashi</b> Until 10:37AM    | Moon – Blue   |                        | <b>Devaloka Day</b>               |  |
| Until 5:47PM                     |                               | <b>Chidambaram Abhishekam</b>   |                                    | Phalguna-Masi   |                        |                                   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |                                    |   |                        |                                   |  |
| <b>Monday, March 6, 2023</b>     |                               | <b>Copper Retreat Star</b>      |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau                 |                        | Adana, Turkey<br>Sutra 323        |  |
| Simha Rasi: 6.01                 | Tithi 14 – 15                 | <b>Gulika</b> 1:18PM – 2:44PM   | <b>Magha*</b> Until 8:31PM         | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:04AM | Subhakarit 5124                   |  |
| <b>Family Home Evening</b>       |                               | Yama 10:24AM – 11:51AM          | Sukarma Until 5:19PM               | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:38PM  | Moon 2 - Phase 44 - Purnima       |  |
| 154786577                        | <b>Rahu</b> 7:31AM – 8:58AM   |                                 | Visti Until 1:45AM Tue             | <b>Nataraja:</b> Orange   |                        |                                   |  |
| Routine Work                     | Marana Yoga                   |                                 | <b>Chaturdashi*</b> Until 12:45PM  | Moon – Red  |                        | <b>Sivaloka Day</b>               |  |
| Until 8:31PM                     |                               | <b>Holi</b>                     |                                    | Phalguna-Masi   |                        |                                   |  |
| Then Creative Work - Siddha Yoga |                               |                                 |                                    |   |                        |                                   |  |
| <b>Tuesday, March 7, 2023</b>    |                               | <b>Silver Retreat Star</b>      |                                    | Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau           |                        | Adana, Turkey<br>Sutra 324        |  |
| Simha Rasi: 18.07                | Tithi 15 – 16                 | <b>Gulika</b> 11:51AM – 1:18PM  | <b>Purvaphalguni</b> Until 10:48PM | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:03AM | Subhakarit 5124                   |  |
|                                  |                               | Yama 8:57AM – 10:24AM           | Dhriti Until 5:40PM                | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:38PM  | Moon 2 - Phase 44 - Prathama      |  |
| 154786577                        | <b>Rahu</b> 2:45PM – 4:12PM   |                                 | Balava Until 3:28AM Wed            | <b>Nataraja:</b> Orange   |                        |                                   |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Purnima*</b> Until 2:38PM       | Moon – Red  |                        | <b>Sivaloka Day</b>               |  |
| Until 10:48PM                    |                               |                                 |                                    | 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 rajas is Brahma. That part of Him which belongs to sattva is Vishnu. Krishna Yajur Veda

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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Wednesday, March 8, 2023

Gold Retreat Star

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

Adana, Turkey

Sutra 325

Subhakrit 5124

Moon 3 - Phase 45 -

1st Phase

Kanya Rasi: 0.2      Tithi 16 – 17

154786577

Gulika

10:23AM – 11:51AM

Yama

7:29AM – 8:56AM

Rahu

11:51AM – 1:18PM

Uttaraphalguni Until 12:37AM Thu

Shula\* Until 5:44PM

Taitila Until 4:52AM Thu

Prathama\* Until 4:11PM

Ganesha: Clear

Sunrise: 6:02AM

Muruqa: Purple

Sunset: 5:39PM

Nataraja: Orange

Moon – Red

Phalgunam-Masi

Sivaloka Day

Creative Work      Amrita Yoga

Until 12:37AM Thu

Then Routine Work - Marana Yoga

1

Thursday, March 9, 2023

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

Adana, Turkey

Sun 1      Sutra 326

Subhakrit 5124

Moon 3 - Phase 45 - 1

1st Phase

Kanya Rasi: 12.41      Tithi 17 – 18

164786577

Gulika

8:55AM – 10:23AM

Yama

6:00AM – 7:28AM

Rahu

1:18PM – 2:45PM

Hasta Until 2:25AM Fri

Ganda\* Until 5:34PM

Vanija Until 5:53AM Fri

Dvitiya Until 5:24PM

Ganesha: White

Sunrise: 6:00AM

Muruqa: Purple

Sunset: 5:40PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Devaloka Day

Routine Work      Marana Yoga

Until 2:25AM Fri

Then Creative Work - Siddha Yoga

2

Friday, March 10, 2023

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra Nakshatra Vridhhi/Dhruva Yoga Visti\* Karana Tritiyayam Titau

Adana, Turkey

Sun 2      Sutra 327

Subhakrit 5124

Moon 3 - Phase 45 - 2

1st Phase

Kanya Rasi: 25.12      Tithi 18

165786577

Gulika

7:27AM – 8:54AM

Yama

2:46PM – 4:13PM

Rahu

10:22AM – 11:50AM

Chitra Until 3:40AM Sat

Vridhhi Until 5:07PM

Visti Until 6:13PM

Tritiya Until 6:13PM

Ganesha: Yellow

Sunrise: 5:59AM

Muruqa: Purple

Sunset: 5:41PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Sivaloka Day

Creative Work      Siddha Yoga

3

Saturday, March 11, 2023

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Svati Nakshatra Dhruva/Vyaghata\* Yoga Bava/Balava Karana Chaturthyam Titau

Adana, Turkey

Sun 3      Sutra 328

Subhakrit 5124

Moon 3 - Phase 45 - 3

1st Phase

Tula Rasi: 7.54      Tithi 19

165786577

Gulika

5:57AM – 7:25AM

Yama

1:18PM – 2:46PM

Rahu

8:54AM – 10:22AM

Svati Until 4:21AM Sun

Dhruva Until 4:19PM

Bava Until 6:30AM

Chaturthi\* Until 6:38PM

Ganesha: Yellow

Sunrise: 5:57AM

Muruqa: Purple

Sunset: 5:42PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Sivaloka Day

Creative Work      Siddha Yoga

Until 4:21AM Sun

Then Routine Work - Marana Yoga

4

Sunday, March 12, 2023

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Vishakha Nakshatra Vyaghata\*/Harshana Yoga Kaulava\*/Taitila Karana Panchamyam Titau

Adana, Turkey

Sun 4      Sutra 329

Subhakrit 5124

Moon 3 - Phase 45 - 4

1st Phase

Tula Rasi: 20.48      Tithi 20

175786577

Gulika

2:46PM – 4:15PM

Yama

11:50AM – 1:18PM

Rahu

4:15PM – 5:43PM

Vishakha Until 4:52AM Mon

Vyaghata\* Until 3:11PM

Kaulava Until 6:41AM

Panchami Until 6:34PM

Ganesha: Blue

Sunrise: 5:56AM

Muruqa: Purple

Sunset: 5:43PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Subha Sivaloka Day

Routine Work      Marana Yoga

Until 4:52AM Mon

Then Creative Work - Siddha Yoga

5

Monday, March 13, 2023

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Anuradha Nakshatra Harshana/Vajra\* Yoga Gara/Vanija Karana Shashthyam Titau

Adana, Turkey

Sun 5      Sutra 330

Subhakrit 5124

Moon 3 - Phase 45 - 5

1st Phase

Vrischika Rasi: 3.57      Tithi 21

175786577

Gulika

1:18PM – 2:47PM

Yama

10:21AM – 11:49AM

Rahu

7:23AM – 8:52AM

Anuradha Until 4:44AM Tue

Harshana Until 1:40PM

Gara Until 6:23AM

Shashthi\* Until 6:01PM

Ganesha: Blue

Sunrise: 5:54AM

Muruqa: Purple

Sunset: 5:44PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Subha Sivaloka Day

Creative Work      Siddha Yoga

Until 4:44AM Tue

Then Routine Work - Marana Yoga

6

Tuesday, March 14, 2023

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Jyeshtha\* Nakshatra Vajra\*/Siddhi Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Adana, Turkey

Sun 6      Sutra 331

Subhakrit 5124

Moon 3 - Phase 45 - 6

1st Phase

Vrischika Rasi: 17.22      Tithi 22 – 23

175786577

Gulika

11:49AM – 1:18PM

Yama

8:51AM – 10:20AM

Rahu

2:47PM – 4:16PM

Jyeshtha\* Until 3:56AM Wed

Vajra\* Until 11:43AM

Balava Until 4:12AM Wed

Saptami Until 4:56PM

Ganesha: Blue

Sunrise: 5:53AM

Muruqa: Purple

Sunset: 5:45PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Subha Sivaloka Day

Routine Work      Marana Yoga

D

Wednesday, March 15, 2023

Retreat Star

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

Adana, Turkey

Sun 7      Sutra 332

Subhakrit 5124

Moon 3 - Phase 45 - 7

Ashtami

Dhanus Rasi: 1.06      Tithi 23 – 24

185786578

Gulika

10:19AM – 11:49AM

Yama

7:21AM – 8:50AM

Rahu

11:49AM – 1:18PM

Mula\* Until 2:55AM Thu

Siddhi Until 9:22AM

Taitila Until 2:20AM Thu

Ashtami\* Until 3:19PM

Ganesha: Red

Sunrise: 5:51AM

Muruqa: Purple

Sunset: 5:46PM

Nataraja: Clear

Moon – Light Blue

Phalgunam-Panguni

Sivaloka Day

Routine Work      Marana Yoga

Until 2:55AM Thu

Then Creative Work - Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\* Nakshatra Vyatipata\*/Variyoga Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Adana, Turkey

Sun 8      Sutra 333

Subhakrit 5124

Moon 3 - Phase 45 - 8

Navami

Dhanus Rasi: 15.08      Tithi 24 – 25

185786578

Gulika

8:49AM – 10:19AM

Yama

5:50AM – 7:20AM

Rahu

1:18PM – 2:48PM

Purvashadha\* Until 1:17AM Fri

Vyatipata\* Until 6:37AM

Vanija Until 12:00AM Fri

Navami\* Until 1:12PM

Ganesha: Red

Sunrise: 5:50AM

Muruqa: Purple

Sunset: 5:47PM

Nataraja: Clear

Moon – Light Blue

Phalgunam-Panguni

Sivaloka Day

Creative Work      Siddha Yoga

Until 1:17AM Fri

Then Routine Work - Marana Yoga

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada

All times are standard time. Calculated for Adana, Turkey on 5/1/21

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|   |                               |   |                               |                                   |   |                                  |
|---|-------------------------------|---|-------------------------------|-----------------------------------|---|----------------------------------|
| 1 | <b>Friday, March 17, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                               |                                   |   | Adana, Turkey<br>Sun 9 Sutra 334 |
|   | Dhanus Rasi: 29.29            | Tithi 25 – 26   | <b>Gulika</b> 7:18AM – 8:48AM | <b>Uttarashadha</b> Until 11:08PM | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:49AM  | Subhakrit 5124                   |
|   | 185786578                     | <b>Rahu</b> 10:18AM – 11:48AM   | Yama 2:48PM – 4:18PM          | Parigha* Until 12:02AM Sat        | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:48PM | Moon 3 - Phase 46 - 9            |
|   | Routine Work Marana Yoga      |   |                               | Bava Until 9:16PM                 | <b>Nataraja:</b> Clear                      | 2nd Phase                        |
|   |                               |   | <b>Dashami</b> Until 10:39AM  | Moon – Light Blue                 | <b>Sivaloka Day</b>                         |                                  |
|   |                               |   |                               | <b>Phalguna</b> •Panguni          |   |                                  |

|   |                                 |   |                               |                              |  |                                   |
|---|---------------------------------|---|-------------------------------|------------------------------|--|-----------------------------------|
| 2 | <b>Saturday, March 18, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam<br>Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau |                               |                              |  | Adana, Turkey<br>Sun 10 Sutra 335 |
|   | Makara Rasi: 14.06              | Tithi 26 – 27   | <b>Gulika</b> 5:47AM – 7:17AM | <b>Shravana</b> Until 8:59PM | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:47AM | Subhakrit 5124                    |
|   | 195786578                       | <b>Rahu</b> 8:47AM – 10:18AM  | Yama 1:18PM – 2:48PM          | Shiva Until 8:23PM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:49PM  | Moon 3 - Phase 46 - 10            |
|   | Creative Work Siddha Yoga       |   |                               | Kaulava Until 6:15PM         | <b>Nataraja:</b> Clear                       | 2nd Phase                         |
|   |                                 |   | <b>Ekadashi*</b> Until 7:46AM | Moon – Purple                | <b>Subha Sivaloka Day</b>                    |                                   |
|   |                                 |   |                               | <b>Phalguna</b> •Panguni     |  |                                   |

|                                  |                               |  |                                     |                                |   |                                   |
|----------------------------------|-------------------------------|--|-------------------------------------|--------------------------------|---|-----------------------------------|
| 3                                | <b>Sunday, March 19, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau |                                     |                                |   | Adana, Turkey<br>Sun 11 Sutra 336 |
|                                  | Makara Rasi: 28.53            | Tithi 28   | <b>Gulika</b> 2:49PM – 4:19PM       | <b>Dhanishtha</b> Until 6:34PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:46AM | Subhakrit 5124                    |
|                                  | 196796578                     | <b>Rahu</b> 4:19PM – 5:49PM  | Yama 11:48AM – 1:18PM               | Siddha Until 4:35PM            | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:49PM    | Moon 3 - Phase 46 - 11            |
|                                  | Routine Work Marana Yoga      |  |                                     | Gara Until 3:04PM              | <b>Nataraja:</b> Clear                        | 2nd Phase                         |
| Until 6:34PM                     |                               |  | <b>Trayodashi*</b> Until 1:27AM Mon | Moon – Purple                  | <b>Devaloka Day</b>                           |                                   |
| Then Creative Work - Siddha Yoga |                               |  | <i>Pradosha Vrata (Fasting)</i>     | <b>Phalguna</b> •Panguni       |   |                                   |

|                                 |                               |  |                                   |                                  |  |                                   |
|---------------------------------|-------------------------------|--|-----------------------------------|----------------------------------|--|-----------------------------------|
| 4                               | <b>Monday, March 20, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam<br>Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                                   |                                  |  | Adana, Turkey<br>Sun 12 Sutra 337 |
|                                 | Kumbha Rasi: 13.43            | Tithi 29   | <b>Gulika</b> 1:18PM – 2:49PM     | <b>Shatabhishak</b> Until 4:01PM | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:44AM | Subhakrit 5124                    |
|                                 | 196896578                     | <b>Rahu</b> 7:15AM – 8:46AM  | Yama 10:16AM – 11:47AM            | Sadhya Until 12:49PM             | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:50PM   | Moon 3 - Phase 46 - 12            |
|                                 | <b>Family Home Evening</b>    |  |                                   | Visti Until 11:53AM              | <b>Nataraja:</b> Clear                       | 2nd Phase                         |
| Creative Work Siddha Yoga       |                               |  | <b>Chaturdashi*</b> Until 10:19PM | Moon – Purple                    | <b>Sivaloka Day</b>                          |                                   |
| Until 4:01PM                    |                               |  |                                   | <b>Phalguna</b> •Panguni         |  |                                   |
| Then Routine Work - Marana Yoga |                               |  |                                   |                                  |  |                                   |

|                                  |                                |   |                                |                                       |   |                                   |
|----------------------------------|--------------------------------|---|--------------------------------|---------------------------------------|---|-----------------------------------|
| ●                                | <b>Tuesday, March 21, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                                |                                       |   | Adana, Turkey<br>Sun 13 Sutra 338 |
|                                  | Kumbha Rasi: 28.29             | Tithi 30  | <b>Gulika</b> 11:47AM – 1:18PM | <b>Purvaproshtapada*</b> Until 1:55PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:43AM | Subhakrit 5124                    |
|                                  | 116896578                      | <b>Rahu</b> 2:49PM – 4:20PM   | Yama 8:45AM – 10:16AM          | Subha Until 9:11AM                    | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:51PM    | Moon 3 - Phase 46 - 13            |
|                                  | Routine Work Marana Yoga       |   |                                | Catuspada Until 8:50AM                | <b>Nataraja:</b> Clear                        | Amavasya                          |
| Until 1:55PM                     |                                |   | <b>Amavasya*</b> Until 7:24PM  | Moon – Clear                          | <b>Devaloka Day</b>                           |                                   |
| Then Creative Work - Amrita Yoga |                                |   |                                | <b>Phalguna</b> •Panguni              |   |                                   |

|                                 |                                  |  |                                 |  |   |                                   |
|---------------------------------|----------------------------------|--|---------------------------------|--|---|-----------------------------------|
| ●                               | <b>Wednesday, March 22, 2023</b> | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Brahma Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau |                                 |  |   | Adana, Turkey<br>Sun 14 Sutra 339 |
|                                 | Meena Rasi: 13.03                | Tithi 1 – 2  | <b>Gulika</b> 10:15AM – 11:47AM | <b>Uttaraproshtapada</b> Until 12:01PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:41AM | Subhakrit 5124                    |
|                                 | 116896578                        | <b>Rahu</b> 11:47AM – 1:18PM   | Yama 7:13AM – 8:44AM            | Brahma Until 2:43AM Thu                | <b>Muruqa:</b> Clear <i>Sunset:</i> 5:52PM    | Moon 3 - Phase 46 - 14            |
|                                 | Creative Work Siddha Yoga        |  |                                 | Kintughna Until 6:06AM                 | <b>Nataraja:</b> Clear                        | Prathama                          |
| Until 12:01PM                   |                                  |  | <b>Prathama*</b> Until 4:52PM   | Moon – Clear                           | <b>Devaloka Day</b>                           |                                   |
| Then Routine Work - Marana Yoga |                                  | <b>Yugadhi</b>   |                                 | <b>Chaitra</b> •Panguni                |   |                                   |

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 Adana, Turkey on 5/1/21

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|                                  |             |                                       |                             |   |                        |  |                     |
|----------------------------------|-------------|---------------------------------------|-----------------------------|---|------------------------|--|---------------------|
| <b>1</b>                         |             | <b>Thursday, March 23, 2023</b>       |                             | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                        | Adana, Turkey<br>Sun 15 Sutra 340<br>Subhakit 5124 |                     |
| Meena Rasi: 27.17                | Tithi 2 – 3 | <b>Gulika</b> 8:43AM – 10:15AM        | <b>Revati Until 10:28AM</b> | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 5:40AM |  |                     |
|                                  |             | Yama 5:40AM – 7:11AM                  | Indra Until 12:11AM Fri     | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:53PM  | Moon 3 - Phase 47 - 15                             |                     |
|                                  |             | 116896578 <b>Rahu</b> 1:18PM – 2:50PM | Taitila Until 2:06AM Fri    | <b>Nataraja:</b> Clear  |                        | 3rd Phase  |                     |
| Creative Work Siddha Yoga        |             |                                       | <b>Dvitiya Until 2:51PM</b> | Moon – Clear  |                        |  | <b>Devaloka Day</b> |
| Until 10:28AM                    |             | <b>Chellappaswami Mahasamadhi</b>     |                             | Chaitra•Panguni   |                        |  |                     |
| Then Creative Work - Amrita Yoga |             |                                       |                             |   |                        |  |                     |

|                                  |             |   |                             |   |                        |  |                     |
|----------------------------------|-------------|---|-----------------------------|---|------------------------|--|---------------------|
| <b>2</b>                         |             | <b>Friday, March 24, 2023</b>           |                             | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                        | Adana, Turkey<br>Sun 16 Sutra 341<br>Subhakit 5124 |                     |
| Mesha Rasi: 11.08                | Tithi 3 – 4 | <b>Gulika</b> 7:10AM – 8:42AM           | <b>Ashvini Until 9:50AM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:38AM |  |                     |
|                                  |             | Yama 2:50PM – 4:22PM                    | Vaidhriti* Until 10:10PM    | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:54PM  | Moon 3 - Phase 47 - 16                             |                     |
|                                  |             | 126896578 <b>Rahu</b> 10:14AM – 11:46AM | Vanija Until 1:07AM Sat     | <b>Nataraja:</b> Clear  |                        | 3rd Phase  |                     |
| Creative Work Amrita Yoga        |             |   | <b>Tritiya Until 1:30PM</b> | Moon – White  |                        |  | <b>Devaloka Day</b> |
| Until 9:50AM                     |             |   |                             | Chaitra•Panguni   |                        |  |                     |
| Then Creative Work - Siddha Yoga |             |   |                             |   |                        |  |                     |

|                                  |             |  |                                 |   |                        |  |                     |
|----------------------------------|-------------|--|---------------------------------|---|------------------------|--|---------------------|
| <b>3</b>                         |             | <b>Saturday, March 25, 2023</b>        |                                 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        | Adana, Turkey<br>Sun 17 Sutra 342<br>Subhakit 5124 |                     |
| Mesha Rasi: 24.34                | Tithi 4 – 5 | <b>Gulika</b> 5:37AM – 7:09AM          | <b>Bharani Until 9:48AM</b>     | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:37AM |  |                     |
|                                  |             | Yama 1:18PM – 2:50PM                   | Vishkamba* Until 8:48PM         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:55PM  | Moon 3 - Phase 47 - 17                             |                     |
|                                  |             | 126896578 <b>Rahu</b> 8:41AM – 10:13AM | Bava Until 12:55AM Sun          | <b>Nataraja:</b> Clear  |                        | 3rd Phase  |                     |
| Creative Work Siddha Yoga        |             |  | <b>Chaturthi* Until 12:54PM</b> | Moon – White  |                        |  | <b>Devaloka Day</b> |
| Until 9:48AM                     |             |  |                                 | Chaitra•Panguni   |                        |  |                     |
| Then Creative Work - Amrita Yoga |             |  |                                 |   |                        |  |                     |

|                           |             |                                       |                               |  |                        |  |                     |
|---------------------------|-------------|---------------------------------------|-------------------------------|--|------------------------|--|---------------------|
| <b>4</b>                  |             | <b>Sunday, March 26, 2023</b>         |                               | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau |                        | Adana, Turkey<br>Sun 18 Sutra 343<br>Subhakit 5124 |                     |
| Vrishabha Rasi: 7.35      | Tithi 5 – 6 | <b>Gulika</b> 2:51PM – 4:23PM         | <b>Krittika Until 10:22AM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:35AM |  |                     |
|                           |             | Yama 11:45AM – 1:18PM                 | Priti Until 8:03PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:56PM  | Moon 3 - Phase 47 - 18                             |                     |
|                           |             | 126896578 <b>Rahu</b> 4:23PM – 5:56PM | Kaulava Until 1:30AM Mon      | <b>Nataraja:</b> Clear   |                        | 3rd Phase  |                     |
| Creative Work Siddha Yoga |             |                                       | <b>Panchami Until 1:05PM</b>  | Moon – White   |                        |  | <b>Devaloka Day</b> |
|                           |             |                                       |                               | Chaitra•Panguni  |                        |  |                     |

|                            |             |                                       |                               |  |                        |  |                     |
|----------------------------|-------------|---------------------------------------|-------------------------------|--|------------------------|--|---------------------|
| <b>5</b>                   |             | <b>Monday, March 27, 2023</b>         |                               | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                        | Adana, Turkey<br>Sun 19 Sutra 344<br>Subhakit 5124 |                     |
| Vrishabha Rasi: 20.13      | Tithi 6 – 7 | <b>Gulika</b> 1:18PM – 2:51PM         | <b>Rohini Until 11:59AM</b>   | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:34AM |  |                     |
| <b>Family Home Evening</b> |             | Yama 10:12AM – 11:45AM                | Ayushman Until 7:50PM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:57PM  | Moon 3 - Phase 47 - 19                             |                     |
|                            |             | 137896578 <b>Rahu</b> 7:07AM – 8:39AM | Gara Until 2:47AM Tue         | <b>Nataraja:</b> Clear   |                        | 3rd Phase  |                     |
| Creative Work Amrita Yoga  |             |                                       | <b>Shashthi* Until 2:02PM</b> | Moon – Yellow  |                        |  | <b>Devaloka Day</b> |
|                            |             |                                       |                               | Chaitra•Panguni  |                        |  |                     |

|                                 |             |                                       |                                |   |                        |  |                     |
|---------------------------------|-------------|---------------------------------------|--------------------------------|---|------------------------|--|---------------------|
| <b>6</b>                        |             | <b>Tuesday, March 28, 2023</b>        |                                | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                        | Adana, Turkey<br>Sun 20 Sutra 345<br>Subhakit 5124 |                     |
| Mithuna Rasi: 2.33              | Tithi 7 – 8 | <b>Gulika</b> 11:45AM – 1:18PM        | <b>Mrigashira Until 2:05PM</b> | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:32AM |  |                     |
|                                 |             | Yama 8:39AM – 10:12AM                 | Saubhagya Until 8:07PM         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:57PM  | Moon 3 - Phase 47 - 20                             |                     |
|                                 |             | 137896578 <b>Rahu</b> 2:51PM – 4:24PM | Visti Until 4:39AM Wed         | <b>Nataraja:</b> Clear  |                        | 3rd Phase  |                     |
| Creative Work Siddha Yoga       |             |                                       | <b>Saptami Until 3:38PM</b>    | Moon – Yellow   |                        |  | <b>Devaloka Day</b> |
| Until 2:05PM                    |             |                                       |                                | Chaitra•Panguni   |                        |  |                     |
| Then Routine Work - Marana Yoga |             |                                       |                                |   |                        |  |                     |

|                           |             |  |                              |   |                        |  |                     |
|---------------------------|-------------|--|------------------------------|---|------------------------|--|---------------------|
| <b>Retreat Star</b>       |             | <b>Wednesday, March 29, 2023</b>       |                              | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                        | Adana, Turkey<br>Sun 21 Sutra 346<br>Subhakit 5124 |                     |
| Mithuna Rasi: 14.4        | Tithi 8 – 9 | <b>Gulika</b> 10:11AM – 11:45AM        | <b>Ardra Until 4:30PM</b>    | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:31AM |  |                     |
|                           |             | Yama 7:04AM – 8:38AM                   | Sobhana Until 8:45PM         | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 5:58PM  | Moon 3 - Phase 47 - 21                             |                     |
|                           |             | 137896578 <b>Rahu</b> 11:45AM – 1:18PM | Balava Until 6:53AM Thu      | <b>Nataraja:</b> Clear  |                        | Ashtami  |                     |
| Creative Work Siddha Yoga |             |  | <b>Ashtami* Until 5:42PM</b> | Moon – Yellow   |                        |  | <b>Devaloka Day</b> |
|                           |             |  |                              | Chaitra•Panguni   |                        |  |                     |

|                           |         |                                       |                               |  |                        |  |                                    |
|---------------------------|---------|---------------------------------------|-------------------------------|--|------------------------|--|------------------------------------|
| <b>Retreat Star</b>       |         | <b>Thursday, March 30, 2023</b>       |                               | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau |                        | Adana, Turkey<br>Sun 22 Sutra 347<br>Subhakit 5124 |                                    |
| Mithuna Rasi: 26.37       | Tithi 9 | <b>Gulika</b> 8:37AM – 10:10AM        | <b>Punarvasu Until 7:30PM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:29AM |  |                                    |
|                           |         | Yama 5:29AM – 7:03AM                  | Athiganda* Until 9:32PM       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:59PM  | Moon 3 - Phase 47 - 22                             |                                    |
|                           |         | 147896578 <b>Rahu</b> 1:18PM – 2:52PM | Balava Until 6:53AM           | <b>Nataraja:</b> Clear   |                        | Navami   |                                    |
| Creative Work Amrita Yoga |         |                                       | <b>Navami* Until 8:03PM</b>   | Moon – Blue  |                        |  | <b>Bhuloka Day</b>                 |
|                           |         | <b>Sri Rama Navami</b>                |                               | Chaitra•Panguni  |                        |  | <b>Devaloka Time: 3:PM to 6:PM</b> |

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 Adana, Turkey on 5/1/21

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|   |                               |             |  |                             |                        |                             |   |
|---|-------------------------------|-------------|--|-----------------------------|------------------------|-----------------------------|---|
| 1 | <b>Friday, March 31, 2023</b> |             | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau |                             |                        |                             | Adana, Turkey<br>Sun 23 Sutra 348<br>Subhakrit 5124 |
|   | Kataka Rasi: 8.31             | Tithi 10    | <b>Gulika</b> 7:02AM – 8:36AM  | <b>Pushya</b> Until 10:26PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:28AM      |   |
|   |                               |             | Yama 2:52PM – 4:26PM   | Sukarma Until 10:23PM       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:00PM       | Moon 3 - Phase 48 - 23                              |
|   | Routine Work                  | Marana Yoga | 147896578 <b>Rahu</b> 10:10AM – 11:44AM  | Taitila Until 9:17AM        | <b>Nataraja:</b> Clear |                             | 4th Phase   |
|   |                               |             | <b>Dashami</b> Until 10:29PM   | Moon – Blue                 |                        | <b>Bhuloka Day</b>          |   |
|   |                               |             |  | Chaitra•Panguni             |                        | Devaloka Time: 3:PM to 6:PM |   |

|   |                                |                       |  |                                   |                        |                             |   |
|---|--------------------------------|-----------------------|--|-----------------------------------|------------------------|-----------------------------|---|
| 2 | <b>Saturday, April 1, 2023</b> |                       | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau |                                   |                        |                             | Adana, Turkey<br>Sun 24 Sutra 349<br>Subhakrit 5124 |
|   | Kataka Rasi: 20.25             | Tithi 11              | <b>Gulika</b> 5:28AM – 7:02AM  | <b>Ashlesha*</b> Until 1:05AM Sun | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:28AM      |   |
|   |                                |                       | Yama 1:18PM – 2:52PM   | Dhriti Until 11:11PM              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:00PM       | Moon 3 - Phase 48 - 24                              |
|   | Routine Work                   | Marana Yoga           | 147896578 <b>Rahu</b> 8:36AM – 10:10AM   | Vanija Until 11:41AM              | <b>Nataraja:</b> Clear |                             | 4th Phase   |
|   |                                |                       | <b>Ekadashi</b> Until 12:48AM Sun  | Moon – Blue                       |                        | <b>Bhuloka Day</b>          |   |
|   |                                | Yogaswami Mahasamadhi |  | Chaitra•Panguni                   |                        | Devaloka Time: 3:PM to 6:PM |   |

|                                  |                              |             |   |                                |                        |                        |   |
|----------------------------------|------------------------------|-------------|---|--------------------------------|------------------------|------------------------|---|
| 3                                | <b>Sunday, April 2, 2023</b> |             | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau |                                |                        |                        | Adana, Turkey<br>Sun 25 Sutra 350<br>Subhakrit 5124 |
|                                  | Simha Rasi: 2.22             | Tithi 12    | <b>Gulika</b> 2:52PM – 4:27PM   | <b>Magha*</b> Until 3:50AM Mon | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:26AM |   |
|                                  |                              |             | Yama 11:44AM – 1:18PM   | Shula* Until 11:46PM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:01PM  | Moon 3 - Phase 48 - 25                              |
|                                  | Routine Work                 | Marana Yoga | 158896578 <b>Rahu</b> 4:27PM – 6:01PM   | Bava Until 1:54PM              | <b>Nataraja:</b> Clear |                        | 4th Phase   |
| Until 3:50AM Mon                 |                              |             | <b>Dvadashi</b> Until 2:52AM Mon  | Moon – Red                     |                        | <b>Devaloka Day</b>    |   |
| Then Creative Work - Siddha Yoga |                              |             |   | Chaitra•Panguni                |                        |                        |   |

|                                  |                              |             |   |                                       |                        |                        |   |
|----------------------------------|------------------------------|-------------|---|---------------------------------------|------------------------|------------------------|---|
| 4                                | <b>Monday, April 3, 2023</b> |             | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                       |                        |                        | Adana, Turkey<br>Sun 26 Sutra 351<br>Subhakrit 5124 |
|                                  | Simha Rasi: 14.25            | Tithi 13    | <b>Gulika</b> 1:18PM – 2:53PM   | <b>Purvaphalguni</b> Until 6:04AM Tue | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:25AM |   |
|                                  | <b>Family Home Evening</b>   |             | Yama 10:09AM – 11:43AM  | Ganda* Until 12:06AM Tue              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:02PM  | Moon 3 - Phase 48 - 26                              |
|                                  | Creative Work                | Siddha Yoga | 158896578 <b>Rahu</b> 6:59AM – 8:34AM   | Kaulava Until 3:48PM                  | <b>Nataraja:</b> Clear |                        | 4th Phase   |
| Until 6:04AM Tue                 |                              |             | <b>Trayodashi</b> Until 4:34AM Tue  | Moon – Red                            |                        | <b>Devaloka Day</b>    |   |
| Then Creative Work - Amrita Yoga |                              |             |   | Chaitra•Panguni                       |                        |                        |   |
|                                  |                              |             |   | <i>Pradosha Vrata</i>                 |                        |                        |   |

|                                  |                               |             |   |                                   |                        |                        |   |
|----------------------------------|-------------------------------|-------------|---|-----------------------------------|------------------------|------------------------|---|
| 5                                | <b>Tuesday, April 4, 2023</b> |             | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau |                                   |                        |                        | Adana, Turkey<br>Sun 27 Sutra 352<br>Subhakrit 5124 |
|                                  | Simha Rasi: 26.37             | Tithi 14    | <b>Gulika</b> 11:43AM – 1:18PM  | <b>Purvaphalguni</b> Until 6:04AM | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:23AM |   |
|                                  |                               |             | Yama 8:33AM – 10:08AM   | Vriddhi Until 12:07AM Wed         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:03PM  | Moon 3 - Phase 48 - 27                              |
|                                  | Creative Work                 | Siddha Yoga | 158896578 <b>Rahu</b> 2:53PM – 4:28PM   | Gara Until 5:17PM                 | <b>Nataraja:</b> Clear |                        | 4th Phase   |
| Until 6:04AM                     |                               |             | <b>Chaturdashi*</b> Until 5:50AM Wed  | Moon – Red                        |                        | <b>Devaloka Day</b>    |   |
| Then Creative Work - Amrita Yoga |                               |             |   | Chaitra•Panguni                   |                        |                        |   |

|                                 |                                 |  |  |                                    |                        |                        |  |
|---------------------------------|---------------------------------|--|--|------------------------------------|------------------------|------------------------|--|
| ○                               | <b>Wednesday, April 5, 2023</b> |  | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti* Karana Purnimayam Titau |                                    |                        |                        | Adana, Turkey<br>Sutra 353<br>Subhakrit 5124 |
|                                 | <b>Copper Retreat Star</b>      |  | <b>Gulika</b> 10:08AM – 11:43AM  | <b>Uttaraphalguni</b> Until 7:42AM | <b>Ganesha:</b> Red    | <i>Sunrise:</i> 5:22AM |  |
|                                 | Kanya Rasi: 9.01                | Tithi 15   | Yama 6:57AM – 8:32AM   | Dhruva Until 11:44PM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:04PM  | Moon 3 - Phase 48 - Purnima                  |
|                                 | Creative Work                   | Amrita Yoga                                      | 158896578 <b>Rahu</b> 11:43AM – 1:18PM   | Visti Until 6:17PM                 | <b>Nataraja:</b> Clear |                        |  |
| Until 7:42AM                    |                                 |  | <b>Purnima*</b> Until 6:36AM Thu   | Moon – Red                         |                        | <b>Devaloka Day</b>    |  |
| Then Routine Work - Marana Yoga |                                 | <b>Panguni Uttiram</b><br><b>Hanuman Jayanti</b> |  | Chaitra•Panguni                    |                        |                        |  |

|                                  |                                |               |  |                           |                        |                             |  |
|----------------------------------|--------------------------------|---------------|--|---------------------------|------------------------|-----------------------------|--|
| ○                                | <b>Thursday, April 6, 2023</b> |               | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                           |                        |                             | Adana, Turkey<br>Sutra 354<br>Subhakrit 5124 |
|                                  | <b>Silver Retreat Star</b>     |               | <b>Gulika</b> 8:31AM – 10:07AM   | <b>Hasta</b> Until 9:11AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:20AM      |  |
|                                  | Kanya Rasi: 21.38              | Tithi 15 – 16 | Yama 5:20AM – 6:56AM   | Vyaghata* Until 11:00PM   | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM       | Moon 3 - Phase 48 - Prathama                 |
|                                  | Routine Work                   | Marana Yoga   | 168896578 <b>Rahu</b> 1:18PM – 2:53PM  | Balava Until 6:49PM       | <b>Nataraja:</b> Clear |                             |  |
| Until 9:11AM                     |                                |               | <b>Purnima*</b> Until 6:36AM   | Moon – Green              |                        | <b>Bhuloka Day</b>          |  |
| Then Creative Work - Siddha Yoga |                                |               |  | Chaitra•Panguni           |                        | 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**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra/Svati Nakshatra Harshana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Adana, Turkey  
Sutra 355

Tula Rasi: 4.28      Tithi 16 – 17

**Gulika** 6:55AM – 8:31AM  
Yama 2:54PM – 4:30PM  
168896578 **Rahu** 10:06AM – 11:42AM

**Chitra** **Until 10:03AM**  
Harshana **Until 9:54PM**  
Taitila **Until 6:51PM**  
**Prathama\* Until 6:52AM**

**Ganesha:** Blue      *Sunrise:* 5:19AM  
**Muruqa:** Clear      *Sunset:* 6:05PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

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

Creative Work      Siddha Yoga

**1**

**Saturday, April 8, 2023**

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

Adana, Turkey  
Sun 1      Sutra 356

Tula Rasi: 17.32      Tithi 17 – 18

**Gulika** 5:17AM – 6:54AM  
Yama 1:18PM – 2:54PM  
168896578 **Rahu** 8:30AM – 10:06AM

**Svati** **Until 10:18AM**  
Vajra\* **Until 8:26PM**  
Vanija **Until 6:27PM**  
**Dvitiya** **Until 6:41AM**

**Ganesha:** Blue      *Sunrise:* 5:17AM  
**Muruqa:** Clear      *Sunset:* 6:06PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 1  
1st Phase

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

Creative Work      Siddha Yoga

**2**

**Sunday, April 9, 2023**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi Yoga Visti\*/Balava Karana Tritiya/Chatrthyam Titau

Adana, Turkey  
Sun 2      Sutra 357

Vrischika Rasi: 0.49      Tithi 18 – 19

**Gulika** 2:54PM – 4:31PM  
Yama 11:42AM – 1:18PM  
179896578 **Rahu** 4:31PM – 6:07PM

**Vishakha** **Until 10:28AM**  
Siddhi **Until 6:40PM**  
Balava **Until 5:06AM Mon**  
**Tritiya** **Until 6:05AM**

**Ganesha:** Red      *Sunrise:* 5:16AM  
**Muruqa:** Clear      *Sunset:* 6:07PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 2  
1st Phase

**Devaloka Day**

Routine Work      Marana Yoga

**3**

**Monday, April 10, 2023**

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

Adana, Turkey  
Sun 3      Sutra 358

Vrischika Rasi: 14.19      Tithi 20

**Family Home Evening**

**Gulika** 1:18PM – 2:55PM  
Yama 10:05AM – 11:41AM  
179896578 **Rahu** 6:51AM – 8:28AM

**Anuradha** **Until 10:07AM**  
Vyatipata\* **Until 4:38PM**  
Kaulava **Until 4:30PM**  
**Panchami** **Until 3:47AM Tue**

**Ganesha:** Red      *Sunrise:* 5:15AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 3  
1st Phase

**Devaloka Day**

Creative Work      Siddha Yoga

**4**

**Tuesday, April 11, 2023**

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

Adana, Turkey  
Sun 4      Sutra 359

Vrischika Rasi: 28.01      Tithi 21

Until 9:17AM

Then Creative Work - Amrita Yoga

**Gulika** 11:41AM – 1:18PM  
Yama 8:27AM – 10:04AM  
179896578 **Rahu** 2:55PM – 4:32PM

**Jyeshtha\*** **Until 9:17AM**  
Variyan **Until 2:19PM**  
Gara **Until 3:02PM**  
**Shashthi\*** **Until 2:10AM Wed**

**Ganesha:** Red      *Sunrise:* 5:13AM  
**Muruqa:** Clear      *Sunset:* 6:09PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 4  
1st Phase

**Devaloka Day**

**5**

**Wednesday, April 12, 2023**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptamyam Titau

Adana, Turkey  
Sun 5      Sutra 360

Dhanus Rasi: 11.53      Tithi 22

Until 8:28AM

Then Creative Work - Amrita Yoga

**Gulika** 10:03AM – 11:41AM  
Yama 6:49AM – 8:26AM  
189896578 **Rahu** 11:41AM – 1:18PM

**Mula\*** **Until 8:28AM**  
Parigha\* **Until 11:47AM**  
Visti **Until 1:16PM**  
**Saptami** **Until 12:16AM Thu**

**Ganesha:** Green      *Sunrise:* 5:12AM  
**Muruqa:** Clear      *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 5  
1st Phase

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

**D**

**Thursday, April 13, 2023**

**Retreat Star**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ashtamyam Titau

Adana, Turkey  
Sun 6      Sutra 361

Dhanus Rasi: 25.56      Tithi 23

Until 7:14AM

Then Routine Work - Marana Yoga

**Gulika** 8:25AM – 10:03AM  
Yama 5:10AM – 6:48AM  
189996578 **Rahu** 1:18PM – 2:56PM

**Purvashadha\*** **Until 7:14AM**  
Shiva **Until 9:04AM**  
Balava **Until 11:15AM**  
**Ashtami\*** **Until 10:09PM**

**Ganesha:** White      *Sunrise:* 5:10AM  
**Muruqa:** Clear      *Sunset:* 6:11PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

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

**Friday, April 14, 2023**

**Retreat Star**

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Navamyam Titau

Adana, Turkey  
Sun 7      Sutra 362

Makara Rasi: 10.07      Tithi 24

Until 4:10AM Sat

Then Creative Work - Siddha Yoga

**Gulika** 6:47AM – 8:25AM  
Yama 2:56PM – 4:34PM  
199996578 **Rahu** 10:02AM – 11:40AM

**Chidambaram Abhishekam**  
**Tamil New Year**

**Shravana** **Until 4:10AM Sat**  
Siddha **Until 6:08AM**  
Taitila **Until 9:01AM**  
**Navami\*** **Until 7:49PM**

**Ganesha:** Clear      *Sunrise:* 5:09AM  
**Muruqa:** Clear      *Sunset:* 6:12PM  
**Nataraja:** Clear  
Moon – Purple  
Chaitra•Chaitra

Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami

**Devaloka Day**

|   |                                 |               |  |                             |                             |                 |                                   |
|---|---------------------------------|---------------|--|-----------------------------|-----------------------------|-----------------|-----------------------------------|
| 1 | <b>Saturday, April 15, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Dhanishtha Nakshatra Subha Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau |                             |                             |                 | Adana, Turkey                     |
|   | Makara Rasi: 24.25              | Tithi 25 – 26 | Gulika<br>5:08AM – 6:46AM  | Dhanishtha Until 2:26AM Sun | Ganesha: White              | Sunrise: 5:08AM | Sun 8<br>Sutra 363                |
|   |                                 |               | Yama<br>1:18PM – 2:56PM  | Subha Until 11:57PM         | Muruga: Clear               | Sunset: 6:12PM  | Sobhana 5125                      |
|   | Creative Work                   | Siddha Yoga   | 299996578 Rahu<br>8:24AM – 10:02AM   | Vanija Until 6:38AM         | Nataraja: Clear             |                 | Moon 4 - Phase 1 - 8<br>2nd Phase |
|   |                                 |               | <b>Dashami Until 5:22PM</b>  | Moon – Purple               | <b>Bhuloka Day</b>          |                 |                                   |
|   |                                 |               |  | Chaitra•Chaitra             | Devaloka Time: 3:PM to 6:PM |                 |                                   |

|   |                               |               |  |                                |                             |                 |                                   |
|---|-------------------------------|---------------|--|--------------------------------|-----------------------------|-----------------|-----------------------------------|
| 2 | <b>Sunday, April 16, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                                |                             |                 | Adana, Turkey                     |
|   | Kumbha Rasi: 8.47             | Tithi 26 – 27 | Gulika<br>2:57PM – 4:35PM  | Shatabhishak Until 12:33AM Mon | Ganesha: White              | Sunrise: 5:06AM | Sun 9<br>Sutra 364                |
|   |                               |               | Yama<br>11:40AM – 1:18PM   | Sukla Until 8:46PM             | Muruga: Clear               | Sunset: 6:13PM  | Sobhana 5125                      |
|   | Creative Work                 | Siddha Yoga   | 299996578 Rahu<br>4:35PM – 6:13PM  | Kaulava Until 1:37AM Mon       | Nataraja: Clear             |                 | Moon 4 - Phase 1 - 9<br>2nd Phase |
|   |                               |               | <b>Ekadashi* Until 2:51PM</b>  | Moon – Purple                  | <b>Bhuloka Day</b>          |                 |                                   |
|   |                               |               |  | Chaitra•Chaitra                | Devaloka Time: 3:PM to 6:PM |                 |                                   |
|   |                               |               | Then Routine Work - Marana Yoga  |                                |                             |                 |                                   |

|   |                               |               |   |                                 |                     |                 |                                    |
|---|-------------------------------|---------------|---|---------------------------------|---------------------|-----------------|------------------------------------|
| 3 | <b>Monday, April 17, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau |                                 |                     |                 | Adana, Turkey                      |
|   | Kumbha Rasi: 23.1             | Tithi 27 – 28 | Gulika<br>1:18PM – 2:57PM   | Purvaproshtapada* Until 11:01PM | Ganesha: Orange     | Sunrise: 5:05AM | Sun 10<br>Sutra 1                  |
|   | <b>Family Home Evening</b>    |               | Yama<br>10:01AM – 11:39AM   | Brahma Until 5:39PM             | Muruga: Clear       | Sunset: 6:14PM  | Sobhana 5125                       |
|   | Routine Work                  | Marana Yoga   | 211996578 Rahu<br>6:43AM – 8:22AM   | Gara Until 11:11PM              | Nataraja: Clear     |                 | Moon 4 - Phase 1 - 10<br>2nd Phase |
|   |                               |               | <b>Dvadashi* Until 12:22PM</b>  | Moon – Clear                    | <b>Devaloka Day</b> |                 |                                    |
|   |                               |               |   | Chaitra•Chaitra                 |                     |                 |                                    |
|   |                               |               | Then Creative Work - Siddha Yoga  |                                 |                     |                 |                                    |
|   |                               |               | <i>Pradosha Vrata (Fasting)</i>   |                                 |                     |                 |                                    |

|   |                                |               |  |                                |                     |                 |                                    |
|---|--------------------------------|---------------|--|--------------------------------|---------------------|-----------------|------------------------------------|
| 4 | <b>Tuesday, April 18, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau |                                |                     |                 | Adana, Turkey                      |
|   | Meena Rasi: 7.28               | Tithi 28 – 29 | Gulika<br>11:39AM – 1:18PM   | Uttaraproshtapada Until 9:32PM | Ganesha: Orange     | Sunrise: 5:03AM | Sun 11<br>Sutra 2                  |
|   |                                |               | Yama<br>8:21AM – 10:00AM   | Indra Until 2:40PM             | Muruga: Clear       | Sunset: 6:15PM  | Sobhana 5125                       |
|   | Creative Work                  | Amrita Yoga   | 211996578 Rahu<br>2:57PM – 4:36PM  | Visti Until 8:57PM             | Nataraja: Clear     |                 | Moon 4 - Phase 1 - 11<br>2nd Phase |
|   |                                |               | <b>Trayodashi* Until 10:01AM</b>   | Moon – Clear                   | <b>Devaloka Day</b> |                 |                                    |
|   |                                |               |  | Chaitra•Chaitra                |                     |                 |                                    |
|   |                                |               | Then Creative Work - Siddha Yoga   |                                |                     |                 |                                    |

|   |                                  |               |   |                          |                     |                 |                                   |
|---|----------------------------------|---------------|---|--------------------------|---------------------|-----------------|-----------------------------------|
| ● | <b>Wednesday, April 19, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                          |                     |                 | Adana, Turkey                     |
|   | <b>Retreat Star</b>              |               | Gulika<br>10:00AM – 11:39AM   | Revati Until 8:14PM      | Ganesha: Orange     | Sunrise: 5:02AM | Sun 12<br>Sutra 3                 |
|   | Meena Rasi: 21.37                | Tithi 29 – 30 | Yama<br>6:41AM – 8:21AM   | Vaidhriti* Until 11:54AM | Muruga: Clear       | Sunset: 6:16PM  | Sobhana 5125                      |
|   |                                  |               | 211996578 Rahu<br>11:39AM – 1:18PM  | Catuspada Until 7:02PM   | Nataraja: Clear     |                 | Moon 4 - Phase 1 - 12<br>Amavasya |
|   |                                  |               | <b>Chaturdashi* Until 7:55AM</b>  | Moon – Clear             | <b>Devaloka Day</b> |                 |                                   |
|   |                                  |               |   | Chaitra•Chaitra          |                     |                 |                                   |
|   |                                  |               | Routine Work Marana Yoga  |                          |                     |                 |                                   |

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| ● | <b>Thursday, April 20, 2023</b> |              | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau |                          |                     |                 | Adana, Turkey                     |
|   | <b>Retreat Star</b>             |              | Gulika<br>8:20AM – 9:59AM   | Ashvini Until 7:39PM     | Ganesha: Clear      | Sunrise: 5:01AM | Sun 13<br>Sutra 4                 |
|   | Mesha Rasi: 5.32                | Tithi 30 – 1 | Yama<br>5:01AM – 6:40AM   | Vishkambha* Until 9:28AM | Muruga: Clear       | Sunset: 6:17PM  | Sobhana 5125                      |
|   |                                 |              | 221996578 Rahu<br>1:18PM – 2:58PM   | Bava Until 4:58AM Fri    | Nataraja: Clear     |                 | Moon 4 - Phase 1 - 13<br>Prathama |
|   |                                 |              | <b>Amavasya* Until 6:12AM</b>   | Moon – White             | <b>Devaloka Day</b> |                 |                                   |
|   |                                 |              |   | Vaisaka•Chaitra          |                     |                 |                                   |
|   |                                 |              | Then Creative Work - Siddha Yoga  |                          |                     |                 |                                   |

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| <b>1</b> | <b>Friday, April 21, 2023</b> |  | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Adana, Turkey |                             |                       |                        |                       |
|          |                               |  | Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau Sun 14 Sutra 5                 |                             |                       |                        |                       |
|          | Mesha Rasi: 19.1              | Tithi 2                                | <b>Gulika</b> 6:39AM – 8:19AM   | <b>Bharani</b> Until 7:28PM | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 4:59AM | Sobhana 5125          |
|          | Creative Work                 | Siddha Yoga                            | Yama 2:58PM – 4:38PM  | Priti Until 7:27AM          | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:18PM  | Moon 4 - Phase 2 - 14 |
|          |                               | 221996578 <b>Rahu</b> 9:59AM – 11:39AM | Balava Until 4:35PM   | <b>Nataraja:</b> Clear      |                       | 3rd Phase              |                       |
|          |                               |  | <b>Dvitiya</b> Until 4:19AM Sat   | Moon – White                |                       | <b>Devaloka Day</b>    |                       |
|          |                               |  |   | Vaisaka-Chaitra             |                       |                        |                       |

|          |                                 |                                       |   |                              |                       |                        |                       |
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| <b>2</b> | <b>Saturday, April 22, 2023</b> |                                       | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Adana, Turkey |                              |                       |                        |                       |
|          |                                 |                                       | Krittika Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau Sun 15 Sutra 6                       |                              |                       |                        |                       |
|          | Wrishabha Rasi: 2.27            | Tithi 3                               | <b>Gulika</b> 4:58AM – 6:38AM   | <b>Krittika</b> Until 7:44PM | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 4:58AM | Sobhana 5125          |
|          | Creative Work                   | Amrita Yoga                           | Yama 1:18PM – 2:58PM  | Saubhagya Until 4:51AM Sun   | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:19PM  | Moon 4 - Phase 2 - 15 |
|          |                                 | 221996578 <b>Rahu</b> 8:18AM – 9:58AM | Taitila Until 4:15PM  | <b>Nataraja:</b> Clear       |                       | 3rd Phase              |                       |
|          |                                 |                                       | <b>Tritiya</b> Until 4:19AM Sun   | Moon – White                 |                       | <b>Devaloka Day</b>    |                       |
|          |                                 |                                       |   | Vaisaka-Chaitra              |                       |                        |                       |

|          |                               |                                       |   |                            |                        |                        |                       |
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| <b>3</b> | <b>Sunday, April 23, 2023</b> |                                       | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Adana, Turkey |                            |                        |                        |                       |
|          |                               |                                       | Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau Sun 16 Sutra 7                         |                            |                        |                        |                       |
|          | Wrishabha Rasi: 15.24         | Tithi 4                               | <b>Gulika</b> 2:59PM – 4:39PM   | <b>Rohini</b> Until 8:58PM | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 4:57AM | Sobhana 5125          |
|          | Creative Work                 | Siddha Yoga                           | Yama 11:38AM – 1:18PM   | Sobhana Until 4:20AM Mon   | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:20PM  | Moon 4 - Phase 2 - 16 |
|          |                               | 231996578 <b>Rahu</b> 4:39PM – 6:20PM | Vanija Until 4:35PM   | <b>Nataraja:</b> Clear     |                        | 3rd Phase              |                       |
|          |                               |                                       | <b>Chaturthi*</b> Until 4:59AM Mon  | Moon – Yellow              |                        | <b>Devaloka Day</b>    |                       |
|          |                               |                                       |   | Vaisaka-Chaitra            |                        |                        |                       |

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| <b>4</b>      | <b>Monday, April 24, 2023</b>    |                                       | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Adana, Turkey |                                 |                        |                        |                       |
|               |                                  |                                       | Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau Sun 17 Sutra 8                    |                                 |                        |                        |                       |
|               | Wrishabha Rasi: 28.02            | Tithi 5                               | <b>Gulika</b> 1:19PM – 2:59PM  | <b>Mrigashira</b> Until 10:40PM | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 4:55AM | Sobhana 5125          |
|               | <b>Family Home Evening</b>       | Creative Work                         | Yama 9:57AM – 11:38AM  | Athiganda* Until 4:17AM Tue     | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:20PM  | Moon 4 - Phase 2 - 17 |
| Until 10:40PM | Then Creative Work - Siddha Yoga | 231996578 <b>Rahu</b> 6:36AM – 8:17AM | Bava Until 5:34PM  | <b>Nataraja:</b> Clear          |                        | 3rd Phase              |                       |
|               |                                  |                                       | <b>Panchami</b> Until 6:15AM Tue   | Moon – Yellow                   |                        | <b>Devaloka Day</b>    |                       |
|               |                                  |                                       |  | Vaisaka-Chaitra                 |                        |                        |                       |

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| <b>5</b>          | <b>Tuesday, April 25, 2023</b>   |                                       | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Adana, Turkey |                                |                        |                        |                       |
|                   |                                  |                                       | Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau Sun 18 Sutra 9                   |                                |                        |                        |                       |
|                   | Mithuna Rasi: 10.24              | Tithi 5 – 6                           | <b>Gulika</b> 11:38AM – 1:19PM  | <b>Ardra</b> Until 12:44AM Wed | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 4:54AM | Sobhana 5125          |
|                   | Routine Work                     | Marana Yoga                           | Yama 8:16AM – 9:57AM  | Sukarma Until 4:38AM Wed       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:21PM  | Moon 4 - Phase 2 - 18 |
| Until 12:44AM Wed | Then Creative Work - Siddha Yoga | 231996579 <b>Rahu</b> 3:00PM – 4:40PM | Kaulava Until 7:07PM  | <b>Nataraja:</b> Purple        |                        | 3rd Phase              |                       |
|                   |                                  |                                       | <b>Panchami</b> Until 6:15AM  | Moon – Yellow                  |                        | <b>Sivaloka Day</b>    |                       |
|                   |                                  |                                       |   | Vaisaka-Chaitra                |                        |                        |                       |

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| <b>6</b>         | <b>Wednesday, April 26, 2023</b> |  | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Adana, Turkey |                                   |                       |                           |                       |
|                  |                                  |  | Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau Sun 19 Sutra 10                |                                   |                       |                           |                       |
|                  | Mithuna Rasi: 22.34              | Tithi 6 – 7                            | <b>Gulika</b> 9:56AM – 11:38AM  | <b>Punarvasu</b> Until 3:31AM Thu | <b>Ganesha:</b> Green | <i>Sunrise:</i> 4:53AM    | Sobhana 5125          |
|                  | Creative Work                    | Siddha Yoga                            | Yama 6:34AM – 8:15AM  | Dhriti Until 5:18AM Thu           | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:22PM     | Moon 4 - Phase 2 - 19 |
| Until 3:31AM Thu | Then Creative Work - Amrita Yoga | 241996579 <b>Rahu</b> 11:38AM – 1:19PM | Gara Until 9:06PM   | <b>Nataraja:</b> Purple           |                       | 3rd Phase                 |                       |
|                  |                                  |  | <b>Shashthi*</b> Until 8:02AM   | Moon – Blue                       |                       | <b>Subha Sivaloka Day</b> |                       |
|                  |                                  |  |   | Vaisaka-Chaitra                   |                       |                           |                       |

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| <b>D</b>         | <b>Thursday, April 27, 2023</b> |                                       | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Adana, Turkey |                                |                      |                        |                       |
|                  |                                 |                                       | Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau Sun 20 Sutra 11                  |                                |                      |                        |                       |
|                  | Kataka Rasi: 4.34               | Tithi 7 – 8                           | <b>Gulika</b> 8:15AM – 9:56AM  | <b>Pushya</b> Until 6:21AM Fri | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 4:52AM | Sobhana 5125          |
|                  | Creative Work                   | Amrita Yoga                           | Yama 4:52AM – 6:33AM   | Shula* Until 6:06AM Fri        | <b>Muruqa:</b> Clear | <i>Sunset:</i> 6:23PM  | Moon 4 - Phase 2 - 20 |
| Until 6:21AM Fri | Then Routine Work - Marana Yoga | 242996579 <b>Rahu</b> 1:19PM – 3:00PM | Visti Until 11:21PM  | <b>Nataraja:</b> Purple        |                      | Ashtami                |                       |
|                  |                                 |                                       | <b>Saptami</b> Until 10:11AM   | Moon – Blue                    |                      | <b>Sivaloka Day</b>    |                       |
|                  |                                 |                                       |  | Vaisaka-Chaitra                |                      |                        |                       |

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| <b>D</b> | <b>Friday, April 28, 2023</b> |  | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Adana, Turkey |                            |                      |                        |                       |
|          |                               |  | Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau Sun 21 Sutra 12     |                            |                      |                        |                       |
|          | Kataka Rasi: 16.29            | Tithi 8 – 9                            | <b>Gulika</b> 6:32AM – 8:14AM   | <b>Pushya</b> Until 6:21AM | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 4:51AM | Sobhana 5125          |
|          | Routine Work                  | Marana Yoga                            | Yama 3:01PM – 4:42PM  | Shula* Until 6:06AM        | <b>Muruqa:</b> Clear | <i>Sunset:</i> 6:24PM  | Moon 4 - Phase 2 - 21 |
|          |                               | 242996579 <b>Rahu</b> 9:56AM – 11:37AM | Balava Until 1:42AM Sat   | <b>Nataraja:</b> Purple    |                      | Navami                 |                       |
|          |                               |  | <b>Ashtami*</b> Until 12:30PM   | Moon – Blue                |                      | <b>Sivaloka Day</b>    |                       |
|          |                               |  |   | 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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| <b>1</b>                         |              | <b>Saturday, April 29, 2023</b>       |                               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                        |  |                       | Adana, Turkey<br>Sun 22<br>Sutra 13 |
| Kataka Rasi: 28.23               | Tithi 9 – 10 | <b>Gulika</b> 4:49AM – 6:31AM         | <b>Ashlesha* Until 9:03AM</b> | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 4:49AM |  | Sobhana 5125          |                                     |
|                                  |              | Yama 1:19PM – 3:01PM                  | Ganda* Until 6:57AM           | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:25PM  |  | Moon 4 - Phase 3 - 22 |                                     |
|                                  |              | 242996579 <b>Rahu</b> 8:13AM – 9:55AM | Taitila Until 3:55AM Sun      | <b>Nataraja:</b> Purple  |                        |  | 4th Phase             |                                     |
| Routine Work                     | Marana Yoga  |                                       | <b>Navami* Until 2:49PM</b>   | Moon – Blue  |                        |  |                       | <b>Sivaloka Day</b>                 |
| Until 9:03AM                     |              |                                       |                               | Vaisaka*Chaitra  |                        |  |                       |                                     |
| Then Creative Work - Amrita Yoga |              |                                       |                               |  |                        |  |                       |                                     |

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| <b>2</b>                         |               | <b>Sunday, April 30, 2023</b>         |                             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                        |  |                       | Adana, Turkey<br>Sun 23<br>Sutra 14 |
| Simha Rasi: 10.21                | Tithi 10 – 11 | <b>Gulika</b> 3:01PM – 4:44PM         | <b>Magha* Until 11:56AM</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:48AM |  | Sobhana 5125          |                                     |
|                                  |               | Yama 11:37AM – 1:19PM                 | Vriddhi Until 7:42AM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:26PM  |  | Moon 4 - Phase 3 - 23 |                                     |
|                                  |               | 252996579 <b>Rahu</b> 4:44PM – 6:26PM | Vanija Until 5:51AM Mon     | <b>Nataraja:</b> Purple  |                        |  | 4th Phase             |                                     |
| Routine Work                     | Marana Yoga   |                                       | <b>Dashami Until 4:55PM</b> | Moon – Red   |                        |  |                       | <b>Devaloka Day</b>                 |
| Until 11:56AM                    |               |                                       |                             | Vaisaka*Chaitra  |                        |  |                       |                                     |
| Then Creative Work - Siddha Yoga |               |                                       |                             |  |                        |  |                       |                                     |

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| <b>3</b>                   |             | <b>Monday, May 1, 2023</b>            |                                   | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti* Karana Ekadashyam Titau |                        |  |                       | Adana, Turkey<br>Sun 24<br>Sutra 15 |
| Simha Rasi: 22.26          | Tithi 11    | <b>Gulika</b> 1:19PM – 3:02PM         | <b>Purvaphalguni Until 2:17PM</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:46AM |  | Sobhana 5125          |                                     |
| <b>Family Home Evening</b> |             | Yama 9:54AM – 11:37AM                 | Dhruva Until 8:10AM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:28PM  |  | Moon 4 - Phase 3 - 24 |                                     |
|                            |             | 252996579 <b>Rahu</b> 6:29AM – 8:11AM | Visti Until 6:38PM                | <b>Nataraja:</b> Purple  |                        |  | 4th Phase             |                                     |
| Creative Work              | Siddha Yoga |                                       | <b>Ekadashi Until 6:38PM</b>      | Moon – Red   |                        |  |                       | <b>Devaloka Day</b>                 |
|                            |             |                                       |                                   | Vaisaka*Chaitra  |                        |  |                       |                                     |

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| <b>4</b>                         |             | <b>Tuesday, May 2, 2023</b>           |                                    | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau |                        |  |                       | Adana, Turkey<br>Sun 25<br>Sutra 16 |
| Kanya Rasi: 4.43                 | Tithi 12    | <b>Gulika</b> 11:37AM – 1:19PM        | <b>Uttaraphalguni Until 4:00PM</b> | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 4:45AM |  | Sobhana 5125          |                                     |
|                                  |             | Yama 8:11AM – 9:54AM                  | Vyaghata* Until 8:17AM             | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:28PM  |  | Moon 4 - Phase 3 - 25 |                                     |
|                                  |             | 252996579 <b>Rahu</b> 3:02PM – 4:45PM | Bava Until 7:19AM                  | <b>Nataraja:</b> Purple  |                        |  | 4th Phase             |                                     |
| Creative Work                    | Amrita Yoga |                                       | <b>Dvadashi Until 7:48PM</b>       | Moon – Red   |                        |  |                       | <b>Devaloka Day</b>                 |
| Until 4:00PM                     |             |                                       |                                    | Vaisaka*Chaitra  |                        |  |                       |                                     |
| Then Creative Work - Siddha Yoga |             |                                       |                                    |  |                        |  |                       |                                     |

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| <b>5</b>                         |             | <b>Wednesday, May 3, 2023</b>          |                                | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                        |  |                       | Adana, Turkey<br>Sun 26<br>Sutra 17 |
| Kanya Rasi: 17.14                | Tithi 13    | <b>Gulika</b> 9:53AM – 11:36AM         | <b>Hasta Until 5:27PM</b>      | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:44AM |  | Sobhana 5125          |                                     |
|                                  |             | Yama 6:27AM – 8:10AM                   | Harshana Until 7:58AM          | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:29PM  |  | Moon 4 - Phase 3 - 26 |                                     |
|                                  |             | 262996579 <b>Rahu</b> 11:36AM – 1:20PM | Kaulava Until 8:11AM           | <b>Nataraja:</b> Purple   |                        |  | 4th Phase             |                                     |
| Routine Work                     | Marana Yoga |  | <b>Trayodashi Until 8:22PM</b> | Moon – Green  |                        |  |                       | <b>Sivaloka Day</b>                 |
| Until 5:27PM                     |             |  |                                | Vaisaka*Chaitra   |                        |  |                       |                                     |
| Then Creative Work - Siddha Yoga |             |  |                                |   |                        |  |                       |                                     |

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| <b>6</b>                         |             | <b>Thursday, May 4, 2023</b>          |                                  | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau |                        |  |                       | Adana, Turkey<br>Sun 27<br>Sutra 18 |
| Tula Rasi: 0.04                  | Tithi 14    | <b>Gulika</b> 8:09AM – 9:53AM         | <b>Chitra Until 6:07PM</b>       | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:42AM |  | Sobhana 5125          |                                     |
|                                  |             | Yama 4:42AM – 6:26AM                  | Vajra* Until 7:07AM              | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:30PM  |  | Moon 4 - Phase 3 - 27 |                                     |
|                                  |             | 262996579 <b>Rahu</b> 1:20PM – 3:03PM | Gara Until 8:26AM                | <b>Nataraja:</b> Purple   |                        |  | 4th Phase             |                                     |
| Creative Work                    | Siddha Yoga |                                       | <b>Chaturdashi* Until 8:18PM</b> | Moon – Green  |                        |  |                       | <b>Sivaloka Day</b>                 |
| Until 6:07PM                     |             |                                       |                                  | Vaisaka*Chaitra   |                        |  |                       |                                     |
| Then Creative Work - Amrita Yoga |             |                                       |                                  |   |                        |  |                       |                                     |

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| <b>○</b>                   |             | <b>Friday, May 5, 2023</b>             |                              | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau |                        |  |                    | Adana, Turkey<br>Sun 28<br>Sutra 19 |
| <b>Copper Retreat Star</b> |             | <b>Gulika</b> 6:25AM – 8:09AM          | <b>Svati Until 6:02PM</b>    | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 4:41AM |  | Sobhana 5125       |                                     |
| Tula Rasi: 13.12           | Tithi 15    | Yama 3:04PM – 4:47PM                   | Vyatipata* Until 4:01AM Sat  | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:31PM  |  | Moon 4 - Phase 3 - |                                     |
|                            |             | 262996579 <b>Rahu</b> 9:52AM – 11:36AM | Visti Until 8:03AM           | <b>Nataraja:</b> Purple   |                        |  | Purnima            |                                     |
| Creative Work              | Siddha Yoga |  | <b>Purnima* Until 7:37PM</b> | Moon – Green  |                        |  |                    | <b>Sivaloka Day</b>                 |
|                            |             | <b>Budha Purnima (Tamil Nadu)</b>      |                              | Vaisaka*Chaitra   |                        |  |                    |                                     |

|                            |             |                                       |                               |  |                        |  |                    |                                     |
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| <b>○</b>                   |             | <b>Saturday, May 6, 2023</b>          |                               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau |                        |  |                    | Adana, Turkey<br>Sun 29<br>Sutra 20 |
| <b>Silver Retreat Star</b> |             | <b>Gulika</b> 4:40AM – 6:24AM         | <b>Vishakha Until 5:43PM</b>  | <b>Ganesha:</b> White  | <i>Sunrise:</i> 4:40AM |  | Sobhana 5125       |                                     |
| Tula Rasi: 26.39           | Tithi 16    | Yama 1:20PM – 3:04PM                  | Variyan Until 1:50AM Sun      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:32PM  |  | Moon 4 - Phase 3 - |                                     |
|                            |             | 272996579 <b>Rahu</b> 8:08AM – 9:52AM | Balava Until 7:05AM           | <b>Nataraja:</b> Purple  |                        |  | Prathama           |                                     |
| Creative Work              | Siddha Yoga |                                       | <b>Prathama* Until 6:24PM</b> | Moon – Orange  |                        |  |                    | <b>Devaloka Day</b>                 |
|                            |             |                                       |                               | Vaisaka*Chaitra  |                        |  |                    |                                     |