



Monday, April 18, 2022
Gold Retreat Star

Tula Rasi: 19.57 Tithi 17
Family Home Evening
Routine Work Marana Yoga
Until 4:07AM Tue
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dviliyayam Titau
Gulika 3:06PM – 4:45PM
Yama 11:46AM – 1:26PM
Rahu 8:27AM – 10:06AM

Vishakha Until 4:07AM Tue
Siddhi Until 8:51PM
Taitila Until 9:16AM
Dvitiya Until 7:54PM

Ganesha: Clear *Sunrise: 6:47AM*
Muruqa: White *Sunset: 8:05PM*
Nataraja: White
Moon – Green
Chaitra+Chaitra

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

Dushanbe, Tajikistan
Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase

1

Tuesday, April 19, 2022

Vrischika Rasi: 4.28 Tithi 18 – 19
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha Nakshatra Vyatipata/Variyan Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau
Gulika 1:26PM – 3:06PM
Yama 10:06AM – 11:46AM
Rahu 4:46PM – 6:26PM

Anuradha Until 2:06AM Wed
Vyatipata* Until 5:29PM
Vanija Until 6:32AM
Tritiya Until 5:07PM

Ganesha: Purple *Sunrise: 6:46AM*
Muruqa: White *Sunset: 8:06PM*
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Bhuloka Day

Dushanbe, Tajikistan
Sun 1 Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase

2

Wednesday, April 20, 2022

Vrischika Rasi: 19.01 Tithi 19 – 20
Creative Work Siddha Yoga
Until 12:00AM Thu
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha* Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 11:45AM – 1:25PM
Yama 8:25AM – 10:05AM
Rahu 1:25PM – 3:06PM

Jyeshtha* Until 12:00AM Thu
Variyan Until 2:05PM
Kaulava Until 1:01AM Thu
Chaturthi* Until 2:21PM

Ganesha: Purple *Sunrise: 6:44AM*
Muruqa: White *Sunset: 8:07PM*
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Bhuloka Day

Dushanbe, Tajikistan
Sun 2 Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 - 2 1st Phase

3

Thursday, April 21, 2022

Dhanus Rasi: 3.32 Tithi 20 – 21
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Guru Vasara Yuktayam
Mula* Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 10:04AM – 11:45AM
Yama 6:43AM – 8:23AM
Rahu 3:06PM – 4:46PM

Mula* Until 10:19PM
Parigha* Until 10:47AM
Gara Until 10:25PM
Panchami Until 11:40AM

Ganesha: Clear *Sunrise: 6:43AM*
Muruqa: White *Sunset: 8:08PM*
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

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

Dushanbe, Tajikistan
Sun 3 Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 - 3 1st Phase

4

Friday, April 22, 2022

Dhanus Rasi: 17.55 Tithi 21 – 22
Routine Work Prabalarishta Yoga
Until 8:43PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 8:22AM – 10:03AM
Yama 4:47PM – 6:28PM
Rahu 11:44AM – 1:25PM

Purvashadha* Until 8:43PM
Shiva Until 7:39AM
Visti Until 8:03PM
Shashthi* Until 9:11AM

Ganesha: Purple *Sunrise: 6:41AM*
Muruqa: White *Sunset: 8:08PM*
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Devaloka Day

Dushanbe, Tajikistan
Sun 4 Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 - 4 1st Phase

●

Saturday, April 23, 2022
Retreat Star

Makara Rasi: 2.08 Tithi 22 – 23
Routine Work Marana Yoga
Until 7:15PM
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yuktayam
Uttarashadha Nakshatra Sadhya Yoga Bava/Kaulava Karana Saptami/Ashtamyam Titau
Gulika 6:40AM – 8:21AM
Yama 3:06PM – 4:47PM
Rahu 10:02AM – 11:44AM

Uttarashadha Until 7:15PM
Sadhya Until 2:00AM Sun
Kaulava Until 5:02AM Sun
Saptami Until 6:57AM

Ganesha: Purple *Sunrise: 6:40AM*
Muruqa: White *Sunset: 8:09PM*
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Devaloka Day

Dushanbe, Tajikistan
Sun 5 Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 - 5 Ashtami

Sunday, April 24, 2022
Retreat Star

Makara Rasi: 16.1 Tithi 24
Creative Work Amrita Yoga
Until 6:24PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam
Shravana Nakshatra Subha Yoga Taitila/Gara Karana Navamyam Titau
Gulika 4:47PM – 6:29PM
Yama 1:25PM – 3:06PM
Rahu 6:29PM – 8:10PM

Shravana Until 6:24PM
Subha Until 11:35PM
Taitila Until 4:12PM
Navami* Until 3:26AM Mon

Ganesha: Clear *Sunrise: 6:39AM*
Muruqa: White *Sunset: 8:10PM*
Nataraja: White
Moon – Purple
Chaitra+Chaitra

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

Dushanbe, Tajikistan
Sun 6 Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 - 6 Navami

| | | | | | | |
|-------------------------------|--|---|--|---|---|---|
| Monday, April 25, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 7 Sutra 8 |
| 1 | Makara Rasi: 29.58 Family Home Evening Creative Work Siddha Yoga | Tithi 25 299345479 | Gulika 3:06PM – 4:48PM Yama 11:43AM – 1:24PM Rahu 8:19AM – 10:01AM | Dhanishtha Until 5:45PM Sukla Until 9:26PM Vanija Until 2:47PM Dashami Until 2:12AM Tue | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Purple Chaitra*Chaitra | Sunrise: 6:38AM Sunset: 8:11PM Moon 4 - Phase 2 - 7 2nd Phase Devaloka Day |

| | | | | | | |
|--------------------------------|--|---|--|--|---|---|
| Tuesday, April 26, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Brahma Yoga Bava/Balava Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 8 Sutra 9 |
| 2 | Kumbha Rasi: 13.34 Routine Work Marana Yoga | Tithi 26 299345479 | Gulika 1:24PM – 3:06PM Yama 10:00AM – 11:42AM Rahu 4:48PM – 6:30PM | Shatabhishak Until 5:19PM Brahma Until 7:36PM Bava Until 1:45PM Ekadashi* Until 1:21AM Wed | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Purple Chaitra*Chaitra | Sunrise: 6:36AM Sunset: 8:12PM Moon 4 - Phase 2 - 8 2nd Phase Devaloka Day |

| | | | | | | |
|----------------------------------|---|---|--|--|--|---|
| Wednesday, April 27, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra Yoga Kaulava/Tailita Karana Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 10 |
| 3 | Kumbha Rasi: 26.56 Creative Work Amrita Yoga Until 5:36PM Then Creative Work - Siddha Yoga | Tithi 27 219345479 | Gulika 11:42AM – 1:24PM Yama 8:17AM – 10:00AM Rahu 1:24PM – 3:06PM | Purvaproshtapada* Until 5:36PM Indra Until 6:07PM Kaulava Until 1:07PM Dvadashi* Until 12:56AM Thu | Ganesha: Red Muruqa: White Nataraja: Clear Moon – Clear Chaitra*Chaitra | Sunrise: 6:35AM Sunset: 8:13PM Moon 4 - Phase 2 - 9 2nd Phase Devaloka Day |

| | | | | | | |
|---------------------------------|--|---|---|--|--|--|
| Thursday, April 28, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 11 |
| 4 | Meena Rasi: 10.05 Creative Work Siddha Yoga | Tithi 28 219345479 | Gulika 9:59AM – 11:41AM Yama 6:34AM – 8:16AM Rahu 3:06PM – 4:49PM | Uttaraproshtapada Until 6:10PM Vaidhriti* Until 4:57PM Gara Until 12:54PM Trayodashi* Until 12:57AM Fri <i>Pradosha Vrata (Fasting)</i> | Ganesha: Red Muruqa: White Nataraja: Clear Moon – Clear Chaitra*Chaitra | Sunrise: 6:34AM Sunset: 8:14PM Moon 4 - Phase 2 - 10 2nd Phase Devaloka Day |

| | | | | | | |
|-------------------------------|--|--|---|---|---|--|
| Friday, April 29, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 12 |
| 5 | Meena Rasi: 22.59 Creative Work Siddha Yoga Until 7:02PM Then Creative Work - Amrita Yoga | Tithi 29 219445479 | Gulika 8:15AM – 9:58AM Yama 4:49PM – 6:32PM Rahu 11:41AM – 1:24PM | Revati Until 7:02PM Vishkambha* Until 4:11PM Visti Until 1:10PM Chaturdashi* Until 1:27AM Sat | Ganesha: Blue Muruqa: White Nataraja: Clear Moon – Clear Chaitra*Chaitra | Sunrise: 6:32AM Sunset: 8:15PM Moon 4 - Phase 2 - 11 2nd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |

| | | | | | | |
|---------------------------------|--|--|---|---|--|---|
| Saturday, April 30, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 13 |
| Retreat Star | Mesha Rasi: 5.4 Creative Work Siddha Yoga | Tithi 30 221445479 | Gulika 6:31AM – 8:14AM Yama 3:07PM – 4:50PM Rahu 9:57AM – 11:41AM | Ashvini Until 8:41PM Priti Until 3:48PM Catuspada Until 1:55PM Amavasya* Until 2:27AM Sun | Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Chaitra*Chaitra | Sunrise: 6:31AM Sunset: 8:16PM Moon 4 - Phase 2 - 12 Amavasya Bhuloka Day Devaloka Time: 6:PM to 9:PM |

| | | | | | | |
|----------------------------|---|---|--|---|--|---|
| Sunday, May 1, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 14 |
| Retreat Star | Mesha Rasi: 18.08 Routine Work Prabalarishta Yoga Until 10:40PM Then Creative Work - Siddha Yoga | Tithi 1 221445479 | Gulika 4:50PM – 6:34PM Yama 1:24PM – 3:07PM Rahu 6:34PM – 8:17PM | Bharani Until 10:40PM Ayushman Until 3:46PM Kintughna Until 3:10PM Prathama* Until 3:56AM Mon | Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka*Chaitra | Sunrise: 6:30AM Sunset: 8:17PM Moon 4 - Phase 2 - 13 Prathama Bhuloka Day Devaloka Time: 6:PM to 9:PM |

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

| | | | | | | |
|---|-----------|---|--|---|--|--|
| Monday, May 2, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 15 Subhakit 5124 |
| 1 | 231445479 | Gulika Yama Rahu | 3:07PM – 4:51PM 11:40AM – 1:23PM 8:12AM – 9:56AM | Krittika Until 12:55AM Tue Saubhagya Until 4:07PM Balava Until 4:52PM Dvitiya Until 5:51AM Tue | Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra | Sunrise: 6:29AM Sunset: 8:18PM Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 0.23 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 12:55AM Tue Then Creative Work - Amrita Yoga | | | | | | |

| | | | | | | |
|--|-----------|--|--|---|---|--|
| Tuesday, May 3, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila Karana Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 16 Subhakit 5124 |
| 2 | 231445479 | Gulika Yama Rahu | 1:23PM – 3:07PM 9:55AM – 11:39AM 4:51PM – 6:35PM | Rohini Until 3:50AM Wed Sobhana Until 4:47PM Taitila Until 6:58PM Tritiya Until 8:06AM Wed | Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sunrise: 6:28AM Sunset: 8:19PM Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 12.27 Tithi 3 Creative Work Amrita Yoga Until 3:50AM Wed Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | |
|---|-----------|---|--|---|---|--|
| Wednesday, May 4, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 17 Subhakit 5124 |
| 3 | 231445479 | Gulika Yama Rahu | 11:39AM – 1:23PM 8:11AM – 9:55AM 1:23PM – 3:07PM | Mrigashira Until 6:48AM Thu Athiganda* Until 5:38PM Vanija Until 9:21PM Tritiya Until 8:06AM | Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sunrise: 6:27AM Sunset: 8:20PM Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 24.24 Tithi 3 – 4 Creative Work Siddha Yoga Until 6:48AM Thu Then Routine Work - Marana Yoga | | | | | | |

| | | | | | | |
|--|-----------|--|--|---|---|--|
| Thursday, May 5, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 18 Subhakit 5124 |
| 4 | 231445479 | Gulika Yama Rahu | 9:54AM – 11:39AM 6:25AM – 8:10AM 3:07PM – 4:52PM | Mrigashira Until 6:48AM Sukarma Until 6:37PM Bava Until 11:51PM Chaturthi* Until 10:34AM | Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sunrise: 6:25AM Sunset: 8:21PM Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |
| Mithuna Rasi: 6.16 Tithi 4 – 5 Routine Work Marana Yoga | | | | | | |

| | | | | | | |
|--|-----------|---|--|--|---|--|
| Friday, May 6, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 19 Subhakit 5124 |
| 5 | 231445479 | Gulika Yama Rahu | 8:09AM – 9:54AM 4:52PM – 6:37PM 11:38AM – 1:23PM | Ardra Until 9:40AM Dhriti Until 7:36PM Kaulava Until 2:18AM Sat Panchami Until 1:04PM | Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra | Sunrise: 6:24AM Sunset: 8:22PM Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM |
| Mithuna Rasi: 18.05 Tithi 5 – 6 Creative Work Siddha Yoga | | | | | | |

| | | | | | | |
|--|-----------|---|--|---|---|--|
| Saturday, May 7, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 20 Subhakit 5124 |
| 6 | 241445479 | Gulika Yama Rahu | 6:23AM – 8:08AM 3:08PM – 4:53PM 9:53AM – 11:38AM | Punarvasu Until 12:46PM Shula* Until 8:26PM Gara Until 4:31AM Sun Shashthi* Until 3:26PM | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sunrise: 6:23AM Sunset: 8:23PM Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day |
| Mithuna Rasi: 29.58 Tithi 6 – 7 Creative Work Siddha Yoga | | | | | | |

| | | | | | | |
|---|--|---|---|--|---|--|
| Sunday, May 8, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 21 Subhakit 5124 |
| Retreat Star | | Gulika Yama Rahu | 4:53PM – 6:38PM 1:23PM – 3:08PM 6:38PM – 8:24PM | Pushya Until 3:25PM Ganda* Until 9:00PM Visti Until 6:20AM Mon Saptami Until 5:28PM | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sunrise: 6:22AM Sunset: 8:24PM Moon 4 - Phase 3 - 20 3rd Phase Devaloka Day |
| Kataka Rasi: 11.55 Tithi 7 – 8 Creative Work Siddha Yoga | | Mother's Day | | | | |

| | | | | | | |
|--|--|---|--|---|---|--|
| Monday, May 9, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Visti*/Bava Karana Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 22 Subhakit 5124 |
| Retreat Star | | Gulika Yama Rahu | 3:08PM – 4:54PM 11:37AM – 1:23PM 8:07AM – 9:52AM | Ashlesha* Until 5:25PM Vriddhi Until 9:11PM Visti Until 6:20AM Ashtami* Until 7:00PM | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra | Sunrise: 6:21AM Sunset: 8:24PM Moon 4 - Phase 3 - 21 Ashtami Devaloka Day |
| Kataka Rasi: 24.03 Tithi 8 Family Home Evening Creative Work Siddha Yoga Until 5:25PM Then Routine Work - Marana Yoga | | | | | | |

| | | | | | | |
|---|--|---|--|---|--|---|
| Tuesday, May 10, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Balava/Kaulava Karana Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 23 Subhakit 5124 |
| Retreat Star | | Gulika Yama Rahu | 1:23PM – 3:08PM 9:51AM – 11:37AM 4:54PM – 6:40PM | Magha* Until 7:08PM Dhruva Until 8:49PM Balava Until 7:33AM Navami* Until 7:53PM | Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra | Sunrise: 6:20AM Sunset: 8:25PM Moon 4 - Phase 3 - 22 Navami Devaloka Day |
| Simha Rasi: 6.26 Tithi 9 Creative Work Siddha Yoga | | | | | | |


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

| | | | | | | | |
|----------|--------------------------------|-------------|---|-----------------------------------|------------------------|------------------------|--|
| 1 | Wednesday, May 11, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 24 |
| | Simha Rasi: 19.07 | Tithi 10 | Gulika 11:37AM – 1:23PM | Purvaphalguni Until 7:57PM | Ganesha: Clear | <i>Sunrise:</i> 6:19AM | Subhakrit 5124 |
| | | | Yama 8:05AM – 9:51AM | Vyaghata* Until 7:53PM | Muruqa: White | <i>Sunset:</i> 8:26PM | Moon 4 - Phase 4 - 23 |
| | Creative Work | Amrita Yoga | 252445479 Rahu 1:23PM – 3:09PM | Taitila Until 8:04AM | Nataraja: Clear | | 4th Phase |
| | | | Dashami Until 8:01PM | Moon – Red | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|---------------------------------|-------------------------------|----------|--|------------------------------------|------------------------|------------------------|--|
| 2 | Thursday, May 12, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 25 |
| | Kanya Rasi: 2.1 | Tithi 11 | Gulika 9:50AM – 11:37AM | Uttaraphalguni Until 7:51PM | Ganesha: Clear | <i>Sunrise:</i> 6:18AM | Subhakrit 5124 |
| | | | Yama 6:18AM – 8:04AM | Harshana Until 6:21PM | Muruqa: White | <i>Sunset:</i> 8:27PM | Moon 4 - Phase 4 - 24 |
| | | | 252445479 Rahu 3:09PM – 4:55PM | Vanija Until 7:49AM | Nataraja: Clear | | 4th Phase |
| | | | Ekadashi Until 7:23PM | Moon – Red | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |
| Until 7:51PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-----------------------------|---------------|---|---------------------------|------------------------|------------------------|--|
| 3 | Friday, May 13, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 26 |
| | Kanya Rasi: 15.4 | Tithi 12 – 13 | Gulika 8:04AM – 9:50AM | Hasta Until 7:19PM | Ganesha: White | <i>Sunrise:</i> 6:17AM | Subhakrit 5124 |
| | | | Yama 4:55PM – 6:42PM | Vajra* Until 4:11PM | Muruqa: White | <i>Sunset:</i> 8:28PM | Moon 4 - Phase 4 - 25 |
| | | | 262445479 Rahu 11:36AM – 1:23PM | Bava Until 6:47AM | Nataraja: Clear | | 4th Phase |
| | | | Dvadashi Until 5:58PM | Moon – Green | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |
| Creative Work | Amrita Yoga | | | | | | |
| Until 7:19PM | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| | | | | <i>Pradosha Vrata</i> | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|---------------|---|----------------------------|------------------------|------------------------|--|
| 4 | Saturday, May 14, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 27 |
| | Kanya Rasi: 29.34 | Tithi 13 – 14 | Gulika 6:16AM – 8:03AM | Chitra Until 5:58PM | Ganesha: White | <i>Sunrise:</i> 6:16AM | Subhakrit 5124 |
| | | | Yama 3:09PM – 4:56PM | Siddhi Until 1:28PM | Muruqa: White | <i>Sunset:</i> 8:29PM | Moon 4 - Phase 4 - 26 |
| | | | 262445479 Rahu 9:49AM – 11:36AM | Gara Until 2:40AM Sun | Nataraja: Clear | | 4th Phase |
| | | | Trayodashi Until 3:54PM | Moon – Green | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |
| Routine Work | Marana Yoga | | | | | | |
| Until 5:58PM | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|---|-----------------------------|---------------|--|---------------------------|------------------------|------------------------|--|
|  | Sunday, May 15, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 28 |
| | Copper Retreat Star | | Gulika 4:56PM – 6:43PM | Svati Until 3:56PM | Ganesha: White | <i>Sunrise:</i> 6:15AM | Subhakrit 5124 |
| | Tula Rasi: 13.53 | Tithi 14 – 15 | Yama 1:23PM – 3:09PM | Vyatipata* Until 10:19AM | Muruqa: White | <i>Sunset:</i> 8:30PM | Moon 4 - Phase 4 - 27 |
| | | | 262445479 Rahu 6:43PM – 8:30PM | Visti Until 11:49PM | Nataraja: Clear | | Purnima |
| | | | Chaturdashi* Until 1:16PM | Moon – Green | | Sivaloka Day | |
| | | | | Vaisaka-Vaikasi | | | |
| Creative Work | Siddha Yoga | | | | | | |
| Until 3:56PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-----------------------------|---------------|---|------------------------------|------------------------|------------------------|--|
| 5 | Monday, May 16, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 28 Sutra 29 |
| | Silver Retreat Star | | Gulika 3:10PM – 4:57PM | Vishakha Until 1:47PM | Ganesha: Yellow | <i>Sunrise:</i> 6:15AM | Subhakrit 5124 |
| | Tula Rasi: 28.31 | Tithi 15 – 16 | Yama 11:36AM – 1:23PM | Variyan Until 6:46AM | Muruqa: White | <i>Sunset:</i> 8:31PM | Moon 4 - Phase 4 - Prathama |
| | | | 272445479 Rahu 8:02AM – 9:49AM | Balava Until 8:37PM | Nataraja: Clear | | |
| | | | Purnima* Until 10:14AM | Moon – Orange | | Devaloka Day | |
| | | | | Vaisaka-Vaikasi | | | |
| Routine Work | Marana Yoga | | | | | | |
| Until 1:47PM | | | | | | | |
| 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang



Tuesday, May 17, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Shiva Yoga Kaulava/Gara Karana Prathama/Dvitiyayam Titau

Dushanbe, Tajikistan
Sutra 30

Vrischika Rasi: 13.23 Tithi 16 - 17

272445479

Gulika 1:23PM - 3:10PM
Yama 9:48AM - 11:35AM
Rahu 4:57PM - 6:44PM

Anuradha Until 11:15AM
Shiva Until 11:07PM
Gara Until 3:31AM Wed
Prathama* Until 6:56AM

Ganesha: Yellow *Sunrise: 6:14AM*
Muruqa: White *Sunset: 8:32PM*
Nataraja: Clear
Moon - Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 11:15AM

Then Routine Work - Marana Yoga

Devaloka Day

1

Wednesday, May 18, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Jyeshtha*/Mula* Nakshatra Siddha Yoga Vanija/Visli* Karana Tritiyayam Titau

Dushanbe, Tajikistan
Sun 1 Sutra 31

Vrischika Rasi: 28.2 Tithi 18

272445479

Gulika 11:35AM - 1:23PM
Yama 8:00AM - 9:48AM
Rahu 1:23PM - 3:10PM

Jyeshtha* Until 8:31AM
Siddha Until 7:13PM
Vanija Until 1:49PM
Tritiya Until 12:08AM Thu

Ganesha: Yellow *Sunrise: 6:13AM*
Muruqa: White *Sunset: 8:32PM*
Nataraja: Clear
Moon - Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 8:31AM

Then Routine Work - Marana Yoga

Devaloka Day

2

Thursday, May 19, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthyam Titau

Dushanbe, Tajikistan
Sun 2 Sutra 32

Dhanus Rasi: 13.15 Tithi 19

282445479

Gulika 9:47AM - 11:35AM
Yama 6:12AM - 8:00AM
Rahu 3:10PM - 4:58PM

Mula* Until 6:07AM
Sadhya Until 3:27PM
Bava Until 10:30AM
Chaturthi* Until 8:55PM

Ganesha: Blue *Sunrise: 6:12AM*
Muruqa: White *Sunset: 8:33PM*
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Dushanbe, Tajikistan
Sun 3 Sutra 33

Dhanus Rasi: 28 Tithi 20

282445479

Gulika 7:59AM - 9:47AM
Yama 4:58PM - 6:46PM
Rahu 11:35AM - 1:23PM

Uttarashadha Until 1:40AM Sat
Subha Until 11:55AM
Kaulava Until 7:26AM
Panchami Until 6:01PM

Ganesha: Blue *Sunrise: 6:11AM*
Muruqa: White *Sunset: 8:34PM*
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Until 1:40AM Sat

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, May 21, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Shravana Nakshatra Sukla/Brahma Yoga Vanija/Visli* Karana Shashthi/Saptamyam Titau

Dushanbe, Tajikistan
Sun 4 Sutra 34

Makara Rasi: 12.3 Tithi 21 - 22

292445479

Gulika 6:11AM - 7:59AM
Yama 3:11PM - 4:59PM
Rahu 9:47AM - 11:35AM

Shravana Until 12:17AM Sun
Sukla Until 8:41AM
Visti Until 2:28AM Sun
Shashthi* Until 3:31PM

Ganesha: Red *Sunrise: 6:11AM*
Muruqa: White *Sunset: 8:35PM*
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 12:17AM Sun

Then Routine Work - Marana Yoga

Devaloka Day

5

Sunday, May 22, 2022

Retreat Star

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

Dushanbe, Tajikistan
Sun 5 Sutra 35

Makara Rasi: 26.4 Tithi 22 - 23

292445479

Gulika 4:59PM - 6:48PM
Yama 1:23PM - 3:11PM
Rahu 6:48PM - 8:36PM

Dhanishtha Until 11:17PM
Indra Until 3:29AM Mon
Balava Until 12:45AM Mon
Saptami Until 1:31PM

Ganesha: Red *Sunrise: 6:10AM*
Muruqa: White *Sunset: 8:36PM*
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga

Until 11:17PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022

Retreat Star

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

Dushanbe, Tajikistan
Sun 6 Sutra 36

Kumbha Rasi: 10.29 Tithi 23 - 24

292445479

Gulika 3:11PM - 5:00PM
Yama 11:35AM - 1:23PM
Rahu 7:58AM - 9:46AM

Shatabhishak Until 10:43PM
Vaidhriti* Until 1:34AM Tue
Taitila Until 11:38PM
Ashtami* Until 12:06PM

Ganesha: Red *Sunrise: 6:09AM*
Muruqa: White *Sunset: 8:37PM*
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 10:43PM

Then Routine Work - Marana Yoga

Devaloka Day

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------------------------------|------------------------------|-----------------------------|---|--|-----------------------|------------------------|--|
| 1 | Tuesday, May 24, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 7 Sutra 37 |
| | Kumbha Rasi: 23.58 | Tithi 24 – 25 | Gulika 1:23PM – 3:12PM | Purvaproshtapada* Until 11:03PM | Ganesha: Clear | <i>Sunrise:</i> 6:09AM | Subhakra 5124 |
| | 213545479 | Rahu 5:00PM – 6:49PM | Yama 9:46AM – 11:34AM | Vishkambha* Until 12:09AM Wed | Muruqa: White | <i>Sunset:</i> 8:37PM | Moon 5 - Phase 6 - 7 2nd Phase |
| Routine Work Marana Yoga | | Navami* Until 11:16AM | | Moon – Clear | Devaloka Day | | |
| Until 11:03PM | | | | Vaisaka-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |


| | | | | | | | |
|---------------------------------|--------------------------------|-----------------------------|---|--|-----------------------|------------------------|--|
| 2 | Wednesday, May 25, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 8 Sutra 38 |
| | Meena Rasi: 7.06 | Tithi 25 – 26 | Gulika 11:34AM – 1:23PM | Uttaraproshtapada Until 11:48PM | Ganesha: Clear | <i>Sunrise:</i> 6:08AM | Subhakra 5124 |
| | 213545479 | Rahu 1:23PM – 3:12PM | Yama 7:57AM – 9:46AM | Priti Until 11:13PM | Muruqa: White | <i>Sunset:</i> 8:38PM | Moon 5 - Phase 6 - 8 2nd Phase |
| Creative Work Siddha Yoga | | Dashami Until 11:02AM | | Moon – Clear | Devaloka Day | | |
| Until 11:48PM | | | | Vaisaka-Vaikasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|-----------------------------|--|---------------------------------|------------------------|------------------------|--|
| 3 | Thursday, May 26, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 39 |
| | Meena Rasi: 19.57 | Tithi 26 – 27 | Gulika 9:45AM – 11:34AM | Revati Until 12:57AM Fri | Ganesha: Purple | <i>Sunrise:</i> 6:07AM | Subhakra 5124 |
| | 313545479 | Rahu 3:12PM – 5:01PM | Yama 6:07AM – 7:56AM | Ayushman Until 10:42PM | Muruqa: White | <i>Sunset:</i> 8:39PM | Moon 5 - Phase 6 - 9 2nd Phase |
| Creative Work Siddha Yoga | | Ekadashi* Until 11:23AM | | Moon – Clear | Sivaloka Day | | |
| Until 12:57AM Fri | | | | Vaisaka-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-----------------------------|------------------------------|--|---------------------------------|-----------------------|------------------------|---|
| 4 | Friday, May 27, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Titila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 40 |
| | Mesha Rasi: 2.32 | Tithi 27 – 28 | Gulika 7:56AM – 9:45AM | Ashvini Until 2:54AM Sat | Ganesha: Clear | <i>Sunrise:</i> 6:07AM | Subhakra 5124 |
| | 323545479 | Rahu 11:34AM – 1:23PM | Yama 5:02PM – 6:51PM | Saubhagya Until 10:35PM | Muruqa: White | <i>Sunset:</i> 8:40PM | Moon 5 - Phase 6 - 10 2nd Phase |
| Creative Work Amrita Yoga | | Gara Until 12:55AM Sat | | Moon – White | Devaloka Day | | |
| Until 2:54AM Sat | | Dvadashi* Until 12:17PM | | Vaisaka-Vaikasi | | | |
| Then Creative Work - Siddha Yoga | | | | Pradosha Vrata (Fasting) | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|------------------------------|---|---------------------------------|-----------------------|------------------------|---|
| 5 | Saturday, May 28, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 41 |
| | Mesha Rasi: 14.55 | Tithi 28 – 29 | Gulika 6:06AM – 7:56AM | Bharani Until 5:08AM Sun | Ganesha: Clear | <i>Sunrise:</i> 6:06AM | Subhakra 5124 |
| | 323545479 | Rahu 9:45AM – 11:34AM | Yama 3:13PM – 5:02PM | Sobhana Until 10:51PM | Muruqa: White | <i>Sunset:</i> 8:41PM | Moon 5 - Phase 6 - 11 2nd Phase |
| Creative Work Siddha Yoga | | Visti Until 2:30AM Sun | | Moon – White | Devaloka Day | | |
| Until 7:32AM Mon | | Trayodashi* Until 1:39PM | | Vaisaka-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-----------------------------|-----------------------------|---|----------------------------------|-----------------------|------------------------|---|
| 6 | Sunday, May 29, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 42 |
| | Mesha Rasi: 27.05 | Tithi 29 – 30 | Gulika 5:02PM – 6:52PM | Krittika Until 7:32AM Mon | Ganesha: Clear | <i>Sunrise:</i> 6:06AM | Subhakra 5124 |
| | 323545479 | Rahu 6:52PM – 8:41PM | Yama 1:24PM – 3:13PM | Athiganda* Until 11:22PM | Muruqa: White | <i>Sunset:</i> 8:41PM | Moon 5 - Phase 6 - 12 2nd Phase |
| Creative Work Siddha Yoga | | Catuspada Until 4:28AM Mon | | Moon – White | Devaloka Day | | |
| Until 7:32AM Mon | | Chaturdashi* Until 3:25PM | | Vaisaka-Vaikasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|---|-----------------------------|----------------------------|---|------------------------------|-----------------------|------------------------|---|
|  | Monday, May 30, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 43 |
| | Retreat Star | | Gulika 3:13PM – 5:03PM | Krittika Until 7:32AM | Ganesha: Clear | <i>Sunrise:</i> 6:05AM | Subhakra 5124 |
| | Vrishabha Rasi: 9.08 | Tithi 30 – 1 | Yama 11:34AM – 1:24PM | Sukarma Until 12:09AM Tue | Muruqa: White | <i>Sunset:</i> 8:42PM | Moon 5 - Phase 6 - 13 Amavasya |
| Family Home Evening | | Kintughna Until 6:42AM Tue | | Moon – White | Devaloka Day | | |
| Routine Work Marana Yoga | | Amavasya* Until 5:32PM | | Vaisaka-Vaikasi | | | |
| Until 7:32AM | | | | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|------------------------------|------------------------|---|-----------------------------|------------------------|------------------------|---|
| 7 | Tuesday, May 31, 2022 | | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 44 |
| | Retreat Star | | Gulika 1:24PM – 3:14PM | Rohini Until 10:33AM | Ganesha: Orange | <i>Sunrise:</i> 6:05AM | Subhakra 5124 |
| | Vrishabha Rasi: 21.04 | Tithi 1 | Yama 9:44AM – 11:34AM | Dhriti Until 1:06AM Wed | Muruqa: White | <i>Sunset:</i> 8:43PM | Moon 5 - Phase 6 - 14 Prathama |
| Creative Work Amrita Yoga | | Kintughna Until 6:42AM | | Moon – Yellow | Devaloka Day | | |
| Until 10:33AM | | Prathama* Until 7:52PM | | Jyeshtha-Vaikasi | | | |
| 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

| | | | | | | | |
|----------|--------------------------------|-----------|---|--------------------------------|---|---------------------|---|
| 1 | Wednesday, June 1, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 45 |
| | Mithuna Rasi: 2.56 | Tithi 2 | Gulika 11:34AM – 1:24PM | Mrigashira Until 1:33PM | Ganesha: Orange <i>Sunrise:</i> 6:04AM | | Subhakit 5124 |
| | | | Yama 7:54AM – 9:44AM | Shula* Until 2:05AM Thu | Muruqa: White <i>Sunset:</i> 8:43PM | | Moon 5 - Phase 7 - 15 |
| | Creative Work Siddha Yoga | 333545479 | Rahu 1:24PM – 3:14PM | Balava Until 9:07AM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 10:20PM | Moon – Yellow | | Devaloka Day | |
| | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|-----------|---|---------------------------|---|---------------------|---|
| 2 | Thursday, June 2, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 46 |
| | Mithuna Rasi: 14.46 | Tithi 3 | Gulika 9:44AM – 11:34AM | Ardra Until 4:25PM | Ganesha: Orange <i>Sunrise:</i> 6:04AM | | Subhakit 5124 |
| | | | Yama 6:04AM – 7:54AM | Ganda* Until 3:06AM Fri | Muruqa: White <i>Sunset:</i> 8:44PM | | Moon 5 - Phase 7 - 16 |
| | Routine Work Marana Yoga | 333545479 | Rahu 3:14PM – 5:04PM | Taitila Until 11:36AM | Nataraja: Clear | | 3rd Phase |
| Until 4:25PM | | | Tritiya Until 12:49AM Fri | Moon – Yellow | | Devaloka Day | |
| Then Creative Work - Amrita Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|---------------------------------|-----------------------------|-----------|--|-------------------------------|--|---------------------|---|
| 3 | Friday, June 3, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthayam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 47 |
| | Mithuna Rasi: 26.36 | Tithi 4 | Gulika 7:54AM – 9:44AM | Punarvasu Until 7:35PM | Ganesha: Clear <i>Sunrise:</i> 6:04AM | | Subhakit 5124 |
| | | | Yama 5:05PM – 6:55PM | Vriddhi Until 4:03AM Sat | Muruqa: Green <i>Sunset:</i> 8:45PM | | Moon 5 - Phase 7 - 17 |
| | Creative Work Siddha Yoga | 343555479 | Rahu 11:34AM – 1:24PM | Vanija Until 2:03PM | Nataraja: Clear | | 3rd Phase |
| Until 7:35PM | | | Chaturthi* Until 3:12AM Sat | Moon – Blue | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|---------------------------------|-------------------------------|-----------|--|-----------------------------|--|---------------------|---|
| 4 | Saturday, June 4, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 48 |
| | Kataka Rasi: 8.29 | Tithi 5 | Gulika 6:03AM – 7:54AM | Pushya Until 10:23PM | Ganesha: Clear <i>Sunrise:</i> 6:03AM | | Subhakit 5124 |
| | | | Yama 3:15PM – 5:05PM | Dhruva Until 4:47AM Sun | Muruqa: Green <i>Sunset:</i> 8:45PM | | Moon 5 - Phase 7 - 18 |
| | Creative Work Siddha Yoga | 343555479 | Rahu 9:44AM – 11:34AM | Bava Until 4:20PM | Nataraja: Clear | | 3rd Phase |
| Until 10:23PM | | | Panchami Until 5:21AM Sun | Moon – Blue | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|---------------------------------|-----------------------------|-----------|---|------------------------------------|--|---------------------|---|
| 5 | Sunday, June 5, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava Karana Shashthiyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 49 |
| | Kataka Rasi: 20.28 | Tithi 6 | Gulika 5:05PM – 6:56PM | Ashlesha* Until 12:42AM Mon | Ganesha: Clear <i>Sunrise:</i> 6:03AM | | Subhakit 5124 |
| | | | Yama 1:25PM – 3:15PM | Vyaghata* Until 5:15AM Mon | Muruqa: Green <i>Sunset:</i> 8:46PM | | Moon 5 - Phase 7 - 19 |
| | Creative Work Siddha Yoga | 343555471 | Rahu 6:56PM – 8:46PM | Kaulava Until 6:19PM | Nataraja: Yellow | | 3rd Phase |
| Until 12:42AM Mon | | | Shashthi* Until 7:08AM Mon | Moon – Blue | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|----------------------------------|-----------------------------|-------------|--|--------------------------------|---|---------------------|---|
| 6 | Monday, June 6, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 50 |
| | Simha Rasi: 3 | Tithi 6 – 7 | Gulika 3:15PM – 5:06PM | Magha* Until 2:53AM Tue | Ganesha: Purple <i>Sunrise:</i> 6:03AM | | Subhakit 5124 |
| | Family Home Evening | | Yama 11:34AM – 1:25PM | Harshana Until 5:21AM Tue | Muruqa: Green <i>Sunset:</i> 8:47PM | | Moon 5 - Phase 7 - 20 |
| | Routine Work Marana Yoga | 353555471 | Rahu 7:53AM – 9:44AM | Gara Until 7:51PM | Nataraja: Yellow | | 3rd Phase |
| Until 2:53AM Tue | | | Shashthi* Until 7:08AM | Moon – Red | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|----------------------------------|------------------------------|-------------|--|---------------------------------------|--|---------------------|---|
| ☾ | Tuesday, June 7, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 51 |
| | Simha Rasi: 14.56 | Tithi 7 – 8 | Gulika 1:25PM – 3:16PM | Purvaphalguni Until 4:18AM Wed | Ganesha: Clear <i>Sunrise:</i> 6:03AM | | Subhakit 5124 |
| | | | Yama 9:44AM – 11:34AM | Vajra* Until 4:55AM Wed | Muruqa: Green <i>Sunset:</i> 8:47PM | | Moon 5 - Phase 7 - 21 |
| | Creative Work Siddha Yoga | 354555471 | Rahu 5:06PM – 6:57PM | Visti Until 8:48PM | Nataraja: Yellow | | Ashtami |
| Until 4:18AM Wed | | | Saptami Until 8:23AM | Moon – Red | | Devaloka Day | |
| Then Creative Work - Amrita Yoga | | | | Jyeshtha-Vaikasi | | | |

| | | | | | | | |
|---------------------------------|--------------------------------|-------------|--|--|--|---------------------|---|
| ☽ | Wednesday, June 8, 2022 | | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 52 |
| | Simha Rasi: 27.34 | Tithi 8 – 9 | Gulika 11:34AM – 1:25PM | Uttaraphalguni Until 4:51AM Thu | Ganesha: Clear <i>Sunrise:</i> 6:02AM | | Subhakit 5124 |
| | | | Yama 7:53AM – 9:44AM | Siddhi Until 3:55AM Thu | Muruqa: Green <i>Sunset:</i> 8:48PM | | Moon 5 - Phase 7 - 22 |
| | Creative Work Amrita Yoga | 354555471 | Rahu 1:25PM – 3:16PM | Balava Until 9:03PM | Nataraja: Yellow | | Navami |
| Until 4:51AM Thu | | | Ashtami* Until 9:00AM | Moon – Red | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Jyeshtha-Vaikasi | | | |

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


| | | | | | | | |
|----------|----------------------------------|--------------|---|---|--|------------------------------------|---|
| 1 | Thursday, June 9, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 53 |
| | Kanya Rasi: 10.32 | Tithi 9 – 10 | Gulika 9:44AM – 11:34AM | Hasta Until 4:55AM Fri | Ganesha: White <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 364555471 | Yama 6:02AM – 7:53AM | Vyatipata* Until 2:19AM Fri | Muruqa: Green <i>Sunset: 8:48PM</i> | | Moon 5 - Phase 8 - 23 |
| | | | Rahu 3:16PM – 5:07PM | Taitila Until 8:31PM | Nataraja: Yellow | | 4th Phase |
| | Routine Work | Marana Yoga | | Navami* Until 8:51AM | Moon – Green | Bhuloka Day | |
| | Until 4:55AM Fri | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------|------------------------------|---------------|--|---|--|------------------------------------|---|
| 2 | Friday, June 10, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 54 |
| | Kanya Rasi: 23.56 | Tithi 10 – 11 | Gulika 7:53AM – 9:44AM | Chitra Until 4:05AM Sat | Ganesha: White <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 364555471 | Yama 5:07PM – 6:58PM | Variyan Until 12:03AM Sat | Muruqa: Green <i>Sunset: 8:49PM</i> | | Moon 5 - Phase 8 - 24 |
| | | | Rahu 11:35AM – 1:25PM | Vanija Until 7:12PM | Nataraja: Yellow | | 4th Phase |
| | Creative Work | Siddha Yoga | | Dashami Until 7:56AM | Moon – Green | Bhuloka Day | |
| | | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|----------|---------------------------------|---------------|---|---------------------------------------|--|------------------------------------|---|
| 3 | Saturday, June 11, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 55 |
| | Tula Rasi: 7.47 | Tithi 11 – 12 | Gulika 6:02AM – 7:53AM | Svati Until 2:24AM Sun | Ganesha: White <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 364555471 | Yama 3:17PM – 5:08PM | Parigha* Until 9:13PM | Muruqa: Green <i>Sunset: 8:49PM</i> | | Moon 5 - Phase 8 - 25 |
| | | | Rahu 9:44AM – 11:35AM | Balava Until 3:51AM Sun | Nataraja: Yellow | | 4th Phase |
| | Creative Work | Siddha Yoga | | Ekadashi Until 6:14AM | Moon – Green | Bhuloka Day | |
| | Until 2:24AM Sun | | | | Jyeshtha-Vaikasi | Devaloka Time: 6:PM to 9:PM | |
| | Then Routine Work - Marana Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|-------------|---|--|---|---------------------|---|
| 4 | Sunday, June 12, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 56 |
| | Tula Rasi: 22.05 | Tithi 13 | Gulika 5:08PM – 6:59PM | Vishakha Until 12:24AM Mon | Ganesha: Yellow <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 374555471 | Yama 1:26PM – 3:17PM | Shiva Until 5:53PM | Muruqa: Green <i>Sunset: 8:50PM</i> | | Moon 5 - Phase 8 - 26 |
| | | | Rahu 6:59PM – 8:50PM | Kaulava Until 2:27PM | Nataraja: Yellow | | 4th Phase |
| | Routine Work | Marana Yoga | | Trayodashi Until 12:53AM Mon | Moon – Orange | Devaloka Day | |
| | Until 12:24AM Mon | | Vaikasi Visakam | <i>Pradosha Vrata</i> | Jyeshtha-Vaikasi | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------|------------------------------|-------------|--|---|---|---------------------|---|
| 5 | Monday, June 13, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 57 |
| | Vrischika Rasi: 6.47 | Tithi 14 | Gulika 3:17PM – 5:08PM | Anuradha Until 9:50PM | Ganesha: Yellow <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | Family Home Evening | | Yama 11:35AM – 1:26PM | Siddha Until 2:08PM | Muruqa: Green <i>Sunset: 8:50PM</i> | | Moon 5 - Phase 8 - 27 |
| | | 374555471 | Rahu 7:53AM – 9:44AM | Gara Until 11:15AM | Nataraja: Yellow | | 4th Phase |
| | Creative Work | Siddha Yoga | | Chaturdashi* Until 9:30PM | Moon – Orange | Devaloka Day | |
| | | | | | Jyeshtha-Vaikasi | | |

| | | | | | | | |
|---|----------------------------------|---------------|---|--------------------------------------|---|---------------------|---|
|  | Tuesday, June 14, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Balava Karana Purnima/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 28 Sutra 58 |
| | Vrischika Rasi: 21.47 | Tithi 15 – 16 | Gulika 1:26PM – 3:17PM | Jyeshtha* Until 6:52PM | Ganesha: Yellow <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 374555471 | Yama 9:44AM – 11:35AM | Sadhya Until 10:06AM | Muruqa: Green <i>Sunset: 8:51PM</i> | | Moon 5 - Phase 8 - Purnima |
| | | | Rahu 5:09PM – 7:00PM | Visti Until 7:42AM | Nataraja: Yellow | | |
| | Routine Work | Marana Yoga | | Purnima* Until 5:49PM | Moon – Orange | Devaloka Day | |
| | Until 6:52PM | | | | Jyeshtha-Vaikasi | | |
| | Then Creative Work - Amrita Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|---------------|--|---|---|------------------------------------|---|
| 6 | Wednesday, June 15, 2022 | | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau | | | | Dushanbe, Tajikistan Sun 29 Sutra 59 |
| | Dhanus Rasi: 6.58 | Tithi 16 – 17 | Gulika 11:35AM – 1:26PM | Mula* Until 4:02PM | Ganesha: Blue <i>Sunrise: 6:02AM</i> | | Subhakrit 5124 |
| | | 384555471 | Yama 7:53AM – 9:44AM | Sukla Until 1:44AM Thu | Muruqa: Green <i>Sunset: 8:51PM</i> | | Moon 5 - Phase 8 - Prathama |
| | | | Rahu 1:26PM – 3:18PM | Taitila Until 12:09AM Thu | Nataraja: Yellow | | |
| | Routine Work | Marana Yoga | | Prathama* Until 2:02PM | Moon – Light Blue | Bhuloka Day | |
| | Until 4:02PM | | | | Jyeshtha-Ani | Devaloka Time: 6:PM to 9:PM | |
| | 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 Yoga Gara/Vanija Karana Dvilya/Tritiyayam Titau

Dushanbe, Tajikistan

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 22.09 Tithi 17 - 18

384555471

Gulika 9:44AM - 11:35AM
Yama 6:02AM - 7:53AM
Rahu 3:18PM - 5:09PM

Purvashadha* Until 1:08PM
Brahma Until 9:40PM
Vanija Until 8:30PM
Dvitiya Until 10:17AM

Ganesha: Blue
Muruga: Green
Nataraja: Yellow
Moon - Light Blue
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:52PM

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

Creative Work Siddha Yoga

Until 1:08PM

Then Routine Work - Marana Yoga

1 Friday, June 17, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Indra/Vaidhrili* Yoga Visti*/Balava Karana Tritiya/Chaturthiyam Titau

Dushanbe, Tajikistan

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 7.12 Tithi 18 - 19

384555471

Gulika 7:53AM - 9:44AM
Yama 5:09PM - 7:01PM
Rahu 11:36AM - 1:27PM

Uttarashadha Until 10:21AM
Indra Until 5:51PM
Balava Until 3:34AM Sat
Tritiya Until 6:45AM

Ganesha: Blue
Muruga: Green
Nataraja: Yellow
Moon - Light Blue
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:52PM

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

Routine Work Marana Yoga

2 Saturday, June 18, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vaidhrili*/Vishkambha* Yoga Kaulava/Taitila Karana Panchamyam Titau

Dushanbe, Tajikistan

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 21.59 Tithi 20

394655471

Gulika 6:02AM - 7:53AM
Yama 3:18PM - 5:10PM
Rahu 9:45AM - 11:36AM

Shravana Until 8:13AM
Vaidhrili* Until 2:23PM
Kaulava Until 2:11PM
Panchami Until 12:54AM Sun

Ganesha: Blue
Muruga: Green
Nataraja: Yellow
Moon - Purple
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:52PM

Sivaloka Day

Creative Work Siddha Yoga

3 Sunday, June 19, 2022

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

Dushanbe, Tajikistan

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 6.22 Tithi 21

395655471

Gulika 5:10PM - 7:01PM
Yama 1:27PM - 3:19PM
Rahu 7:01PM - 8:52PM

Dhanishtha Until 6:29AM
Vishkambha* Until 11:24AM
Gara Until 11:49AM
Shashthi* Until 10:52PM

Ganesha: Red
Muruga: Green
Nataraja: Yellow
Moon - Purple
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:52PM

Devaloka Day

Routine Work Marana Yoga

Until 6:29AM

Then Creative Work - Siddha Yoga

4 Monday, June 20, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Saptamyam Titau

Dushanbe, Tajikistan

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 20.19 Tithi 22

315655471

Gulika 3:19PM - 5:10PM
Yama 11:36AM - 1:28PM
Rahu 7:54AM - 9:45AM

Purvaproshtapada* Until 5:05AM Tue
Priti Until 9:00AM
Visti Until 10:08AM
Saptami Until 9:33PM

Ganesha: Clear
Muruga: Green
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:53PM

Devaloka Day

Routine Work Marana Yoga

Until 5:05AM Tue

Then Creative Work - Amrita Yoga

Retreat Star Tuesday, June 21, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 3.5 Tithi 23

315655471

Gulika 1:28PM - 3:19PM
Yama 9:45AM - 11:36AM
Rahu 5:10PM - 7:02PM

Uttaraproshtapada Until 5:32AM Wed
Ayushman Until 7:10AM
Balava Until 9:12AM
Ashtami* Until 9:01PM

Ganesha: Clear
Muruga: Green
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sunrise: 6:02AM
Sunset: 8:53PM

Devaloka Day

Creative Work Amrita Yoga

Until 5:32AM Wed

Then Routine Work - Marana Yoga

Retreat Star Wednesday, June 22, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 16.55 Tithi 24

315655471

Gulika 11:37AM - 1:28PM
Yama 7:54AM - 9:45AM
Rahu 1:28PM - 3:19PM

Revati Until 6:32AM Thu
Sobhana Until 5:24AM Thu
Taitila Until 9:03AM
Navami* Until 9:14PM

Ganesha: Clear
Muruga: Green
Nataraja: Yellow
Moon - Clear
Jyeshtha-Ani

Sunrise: 6:03AM
Sunset: 8:53PM

Devaloka Day

Routine Work Marana Yoga

Until 6:32AM 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------------------------------|-------------|--|-------------------------------------|--|------------------------|--|--|
| 1 | | Thursday, June 30, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | Dushanbe, Tajikistan Sun 15 Sutra 74 Subhakit 5124 | |
| Mithuna Rasi: 23.37 | Tithi 1 – 2 | Gulika 9:47AM – 11:38AM | Punarvasu Until 1:38AM Fri | Ganesha: Light Blue | <i>Sunrise:</i> 6:05AM | Moon 6 - Phase 11 - 15 3rd Phase | |
| | | Yama 6:05AM – 7:56AM | Dhruva Until 10:22AM | Muruqa: Green | <i>Sunset:</i> 8:54PM | | |
| | | 346655471 Rahu 3:21PM – 5:12PM | Balava Until 12:34AM Fri | Nataraja: Yellow | | | |
| Creative Work | Amrita Yoga | | Prathama* Until 11:22AM | Moon – Blue | | Bhuloka Day | |
| Until 1:38AM Fri | | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 2 | | Friday, July 1, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | Dushanbe, Tajikistan Sun 16 Sutra 75 Subhakit 5124 | |
| Kataka Rasi: 5.29 | Tithi 2 – 3 | Gulika 7:57AM – 9:48AM | Pushya Until 4:26AM Sat | Ganesha: Light Blue | <i>Sunrise:</i> 6:06AM | Moon 6 - Phase 11 - 16 3rd Phase | |
| | | Yama 5:12PM – 7:03PM | Vyaghata* Until 11:16AM | Muruqa: Green | <i>Sunset:</i> 8:54PM | | |
| | | 346655471 Rahu 11:39AM – 1:30PM | Taitila Until 2:47AM Sat | Nataraja: Yellow | | | |
| Routine Work | Marana Yoga | | Dvitiya Until 1:41PM | Moon – Blue | | Bhuloka Day | |
| | | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 3 | | Saturday, July 2, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | Dushanbe, Tajikistan Sun 17 Sutra 76 Subhakit 5124 | |
| Kataka Rasi: 17.26 | Tithi 3 – 4 | Gulika 6:06AM – 7:57AM | Ashlesha* Until 6:49AM Sun | Ganesha: Light Blue | <i>Sunrise:</i> 6:06AM | Moon 6 - Phase 11 - 17 3rd Phase | |
| | | Yama 3:21PM – 5:12PM | Harshana Until 12:02PM | Muruqa: Green | <i>Sunset:</i> 8:54PM | | |
| | | 346655471 Rahu 9:48AM – 11:39AM | Vanija Until 4:45AM Sun | Nataraja: Yellow | | | |
| Routine Work | Marana Yoga | | Tritiya Until 3:47PM | Moon – Blue | | Bhuloka Day | |
| | | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 4 | | Sunday, July 3, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Dushanbe, Tajikistan Sun 18 Sutra 77 Subhakit 5124 | |
| Kataka Rasi: 29.29 | Tithi 4 – 5 | Gulika 5:12PM – 7:03PM | Ashlesha* Until 6:49AM | Ganesha: Light Blue | <i>Sunrise:</i> 6:07AM | Moon 6 - Phase 11 - 18 3rd Phase | |
| | | Yama 1:30PM – 3:21PM | Vajra* Until 12:34PM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 346655471 Rahu 7:03PM – 8:53PM | Bava Until 6:23AM Mon | Nataraja: Yellow | | | |
| Creative Work | Siddha Yoga | | Chaturthi* Until 5:36PM | Moon – Blue | | Bhuloka Day | |
| Until 6:49AM | | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 5 | | Monday, July 4, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchamyam Titau | | Dushanbe, Tajikistan Sun 19 Sutra 78 Subhakit 5124 | |
| Simha Rasi: 11.41 | Tithi 5 | Gulika 3:21PM – 5:12PM | Magha* Until 9:12AM | Ganesha: Orange | <i>Sunrise:</i> 6:07AM | Moon 6 - Phase 11 - 19 3rd Phase | |
| Family Home Evening | | Yama 11:40AM – 1:30PM | Siddhi Until 12:50PM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 356655471 Rahu 7:58AM – 9:49AM | Bava Until 6:23AM | Nataraja: Yellow | | | |
| Routine Work | Marana Yoga | | Panchami Until 7:02PM | Moon – Red | | Devaloka Day | |
| Until 9:12AM | | | | Ashada*Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| 6 | | Tuesday, July 5, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau | | Dushanbe, Tajikistan Sun 20 Sutra 79 Subhakit 5124 | |
| Simha Rasi: 24.04 | Tithi 6 | Gulika 1:30PM – 3:21PM | Purvaphalguni Until 10:59AM | Ganesha: Orange | <i>Sunrise:</i> 6:08AM | Moon 6 - Phase 11 - 20 3rd Phase | |
| | | Yama 9:49AM – 11:40AM | Vyatipata* Until 12:45PM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 356655471 Rahu 5:12PM – 7:02PM | Kaulava Until 7:35AM | Nataraja: Yellow | | | |
| Creative Work | Siddha Yoga | | Shashthi* Until 7:58PM | Moon – Red | | Devaloka Day | |
| Until 10:59AM | | | | Ashada*Ani | | | |
| Then Creative Work - Amrita Yoga | | Chidambaram Abhishekam | | | | | |
| Retreat Star | | Wednesday, July 6, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau | | Dushanbe, Tajikistan Sun 21 Sutra 80 Subhakit 5124 | |
| Kanya Rasi: 6.4 | Tithi 7 | Gulika 11:40AM – 1:31PM | Uttaraphalguni Until 12:04PM | Ganesha: Clear | <i>Sunrise:</i> 6:08AM | Moon 6 - Phase 11 - 21 3rd Phase | |
| | | Yama 7:59AM – 9:49AM | Variyan Until 12:12PM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 357655471 Rahu 1:31PM – 3:21PM | Gara Until 8:15AM | Nataraja: Yellow | | | |
| Creative Work | Amrita Yoga | | Saptami Until 8:19PM | Moon – Red | | Devaloka Day | |
| Until 12:04PM | | | | Ashada*Ani | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| Retreat Star | | Thursday, July 7, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 81 Subhakit 5124 | |
| Kanya Rasi: 19.35 | Tithi 8 | Gulika 9:50AM – 11:40AM | Hasta Until 12:50PM | Ganesha: Clear | <i>Sunrise:</i> 6:09AM | Moon 6 - Phase 11 - 22 Ashtami | |
| | | Yama 6:09AM – 7:59AM | Parigha* Until 11:08AM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 467655471 Rahu 3:21PM – 5:12PM | Visti Until 8:16AM | Nataraja: Yellow | | | |
| Routine Work | Marana Yoga | | Ashtami* Until 7:59PM | Moon – Green | | Devaloka Day | |
| Until 12:50PM | | | | Ashada*Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| Retreat Star | | Friday, July 8, 2022 | | Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 82 Subhakit 5124 | |
| Tula Rasi: 2.52 | Tithi 9 | Gulika 8:00AM – 9:50AM | Chitra Until 12:43PM | Ganesha: Clear | <i>Sunrise:</i> 6:09AM | Moon 6 - Phase 11 - 23 Navami | |
| | | Yama 5:12PM – 7:02PM | Shiva Until 9:31AM | Muruqa: Green | <i>Sunset:</i> 8:53PM | | |
| | | 467655471 Rahu 11:41AM – 1:31PM | Balava Until 7:33AM | Nataraja: Yellow | | | |
| Creative Work | Siddha Yoga | | Navami* Until 6:55PM | Moon – Green | | Devaloka Day | |
| | | | | Ashada*Ani | | | |

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

| | | | | | | |
|--------------------------------|-------------------------------------|--|----------------------------|-------------------------|---------------------|--|
| 1 | Saturday, July 9, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Vanija Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 83 |
| | Tula Rasi: 16.34 Tithi 10 – 11 | Gulika 6:10AM – 8:00AM | Svati Until 11:43AM | Ganesha: Clear | Sunrise: 6:10AM | Subhakrit 5124 |
| | | Yama 3:21PM – 5:12PM | Siddha Until 7:16AM | Muruqa: Green | Sunset: 8:52PM | Moon 6 - Phase 12 - 24 |
| | 467655471 | Rahu 9:51AM – 11:41AM | Taitila Until 6:07AM | Nataraja: Yellow | | 4th Phase |
| Creative Work Siddha Yoga | | Dashami Until 5:07PM | Moon – Green | | Devaloka Day | |
| | | | Ashada*Ani | | | |

| | | | | | | |
|-------------------------------|---|--|-------------------------------|-------------------------|-----------------------------|--|
| 2 | Sunday, July 10, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 84 |
| | Vrischika Rasi: 0.43 Tithi 11 – 12 | Gulika 5:11PM – 7:02PM | Vishakha Until 10:20AM | Ganesha: White | Sunrise: 6:11AM | Subhakrit 5124 |
| | | Yama 1:31PM – 3:21PM | Subha Until 1:09AM Mon | Muruqa: Green | Sunset: 8:52PM | Moon 6 - Phase 12 - 25 |
| | 477655471 | Rahu 7:02PM – 8:52PM | Bava Until 1:13AM Mon | Nataraja: Yellow | | 4th Phase |
| Routine Work Marana Yoga | | Ekadashi Until 2:39PM | Moon – Orange | | Bhuloka Day | |
| | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |

| | | | | | | |
|--------------------------------|--|--|------------------------------|-------------------------|-----------------------------|--|
| 3 | Monday, July 11, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 85 |
| | Vrischika Rasi: 15.17 Tithi 12 – 13 | Gulika 3:21PM – 5:11PM | Anuradha Until 8:13AM | Ganesha: White | Sunrise: 6:11AM | Subhakrit 5124 |
| | Family Home Evening | Yama 11:41AM – 1:31PM | Sukla Until 9:24PM | Muruqa: Green | Sunset: 8:51PM | Moon 6 - Phase 12 - 26 |
| | 477655471 | Rahu 8:01AM – 9:51AM | Kaulava Until 9:57PM | Nataraja: Yellow | | 4th Phase |
| Creative Work Siddha Yoga | | Dvadashi Until 11:37AM | Moon – Orange | | Bhuloka Day | |
| | | | Ashada*Ani | | Devaloka Time: 6:PM to 9:PM | |
| | | | <i>Pradosha Vrata</i> | | | |

| | | | | | | |
|--------------------------------|--------------------------------------|--|-------------------------------|-------------------------|---------------------|--|
| 4 | Tuesday, July 12, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 86 |
| | Dhanus Rasi: 0.13 Tithi 13 – 14 | Gulika 1:31PM – 3:21PM | Mula* Until 2:46AM Wed | Ganesha: White | Sunrise: 6:12AM | Subhakrit 5124 |
| | | Yama 9:52AM – 11:42AM | Brahma Until 5:22PM | Muruqa: Green | Sunset: 8:51PM | Moon 6 - Phase 12 - 27 |
| | 488655471 | Rahu 5:11PM – 7:01PM | Gara Until 6:20PM | Nataraja: Yellow | | 4th Phase |
| Creative Work Amrita Yoga | | Trayodashi Until 8:10AM | Moon – Light Blue | | Sivaloka Day | |
| | | | Ashada*Ani | | | |

| | | | | | | |
|--------------------------------|----------------------------------|---|-----------------------------------|-------------------------|---------------------|----------------------------------|
| ○ | Wednesday, July 13, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau | | | | Dushanbe, Tajikistan Sutra 87 |
| | Copper Retreat Star | Gulika 11:42AM – 1:32PM | Purvashadha* Until 11:46PM | Ganesha: Yellow | Sunrise: 6:13AM | Subhakrit 5124 |
| | Dhanus Rasi: 15.22 Tithi 15 | Yama 8:02AM – 9:52AM | Indra Until 1:11PM | Muruqa: Green | Sunset: 8:51PM | Moon 6 - Phase 12 - |
| | 488755471 | Rahu 1:32PM – 3:21PM | Visti Until 2:32PM | Nataraja: Yellow | | Purnima |
| Creative Work Amrita Yoga | | Satguru Purnima | Purnima* Until 12:35AM Thu | Moon – Light Blue | Devaloka Day | |
| | | | Ashada*Ani | | | |

| | | | | | | |
|----------------------------------|---------------------------------|---|----------------------------------|-------------------------|---------------------|----------------------------------|
| ○ | Thursday, July 14, 2022 | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sutra 88 |
| | Silver Retreat Star | Gulika 9:53AM – 11:42AM | Uttarashadha Until 8:40PM | Ganesha: Yellow | Sunrise: 6:13AM | Subhakrit 5124 |
| | Makara Rasi: 0.37 Tithi 16 | Yama 6:13AM – 8:03AM | Vaidhriti* Until 8:55AM | Muruqa: Green | Sunset: 8:50PM | Moon 6 - Phase 12 - |
| | 488755471 | Rahu 3:21PM – 5:11PM | Balava Until 10:41AM | Nataraja: Yellow | | Prathama |
| Routine Work Marana Yoga | | Prathama* Until 8:47PM | Moon – Light Blue | | Devaloka Day | |
| Until 8:40PM | | | Ashada*Ani | | | |
| Then Creative Work - Siddha Yoga | | | | | | |

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



Friday, July 15, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam
Shravana Nakshatra Priti Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Dushanbe, Tajikistan
Sun 1 Sutra 89

Makara Rasi: 15.47 Tithi 17 - 18

Gulika 8:04AM - 9:53AM
Yama 5:11PM - 7:00PM
498755471 **Rahu** 11:42AM - 1:32PM

Shravana Until 6:04PM
Priti Until 12:54AM Sat
Taitila Until 6:59AM
Dvitiya Until 5:13PM

Ganesha: Blue *Sunrise: 6:14AM*
Muruqa: Green *Sunset: 8:50PM*
Nataraja: Yellow
Moon - Purple
Ashada*Ani

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

Routine Work Marana Yoga
Until 6:04PM
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 Yoga Visti/Bava Karana Tritiya/Chaturthiyam Titau

Dushanbe, Tajikistan
Sun 2 Sutra 90

Kumbha Rasi: 0.42 Tithi 18 - 19

Gulika 6:15AM - 8:04AM
Yama 3:21PM - 5:10PM
498755471 **Rahu** 9:53AM - 11:43AM

Dhanishtha Until 3:44PM
Ayushman Until 9:22PM
Bava Until 12:40AM Sun
Tritiya Until 2:02PM

Ganesha: Blue *Sunrise: 6:15AM*
Muruqa: Green *Sunset: 8:49PM*
Nataraja: Yellow
Moon - Purple
Ashada*Adi

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

Creative Work Siddha Yoga
Until 3:44PM
Then Creative Work - Amrita Yoga

2

Sunday, July 17, 2022

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

Dushanbe, Tajikistan
Sun 3 Sutra 91

Kumbha Rasi: 15.15 Tithi 19 - 20

Gulika 5:10PM - 6:59PM
Yama 1:32PM - 3:21PM
498755472 **Rahu** 6:59PM - 8:48PM

Shatabhishak Until 1:50PM
Saubhagya Until 6:22PM
Kaulava Until 10:22PM
Chaturthi* Until 11:25AM

Ganesha: Blue *Sunrise: 6:16AM*
Muruqa: Green *Sunset: 8:48PM*
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
Purvaprosarthapada/Uttaraprosarthapada Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Dushanbe, Tajikistan
Sun 4 Sutra 92

Kumbha Rasi: 29.2 Tithi 20 - 21

Gulika 3:21PM - 5:10PM
Yama 11:43AM - 1:32PM
418755472 **Rahu** 8:05AM - 9:54AM

Purvaprosarthapada* Until 12:56PM
Sobhana Until 3:58PM
Gara Until 8:50PM
Panchami Until 9:29AM

Ganesha: White *Sunrise: 6:16AM*
Muruqa: Green *Sunset: 8:48PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

Family Home Evening
Routine Work Marana Yoga
Until 12:56PM
Then Creative Work - Siddha Yoga

4

Tuesday, July 19, 2022

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

Dushanbe, Tajikistan
Sun 5 Sutra 93

Meena Rasi: 12.56 Tithi 21 - 22

Gulika 1:32PM - 3:21PM
Yama 9:55AM - 11:43AM
419755472 **Rahu** 5:10PM - 6:58PM

Uttaraprosarthapada Until 12:42PM
Athiganda* Until 2:13PM
Visti Until 8:09PM
Shashthi* Until 8:22AM

Ganesha: Clear *Sunrise: 6:17AM*
Muruqa: Green *Sunset: 8:47PM*
Nataraja: White
Moon - Clear
Ashada*Adi

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

Creative Work Amrita Yoga
Until 12:42PM
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 Bava/Balava Karana Saptami/Ashtamyam Titau

Dushanbe, Tajikistan
Sun 6 Sutra 94

Meena Rasi: 26.04 Tithi 22 - 23

Gulika 11:44AM - 1:32PM
Yama 8:06AM - 9:55AM
419755472 **Rahu** 1:32PM - 3:21PM

Revati Until 1:10PM
Sukarma Until 1:11PM
Balava Until 8:19PM
Saptami Until 8:06AM

Ganesha: Clear *Sunrise: 6:18AM*
Muruqa: Green *Sunset: 8:47PM*
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 Kaulava/Taitila Karana Ashtami/Navamyam Titau

Dushanbe, Tajikistan
Sun 7 Sutra 95

Mesha Rasi: 8.46 Tithi 23 - 24

Gulika 9:55AM - 11:44AM
Yama 6:19AM - 8:07AM
429755472 **Rahu** 3:21PM - 5:09PM

Ashvini Until 2:46PM
Dhriti Until 12:49PM
Taitila Until 9:19PM
Ashtami* Until 8:42AM

Ganesha: Purple *Sunrise: 6:19AM*
Muruqa: Green *Sunset: 8:46PM*
Nataraja: White
Moon - White
Ashada*Adi

Devaloka Day

Creative Work Amrita Yoga
Until 2:46PM
Then Creative Work - Siddha Yoga

| | | | | | | | |
|----------|------------------------------|---------------|---|-----------------------------|------------------------|------------------------|--|
| 1 | Friday, July 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 8 Sutra 96 |
| | Mesha Rasi: 21.08 | Tithi 24 – 25 | Gulika 8:08AM – 9:56AM | Bharani Until 4:54PM | Ganesha: Purple | <i>Sunrise:</i> 6:19AM | Subhakrit 5124 |
| | | | Yama 5:09PM – 6:57PM | Shula* Until 12:59PM | Muruqa: Green | <i>Sunset:</i> 8:45PM | Moon 7 - Phase 14 - 8 |
| | Creative Work | Siddha Yoga | 429755472 Rahu 11:44AM – 1:32PM | Vanija Until 10:59PM | Nataraja: White | | 2nd Phase |
| | | | Navami* Until 10:03AM | Moon – White | | Devaloka Day | |
| | | | | Ashada*Adi | | | |

| | | | | | | | |
|----------|--------------------------------|---------------|---|------------------------------|------------------------|------------------------|--|
| 2 | Saturday, July 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*Vridhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 97 |
| | Vrishabha Rasi: 3.14 | Tithi 25 – 26 | Gulika 6:20AM – 8:08AM | Krittika Until 7:24PM | Ganesha: Purple | <i>Sunrise:</i> 6:20AM | Subhakrit 5124 |
| | | | Yama 3:20PM – 5:08PM | Ganda* Until 1:37PM | Muruqa: Green | <i>Sunset:</i> 8:44PM | Moon 7 - Phase 14 - 9 |
| | Creative Work | Amrita Yoga | 429755472 Rahu 9:56AM – 11:44AM | Bava Until 1:08AM Sun | Nataraja: White | | 2nd Phase |
| | | | Dashami Until 11:59AM | Moon – White | | Devaloka Day | |
| | | | | Ashada*Adi | | | |

| | | | | | | | |
|----------|------------------------------|---------------|---|-----------------------------|------------------------|-----------------------------|---|
| 3 | Sunday, July 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 98 |
| | Vrishabha Rasi: 15.1 | Tithi 26 – 27 | Gulika 5:08PM – 6:56PM | Rohini Until 10:32PM | Ganesha: Clear | <i>Sunrise:</i> 6:21AM | Subhakrit 5124 |
| | | | Yama 1:32PM – 3:20PM | Vriddhi Until 2:32PM | Muruqa: Green | <i>Sunset:</i> 8:44PM | Moon 7 - Phase 14 - 10 |
| | Creative Work | Siddha Yoga | 439755472 Rahu 6:56PM – 8:44PM | Kaulava Until 3:34AM Mon | Nataraja: White | | 2nd Phase |
| | | | Ekadashi* Until 2:18PM | Moon – Yellow | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | |
|----------|------------------------------|---------------|---|------------------------------------|------------------------|-----------------------------|---|
| 4 | Monday, July 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 99 |
| | Vrishabha Rasi: 27 | Tithi 27 – 28 | Gulika 3:20PM – 5:08PM | Mrigashira Until 1:37AM Tue | Ganesha: Clear | <i>Sunrise:</i> 6:22AM | Subhakrit 5124 |
| | Family Home Evening | | Yama 11:45AM – 1:32PM | Dhruva Until 3:34PM | Muruqa: Green | <i>Sunset:</i> 8:43PM | Moon 7 - Phase 14 - 11 |
| | Creative Work | Amrita Yoga | 439755472 Rahu 8:09AM – 9:57AM | Gara Until 6:06AM Tue | Nataraja: White | | 2nd Phase |
| | | | Dvadashi* Until 4:49PM | Moon – Yellow | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

| | | | | | | | |
|----------|-------------------------------|-------------|--|-------------------------------|------------------------|-----------------------------|--|
| 5 | Tuesday, July 26, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 100 |
| | Mithuna Rasi: 8.49 | Tithi 28 | Gulika 1:32PM – 3:20PM | Ardra Until 4:30AM Wed | Ganesha: Clear | <i>Sunrise:</i> 6:23AM | Subhakrit 5124 |
| | | | Yama 9:57AM – 11:45AM | Vyaghata* Until 4:38PM | Muruqa: Green | <i>Sunset:</i> 8:42PM | Moon 7 - Phase 14 - 12 |
| | Routine Work | Marana Yoga | 439755472 Rahu 5:07PM – 6:55PM | Gara Until 6:06AM | Nataraja: White | | 2nd Phase |
| | | | Trayodashi* Until 7:20PM | Moon – Yellow | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | |
|----------|---------------------------------|-------------|---|-----------------------------------|------------------------|-----------------------------|--|
| 6 | Wednesday, July 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 101 |
| | Mithuna Rasi: 20.38 | Tithi 29 | Gulika 11:45AM – 1:32PM | Punarvasu Until 7:35AM Thu | Ganesha: Yellow | <i>Sunrise:</i> 6:23AM | Subhakrit 5124 |
| | | | Yama 8:11AM – 9:58AM | Harshana Until 5:37PM | Muruqa: Green | <i>Sunset:</i> 8:41PM | Moon 7 - Phase 14 - 13 |
| | Creative Work | Siddha Yoga | 441755472 Rahu 1:32PM – 3:20PM | Visti Until 8:34AM | Nataraja: White | | 2nd Phase |
| | | | Chaturdashi* Until 9:44PM | Moon – Blue | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | |
|--|--------------------------------|-------------|--|-------------------------------|------------------------|-----------------------------|--|
| | Thursday, July 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 102 |
| | Retreat Star | | Gulika 9:58AM – 11:45AM | Punarvasu Until 7:35AM | Ganesha: Yellow | <i>Sunrise:</i> 6:24AM | Subhakrit 5124 |
| | Kataka Rasi: 2.32 | Tithi 30 | Yama 6:24AM – 8:11AM | Vajra* Until 6:26PM | Muruqa: Green | <i>Sunset:</i> 8:40PM | Moon 7 - Phase 14 - 14 |
| | Creative Work | Amrita Yoga | 441755472 Rahu 3:19PM – 5:06PM | Catuspada Until 10:52AM | Nataraja: White | | Amavasya |
| | | | Amavasya* Until 11:55PM | Moon – Blue | | Bhuloka Day | |
| | | | | Ashada*Adi | | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | |
|---------------------|------------------------------|-------------|--|-----------------------------|------------------------|-----------------------------|--|
| Retreat Star | Friday, July 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 103 |
| | Kataka Rasi: 14.31 | Tithi 1 | Gulika 8:12AM – 9:59AM | Pushya Until 10:16AM | Ganesha: Yellow | <i>Sunrise:</i> 6:25AM | Subhakrit 5124 |
| | | | Yama 5:06PM – 6:53PM | Siddhi Until 7:04PM | Muruqa: Green | <i>Sunset:</i> 8:40PM | Moon 7 - Phase 14 - 15 |
| | Routine Work | Marana Yoga | 441755472 Rahu 11:46AM – 1:32PM | Kintughna Until 12:57PM | Nataraja: White | | Prathama |
| | | | Prathama* Until 1:51AM Sat | Moon – Blue | | Bhuloka Day | |
| | | | | Sravana*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

| | | | | | | | | |
|----------------------------------|-------------|--|---------------------------------|--|------------------------|--|------------------------------------|-------------------------------------|
| 1 | | Saturday, July 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Dushanbe, Tajikistan Sun 16 Sutra 104 Subhakrit 5124 | | |
| Kataka Rasi: 26.36 | Tithi 2 | Gulika 6:26AM – 8:13AM | Ashlesha* Until 12:31PM | Ganesha: Yellow | <i>Sunrise:</i> 6:26AM | Muruqa: Green | <i>Sunset:</i> 8:39PM | Moon 7 - Phase 15 - 16 3rd Phase |
| Routine Work | Marana Yoga | Yama 3:19PM – 5:05PM | Vyatipata* Until 7:30PM | Nataraja: White | | | | |
| Until 12:31PM | | 441755472 Rahu 9:59AM – 11:46AM | Balava Until 2:44PM | Moon – Blue | | | | |
| Then Creative Work - Amrita Yoga | | | Dvitiya Until 3:29AM Sun | Sravana*Adi | | Bhuloka Day | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | | |
|----------------------------------|-------------|---------------------------------------|---------------------------------|---|------------------------|--|------------------------------------|-------------------------------------|
| 2 | | Sunday, July 31, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau | | Dushanbe, Tajikistan Sun 17 Sutra 105 Subhakrit 5124 | | |
| Simha Rasi: 8.49 | Tithi 3 | Gulika 5:05PM – 6:51PM | Magha* Until 2:48PM | Ganesha: Red | <i>Sunrise:</i> 6:27AM | Muruqa: Green | <i>Sunset:</i> 8:38PM | Moon 7 - Phase 15 - 17 3rd Phase |
| Routine Work | Marana Yoga | Yama 1:32PM – 3:19PM | Variyan Until 7:39PM | Nataraja: White | | | | |
| Until 2:48PM | | 451755472 Rahu 6:51PM – 8:38PM | Taitila Until 4:12PM | Moon – Red | | | | |
| Then Creative Work - Siddha Yoga | | | Tritiya Until 4:47AM Mon | Sravana*Adi | | Bhuloka Day | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | | |
|----------------------------|-------------|--|------------------------------------|---|------------------------|--|------------------------------------|-------------------------------------|
| 3 | | Monday, August 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau | | Dushanbe, Tajikistan Sun 18 Sutra 106 Subhakrit 5124 | | |
| Simha Rasi: 21.1 | Tithi 4 | Gulika 3:18PM – 5:04PM | Purvaphalguni Until 4:35PM | Ganesha: Red | <i>Sunrise:</i> 6:28AM | Muruqa: Green | <i>Sunset:</i> 8:37PM | Moon 7 - Phase 15 - 18 3rd Phase |
| Family Home Evening | | Yama 11:46AM – 1:32PM | Parigha* Until 7:32PM | Nataraja: White | | | | |
| Creative Work | Siddha Yoga | 451755472 Rahu 8:14AM – 10:00AM | Vanija Until 5:19PM | Moon – Red | | | | |
| | | | Chaturthi* Until 5:43AM Tue | Sravana*Adi | | Bhuloka Day | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | | |
|----------------------------------|-------------|---------------------------------------|------------------------------------|---|------------------------|--|------------------------------------|-------------------------------------|
| 4 | | Tuesday, August 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva Yoga Bava Karana Panchamyam Titau | | Dushanbe, Tajikistan Sun 19 Sutra 107 Subhakrit 5124 | | |
| Kanya Rasi: 3.41 | Tithi 5 | Gulika 1:32PM – 3:18PM | Uttaraphalguni Until 5:48PM | Ganesha: Red | <i>Sunrise:</i> 6:29AM | Muruqa: Green | <i>Sunset:</i> 8:36PM | Moon 7 - Phase 15 - 19 3rd Phase |
| Creative Work | Amrita Yoga | Yama 10:00AM – 11:46AM | Shiva Until 7:06PM | Nataraja: White | | | | |
| Until 5:48PM | | 451755472 Rahu 5:04PM – 6:50PM | Bava Until 6:02PM | Moon – Red | | | | |
| Then Creative Work - Siddha Yoga | | | Panchami Until 6:12AM Wed | Sravana*Adi | | Bhuloka Day | Devaloka Time: 9:AM to12:PM | |

| | | | | | | | | |
|----------------------------------|-------------|---------------------------------------|------------------------------|--|------------------------|--|-----------------------|-------------------------------------|
| 5 | | Wednesday, August 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | Dushanbe, Tajikistan Sun 20 Sutra 108 Subhakrit 5124 | | |
| Kanya Rasi: 16.23 | Tithi 5 – 6 | Gulika 11:46AM – 1:32PM | Hasta Until 6:53PM | Ganesha: Blue | <i>Sunrise:</i> 6:29AM | Muruqa: Green | <i>Sunset:</i> 8:35PM | Moon 7 - Phase 15 - 20 3rd Phase |
| Routine Work | Marana Yoga | Yama 8:15AM – 10:01AM | Siddha Until 6:17PM | Nataraja: White | | | | |
| Until 6:53PM | | 461755472 Rahu 1:32PM – 3:18PM | Kaulava Until 6:17PM | Moon – Green | | | | |
| Then Creative Work - Siddha Yoga | | Nag Panchami | Panchami Until 6:12AM | Sravana*Adi | | Devaloka Day | | |

| | | | | | | | | |
|----------------------------------|-------------|---------------------------------------|-------------------------------|---|------------------------|--|-----------------------|-------------------------------------|
| 6 | | Thursday, August 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | Dushanbe, Tajikistan Sun 21 Sutra 109 Subhakrit 5124 | | |
| Kanya Rasi: 29.21 | Tithi 6 – 7 | Gulika 10:01AM – 11:47AM | Chitra Until 7:17PM | Ganesha: Blue | <i>Sunrise:</i> 6:30AM | Muruqa: Green | <i>Sunset:</i> 8:34PM | Moon 7 - Phase 15 - 21 3rd Phase |
| Creative Work | Siddha Yoga | Yama 6:30AM – 8:16AM | Sadhya Until 5:03PM | Nataraja: White | | | | |
| Until 7:17PM | | 461755472 Rahu 3:17PM – 5:03PM | Gara Until 6:00PM | Moon – Green | | | | |
| Then Creative Work - Amrita Yoga | | | Shashthi* Until 6:11AM | Sravana*Adi | | Devaloka Day | | |

| | | | | | | | | |
|---------------------|-------------|--|----------------------------------|--|------------------------|--|-----------------------|-----------------------------------|
| ☾ | | Friday, August 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 110 Subhakrit 5124 | | |
| Retreat Star | | Gulika 8:16AM – 10:01AM | Svati Until 6:58PM | Ganesha: Blue | <i>Sunrise:</i> 6:31AM | Muruqa: White | <i>Sunset:</i> 8:33PM | Moon 7 - Phase 15 - 22 Ashtami |
| Tula Rasi: 12.37 | Tithi 8 | Yama 5:02PM – 6:47PM | Subha Until 3:22PM | Nataraja: White | | | | |
| Creative Work | Siddha Yoga | 461765472 Rahu 11:47AM – 1:32PM | Visti Until 5:07PM | Moon – Green | | | | |
| | | Varalakshmi Vratam | Ashtami* Until 4:26AM Sat | Sravana*Adi | | Devaloka Day | | |

| | | | | | | | | |
|---------------------|-------------|---|---------------------------------|--|------------------------|--|-----------------------|----------------------------------|
| ☽ | | Saturday, August 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 111 Subhakrit 5124 | | |
| Retreat Star | | Gulika 6:32AM – 8:17AM | Vishakha Until 6:19PM | Ganesha: White | <i>Sunrise:</i> 6:32AM | Muruqa: White | <i>Sunset:</i> 8:31PM | Moon 7 - Phase 15 - 23 Navami |
| Tula Rasi: 26.12 | Tithi 9 | Yama 3:17PM – 5:02PM | Sukla Until 1:09PM | Nataraja: White | | | | |
| Creative Work | Siddha Yoga | 472765472 Rahu 10:02AM – 11:47AM | Balava Until 3:38PM | Moon – Orange | | | | |
| | | | Navami* Until 2:38AM Sun | Sravana*Adi | | Bhuloka Day | | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | |
|---------------------------------|-------------|---|----------------------------------|---|---|
| 1 Sunday, August 7, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau | | | Dushanbe, Tajikistan Sun 24 Sutra 112 Subhakra 5124 |
| Vrischika Rasi: 10.1 | Tithi 10 | Gulika 5:01PM – 6:46PM | Anuradha Until 4:56PM | Ganesha: Yellow <i>Sunrise:</i> 6:33AM | |
| | | Yama 1:32PM – 3:16PM | Brahma Until 10:28AM | Muruqa: White <i>Sunset:</i> 8:30PM | Moon 7 - Phase 16 - 24 |
| | 472865472 | Rahu 6:46PM – 8:30PM | Taitila Until 1:32PM | Nataraja: White | 4th Phase |
| Routine Work | Marana Yoga | | Dashami Until 12:16AM Mon | Moon – Orange | |
| | | | | Sravana •Adi | Bhuloka Day Devaloka Time: 9:AM to12:PM |

| | | | | | |
|---------------------------------|-------------|--|-------------------------------|---|---|
| 2 Monday, August 8, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha/Mula Nakshatra Indra/Vaidhrili Yoga Vanija/Visti Karana Ekadashyam Titau | | | Dushanbe, Tajikistan Sun 25 Sutra 113 Subhakra 5124 |
| Vrischika Rasi: 24.31 | Tithi 11 | Gulika 3:16PM – 5:00PM | Jyeshtha* Until 2:53PM | Ganesha: Yellow <i>Sunrise:</i> 6:34AM | |
| Family Home Evening | | Yama 11:47AM – 1:32PM | Indra Until 7:20AM | Muruqa: White <i>Sunset:</i> 8:29PM | Moon 7 - Phase 16 - 25 |
| | 472865472 | Rahu 8:18AM – 10:03AM | Vanija Until 10:55AM | Nataraja: White | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 9:25PM | Moon – Orange | |
| | | | | Sravana •Adi | Bhuloka Day Devaloka Time: 9:AM to12:PM |

| | | | | | |
|----------------------------------|-------------|--|-------------------------------|--|---|
| 3 Tuesday, August 9, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula/Purvashadha Nakshatra Vishkamba Yoga Bava/Balava Karana Dvadashtyam Titau | | | Dushanbe, Tajikistan Sun 26 Sutra 114 Subhakra 5124 |
| Dhanus Rasi: 9.11 | Tithi 12 | Gulika 1:31PM – 3:16PM | Mula* Until 12:41PM | Ganesha: White <i>Sunrise:</i> 6:35AM | |
| | | Yama 10:03AM – 11:47AM | Vishkamba* Until 11:59PM | Muruqa: White <i>Sunset:</i> 8:29PM | Moon 7 - Phase 16 - 26 |
| | 482865472 | Rahu 5:00PM – 6:44PM | Bava Until 7:51AM | Nataraja: White | 4th Phase |
| Creative Work | Amrita Yoga | | Dvadashti Until 6:10PM | Moon – Light Blue | |
| Until 12:41PM | | | | Sravana •Adi | Devaloka Day |
| Then Creative Work - Siddha Yoga | | | | | |

| | | | | | |
|-------------------------------------|---------------|--|-----------------------------------|--|---|
| 4 Wednesday, August 10, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | Dushanbe, Tajikistan Sun 27 Sutra 115 Subhakra 5124 |
| Dhanus Rasi: 24.07 | Tithi 13 – 14 | Gulika 11:47AM – 1:31PM | Purvashadha* Until 10:04AM | Ganesha: White <i>Sunrise:</i> 6:36AM | |
| | | Yama 8:19AM – 10:03AM | Priti Until 8:01PM | Muruqa: White <i>Sunset:</i> 8:27PM | Moon 7 - Phase 16 - 27 |
| | 482865472 | Rahu 1:31PM – 3:15PM | Gara Until 12:55AM Thu | Nataraja: White | 4th Phase |
| Creative Work | Amrita Yoga | | Trayodashi Until 2:41PM | Moon – Light Blue | |
| | | | | Sravana •Adi | Devaloka Day |
| | | | | | <i>Pradosha Vrata</i> |

| | | | | | |
|----------------------------------|---------------|---|-----------------------------------|--|--|
| Thursday, August 11, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti Karana Chaturdashi/Purnimayam Titau | | | Dushanbe, Tajikistan Sutra 116 Subhakra 5124 |
| Copper Retreat Star | | Gulika 10:04AM – 11:47AM | Uttarashadha Until 7:11AM | Ganesha: White <i>Sunrise:</i> 6:36AM | |
| Makara Rasi: 9.1 | Tithi 14 – 15 | Yama 6:36AM – 8:20AM | Ayushman Until 3:59PM | Muruqa: White <i>Sunset:</i> 8:26PM | Moon 7 - Phase 16 - |
| | 482865472 | Rahu 3:15PM – 4:58PM | Visti Until 9:20PM | Nataraja: White | Purnima |
| Routine Work | Marana Yoga | | Chaturdashi* Until 11:06AM | Moon – Light Blue | |
| Until 7:11AM | | Raksha Bandhan | | Sravana •Adi | Devaloka Day |
| Then Creative Work - Siddha Yoga | | | | | |

| | | | | | |
|----------------------------------|---------------|---|------------------------------------|--|--|
| Friday, August 12, 2022 | | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau | | | Dushanbe, Tajikistan Sutra 117 Subhakra 5124 |
| Silver Retreat Star | | Gulika 8:21AM – 10:04AM | Dhanishtha Until 2:06AM Sat | Ganesha: Clear <i>Sunrise:</i> 6:37AM | |
| Makara Rasi: 24.11 | Tithi 15 – 16 | Yama 4:58PM – 6:41PM | Saubhagya Until 12:02PM | Muruqa: White <i>Sunset:</i> 8:24PM | Moon 7 - Phase 16 - |
| | 492865472 | Rahu 11:48AM – 1:31PM | Kaulava Until 4:18AM Sat | Nataraja: White | Prathama |
| Creative Work | Siddha Yoga | | Purnima* Until 7:35AM | Moon – Purple | |
| Until 2:06AM Sat | | | | Sravana •Adi | Bhuloka Day Devaloka Time: 9:AM to12:PM |
| Then Creative Work - Amrita Yoga | | | | | |

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

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam
Shatabhishak Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Dvitiyayam Titau

Dushanbe, Tajikistan
Sutra 118

Kumbha Rasi: 9.03 Tithi 17

Gulika 6:38AM – 8:21AM
Yama 3:14PM – 4:57PM
492865472 **Rahu** 10:04AM – 11:48AM

Shatabhishak **Until 11:51PM**
Sobhana **Until 8:20AM**
Taitila **Until 2:50PM**
Dvitiya **Until 1:26AM Sun**

Ganesha: Clear *Sunrise: 6:38AM*
Muruqa: White *Sunset: 8:23PM*
Nataraja: White
Moon – Purple
Sravana*Adi

Subhakrit 5124
Moon 8 - Phase 17 -
1st Phase

Creative Work Amrita Yoga
Until 11:51PM
Then Routine Work - Marana Yoga

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

1

Sunday, August 14, 2022

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

Dushanbe, Tajikistan
Sun 1 Sutra 119

Kumbha Rasi: 23.35 Tithi 18

Gulika 4:56PM – 6:39PM
Yama 1:31PM – 3:13PM
412865472 **Rahu** 6:39PM – 8:22PM

Purvaproshtapada* **Until 10:27PM**
Sukarma **Until 2:08AM Mon**
Vanija **Until 12:13PM**
Tritiya **Until 11:08PM**

Ganesha: Yellow *Sunrise: 6:39AM*
Muruqa: White *Sunset: 8:22PM*
Nataraja: White
Moon – Clear
Sravana*Adi

Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase

Creative Work Siddha Yoga
Until 10:27PM
Then Creative Work - Amrita Yoga

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

2

Monday, August 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraproshtapada Nakshatra Dhriti Yoga Bava/Balava Karana Chaturthayam Titau

Dushanbe, Tajikistan
Sun 2 Sutra 120

Meena Rasi: 7.43 Tithi 19

Family Home Evening 412865472 **Rahu** 8:23AM – 10:05AM

Gulika 3:13PM – 4:56PM
Yama 11:48AM – 1:30PM
Rahu 8:23AM – 10:05AM

Uttaraproshtapada **Until 9:37PM**
Dhriti **Until 11:53PM**
Bava **Until 10:16AM**
Chaturthi* **Until 9:33PM**

Ganesha: Yellow *Sunrise: 6:40AM*
Muruqa: White *Sunset: 8:21PM*
Nataraja: White
Moon – Clear
Sravana*Adi

Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase

Creative Work Siddha Yoga

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

3

Tuesday, August 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati Nakshatra Shula* Yoga Kaulava/Taitila Karana Panchamyam Titau

Dushanbe, Tajikistan
Sun 3 Sutra 121

Meena Rasi: 21.22 Tithi 20

Gulika 1:30PM – 3:12PM
Yama 10:06AM – 11:48AM
412865472 **Rahu** 4:55PM – 6:37PM

Revati **Until 9:27PM**
Shula* **Until 10:18PM**
Kaulava **Until 9:05AM**
Panchami **Until 8:48PM**

Ganesha: Yellow *Sunrise: 6:41AM*
Muruqa: White *Sunset: 8:19PM*
Nataraja: White
Moon – Clear
Sravana*Adi

Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase

Creative Work Siddha Yoga

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

4

Wednesday, August 17, 2022

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

Dushanbe, Tajikistan
Sun 4 Sutra 122

Mesha Rasi: 4.33 Tithi 21

Gulika 11:48AM – 1:30PM
Yama 8:24AM – 10:06AM
422865472 **Rahu** 1:30PM – 3:12PM

Ashvini **Until 10:27PM**
Ganda* **Until 9:25PM**
Gara **Until 8:46AM**
Shashthi* **Until 8:55PM**

Ganesha: Blue *Sunrise: 6:42AM*
Muruqa: White *Sunset: 8:18PM*
Nataraja: White
Moon – White
Sravana*Avani

Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase

Routine Work Marana Yoga
Until 10:27PM
Then Creative Work - Siddha Yoga

Devaloka Day

5

Thursday, August 18, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam
Bharani Nakshatra Vriddhi* Yoga Visti*/Bava Karana Saptamyam Titau

Dushanbe, Tajikistan
Sun 5 Sutra 123

Mesha Rasi: 17.17 Tithi 22

Gulika 10:06AM – 11:48AM
Yama 6:43AM – 8:24AM
522865472 **Rahu** 3:12PM – 4:53PM

Bharani **Until 12:06AM Fri**
Vriddhi **Until 9:12PM**
Visti **Until 9:19AM**
Saptami **Until 9:53PM**

Ganesha: Yellow *Sunrise: 6:43AM*
Muruqa: White *Sunset: 8:17PM*
Nataraja: White
Moon – White
Sravana*Avani

Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase

Creative Work Siddha Yoga

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

D

Friday, August 19, 2022
Retreat Star

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

Dushanbe, Tajikistan
Sun 6 Sutra 124

Mesha Rasi: 29.4 Tithi 23

Gulika 8:25AM – 10:07AM
Yama 4:52PM – 6:34PM
522865472 **Rahu** 11:48AM – 1:30PM

Krittika **Until 2:16AM Sat**
Dhruva **Until 9:30PM**
Balava **Until 10:40AM**
Ashtami* **Until 11:33PM**

Ganesha: Yellow *Sunrise: 6:44AM*
Muruqa: White *Sunset: 8:15PM*
Nataraja: White
Moon – White
Sravana*Avani

Subhakrit 5124
Moon 8 - Phase 17 - 6
Ashtami

Creative Work Siddha Yoga
Until 2:16AM Sat
Then Creative Work - Amrita Yoga

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

Saturday, August 20, 2022

Retreat Star

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

Dushanbe, Tajikistan
Sun 7 Sutra 125

Vrishabha Rasi: 11.47 Tithi 24

Gulika 6:44AM – 8:26AM
Yama 3:10PM – 4:52PM
533865472 **Rahu** 10:07AM – 11:48AM

Rohini **Until 5:13AM Sun**
Vyaghata* **Until 10:13PM**
Taitila **Until 12:37PM**
Navami* **Until 1:44AM Sun**

Ganesha: Yellow *Sunrise: 6:44AM*
Muruqa: White *Sunset: 8:14PM*
Nataraja: White
Moon – Yellow
Sravana*Avani

Subhakrit 5124
Moon 8 - Phase 17 - 7
Navami

Creative Work Amrita Yoga
Until 5:13AM Sun
Then Creative Work - Siddha Yoga

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|-----------------------|-------------|---------------------------------------|------------------------------------|--|------------------------|---|--|
| 1 | | Sunday, August 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuklayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau | | Dushanbe, Tajikistan Sun 8 Sutra 126 Subhakrit 5124 | |
| Wrishabha Rasi: 23.43 | Tithi 25 | Gulika 4:51PM – 6:32PM | Mrigashira Until 8:14AM Mon | Ganesha: Yellow | <i>Sunrise:</i> 6:45AM | | |
| | | Yama 1:29PM – 3:10PM | Harshana Until 11:11PM | Muruqa: White | <i>Sunset:</i> 8:13PM | Moon 8 - Phase 18 - 8 | |
| | | 533865472 Rahu 6:32PM – 8:13PM | Vanija Until 2:57PM | Nataraja: White | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 4:10AM Mon | Moon – Yellow | | Bhuloka Day | |
| | | | | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |

| | | | | | | | |
|----------------------------------|-------------|--|-----------------------------------|--|------------------------|---|--|
| 2 | | Monday, August 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuklayam Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau | | Dushanbe, Tajikistan Sun 9 Sutra 127 Subhakrit 5124 | |
| Mithuna Rasi: 5.34 | Tithi 26 | Gulika 3:09PM – 4:50PM | Mrigashira Until 8:14AM | Ganesha: Yellow | <i>Sunrise:</i> 6:46AM | | |
| Family Home Evening | | Yama 11:48AM – 1:29PM | Vajra* Until 12:11AM Tue | Muruqa: White | <i>Sunset:</i> 8:11PM | Moon 8 - Phase 18 - 9 | |
| Creative Work | Amrita Yoga | 533865472 Rahu 8:27AM – 10:07AM | Bava Until 5:27PM | Nataraja: White | | 2nd Phase | |
| Until 8:14AM | | | Ekadashi* Until 6:40AM Tue | Moon – Yellow | | Bhuloka Day | |
| Then Creative Work - Siddha Yoga | | | | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |

| | | | | | | | |
|----------------------------------|---------------|---------------------------------------|-------------------------------|--|------------------------|--|--|
| 3 | | Tuesday, August 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuklayam Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Dushanbe, Tajikistan Sun 10 Sutra 128 Subhakrit 5124 | |
| Mithuna Rasi: 17.23 | Tithi 26 – 27 | Gulika 1:29PM – 3:09PM | Ardra Until 11:05AM | Ganesha: Yellow | <i>Sunrise:</i> 6:47AM | | |
| | | Yama 10:08AM – 11:48AM | Siddhi Until 1:07AM Wed | Muruqa: White | <i>Sunset:</i> 8:10PM | Moon 8 - Phase 18 - 10 | |
| | | 533865472 Rahu 4:49PM – 6:30PM | Kaulava Until 7:54PM | Nataraja: White | | 2nd Phase | |
| Routine Work | Marana Yoga | | Ekadashi* Until 6:40AM | Moon – Yellow | | Bhuloka Day | |
| Until 11:05AM | | | | Sravana-Avani | | Devaloka Time: 6:AM to 9:AM | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|---------------------|---------------|---------------------------------------|-------------------------------|--|------------------------|--|--|
| 4 | | Wednesday, August 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuklayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau | | Dushanbe, Tajikistan Sun 11 Sutra 129 Subhakrit 5124 | |
| Mithuna Rasi: 29.16 | Tithi 27 – 28 | Gulika 11:48AM – 1:28PM | Punarvasu Until 2:08PM | Ganesha: Blue | <i>Sunrise:</i> 6:48AM | | |
| | | Yama 8:28AM – 10:08AM | Vyatipata* Until 1:54AM Thu | Muruqa: White | <i>Sunset:</i> 8:09PM | Moon 8 - Phase 18 - 11 | |
| | | 533865472 Rahu 1:28PM – 3:08PM | Gara Until 10:08PM | Nataraja: White | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Dvadashi* Until 9:02AM | Moon – Blue | | Bhuloka Day | |
| | | | | Sravana-Avani | | | |
| | | | | <i>Pradosha Vrata (Fasting)</i> | | | |

| | | | | | | | |
|----------------------------------|---------------|---------------------------------------|----------------------------------|---|------------------------|--|--|
| 5 | | Thursday, August 25, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuklayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Dushanbe, Tajikistan Sun 12 Sutra 130 Subhakrit 5124 | |
| Kataka Rasi: 11.15 | Tithi 28 – 29 | Gulika 10:08AM – 11:48AM | Pushya Until 4:45PM | Ganesha: Blue | <i>Sunrise:</i> 6:49AM | | |
| | | Yama 6:49AM – 8:29AM | Variyan Until 2:24AM Fri | Muruqa: White | <i>Sunset:</i> 8:07PM | Moon 8 - Phase 18 - 12 | |
| | | 533865472 Rahu 3:08PM – 4:48PM | Visti Until 12:04AM Fri | Nataraja: White | | 2nd Phase | |
| Creative Work | Amrita Yoga | | Trayodashi* Until 11:08AM | Moon – Blue | | Bhuloka Day | |
| Until 4:45PM | | | | Sravana-Avani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|---------------------|---------------|--|-----------------------------------|--|------------------------|--|--|
| Retreat Star | | Friday, August 26, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuklayam Ashlesha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Dushanbe, Tajikistan Sun 13 Sutra 131 Subhakrit 5124 | |
| Kataka Rasi: 23.22 | Tithi 29 – 30 | Gulika 8:29AM – 10:09AM | Ashlesha* Until 6:51PM | Ganesha: Blue | <i>Sunrise:</i> 6:50AM | | |
| | | Yama 4:47PM – 6:26PM | Parigha* Until 2:38AM Sat | Muruqa: White | <i>Sunset:</i> 8:06PM | Moon 8 - Phase 18 - 13 | |
| | | 533865472 Rahu 11:48AM – 1:28PM | Catuspada Until 1:38AM Sat | Nataraja: White | | Amavasya | |
| Routine Work | Marana Yoga | | Chaturdashi* Until 12:53PM | Moon – Blue | | Bhuloka Day | |
| | | | | Sravana-Avani | | | |

| | | | | | | | |
|----------------------------------|--------------|---|-------------------------------|---|------------------------|--|--|
| Retreat Star | | Saturday, August 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuklayam Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | Dushanbe, Tajikistan Sun 14 Sutra 132 Subhakrit 5124 | |
| Simha Rasi: 5.38 | Tithi 30 – 1 | Gulika 6:51AM – 8:30AM | Magha* Until 8:54PM | Ganesha: Blue | <i>Sunrise:</i> 6:51AM | | |
| | | Yama 3:07PM – 4:46PM | Shiva Until 2:35AM Sun | Muruqa: White | <i>Sunset:</i> 8:04PM | Moon 8 - Phase 18 - 14 | |
| | | 533865472 Rahu 10:09AM – 11:48AM | Kintughna Until 2:49AM Sun | Nataraja: White | | Prathama | |
| Creative Work | Amrita Yoga | | Amavasya* Until 2:15PM | Moon – Red | | Bhuloka Day | |
| Until 8:54PM | | | | Bhadrapada-Avani | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|--|--------------------------------|-------------|---|------------------------------------|---|------------------------|--|
| 1 | Sunday, August 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 133 Subhakrit 5124 |
| | Simha Rasi: 18.04 | Tithi 1 – 2 | Gulika 4:45PM – 6:24PM | Purvaphalguni Until 10:24PM | Ganesha: Blue | <i>Sunrise:</i> 6:51AM | |
| | | | Yama 1:27PM – 3:06PM | Siddha Until 2:11AM Mon | Muruqa: White | <i>Sunset:</i> 8:03PM | Moon 8 - Phase 19 - 15 |
| | | 553865473 | Rahu 6:24PM – 8:03PM | Balava Until 3:36AM Mon | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga Until 10:24PM Then Creative Work - Amrita Yoga | | | Prathama* Until 3:14PM | Bhadrapada*Avani | Bhuloka Day Devaloka Time: 6:PM to 9:PM | | |

| | | | | | | | |
|--|--------------------------------|-------------|--|-------------------------------------|---|------------------------|--|
| 2 | Monday, August 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 134 Subhakrit 5124 |
| | Kanya Rasi: 0.4 | Tithi 2 – 3 | Gulika 3:05PM – 4:44PM | Uttaraphalguni Until 11:22PM | Ganesha: Blue | <i>Sunrise:</i> 6:52AM | |
| | | | Yama 11:48AM – 1:27PM | Sadhya Until 1:30AM Tue | Muruqa: White | <i>Sunset:</i> 8:01PM | Moon 8 - Phase 19 - 16 |
| | | 553865473 | Rahu 8:31AM – 10:10AM | Taitila Until 3:59AM Tue | Nataraja: Clear | | 3rd Phase |
| Family Home Evening Creative Work Siddha Yoga | | | Dvitiya Until 3:49PM | Bhadrapada*Avani | Bhuloka Day Devaloka Time: 6:PM to 9:PM | | |

| | | | | | | | |
|---------------------------|---------------------------------|-------------|--|--------------------------------|---|------------------------|--|
| 3 | Tuesday, August 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 135 Subhakrit 5124 |
| | Kanya Rasi: 13.27 | Tithi 3 – 4 | Gulika 1:27PM – 3:05PM | Hasta Until 12:17AM Wed | Ganesha: Blue | <i>Sunrise:</i> 6:53AM | |
| | | | Yama 10:10AM – 11:48AM | Subha Until 12:32AM Wed | Muruqa: White | <i>Sunset:</i> 8:00PM | Moon 8 - Phase 19 - 17 |
| | | 563865473 | Rahu 4:43PM – 6:22PM | Vanija Until 4:00AM Wed | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Tritiya Until 4:01PM | Bhadrapada*Avani | Bhuloka Day Devaloka Time: 6:PM to 9:PM | | |

| | | | | | | | |
|--|-----------------------------------|-------------|--|---------------------------------|-------------------------|---|--|
| 4 | Wednesday, August 31, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 136 Subhakrit 5124 |
| | Kanya Rasi: 26.26 | Tithi 4 – 5 | Gulika 11:48AM – 1:26PM | Chitra Until 12:39AM Thu | Ganesha: Blue | <i>Sunrise:</i> 6:54AM | |
| | | | Yama 8:32AM – 10:10AM | Sukla Until 11:14PM | Muruqa: White | <i>Sunset:</i> 7:58PM | Moon 8 - Phase 19 - 18 |
| | | 563865473 | Rahu 1:26PM – 3:04PM | Bava Until 3:38AM Thu | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga Until 12:39AM Thu Then Creative Work - Amrita Yoga | | | Ganesha Chaturthi | Chaturthi* Until 3:51PM | Bhadrapada*Avani | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|--|------------------------------------|-------------|---|--------------------------------|------------------------|------------------------|--|
| 5 | Thursday, September 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 137 Subhakrit 5124 |
| | Tula Rasi: 9.37 | Tithi 5 – 6 | Gulika 10:10AM – 11:48AM | Svati Until 12:30AM Fri | Ganesha: Red | <i>Sunrise:</i> 6:55AM | |
| | | | Yama 6:55AM – 8:33AM | Brahma Until 9:38PM | Muruqa: White | <i>Sunset:</i> 7:57PM | Moon 8 - Phase 19 - 19 |
| | | 563965473 | Rahu 3:04PM – 4:41PM | Kaulava Until 2:52AM Fri | Nataraja: Clear | | 3rd Phase |
| Creative Work Amrita Yoga Until 12:30AM Fri Then Creative Work - Siddha Yoga | | | Panchami Until 3:17PM | Bhadrapada*Avani | Devaloka Day | | |

| | | | | | | | |
|---------------------------|----------------------------------|-------------|---|-----------------------------------|------------------------|------------------------|--|
| 6 | Friday, September 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 138 Subhakrit 5124 |
| | Tula Rasi: 23 | Tithi 6 – 7 | Gulika 8:33AM – 10:11AM | Vishakha Until 12:14AM Sat | Ganesha: Blue | <i>Sunrise:</i> 6:56AM | |
| | | | Yama 4:40PM – 6:18PM | Indra Until 7:43PM | Muruqa: White | <i>Sunset:</i> 7:55PM | Moon 8 - Phase 19 - 20 |
| | | 573965473 | Rahu 11:48AM – 1:26PM | Gara Until 1:41AM Sat | Nataraja: Clear | | 3rd Phase |
| Creative Work Siddha Yoga | | | Shashthi* Until 2:18PM | Bhadrapada*Avani | Sivaloka Day | | |

| | | | | | | | |
|---------------------------|------------------------------------|-------------|--|-------------------------------|------------------------|------------------------|--|
| ☾ | Saturday, September 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 139 Subhakrit 5124 |
| | Retreat Star | | Gulika 6:57AM – 8:34AM | Anuradha Until 11:24PM | Ganesha: Yellow | <i>Sunrise:</i> 6:57AM | |
| | Vrischika Rasi: 6.37 | Tithi 7 – 8 | Yama 3:02PM – 4:40PM | Vaidhriti* Until 5:26PM | Muruqa: White | <i>Sunset:</i> 7:54PM | Moon 8 - Phase 19 - 21 |
| | | 574965473 | Rahu 10:11AM – 11:48AM | Visti Until 12:05AM Sun | Nataraja: Clear | | Ashtami |
| Creative Work Siddha Yoga | | | Saptami Until 12:55PM | Bhadrapada*Avani | Devaloka Day | | |

| | | | | | | | |
|---|----------------------------------|-------------|---|--------------------------------|------------------------|------------------------|--|
| ☽ | Sunday, September 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 140 Subhakrit 5124 |
| | Retreat Star | | Gulika 4:39PM – 6:16PM | Jyeshtha* Until 10:01PM | Ganesha: Yellow | <i>Sunrise:</i> 6:58AM | |
| | Vrischika Rasi: 20.3 | Tithi 8 – 9 | Yama 1:25PM – 3:02PM | Vishkambha* Until 2:49PM | Muruqa: White | <i>Sunset:</i> 7:52PM | Moon 8 - Phase 19 - 22 |
| | | 574965473 | Rahu 6:16PM – 7:52PM | Balava Until 10:05PM | Nataraja: Clear | | Navami |
| Routine Work Marana Yoga Until 10:01PM Then Creative Work - Amrita Yoga | | | Ashtami* Until 11:07AM | Bhadrapada*Avani | Devaloka Day | | |

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

| | | | | | | | |
|---------------------------------|----------------------------------|------------------------------|---|---------------------------|-----------------------|-----------------------------|--|
| 1 | Monday, September 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 141 Subhakrit 5124 |
| | Dhanus Rasi: 4.38 | Tithi 9 – 10 | Gulika 3:01PM – 4:38PM | Mula* Until 8:32PM | Ganesha: White | <i>Sunrise:</i> 6:58AM | |
| Family Home Evening | 584965473 | Rahu 8:35AM – 10:12AM | Priti Until 11:55AM | Muruqa: White | <i>Sunset:</i> 7:51PM | Moon 8 - Phase 20 - 23 | |
| Creative Work Siddha Yoga | | | Taitila Until 7:42PM | Nataraja: Clear | | 4th Phase | |
| Until 8:32PM | | | Navami* Until 8:55AM | Moon – Light Blue | | Bhuloka Day | |
| Then Routine Work - Marana Yoga | | | | Bhadrapada*Avani | | Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|--|-----------------------------------|-----------------------------|--|----------------------------------|-----------------------|-----------------------------|--|
| 2 | Tuesday, September 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Visiti* Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 142 Subhakrit 5124 |
| | Dhanus Rasi: 19.01 | Tithi 10 – 11 | Gulika 1:24PM – 3:01PM | Purvashadha* Until 6:36PM | Ganesha: White | <i>Sunrise:</i> 6:59AM | |
| 584965473 | | Rahu 4:37PM – 6:13PM | Ayushman Until 8:42AM | Muruqa: White | <i>Sunset:</i> 7:49PM | Moon 8 - Phase 20 - 24 | |
| Creative Work Siddha Yoga | | | Visiti Until 3:33AM Wed | Nataraja: Clear | | 4th Phase | |
| Until 6:36PM | | | Dashami Until 6:22AM | Moon – Light Blue | | Bhuloka Day | |
| Then Routine Work - Prabararishta Yoga | | | | Bhadrapada*Avani | | Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|----------------------------------|-------------------------------------|-----------------------------|---|----------------------------------|-----------------------|-----------------------------|--|
| 3 | Wednesday, September 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 143 Subhakrit 5124 |
| | Makara Rasi: 3.35 | Tithi 12 | Gulika 11:48AM – 1:24PM | Uttarashadha Until 4:20PM | Ganesha: White | <i>Sunrise:</i> 7:00AM | |
| 584965473 | | Rahu 1:24PM – 3:00PM | Sobhana Until 1:44AM Thu | Muruqa: White | <i>Sunset:</i> 7:48PM | Moon 8 - Phase 20 - 25 | |
| Creative Work Amrita Yoga | | | Bava Until 2:05PM | Nataraja: Clear | | 4th Phase | |
| Until 4:20PM | | | Dvadashi Until 12:34AM Thu | Moon – Light Blue | | Bhuloka Day | |
| Then Creative Work - Siddha Yoga | | | | Bhadrapada*Avani | | Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|---------------------------|------------------------------------|-----------------------------|---|------------------------------|-----------------------|------------------------|--|
| 4 | Thursday, September 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 144 Subhakrit 5124 |
| | Makara Rasi: 18.16 | Tithi 13 | Gulika 10:12AM – 11:48AM | Shravana Until 2:15PM | Ganesha: Clear | <i>Sunrise:</i> 7:01AM | |
| 594965473 | | Rahu 2:59PM – 4:35PM | Athiganda* Until 10:09PM | Muruqa: White | <i>Sunset:</i> 7:46PM | Moon 8 - Phase 20 - 26 | |
| Creative Work Siddha Yoga | | | Kaulava Until 11:04AM | Nataraja: Clear | | 4th Phase | |
| | | | Trayodashi Until 9:33PM | Moon – Purple | | Devaloka Day | |
| | | Avani Avittam | | Bhadrapada*Avani | | | |
| | | | | | | <i>Pradosha Vrata</i> | |

| | | | | | | | |
|---------------------------|----------------------------------|-------------------------------|--|---------------------------------|-----------------------|------------------------|--|
| 5 | Friday, September 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 145 Subhakrit 5124 |
| | Kumbha Rasi: 2.57 | Tithi 14 | Gulika 8:37AM – 10:13AM | Dhanishtha Until 12:04PM | Ganesha: Clear | <i>Sunrise:</i> 7:02AM | |
| 594965473 | | Rahu 11:48AM – 1:23PM | Sukarma Until 6:40PM | Muruqa: White | <i>Sunset:</i> 7:45PM | Moon 8 - Phase 20 - 27 | |
| Creative Work Siddha Yoga | | | Gara Until 8:05AM | Nataraja: Clear | | 4th Phase | |
| | | Chidambaram Abhishekam | Chaturdashi* Until 6:38PM | Moon – Purple | | Devaloka Day | |
| | | | | Bhadrapada*Avani | | | |

| | | | | | | | |
|---------------------------------|-------------------------------------|-------------------------------|---|----------------------------------|-----------------------|-----------------------------|--|
| ○ | Saturday, September 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 28 Sutra 146 Subhakrit 5124 |
| | Copper Retreat Star | | Gulika 7:03AM – 8:38AM | Shatabhishak Until 9:58AM | Ganesha: Clear | <i>Sunrise:</i> 7:03AM | |
| Kumbha Rasi: 17.31 | Tithi 15 – 16 | Rahu 10:13AM – 11:48AM | Dhriti Until 3:25PM | Muruqa: White | <i>Sunset:</i> 7:43PM | Moon 8 - Phase 20 - Purnima | |
| Creative Work Amrita Yoga | | | Balava Until 2:49AM Sun | Nataraja: Clear | | | |
| Until 9:58AM | | | Purnima* Until 3:59PM | Moon – Purple | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | | | Bhadrapada*Avani | | | |

| | | | | | | | |
|----------------------------------|-----------------------------------|-----------------------------|---|---|-----------------------|------------------------------|--|
| ○ | Sunday, September 11, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttarproshthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau | | | | Dushanbe, Tajikistan Sun 29 Sutra 147 Subhakrit 5124 |
| | Silver Retreat Star | | Gulika 4:32PM – 6:07PM | Purvaprosarthapada* Until 8:31AM | Ganesha: Clear | <i>Sunrise:</i> 7:04AM | |
| Meena Rasi: 1.5 | Tithi 16 – 17 | Rahu 6:07PM – 7:42PM | Shula* Until 12:28PM | Muruqa: White | <i>Sunset:</i> 7:42PM | Moon 8 - Phase 20 - Prathama | |
| Creative Work Siddha Yoga | | | Taitila Until 12:51AM Mon | Nataraja: Clear | | | |
| Until 8:31AM | | Grandparent's Day | Prathama* Until 1:45PM | Moon – Clear | | Devaloka Day | |
| Then Creative Work - Amrita Yoga | | | | Bhadrapada*Avani | | | |

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



Monday, September 12, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam
Uttaraproshtapada/Revati Nakshatra Ganda*Vridhi Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Dushanbe, Tajikistan

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 15.49 Tithi 17 - 18

Family Home Evening

Creative Work Siddha Yoga

514965473

Gulika 2:57PM - 4:31PM

Yama 11:48AM - 1:22PM

Rahu 8:39AM - 10:13AM

Uttaraproshtapada Until 7:27AM

Ganda* Until 9:59AM

Vanija Until 11:31PM

Dvitiya Until 12:05PM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Sunrise: 7:04AM

Sunset: 7:40PM

Devaloka Day

Moon 9 - Phase 21 - 1

1st Phase

1

Tuesday, September 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati/Ashvini Nakshatra Vridhi/Dhruva Yoga Visti*/Bava Karana Tritiya/Chaturthayam Titau

Dushanbe, Tajikistan

Sun 2 Sutra 149

Subhakrit 5124

Meena Rasi: 29.24 Tithi 18 - 19

Creative Work Siddha Yoga

514965473

Gulika 1:22PM - 2:56PM

Yama 10:14AM - 11:48AM

Rahu 4:30PM - 6:04PM

Revati Until 6:55AM

Vridhi Until 8:04AM

Bava Until 10:56PM

Tritiya Until 11:06AM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Sunrise: 7:05AM

Sunset: 7:38PM

Devaloka Day

Moon 9 - Phase 21 - 2

1st Phase

2

Wednesday, September 14, 2022

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

Dushanbe, Tajikistan

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 12.33 Tithi 19 - 20

Routine Work Marana Yoga

Until 7:25AM

Then Creative Work - Siddha Yoga

524965473

Gulika 11:48AM - 1:21PM

Yama 8:40AM - 10:14AM

Rahu 1:21PM - 2:55PM

Ashvini Until 7:25AM

Dhruva Until 6:44AM

Kaulava Until 11:09PM

Chaturthi* Until 10:55AM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 7:06AM

Sunset: 7:37PM

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

Moon 9 - Phase 21 - 3

1st Phase

3

Thursday, September 15, 2022

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

Dushanbe, Tajikistan

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 25.19 Tithi 20 - 21

Creative Work Siddha Yoga

Until 8:34AM

Then Routine Work - Marana Yoga

525965473

Gulika 10:14AM - 11:48AM

Yama 7:07AM - 8:41AM

Rahu 2:55PM - 4:28PM

Bharani Until 8:34AM

Vyaghata* Until 6:03AM

Gara Until 12:08AM Fri

Panchami Until 11:32AM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 7:07AM

Sunset: 7:35PM

Devaloka Day

Moon 9 - Phase 21 - 4

1st Phase

4

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/Saptamyam Titau

Dushanbe, Tajikistan

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 7.43 Tithi 21 - 22

Creative Work Siddha Yoga

Until 10:17AM

Then Routine Work - Marana Yoga

525965473

Gulika 8:41AM - 10:14AM

Yama 4:27PM - 6:00PM

Rahu 11:48AM - 1:21PM

Krittika Until 10:17AM

Vajra* Until 6:22AM Sat

Visti Until 1:49AM Sat

Shashthi* Until 12:53PM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 7:08AM

Sunset: 7:34PM

Devaloka Day

Moon 9 - Phase 21 - 5

1st Phase

5

Saturday, September 17, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 19.52 Tithi 22 - 23

Creative Work Amrita Yoga

Until 12:55PM

Then Creative Work - Siddha Yoga

535965473

Gulika 7:09AM - 8:42AM

Yama 2:53PM - 4:26PM

Rahu 10:15AM - 11:48AM

Rohini Until 12:55PM

Vajra* Until 6:22AM

Balava Until 3:58AM Sun

Saptami Until 2:50PM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sunrise: 7:09AM

Sunset: 7:32PM

Sivaloka Day

Moon 9 - Phase 21 - 6

Ashtami

Sunday, September 18, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 1.5 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika 4:25PM - 5:58PM

Yama 1:20PM - 2:53PM

Rahu 5:58PM - 7:30PM

Mrigashira Until 3:44PM

Siddhi Until 7:06AM

Taitila Until 6:23AM Mon

Ashtami* Until 5:09PM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sunrise: 7:10AM

Sunset: 7:30PM

Sivaloka Day

Moon 9 - Phase 21 - 7

Navami

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------|---|-----------------------|---|---|---|-----------------------------------|--|
| 1 | Monday, September 19, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vyalipata/Variyan Yoga Taitila/Gara Karana Navamyam Titau | | | | Dushanbe, Tajikistan Sun 8 Sutra 155 Subhakit 5124 |
| | Mithuna Rasi: 13.43 Family Home Evening Creative Work Siddha Yoga Until 6:33PM Then Creative Work - Amrita Yoga | Tithi 24 545965473 | Gulika 2:52PM - 4:24PM Yama 11:47AM - 1:20PM Rahu 8:43AM - 10:15AM | Ardra Until 6:33PM Vyatipata* Until 8:01AM Taitila Until 6:23AM Navami* Until 7:36PM | Ganesha: White Muruqa: White Nataraja: Clear Moon - Yellow | Sunrise: 7:11AM Sunset: 7:29PM | Sivaloka Day Moon 9 - Phase 22 - 8 2nd Phase |


| | | | | | | | |
|----------|--|-----------------------|---|---|--|-----------------------------------|--|
| 2 | Tuesday, September 20, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 156 Subhakit 5124 |
| | Mithuna Rasi: 25.34 Creative Work Siddha Yoga | Tithi 25 545965473 | Gulika 1:19PM - 2:51PM Yama 10:15AM - 11:47AM Rahu 4:23PM - 5:55PM | Punarvasu Until 9:36PM Variyan Until 8:54AM Vanija Until 8:49AM Dashami Until 9:58PM | Ganesha: Yellow Muruqa: White Nataraja: Clear Moon - Blue | Sunrise: 7:11AM Sunset: 7:27PM | Devaloka Day Moon 9 - Phase 22 - 9 2nd Phase |


| | | | | | | | |
|----------|---|-----------------------|--|--|--|-----------------------------------|---|
| 3 | Wednesday, September 21, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 157 Subhakit 5124 |
| | Kataka Rasi: 7.3 Creative Work Siddha Yoga | Tithi 26 545965473 | Gulika 11:47AM - 1:19PM Yama 8:44AM - 10:16AM Rahu 1:19PM - 2:51PM | Pushya Until 12:15AM Thu Parigha* Until 9:40AM Bava Until 11:05AM Ekadashi* Until 12:04AM Thu | Ganesha: Yellow Muruqa: White Nataraja: Clear Moon - Blue | Sunrise: 7:12AM Sunset: 7:26PM | Devaloka Day Moon 9 - Phase 22 - 10 2nd Phase |

| | | | | | | | |
|----------|--|-----------------------|---|--|--|-----------------------------------|---|
| 4 | Thursday, September 22, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvodashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 158 Subhakit 5124 |
| | Kataka Rasi: 19.34 Creative Work Siddha Yoga Until 2:20AM Fri Then Routine Work - Marana Yoga | Tithi 27 545965473 | Gulika 10:16AM - 11:47AM Yama 7:13AM - 8:45AM Rahu 2:50PM - 4:21PM | Ashlesha* Until 2:20AM Fri Shiva Until 10:12AM Kaulava Until 12:59PM Dvodashi* Until 1:46AM Fri | Ganesha: Yellow Muruqa: White Nataraja: Clear Moon - Blue | Sunrise: 7:13AM Sunset: 7:24PM | Devaloka Day Moon 9 - Phase 22 - 11 2nd Phase |

| | | | | | | | |
|----------|--|-----------------------|--|---|--|-----------------------------------|---|
| 5 | Friday, September 23, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 159 Subhakit 5124 |
| | Simha Rasi: 1.47 Routine Work Marana Yoga Until 4:18AM Sat Then Creative Work - Siddha Yoga | Tithi 28 555965473 | Gulika 8:45AM - 10:16AM Yama 4:20PM - 5:51PM Rahu 11:47AM - 1:18PM | Magha* Until 4:18AM Sat Siddha Until 10:21AM Gara Until 2:27PM Trayodashi* Until 2:59AM Sat <i>Pradosha Vrata (Fasting)</i> | Ganesha: Red Muruqa: White Nataraja: Clear Moon - Red | Sunrise: 7:14AM Sunset: 7:23PM | Devaloka Day Moon 9 - Phase 22 - 12 2nd Phase |

| | | | | | | | |
|----------|--|-----------------------|--|---|--|-----------------------------------|---|
| 6 | Saturday, September 24, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 160 Subhakit 5124 |
| | Simha Rasi: 14.13 Creative Work Siddha Yoga Until 5:36AM Sun Then Creative Work - Amrita Yoga | Tithi 29 555965473 | Gulika 7:15AM - 8:46AM Yama 2:49PM - 4:19PM Rahu 10:16AM - 11:47AM | Purvaphalguni Until 5:36AM Sun Sadhya Until 10:09AM Visti Until 3:26PM Chaturdashi* Until 3:42AM Sun | Ganesha: Red Muruqa: White Nataraja: Clear Moon - Red | Sunrise: 7:15AM Sunset: 7:21PM | Devaloka Day Moon 9 - Phase 22 - 13 2nd Phase |

| | | | | | | | |
|---|--|-----------------------|--|---|---|-----------------------------------|---|
|  | Sunday, September 25, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 161 Subhakit 5124 |
| | Simha Rasi: 26.52 Creative Work Amrita Yoga Until 6:15AM Mon Then Creative Work - Siddha Yoga | Tithi 30 556165473 | Gulika 4:18PM - 5:49PM Yama 1:18PM - 2:48PM Rahu 5:49PM - 7:19PM | Uttaraphalguni Until 6:15AM Mon Subha Until 9:34AM Catuspada Until 3:53PM Amavasya* Until 3:54AM Mon | Ganesha: Blue Muruqa: White Nataraja: Clear Moon - Red | Sunrise: 7:16AM Sunset: 7:19PM | Bhuloka Day Devaloka Time: 6:PM to 9:PM |

| | | | | | | | |
|---|--|----------------------|---|---|---|-----------------------------------|---|
|  | Monday, September 26, 2022 | | Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 162 Subhakit 5124 |
| | Kanya Rasi: 9.46 Family Home Evening Creative Work Siddha Yoga | Tithi 1 556165473 | Gulika 2:47PM - 4:18PM Yama 11:47AM - 1:17PM Rahu 8:47AM - 10:17AM | Uttaraphalguni Until 6:15AM Sukla Until 8:33AM Kintughna Until 3:50PM Prathama* Until 3:38AM Tue | Ganesha: Blue Muruqa: White Nataraja: Clear Moon - Red | Sunrise: 7:17AM Sunset: 7:18PM | Bhuloka Day 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|---|------------------------------------|-----------|---|----------------------------------|------------------------|---|---|
| 1 | Tuesday, September 27, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 163 Subhakarit 5124 |
| | Kanya Rasi: 22.55 | Tithi 2 | Gulika 1:17PM – 2:47PM | Hasta Until 6:45AM | Ganesha: Blue | <i>Sunrise:</i> 7:18AM | |
| | | | Yama 10:17AM – 11:47AM | Brahma Until 7:11AM | Muruqa: White | <i>Sunset:</i> 7:16PM | Moon 9 - Phase 23 - 16 |
| | Creative Work Siddha Yoga | 666165473 | Rahu 4:17PM – 5:46PM | Balava Until 3:21PM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 2:57AM Wed | Moon – Green | | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|---|--------------------------------------|-----------|---|------------------------------------|------------------------|---|---|
| 2 | Wednesday, September 28, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 164 Subhakarit 5124 |
| | Tula Rasi: 6.16 | Tithi 3 | Gulika 11:47AM – 1:17PM | Chitra Until 6:41AM | Ganesha: Blue | <i>Sunrise:</i> 7:19AM | |
| | | | Yama 8:48AM – 10:18AM | Vaidhriti* Until 3:32AM Thu | Muruqa: White | <i>Sunset:</i> 7:15PM | Moon 9 - Phase 23 - 17 |
| | Creative Work Siddha Yoga | 666165473 | Rahu 1:17PM – 2:46PM | Taitila Until 2:29PM | Nataraja: Clear | | 3rd Phase |
| | | | Tritiya Until 1:54AM Thu | Moon – Green | | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |

| | | | | | | | |
|----------------------------------|-------------------------------------|-----------|--|-------------------------------------|------------------------|---|---|
| 3 | Thursday, September 29, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 165 Subhakarit 5124 |
| | Tula Rasi: 19.49 | Tithi 4 | Gulika 10:18AM – 11:47AM | Svati Until 6:09AM | Ganesha: Blue | <i>Sunrise:</i> 7:19AM | |
| | | | Yama 7:19AM – 8:49AM | Vishkambha* Until 1:19AM Fri | Muruqa: White | <i>Sunset:</i> 7:13PM | Moon 9 - Phase 23 - 18 |
| | Creative Work Amrita Yoga | 666165473 | Rahu 2:45PM – 4:15PM | Vanija Until 1:17PM | Nataraja: Clear | | 3rd Phase |
| Until 6:09AM | | | Chaturthi Until 12:34AM Fri | Moon – Green | | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |
| Then Creative Work - Siddha Yoga | | | | Ashvina+Puratasi | | | |

| | | | | | | | |
|---|-----------------------------------|-----------|---|---|------------------------|---|---|
| 4 | Friday, September 30, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 166 Subhakarit 5124 |
| | Vrischika Rasi: 3.32 | Tithi 5 | Gulika 8:49AM – 10:18AM | Anuradha Until 4:41AM Sat | Ganesha: Blue | <i>Sunrise:</i> 7:20AM | |
| | | | Yama 4:14PM – 5:43PM | Priti Until 10:56PM | Muruqa: White | <i>Sunset:</i> 7:12PM | Moon 9 - Phase 23 - 19 |
| | Creative Work Siddha Yoga | 676165473 | Rahu 11:47AM – 1:16PM | Bava Until 11:49AM | Nataraja: Clear | | 3rd Phase |
| | | | Panchami Until 10:58PM | Moon – Orange | | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |
| | | | | Ashvina+Puratasi | | | |

| | | | | | | | |
|----------------------------------|----------------------------------|-----------|---|--|------------------------|---|---|
| 5 | Saturday, October 1, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 167 Subhakarit 5124 |
| | Vrischika Rasi: 17.25 | Tithi 6 | Gulika 7:21AM – 8:50AM | Jyeshtha* Until 3:26AM Sun | Ganesha: Blue | <i>Sunrise:</i> 7:21AM | |
| | | | Yama 2:44PM – 4:13PM | Ayushman Until 8:21PM | Muruqa: White | <i>Sunset:</i> 7:10PM | Moon 9 - Phase 23 - 20 |
| | Creative Work Siddha Yoga | 676165473 | Rahu 10:18AM – 11:47AM | Kaulava Until 10:07AM | Nataraja: Clear | | 3rd Phase |
| Until 3:26AM Sun | | | Shashthi* Until 9:10PM | Moon – Orange | | Bhuloka Day Devaloka Time: 6:PM to 9:PM | |
| Then Creative Work - Amrita Yoga | | | | Ashvina+Puratasi | | | |

| | | | | | | | |
|---------------------------------|--------------------------------|-----------|---|--------------------------------------|------------------------|------------------------|---|
| 6 | Sunday, October 2, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 168 Subhakarit 5124 |
| | Dhanus Rasi: 1.25 | Tithi 7 | Gulika 4:12PM – 5:40PM | Mula* Until 2:17AM Mon | Ganesha: Blue | <i>Sunrise:</i> 7:22AM | |
| | | | Yama 1:15PM – 2:44PM | Saubhagya Until 5:38PM | Muruqa: Green | <i>Sunset:</i> 7:08PM | Moon 9 - Phase 23 - 21 |
| | Creative Work Amrita Yoga | 687166473 | Rahu 5:40PM – 7:08PM | Gara Until 8:13AM | Nataraja: Clear | | 3rd Phase |
| Until 2:17AM Mon | | | Saptami Until 7:12PM | Moon – Light Blue | | Sivaloka Day | |
| Then Routine Work - Marana Yoga | | | | Ashvina+Puratasi | | | |

| | | | | | | | |
|--|--------------------------------|-------------|--|--|------------------------|------------------------|---|
| D | Monday, October 3, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visiti*/Balava Karana Ashtami/Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 169 Subhakarit 5124 |
| | Retreat Star | | Gulika 2:43PM – 4:11PM | Purvashadha* Until 12:52AM Tue | Ganesha: Blue | <i>Sunrise:</i> 7:23AM | |
| | Dhanus Rasi: 15.31 | Tithi 8 – 9 | Yama 11:47AM – 1:15PM | Sobhana Until 2:48PM | Muruqa: Green | <i>Sunset:</i> 7:07PM | Moon 9 - Phase 23 - 22 |
| | Family Home Evening | 687166473 | Rahu 8:51AM – 10:19AM | Visiti Until 6:10AM | Nataraja: Clear | | Ashtami |
| Routine Work Marana Yoga | | | Ashtami* Until 5:05PM | Moon – Light Blue | | Sivaloka Day | |
| Until 12:52AM Tue | | | | Ashvina+Puratasi | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|---------------------------------|--------------|--|--|------------------------|------------------------|---|
| D | Tuesday, October 4, 2022 | | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 170 Subhakarit 5124 |
| | Retreat Star | | Gulika 1:15PM – 2:42PM | Uttarashadha Until 11:12PM | Ganesha: Blue | <i>Sunrise:</i> 7:24AM | |
| | Dhanus Rasi: 29.42 | Tithi 9 – 10 | Yama 10:19AM – 11:47AM | Athiganda* Until 11:51AM | Muruqa: Green | <i>Sunset:</i> 7:05PM | Moon 9 - Phase 23 - 23 |
| | Routine Work Prabalarishta Yoga | 687166473 | Rahu 4:10PM – 5:38PM | Taitila Until 1:43AM Wed | Nataraja: Clear | | Navami |
| Until 11:12PM | | | Navami* Until 2:50PM | Moon – Light Blue | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Ashvina+Puratasi | | | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|---|-----------------------------------|---------------|---|--|--|---|--|
| 1 | Wednesday, October 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 171 Subhakrit 5124 |
| | Makara Rasi: 13.56 | Tithi 10 – 11 | 697166473 | Gulika 11:47AM – 1:14PM Yama 8:52AM – 10:20AM Rahu 1:14PM – 2:42PM | Shravana Until 9:46PM Sukarma Until 8:50AM Vanija Until 11:24PM Dashami Until 12:32PM | Ganesha: Yellow Sunrise: 7:25AM Muruga: Green Sunset: 7:04PM Nataraja: Clear Moon – Purple | Devaloka Day |
| | Creative Work Siddha Yoga | | Vijaya Dasami | | Ashvina+Puratasi | | |
| | Until 9:46PM | | Then Routine Work - Prabalarishta Yoga | | | | |

| | | | | | | | |
|---|----------------------------------|---------------|---|--|---|---|--|
| 2 | Thursday, October 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 172 Subhakrit 5124 |
| | Makara Rasi: 28.13 | Tithi 11 – 12 | 697166473 | Gulika 10:20AM – 11:47AM Yama 7:26AM – 8:53AM Rahu 2:41PM – 4:08PM | Dhanishtha Until 8:14PM Shula* Until 2:51AM Fri Bava Until 9:07PM Ekadashi Until 10:14AM | Ganesha: Yellow Sunrise: 7:26AM Muruga: Green Sunset: 7:02PM Nataraja: Clear Moon – Purple | Devaloka Day |
| | Creative Work Siddha Yoga | | | | Ashvina+Puratasi | | |
| | | | | | | | |

| | | | | | | | |
|---|--------------------------------|---------------|---|--|--|---|--|
| 3 | Friday, October 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 173 Subhakrit 5124 |
| | Kumbha Rasi: 12.26 | Tithi 12 – 13 | 697166473 | Gulika 8:53AM – 10:20AM Yama 4:07PM – 5:34PM Rahu 11:47AM – 1:14PM | Shatabhishak Until 6:41PM Ganda* Until 12:01AM Sat Kaulava Until 6:58PM Dvadashi Until 8:00AM | Ganesha: Yellow Sunrise: 7:27AM Muruga: Green Sunset: 7:01PM Nataraja: Clear Moon – Purple | Devaloka Day |
| | Creative Work Siddha Yoga | | Kadaitswami Mahasamadhi | | Ashvina+Puratasi | | |
| | | | | | <i>Pradosha Vrata</i> | | |

| | | | | | | | |
|---|----------------------------------|----------|---|--|--|--|--|
| 4 | Saturday, October 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 174 Subhakrit 5124 |
| | Kumbha Rasi: 26.32 | Tithi 14 | 618166474 | Gulika 7:28AM – 8:54AM Yama 2:40PM – 4:06PM Rahu 10:21AM – 11:47AM | Purvaproshtapada* Until 5:39PM Vriddhi Until 9:25PM Gara Until 5:04PM Chaturdashi* Until 4:13AM Sun | Ganesha: White Sunrise: 7:28AM Muruga: Green Sunset: 6:59PM Nataraja: Purple Moon – Clear | Bhuloka Day |
| | Routine Work Marana Yoga | | Chidambaram Abhishekam | | Ashvina+Puratasi | | |
| | Until 5:39PM | | Then Creative Work - Siddha Yoga | | | | |

| | | | | | | | | | |
|---|--------------------------------|--|---|----------|------------------|--|--|--|-------------|
| ○ | Sunday, October 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau | | | | Dushanbe, Tajikistan Sutra 175 Subhakrit 5124 | | |
| | Copper Retreat Star | | Meena Rasi: 10.27 | Tithi 15 | 618166474 | Gulika 4:05PM – 5:32PM Yama 1:13PM – 2:39PM Rahu 5:32PM – 6:58PM | Uttaraproshtapada Until 4:50PM Dhruva Until 7:05PM Visti Until 3:31PM Purnima* Until 2:54AM Mon | Ganesha: White Sunrise: 7:29AM Muruga: Green Sunset: 6:58PM Nataraja: Purple Moon – Clear | Bhuloka Day |
| | Creative Work Amrita Yoga | | | | Ashvina+Puratasi | | | | |
| | | | | | | | | | |

| | | | | | | | | | |
|---|---------------------------------|--|--|----------|------------------|--|--|--|-------------|
| ○ | Monday, October 10, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sutra 176 Subhakrit 5124 | | |
| | Silver Retreat Star | | Meena Rasi: 24.07 | Tithi 16 | 618166474 | Gulika 2:39PM – 4:05PM Yama 11:47AM – 1:13PM Rahu 8:55AM – 10:21AM | Revati Until 4:21PM Vyaghata* Until 5:10PM Balava Until 2:28PM Prathama* Until 2:07AM Tue | Ganesha: White Sunrise: 7:30AM Muruga: Green Sunset: 6:56PM Nataraja: Purple Moon – Clear | Bhuloka Day |
| | Family Home Evening | | | | Ashvina+Puratasi | | | | |
| | Creative Work Siddha Yoga | | | | | | | | |



Tuesday, October 11, 2022

Gold Retreat Star

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

Dushanbe, Tajikistan

Sutra 177

Subhakrit 5124

Mesha Rasi: 7.28 Tithi 17

628176474

Gulika 1:13PM – 2:38PM
Yama 10:22AM – 11:47AM
Rahu 4:04PM – 5:29PM

Ashvini Until 4:45PM

Harshana Until 3:44PM

Taitila Until 1:59PM

Dvitiya Until 1:58AM Wed

Ganesha: Yellow *Sunrise:* 7:30AM

Muruqa: White *Sunset:* 6:55PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

1 Wednesday, October 12, 2022

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

Dushanbe, Tajikistan

Sun 1 Sutra 178

Subhakrit 5124

Mesha Rasi: 20.28 Tithi 18

628176474

Gulika 11:47AM – 1:12PM
Yama 8:57AM – 10:22AM
Rahu 1:12PM – 2:38PM

Bharani Until 5:38PM

Vajra* Until 2:47PM

Vanija Until 2:10PM

Tritiya Until 2:30AM Thu

Ganesha: Yellow *Sunrise:* 7:31AM

Muruqa: White *Sunset:* 6:53PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 5:38PM

Then Creative Work - Amrita Yoga

2 Thursday, October 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Krittika Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Chaturthayam Titau

Dushanbe, Tajikistan

Sun 2 Sutra 179

Subhakrit 5124

Vrishabha Rasi: 3.09 Tithi 19

628176474

Gulika 10:22AM – 11:47AM
Yama 7:32AM – 8:57AM
Rahu 2:37PM – 4:02PM

Krittika Until 7:01PM

Siddhi Until 2:23PM

Bava Until 3:02PM

Chaturthi* Until 3:41AM Fri

Ganesha: Yellow *Sunrise:* 7:32AM

Muruqa: White *Sunset:* 6:52PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

3 Friday, October 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Rohini Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Dushanbe, Tajikistan

Sun 3 Sutra 180

Subhakrit 5124

Vrishabha Rasi: 15.32 Tithi 20

638176474

Gulika 8:58AM – 10:23AM
Yama 4:01PM – 5:26PM
Rahu 11:47AM – 1:12PM

Rohini Until 9:19PM

Vyatipata* Until 2:28PM

Kaulava Until 4:32PM

Panchami Until 5:27AM Sat

Ganesha: Blue *Sunrise:* 7:33AM

Muruqa: White *Sunset:* 6:50PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Routine Work Marana Yoga

Until 9:19PM

Then Creative Work - Siddha Yoga

4 Saturday, October 15, 2022

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

Dushanbe, Tajikistan

Sun 4 Sutra 181

Subhakrit 5124

Vrishabha Rasi: 27.41 Tithi 21

639176474

Gulika 7:34AM – 8:59AM
Yama 2:36PM – 4:00PM
Rahu 10:23AM – 11:47AM

Mrigashira Until 11:55PM

Variyan Until 2:56PM

Gara Until 6:32PM

Shashthi* Until 7:39AM Sun

Ganesha: Red *Sunrise:* 7:34AM

Muruqa: White *Sunset:* 6:49PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

5 Sunday, October 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Ardra Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Dushanbe, Tajikistan

Sun 5 Sutra 182

Subhakrit 5124

Mithuna Rasi: 9.41 Tithi 21 – 22

639176474

Gulika 4:00PM – 5:24PM
Yama 1:11PM – 2:35PM
Rahu 5:24PM – 6:48PM

Ardra Until 2:37AM Mon

Parigha* Until 3:40PM

Visti Until 8:52PM

Shashthi* Until 7:39AM

Ganesha: Red *Sunrise:* 7:35AM

Muruqa: White *Sunset:* 6:48PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 2:37AM Mon

Then Creative Work - Amrita Yoga

Monday, October 17, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 6 Sutra 183

Subhakrit 5124

Mithuna Rasi: 21.35 Tithi 22 – 23

649176474

Gulika 2:35PM – 3:59PM
Yama 11:48AM – 1:11PM
Rahu 9:00AM – 10:24AM

Punarvasu Until 5:42AM Tue

Shiva Until 4:32PM

Balava Until 11:18PM

Saptami Until 10:04AM

Ganesha: Green *Sunrise:* 7:36AM

Muruqa: White *Sunset:* 6:46PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

Devaloka Day

Creative Work Amrita Yoga

Until 5:42AM Tue

Then Creative Work - Siddha Yoga

Tuesday, October 18, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 184

Subhakrit 5124

Kataka Rasi: 3.28 Tithi 23 – 24

649176474

Gulika 1:11PM – 2:34PM
Yama 10:24AM – 11:48AM
Rahu 3:58PM – 5:21PM

Pushya Until 8:29AM Wed

Siddha Until 5:20PM

Taitila Until 1:39AM Wed

Ashtami* Until 12:29PM

Ganesha: Green *Sunrise:* 7:37AM

Muruqa: White *Sunset:* 6:45PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------|-----------------------------------|-------------|--|---|---|------------------------|--|
| 1 | Thursday, October 27, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dviliya/Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 193 Subhakrit 5124 |
| | Tula Rasi: 29.25 | Tithi 2 - 3 | Gulika 10:28AM - 11:49AM | Vishakha Until 12:38PM | Ganesha: Purple | <i>Sunrise:</i> 7:46AM | |
| | | | Yama 7:46AM - 9:07AM | Ayushman Until 7:54AM | Muruqa: Clear | <i>Sunset:</i> 6:33PM | Moon 10 - Phase 27 - 16 |
| | Creative Work | Siddha Yoga | 671276574 Rahu 2:31PM - 3:51PM | Taitila Until 12:09AM Fri Dvitiya Until 1:13PM | Nataraja: Clear Moon - Orange | | 3rd Phase |
| | | | | | Bhuloka Day | | Devaloka Time: 3:PM to 6:PM |

| | | | | | | | |
|---------------------------------|---------------------------------|-------------|--|--|---|------------------------|--|
| 2 | Friday, October 28, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 194 Subhakrit 5124 |
| | Vrischika Rasi: 13.37 | Tithi 3 - 4 | Gulika 9:08AM - 10:29AM | Anuradha Until 11:07AM | Ganesha: Purple | <i>Sunrise:</i> 7:47AM | |
| | | | Yama 3:51PM - 5:11PM | Sobhana Until 1:54AM Sat | Muruqa: Clear | <i>Sunset:</i> 6:32PM | Moon 10 - Phase 27 - 17 |
| | Creative Work | Siddha Yoga | 671276574 Rahu 11:49AM - 1:10PM | Vanija Until 9:50PM Tritiya Until 11:00AM | Nataraja: Clear Moon - Orange | | 3rd Phase |
| | | | | | Bhuloka Day | | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------|-----------------------------------|-------------|---|--|---|------------------------|--|
| 3 | Saturday, October 29, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha/Mula Nakshatra Athiganda Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 195 Subhakrit 5124 |
| | Vrischika Rasi: 27.55 | Tithi 4 - 5 | Gulika 7:49AM - 9:09AM | Jyeshtha* Until 9:21AM | Ganesha: Purple | <i>Sunrise:</i> 7:49AM | |
| | | | Yama 2:30PM - 3:50PM | Athiganda* Until 10:45PM | Muruqa: Clear | <i>Sunset:</i> 6:31PM | Moon 10 - Phase 27 - 18 |
| | Creative Work | Siddha Yoga | 671276574 Rahu 10:29AM - 11:49AM | Bava Until 7:27PM Chaturthi* Until 8:38AM | Nataraja: Clear Moon - Orange | | 3rd Phase |
| | | | | | Bhuloka Day | | Devaloka Time: 3:PM to 6:PM |

| | | | | | | | |
|----------------------------------|---------------------------------|-------------|--|---|---|------------------------|--|
| 4 | Sunday, October 30, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula/Purvashadha Nakshatra Sukarma Yoga Balava/Taitila Karana Panchami/Shashthiyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 196 Subhakrit 5124 |
| | Dhanus Rasi: 12.14 | Tithi 5 - 6 | Gulika 3:49PM - 5:09PM | Mula* Until 7:49AM | Ganesha: Clear | <i>Sunrise:</i> 7:50AM | |
| | | | Yama 1:10PM - 2:30PM | Sukarma Until 7:39PM | Muruqa: Clear | <i>Sunset:</i> 6:29PM | Moon 10 - Phase 27 - 19 |
| | Creative Work | Amrita Yoga | 681276574 Rahu 5:09PM - 6:29PM | Taitila Until 3:52AM Mon Panchami Until 6:14AM | Nataraja: Clear Moon - Light Blue | | 3rd Phase |
| | | | Skanda Shasthi | | Devaloka Day | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|--|---------------------------------|-------------|--|---|---|------------------------|--|
| 5 | Monday, October 31, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saplamyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 197 Subhakrit 5124 |
| | Dhanus Rasi: 26.32 | Tithi 7 | Gulika 2:29PM - 3:49PM | Purvashadha* Until 6:11AM | Ganesha: Clear | <i>Sunrise:</i> 7:51AM | |
| | Family Home Evening | | Yama 11:50AM - 1:09PM | Dhriti Until 4:37PM | Muruqa: Clear | <i>Sunset:</i> 6:28PM | Moon 10 - Phase 27 - 20 |
| | Routine Work | Marana Yoga | 681276574 Rahu 9:10AM - 10:30AM | Gara Until 2:45PM Saptami Until 1:38AM Tue | Nataraja: Clear Moon - Light Blue | | 3rd Phase |
| | | | | | Devaloka Day | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

| | | | | | | | |
|--|----------------------------------|-------------|---|---|---|------------------------|--|
| 🌑 | Tuesday, November 1, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 198 Subhakrit 5124 |
| | Retreat Star | | Gulika 1:09PM - 2:29PM | Shravana Until 3:21AM Wed | Ganesha: White | <i>Sunrise:</i> 7:52AM | |
| | Makara Rasi: 10.46 | Tithi 8 | Yama 10:31AM - 11:50AM | Shula* Until 1:41PM | Muruqa: Clear | <i>Sunset:</i> 6:27PM | Moon 10 - Phase 27 - 21 |
| | Creative Work | Siddha Yoga | 691276574 Rahu 3:48PM - 5:08PM | Visti Until 12:35PM Ashtami* Until 11:33PM | Nataraja: Clear Moon - Purple | | Ashtami |
| | | | | | Bhuloka Day | | Devaloka Time: 3:PM to 6:PM |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|------------------------------------|--------------------|---|--|---|------------------------|--|
| 🌑 | Wednesday, November 2, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishta Nakshatra Ganda/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 199 Subhakrit 5124 |
| | Retreat Star | | Gulika 11:50AM - 1:09PM | Dhanishta Until 2:14AM Thu | Ganesha: Green | <i>Sunrise:</i> 7:53AM | |
| | Makara Rasi: 24.52 | Tithi 9 | Yama 9:12AM - 10:31AM | Ganda* Until 10:55AM | Muruqa: Clear | <i>Sunset:</i> 6:26PM | Moon 10 - Phase 27 - 22 |
| | Routine Work | Prabalarishta Yoga | 692276574 Rahu 1:09PM - 2:29PM | Balava Until 10:37AM Navami* Until 9:41PM | Nataraja: Clear Moon - Purple | | Navami |
| | | | | | Bhuloka Day | | Devaloka Time: 3:PM to 6:PM |
| Then Creative Work - Siddha Yoga | | | | | | | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang


| | | | | | | | |
|---------------|-----------------------------------|-----------------------------|---|--------------------------------------|------------------------|---|--|
| 1 | Thursday, November 3, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 200 Subhakrit 5124 |
| | Kumbha Rasi: 8.5 | Tithi 10 | Gulika 10:32AM – 11:51AM | Shatabhishak Until 1:12AM Fri | Ganesha: Green | <i>Sunrise:</i> 7:54AM | |
| | | | Yama 7:54AM – 9:13AM | Vriddhi Until 8:20AM | Muruqa: Clear | <i>Sunset:</i> 6:25PM | Moon 10 - Phase 28 - 23 |
| | 692276574 | Rahu 2:28PM – 3:47PM | Taitila Until 8:51AM | | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Dashami Until 8:03PM | Moon – Purple | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| <hr/> | | | | | | | |


| | | | | | | | |
|---------------|---------------------------------|------------------------------|--|--|------------------------|---|--|
| 2 | Friday, November 4, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 201 Subhakrit 5124 |
| | Kumbha Rasi: 22.39 | Tithi 11 | Gulika 9:14AM – 10:32AM | Purvaproshtapada* Until 12:44AM Sat | Ganesha: Blue | <i>Sunrise:</i> 7:55AM | |
| | | | Yama 3:47PM – 5:05PM | Vyaghata* Until 3:46AM Sat | Muruqa: Clear | <i>Sunset:</i> 6:24PM | Moon 10 - Phase 28 - 24 |
| | 612276574 | Rahu 11:51AM – 1:09PM | Vanija Until 7:22AM | | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Ekadashi Until 6:42PM | Moon – Clear | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| <hr/> | | | | | | | |

| | | | | | | | |
|----------------------------------|-----------------------------------|-------------------------------|---|--|------------------------|---|--|
| 3 | Saturday, November 5, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 202 Subhakrit 5124 |
| | Meena Rasi: 6.17 | Tithi 12 – 13 | Gulika 7:56AM – 9:14AM | Uttaraproshtapada Until 12:28AM Sun | Ganesha: Blue | <i>Sunrise:</i> 7:56AM | |
| | | | Yama 2:28PM – 3:46PM | Harshana Until 1:54AM Sun | Muruqa: Clear | <i>Sunset:</i> 6:23PM | Moon 10 - Phase 28 - 25 |
| | 612276574 | Rahu 10:33AM – 11:51AM | Bava Until 6:10AM | | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Dvadashi Until 5:40PM | Moon – Clear | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| Until 12:28AM Sun | | | | | | | |
| Then Creative Work - Amrita Yoga | | | <i>Pradosha Vrata</i> | Karttika•Aipasi | | | |
| <hr/> | | | | | | | |

| | | | | | | | |
|----------------------------------|---------------------------------|-----------------------------|---|---------------------------------|------------------------|---|--|
| 4 | Sunday, November 6, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 203 Subhakrit 5124 |
| | Meena Rasi: 19.44 | Tithi 13 – 14 | Gulika 3:46PM – 5:04PM | Revati Until 12:25AM Mon | Ganesha: Blue | <i>Sunrise:</i> 7:57AM | |
| | | | Yama 1:09PM – 2:28PM | Vajra* Until 12:18AM Mon | Muruqa: Clear | <i>Sunset:</i> 6:22PM | Moon 10 - Phase 28 - 26 |
| | 612276574 | Rahu 5:04PM – 6:22PM | Gara Until 4:52AM Mon | | Nataraja: Clear | | 4th Phase |
| Creative Work | Amrita Yoga | | Trayodashi Until 5:01PM | Moon – Clear | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| Until 12:25AM Mon | | | | Karttika•Aipasi | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| <hr/> | | | | | | | |

| | | | | | | | |
|---------------|---------------------------------|------------------------------|--|---------------------------------|------------------------|---|--|
| 5 | Monday, November 7, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 204 Subhakrit 5124 |
| | Mesha Rasi: 2.58 | Tithi 14 – 15 | Gulika 2:27PM – 3:45PM | Ashvini Until 1:07AM Tue | Ganesha: Blue | <i>Sunrise:</i> 7:58AM | |
| | | | Yama 11:52AM – 1:10PM | Siddhi Until 11:05PM | Muruqa: Clear | <i>Sunset:</i> 6:21PM | Moon 10 - Phase 28 - 27 |
| | 722276574 | Rahu 9:16AM – 10:34AM | Visti Until 4:52AM Tue | | Nataraja: Clear | | 4th Phase |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 4:47PM | Moon – White | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| | | | | Karttika•Aipasi | | | |
| <hr/> | | | | | | | |

| | | | | | | | |
|---|----------------------------------|-----------------------------|--|---------------------------------|------------------------|---|--|
|  | Tuesday, November 8, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 28 Sutra 205 Subhakrit 5124 |
| | Mesha Rasi: 15.57 | Tithi 15 – 16 | Gulika 1:10PM – 2:27PM | Bharani Until 2:08AM Wed | Ganesha: Blue | <i>Sunrise:</i> 7:59AM | |
| | | | Yama 10:34AM – 11:52AM | Vyatipata* Until 10:14PM | Muruqa: Clear | <i>Sunset:</i> 6:20PM | Moon 10 - Phase 28 - Purnima |
| | 722276574 | Rahu 3:45PM – 5:02PM | Balava Until 5:23AM Wed | | Nataraja: Clear | | |
| Creative Work | Siddha Yoga | | Purnima* Until 5:02PM | Moon – White | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| Until 2:08AM Wed | | | | Karttika•Aipasi | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |
| <hr/> | | | | | | | |

| | | | | | | | |
|---|------------------------------------|-----------------------------|--|----------------------------------|------------------------|---|--|
|  | Wednesday, November 9, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 29 Sutra 206 Subhakrit 5124 |
| | Mesha Rasi: 28.41 | Tithi 16 – 17 | Gulika 11:52AM – 1:10PM | Krittika Until 3:29AM Thu | Ganesha: Blue | <i>Sunrise:</i> 8:00AM | |
| | | | Yama 9:18AM – 10:35AM | Variyan Until 9:46PM | Muruqa: Clear | <i>Sunset:</i> 6:19PM | Moon 10 - Phase 28 - Prathama |
| | 722276574 | Rahu 1:10PM – 2:27PM | Taitila Until 6:25AM Thu | | Nataraja: Clear | | |
| Creative Work | Amrita Yoga | | Prathama* Until 5:49PM | Moon – White | | Bhuloka Day Devaloka Time: 3:PM to 6:PM | |
| Until 3:29AM Thu | | | | Karttika•Aipasi | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| <hr/> | | | | | | | |

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



Thursday, November 10, 2022

Gold Retreat Star

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

Dushanbe, Tajikistan

Sun 1 Sutra 207

Subhakarit 5124

Vrishabha Rasi: 11.12 Tithi 17

732276574

Gulika 10:36AM – 11:53AM
Yama 8:01AM – 9:18AM
Rahu 2:27PM – 3:44PM

Rohini Until 5:39AM Fri
Parigha* Until 9:42PM
Taitila Until 6:25AM
Dvitiya Until 7:06PM

Ganesha: Red *Sunrise:* 8:01AM
Muruqa: Clear *Sunset:* 6:18PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Devaloka Day

Routine Work Marana Yoga

Until 5:39AM Fri

Then Creative Work - Siddha Yoga

1

Friday, November 11, 2022

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

Dushanbe, Tajikistan

Sun 2 Sutra 208

Subhakarit 5124

Vrishabha Rasi: 23.3 Tithi 18

732276574

Gulika 9:19AM – 10:36AM
Yama 3:44PM – 5:00PM
Rahu 11:53AM – 1:10PM

Mrigashira Until 8:05AM Sat
Shiva Until 10:00PM
Vanija Until 7:56AM
Tritiya Until 8:51PM

Ganesha: Red *Sunrise:* 8:02AM
Muruqa: Clear *Sunset:* 6:17PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

2

Saturday, November 12, 2022

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

Dushanbe, Tajikistan

Sun 3 Sutra 209

Subhakarit 5124

Mithuna Rasi: 5.37 Tithi 19

732276574

Gulika 8:04AM – 9:20AM
Yama 2:27PM – 3:43PM
Rahu 10:37AM – 11:53AM

Mrigashira Until 8:05AM
Siddha Until 10:34PM
Bava Until 9:55AM
Chaturthi* Until 11:00PM

Ganesha: Red *Sunrise:* 8:04AM
Muruqa: Clear *Sunset:* 6:16PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

3

Sunday, November 13, 2022

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

Dushanbe, Tajikistan

Sun 4 Sutra 210

Subhakarit 5124

Mithuna Rasi: 17.35 Tithi 20

732276574

Gulika 3:43PM – 4:59PM
Yama 1:10PM – 2:26PM
Rahu 4:59PM – 6:16PM

Ardra Until 10:39AM
Sadhya Until 11:19PM
Kaulava Until 12:12PM
Panchami Until 1:24AM Mon

Ganesha: Red *Sunrise:* 8:05AM
Muruqa: Clear *Sunset:* 6:16PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 14, 2022

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

Dushanbe, Tajikistan

Sun 5 Sutra 211

Subhakarit 5124

Mithuna Rasi: 29.29 Tithi 21

742376574

Gulika 2:26PM – 3:42PM
Yama 11:54AM – 1:10PM
Rahu 9:22AM – 10:38AM

Punarvasu Until 1:45PM
Subha Until 12:11AM Tue
Gara Until 2:41PM
Shashthi* Until 3:54AM Tue

Ganesha: White *Sunrise:* 8:06AM
Muruqa: Clear *Sunset:* 6:15PM
Nataraja: Clear
Moon – Blue
Kartika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 1:45PM

Then Creative Work - Siddha Yoga

5

Tuesday, November 15, 2022

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

Dushanbe, Tajikistan

Sun 6 Sutra 212

Subhakarit 5124

Kataka Rasi: 11.22 Tithi 22

743376574

Gulika 1:10PM – 2:26PM
Yama 10:39AM – 11:55AM
Rahu 3:42PM – 4:58PM

Pushya Until 4:40PM
Sukla Until 12:57AM Wed
Visti Until 5:09PM
Saptami Until 6:18AM Wed

Ganesha: Green *Sunrise:* 8:07AM
Muruqa: Clear *Sunset:* 6:14PM
Nataraja: Clear
Moon – Blue
Kartika-Aipasi

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 213

Subhakarit 5124

Kataka Rasi: 23.17 Tithi 22 – 23

743376574

Gulika 11:55AM – 1:11PM
Yama 9:24AM – 10:39AM
Rahu 1:11PM – 2:26PM

Ashlesha* Until 7:15PM
Brahma Until 1:33AM Thu
Balava Until 7:26PM
Saptami Until 6:18AM

Ganesha: Green *Sunrise:* 8:08AM
Muruqa: Clear *Sunset:* 6:13PM
Nataraja: Clear
Moon – Blue
Kartika-Kartikai

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 8 Sutra 214

Subhakarit 5124

Simha Rasi: 5.19 Tithi 23 – 24

753376575

Gulika 10:40AM – 11:55AM
Yama 8:09AM – 9:24AM
Rahu 2:26PM – 3:42PM

Magha* Until 9:47PM
Indra Until 1:49AM Fri
Taitila Until 9:19PM
Ashtami* Until 8:24AM

Ganesha: Orange *Sunrise:* 8:09AM
Muruqa: Clear *Sunset:* 6:13PM
Nataraja: Purple
Moon – Red
Kartika-Kartikai

Sivaloka Day

Creative Work Amrita Yoga

Until 9:47PM

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang


| | | | | | | | | |
|---------------------------|--|------------------------------|---|------------------------------------|------------------------|------------------------|------------------------|--|
| 1 | Friday, November 18, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau | | Sun 9 | | Sutra 215 | | Subhakrit 5124 | |
| | Simha Rasi: 17.32 | Tithi 24 – 25 | Gulika 9:25AM – 10:41AM | Purvaphalguni Until 11:35PM | Ganesha: Orange | <i>Sunrise:</i> 8:10AM | Moon 11 - Phase 30 - 9 | |
| | 753376575 | Rahu 11:56AM – 1:11PM | Yama 3:41PM – 4:57PM | Vaidhrili* Until 1:37AM Sat | Muruqa: Clear | <i>Sunset:</i> 6:12PM | 2nd Phase | |
| Creative Work Siddha Yoga | | Vanija Until 10:37PM | | Nataraja: Purple | Moon – Red | | Sivaloka Day | |
| | | Navami* Until 10:01AM | | Karttika-Karttikai | | | | |

| | | | | | | | | |
|----------------------------------|---|-------------------------------|---|---|------------------------|------------------------|-------------------------|--|
| 2 | Saturday, November 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau | | Sun 10 | | Sutra 216 | | Subhakrit 5124 | |
| | Kanya Rasi: 0.01 | Tithi 25 – 26 | Gulika 8:11AM – 9:26AM | Uttaraphalguni Until 12:34AM Sun | Ganesha: Orange | <i>Sunrise:</i> 8:11AM | Moon 11 - Phase 30 - 10 | |
| | 753376575 | Rahu 10:41AM – 11:56AM | Yama 2:26PM – 3:41PM | Vishkambha* Until 12:53AM Sun | Muruqa: Clear | <i>Sunset:</i> 6:11PM | 2nd Phase | |
| Routine Work Marana Yoga | | Bava Until 11:13PM | | Nataraja: Purple | Moon – Red | | Sivaloka Day | |
| Until 12:34AM Sun | | Dashami Until 11:00AM | | Karttika-Karttikai | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | | |

| | | | | | | | | |
|--|--|-----------------------------|---|-------------------------------|----------------------------|------------------------|-------------------------|--|
| 3 | Sunday, November 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | Sun 11 | | Sutra 217 | | Subhakrit 5124 | |
| | Kanya Rasi: 12.5 | Tithi 26 – 27 | Gulika 3:41PM – 4:56PM | Hasta Until 1:07AM Mon | Ganesha: Light Blue | <i>Sunrise:</i> 8:12AM | Moon 11 - Phase 30 - 11 | |
| | 753376575 | Rahu 4:56PM – 6:11PM | Yama 1:11PM – 2:26PM | Priti Until 11:33PM | Muruqa: Clear | <i>Sunset:</i> 6:11PM | 2nd Phase | |
| Creative Work Amrita Yoga | | Kaulava Until 11:03PM | | Nataraja: Purple | Moon – Green | | Devaloka Day | |
| Until 1:07AM Mon | | Ekadashi* Until 11:13AM | | Karttika-Karttikai | | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | | |

| | | | | | | | | |
|----------------------------------|--|------------------------------|--|---------------------------------|----------------------------|------------------------|-------------------------|--|
| 4 | Monday, November 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau | | Sun 12 | | Sutra 218 | | Subhakrit 5124 | |
| | Kanya Rasi: 26.03 | Tithi 27 – 28 | Gulika 2:26PM – 3:41PM | Chitra Until 12:45AM Tue | Ganesha: Light Blue | <i>Sunrise:</i> 8:13AM | Moon 11 - Phase 30 - 12 | |
| | 753376575 | Rahu 9:28AM – 10:42AM | Yama 11:57AM – 1:12PM | Ayushman Until 9:36PM | Muruqa: Clear | <i>Sunset:</i> 6:10PM | 2nd Phase | |
| Family Home Evening | | Gara Until 10:07PM | | Nataraja: Purple | Moon – Green | | Devaloka Day | |
| Routine Work Prabalarishta Yoga | | Dvadashi* Until 10:40AM | | Karttika-Karttikai | | | | |
| Until 12:45AM Tue | | Pradosha Vrata (Fasting) | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |

| | | | | | | | | |
|---------------------------------|--|-----------------------------|---|----------------------------|----------------------------|------------------------|-------------------------|--|
| 5 | Tuesday, November 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | Sun 13 | | Sutra 219 | | Subhakrit 5124 | |
| | Tula Rasi: 9.4 | Tithi 28 – 29 | Gulika 1:12PM – 2:26PM | Svati Until 11:34PM | Ganesha: Light Blue | <i>Sunrise:</i> 8:14AM | Moon 11 - Phase 30 - 13 | |
| | 753376575 | Rahu 3:41PM – 4:55PM | Yama 10:43AM – 11:58AM | Saubhagya Until 7:07PM | Muruqa: Clear | <i>Sunset:</i> 6:09PM | 2nd Phase | |
| Creative Work Siddha Yoga | | Visti Until 8:30PM | | Nataraja: Purple | Moon – Green | | Devaloka Day | |
| Until 11:34PM | | Trayodashi* Until 9:22AM | | Karttika-Karttikai | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

| | | | | | | | | |
|---|--|-----------------------------|---|-------------------------------|------------------------|------------------------|-------------------------|--|
|  | Wednesday, November 23, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | Sun 14 | | Sutra 220 | | Subhakrit 5124 | |
| | Tula Rasi: 23.42 | Tithi 29 – 30 | Gulika 11:58AM – 1:12PM | Vishakha Until 10:07PM | Ganesha: Purple | <i>Sunrise:</i> 8:15AM | Moon 11 - Phase 30 - 14 | |
| | 773376575 | Rahu 1:12PM – 2:26PM | Yama 9:30AM – 10:44AM | Sobhana Until 4:09PM | Muruqa: Clear | <i>Sunset:</i> 6:09PM | Amavasya | |
| Creative Work Siddha Yoga | | Catuspada Until 6:16PM | | Nataraja: Purple | Moon – Orange | | Devaloka Day | |
| | | Chaturdashi* Until 7:26AM | | Karttika-Karttikai | | | | |

| | | | | | | | | |
|--|---|-----------------------------|--|------------------------------|------------------------|------------------------|-------------------------|--|
| Retreat Star | Thursday, November 24, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam | | | | Dushanbe, Tajikistan | |
| | Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau | | Sun 15 | | Sutra 221 | | Subhakrit 5124 | |
| | Vrischika Rasi: 8.04 | Tithi 1 | Gulika 10:44AM – 11:58AM | Anuradha Until 8:06PM | Ganesha: Purple | <i>Sunrise:</i> 8:16AM | Moon 11 - Phase 30 - 15 | |
| | 773376575 | Rahu 2:26PM – 3:40PM | Yama 8:16AM – 9:30AM | Athiganda* Until 12:48PM | Muruqa: Clear | <i>Sunset:</i> 6:08PM | Prathama | |
| Creative Work Siddha Yoga | | Kintughna Until 3:36PM | | Nataraja: Purple | Moon – Orange | | Devaloka Day | |
| Until 8:06PM | | Prathama* Until 2:08AM Fri | | 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

| | | | | | |
|---|----------------------------------|--|--|--|---|
| 1 | Friday, November 25, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | Dushanbe, Tajikistan Sun 16 Sutra 222 Subhakrit 5124 |
| | Vrischika Rasi: 22.43 Tithi 2 | Gulika 9:31AM – 10:45AM Yama 3:40PM – 4:54PM 773376575 Rahu 11:59AM – 1:13PM | Jyeshtha* Until 5:41PM Sukarma Until 9:11AM Balava Until 12:39PM Dvitiya Until 11:05PM | Ganesha: Purple <i>Sunrise:</i> 8:18AM Muruqa: Clear <i>Sunset:</i> 6:08PM Nataraja: Purple Moon – Orange Margasira-Karttikai | Moon 11 - Phase 31 - 16 3rd Phase Devaloka Day |
| Routine Work Marana Yoga Until 5:41PM Then Creative Work - Amrita Yoga | | | | | |

| | | | | | |
|------------------------------|------------------------------------|---|--|--|---|
| 2 | Saturday, November 26, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Taitila/Gara Karana Tritiyayam Titau | | | Dushanbe, Tajikistan Sun 17 Sutra 223 Subhakrit 5124 |
| | Dhanus Rasi: 7.29 Tithi 3 | Gulika 8:19AM – 9:32AM Yama 2:27PM – 3:40PM 783376575 Rahu 10:46AM – 11:59AM | Mula* Until 3:26PM Shula* Until 1:41AM Sun Taitila Until 9:32AM Tritiya Until 7:57PM | Ganesha: Light Blue <i>Sunrise:</i> 8:19AM Muruqa: Clear <i>Sunset:</i> 6:08PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai | Moon 11 - Phase 31 - 17 3rd Phase Devaloka Day |
| Creative Work Siddha Yoga | | | | | |

| | | | | | |
|--|-----------------------------------|--|--|--|---|
| 3 | Sunday, November 27, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda* Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau | | | Dushanbe, Tajikistan Sun 18 Sutra 224 Subhakrit 5124 |
| | Dhanus Rasi: 22.17 Tithi 4 – 5 | Gulika 3:40PM – 4:54PM Yama 1:13PM – 2:27PM 783376575 Rahu 4:54PM – 6:07PM | Purvashadha* Until 1:06PM Ganda* Until 10:00PM Vanija Until 6:26AM Chaturthi* Until 4:55PM | Ganesha: Light Blue <i>Sunrise:</i> 8:20AM Muruqa: Clear <i>Sunset:</i> 6:07PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai | Moon 11 - Phase 31 - 18 3rd Phase Devaloka Day |
| Creative Work Siddha Yoga Until 1:06PM Then Creative Work - Amrita Yoga | | | | | |

| | | | | | |
|---|----------------------------------|---|---|--|---|
| 4 | Monday, November 28, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau | | | Dushanbe, Tajikistan Sun 19 Sutra 225 Subhakrit 5124 |
| | Makara Rasi: 6.59 Tithi 5 – 6 | Gulika 2:27PM – 3:40PM Yama 12:00PM – 1:14PM 783376575 Rahu 9:34AM – 10:47AM | Uttarashadha Until 10:49AM Vriddhi Until 6:32PM Kaulava Until 12:47AM Tue Panchami Until 2:04PM | Ganesha: Light Blue <i>Sunrise:</i> 8:21AM Muruqa: Clear <i>Sunset:</i> 6:07PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai | Moon 11 - Phase 31 - 19 3rd Phase Devaloka Day |
| Family Home Evening Routine Work Marana Yoga Until 10:49AM Then Creative Work - Amrita Yoga | | | | | |

| | | | | | |
|------------------------------|-----------------------------------|--|--|--|---|
| 5 | Tuesday, November 29, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | Dushanbe, Tajikistan Sun 20 Sutra 226 Subhakrit 5124 |
| | Makara Rasi: 21.28 Tithi 6 – 7 | Gulika 1:14PM – 2:27PM Yama 10:48AM – 12:01PM 793376575 Rahu 3:40PM – 4:53PM | Shravana Until 9:06AM Dhruva Until 3:20PM Gara Until 10:28PM Shashthi* Until 11:34AM | Ganesha: Orange <i>Sunrise:</i> 8:22AM Muruqa: Clear <i>Sunset:</i> 6:07PM Nataraja: Purple Moon – Purple Margasira-Karttikai | Moon 11 - Phase 31 - 20 3rd Phase Sivaloka Day |
| Creative Work Siddha Yoga | | | | | |

| | | | | | |
|--|-------------------------------------|---|---|---|--|
| Retreat Star | Wednesday, November 30, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha*/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | Dushanbe, Tajikistan Sun 21 Sutra 227 Subhakrit 5124 |
| | Kumbha Rasi: 5.41 Tithi 7 – 8 | Gulika 12:01PM – 1:14PM Yama 9:36AM – 10:49AM 794376575 Rahu 1:14PM – 2:27PM | Dhanishtha Until 7:39AM Vyaghata* Until 12:29PM Visti Until 8:37PM Saptami Until 9:28AM | Ganesha: Clear <i>Sunrise:</i> 8:23AM Muruqa: Clear <i>Sunset:</i> 6:06PM Nataraja: Purple Moon – Purple Margasira-Karttikai | Moon 11 - Phase 31 - 21 Ashtami Sivaloka Day |
| Routine Work Prabalarishta Yoga Until 7:39AM Then Creative Work - Siddha Yoga | | | | | |

| | | | | | |
|------------------------------|-----------------------------------|--|--|---|--|
| Retreat Star | Thursday, December 1, 2022 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak*/Purvaprosithapada* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | Dushanbe, Tajikistan Sun 22 Sutra 228 Subhakrit 5124 |
| | Kumbha Rasi: 19.36 Tithi 8 – 9 | Gulika 10:49AM – 12:02PM Yama 8:24AM – 9:36AM 794376575 Rahu 2:28PM – 3:40PM | Shatabhishak Until 6:32AM Harshana Until 10:02AM Balava Until 7:15PM Ashtami* Until 7:51AM | Ganesha: Clear <i>Sunrise:</i> 8:24AM Muruqa: Clear <i>Sunset:</i> 6:06PM Nataraja: Purple Moon – Purple Margasira-Karttikai | Moon 11 - Phase 31 - 22 Navami Sivaloka Day |
| Creative Work Siddha Yoga | | | | | |

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

| | | | | | | | | | |
|------------------|--------------|---------------------------------|-------------------------|---------------------------------------|----------------------------|---|--|--|-------------------------|
| 1 | | Friday, December 2, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Navami/Dashmiam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 229 | |
| Meena Rasi: 3.13 | Tithi 9 – 10 | Gulika | 9:37AM – 10:50AM | Purvaproshtapada* Until 6:12AM | Ganesha: Red | Sunrise: 8:25AM | | | Subhakrit 5124 |
| | | Yama | 3:41PM – 4:53PM | Vajra* Until 7:57AM | Muruqa: Clear | Sunset: 6:06PM | | | Moon 11 - Phase 32 - 23 |
| | | 714376575 Rahu | 12:03PM – 1:15PM | Taitila Until 6:25PM | Nataraja: Purple | | | | 4th Phase |
| Creative Work | Siddha Yoga | | | Navami* Until 6:45AM | Moon – Clear | | | Sivaloka Day | |
| | | | | | Margasira-Karttikai | | | | |

| | | | | | | | | | |
|--|---------------|-----------------------------------|--------------------------|---------------------------------------|----------------------------|--|--|--|-------------------------|
| 2 | | Saturday, December 3, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddhi/Vyatiyata Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Dushanbe, Tajikistan Sun 24 Sutra 230 | |
| Meena Rasi: 16.31 | Tithi 10 – 11 | Gulika | 8:25AM – 9:38AM | Uttaraproshtapada Until 6:14AM | Ganesha: Red | Sunrise: 8:25AM | | | Subhakrit 5124 |
| | | Yama | 2:28PM – 3:41PM | Siddhi Until 6:18AM | Muruqa: Clear | Sunset: 6:06PM | | | Moon 11 - Phase 32 - 24 |
| | | 714376575 Rahu | 10:51AM – 12:03PM | Vanija Until 6:05PM | Nataraja: Purple | | | | 4th Phase |
| Creative Work | Siddha Yoga | | | Vanija Until 6:05PM | Moon – Clear | | | Sivaloka Day | |
| Until 6:14AM | | Gita Jayanthi | | Dashami Until 6:10AM | Margasira-Karttikai | | | | |
| Then Routine Work - Prabararishta Yoga | | | | | | | | | |

| | | | | | | | | | |
|----------------------------------|---------------|---------------------------------|------------------------|------------------------------|----------------------------|--|--|--|-------------------------|
| 3 | | Sunday, December 4, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Varyan Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | Dushanbe, Tajikistan Sun 25 Sutra 231 | |
| Meena Rasi: 29.34 | Tithi 11 – 12 | Gulika | 3:41PM – 4:53PM | Revati Until 6:37AM | Ganesha: Red | Sunrise: 8:26AM | | | Subhakrit 5124 |
| | | Yama | 1:16PM – 2:28PM | Variyan Until 4:10AM Mon | Muruqa: Clear | Sunset: 6:06PM | | | Moon 11 - Phase 32 - 25 |
| | | 714376575 Rahu | 4:53PM – 6:06PM | Bava Until 6:15PM | Nataraja: Purple | | | | 4th Phase |
| Creative Work | Amrita Yoga | | | Ekadashi Until 6:06AM | Moon – Clear | | | Sivaloka Day | |
| Until 6:37AM | | | | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | | |

| | | | | | | | | | |
|----------------------------|---------------|---------------------------------|-------------------------|------------------------------|----------------------------|---|--|--|-------------------------|
| 4 | | Monday, December 5, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Parigha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Dushanbe, Tajikistan Sun 26 Sutra 232 | |
| Mesha Rasi: 12.23 | Tithi 12 – 13 | Gulika | 2:29PM – 3:41PM | Ashvini Until 7:45AM | Ganesha: Blue | Sunrise: 8:27AM | | | Subhakrit 5124 |
| Family Home Evening | | Yama | 12:04PM – 1:16PM | Parigha* Until 3:37AM Tue | Muruqa: Clear | Sunset: 6:05PM | | | Moon 11 - Phase 32 - 26 |
| | | 724376575 Rahu | 9:40AM – 10:52AM | Kaulava Until 6:53PM | Nataraja: Purple | | | | 4th Phase |
| Creative Work | Siddha Yoga | | | Dvadashi Until 6:30AM | Moon – White | | | Devaloka Day | |
| | | | | | Margasira-Karttikai | | | | |
| | | | | | <i>Pradosha Vrata</i> | | | | |

| | | | | | | | | | |
|-------------------|---------------|----------------------------------|------------------------|--------------------------------|----------------------------|--|--|--|-------------------------|
| 5 | | Tuesday, December 6, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | Dushanbe, Tajikistan Sun 27 Sutra 233 | |
| Mesha Rasi: 25.01 | Tithi 13 – 14 | Gulika | 1:17PM – 2:29PM | Bharani Until 9:09AM | Ganesha: Blue | Sunrise: 8:28AM | | | Subhakrit 5124 |
| | | Yama | 10:53AM – 12:05PM | Shiva Until 3:23AM Wed | Muruqa: Clear | Sunset: 6:05PM | | | Moon 11 - Phase 32 - 27 |
| | | 724376575 Rahu | 3:41PM – 4:53PM | Gara Until 7:56PM | Nataraja: Purple | | | | 4th Phase |
| Creative Work | Siddha Yoga | | | Trayodashi Until 7:20AM | Moon – White | | | Devaloka Day | |
| | | Krittika Deepam | | | Margasira-Karttikai | | | | |

| | | | | | | | | | |
|----------------------------------|---------------|------------------------------------|-------------------------|----------------------------------|----------------------------|---|--|-----------------------------------|------------------------------|
| ○ | | Wednesday, December 7, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | Dushanbe, Tajikistan Sutra 234 | |
| Copper Retreat Star | | Gulika | 12:05PM – 1:17PM | Krittika Until 10:47AM | Ganesha: Blue | Sunrise: 8:29AM | | | Subhakrit 5124 |
| Vrishabha Rasi: 7.26 | Tithi 14 – 15 | Yama | 9:41AM – 10:53AM | Siddha Until 3:25AM Thu | Muruqa: Clear | Sunset: 6:05PM | | | Moon 11 - Phase 32 - Purnima |
| | | 724376575 Rahu | 1:17PM – 2:29PM | Visti Until 9:22PM | Nataraja: Purple | | | | |
| Creative Work | Amrita Yoga | | | Chaturdashi* Until 8:35AM | Moon – White | | | Devaloka Day | |
| Until 10:47AM | | | | | Margasira-Karttikai | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | | |

| | | | | | | | | | |
|----------------------------|---------------|-----------------------------------|--------------------------|-------------------------------|--------------------------------|---|--|-----------------------------------|-------------------------------|
| ○ | | Thursday, December 8, 2022 | | | | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | Dushanbe, Tajikistan Sutra 235 | |
| Silver Retreat Star | | Gulika | 10:54AM – 12:06PM | Rohini Until 1:05PM | Ganesha: Yellow | Sunrise: 8:30AM | | | Subhakrit 5124 |
| Vrishabha Rasi: 19.43 | Tithi 15 – 16 | Yama | 8:30AM – 9:42AM | Sadhya Until 3:43AM Fri | Muruqa: Clear | Sunset: 6:05PM | | | Moon 11 - Phase 32 - Prathama |
| | | 734376575 Rahu | 2:30PM – 3:42PM | Balava Until 11:10PM | Nataraja: Purple | | | | |
| Routine Work | Marana Yoga | | | Purnima* Until 10:12AM | Moon – Yellow | | | Sivaloka Day | |
| | | | | | Margasira-Karttikai | | | | |
| | | | | | <i>Vinayaga Viratam Begins</i> | | | | |

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

Dushanbe, Tajikistan

Sutra 236

Mithuna Rasi: 1.52 Tithi 16 - 17

Gulika 9:43AM - 10:55AM
Yama 3:42PM - 4:54PM
Rahu 12:06PM - 1:18PM

Mrigashira Until 3:32PM
Subha Until 4:14AM Sat
Taitila Until 1:15AM Sat
Prathama* Until 12:09PM

Ganesha: Red Sunrise: 8:31AM
Muruqa: Clear Sunset: 6:05PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Subhakrit 5124
Moon 12 - Phase 33 -
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

1

Saturday, December 10, 2022

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

Dushanbe, Tajikistan

Sun 1 Sutra 237

Mithuna Rasi: 13.54 Tithi 17 - 18

Gulika 8:32AM - 9:43AM
Yama 2:30PM - 3:42PM
Rahu 10:55AM - 12:07PM

Ardra Until 6:03PM
Sukla Until 4:54AM Sun
Vanija Until 3:35AM Sun
Dvitiya Until 2:22PM

Ganesha: Red Sunrise: 8:32AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

2

Sunday, December 11, 2022

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

Dushanbe, Tajikistan

Sun 2 Sutra 238

Mithuna Rasi: 25.5 Tithi 18 - 19

Gulika 3:42PM - 4:54PM
Yama 1:19PM - 2:31PM
Rahu 4:54PM - 6:06PM

Punarvasu Until 9:06PM
Brahma Until 5:42AM Mon
Bava Until 6:04AM Mon
Tritiya Until 4:47PM

Ganesha: Green Sunrise: 8:32AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

3

Monday, December 12, 2022

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

Dushanbe, Tajikistan

Sun 3 Sutra 239

Kataka Rasi: 7.44 Tithi 19

Family Home Evening

745476575

Gulika 2:31PM - 3:43PM
Yama 12:08PM - 1:20PM
Rahu 9:45AM - 10:56AM

Pushya Until 12:03AM Tue
Indra Until 6:33AM Tue
Bava Until 6:04AM
Chaturthi* Until 7:19PM

Ganesha: White Sunrise: 8:33AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

4

Tuesday, December 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashlesha* Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Panchamyam Titau

Dushanbe, Tajikistan

Sun 4 Sutra 240

Kataka Rasi: 19.35 Tithi 20

745476575

Gulika 1:20PM - 2:32PM
Yama 10:57AM - 12:09PM
Rahu 3:43PM - 4:55PM

Ashlesha* Until 2:48AM Wed
Indra Until 6:33AM
Kaulava Until 8:36AM
Panchami Until 9:49PM

Ganesha: White Sunrise: 8:34AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

5

Wednesday, December 14, 2022

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

Dushanbe, Tajikistan

Sun 5 Sutra 241

Simha Rasi: 1.29 Tithi 21

755476575

Gulika 12:09PM - 1:20PM
Yama 9:46AM - 10:58AM
Rahu 1:20PM - 2:32PM

Magha* Until 5:42AM Thu
Vaidhriti* Until 7:19AM
Gara Until 11:03AM
Shashthi* Until 12:10AM Thu

Ganesha: Clear Sunrise: 8:35AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

6

Thursday, December 15, 2022

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

Dushanbe, Tajikistan

Sun 6 Sutra 242

Simha Rasi: 13.28 Tithi 22

755476575

Gulika 10:58AM - 12:10PM
Yama 8:35AM - 9:47AM
Rahu 2:32PM - 3:44PM

Purvaphalguni Until 8:02AM Fri
Vishkambha* Until 7:55AM
Visti Until 1:14PM
Saptami Until 2:08AM Fri

Ganesha: Clear Sunrise: 8:35AM
Muruqa: Clear Sunset: 6:06PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

D

Friday, December 16, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 7 Sutra 243

Simha Rasi: 25.37 Tithi 23

755476575

Gulika 9:47AM - 10:59AM
Yama 3:44PM - 4:55PM
Rahu 12:10PM - 1:21PM

Purvaphalguni Until 8:02AM
Priti Until 8:13AM
Balava Until 2:57PM
Ashtami* Until 3:33AM Sat

Ganesha: Clear Sunrise: 8:36AM
Muruqa: Clear Sunset: 6:07PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Subhakrit 5124
Moon 12 - Phase 33 - 7
Ashtami

Creative Work Siddha Yoga

Sivaloka Day

Markali Pillaiyar

Saturday, December 17, 2022

Retreat Star

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

Dushanbe, Tajikistan

Sun 8 Sutra 244

Kanya Rasi: 8 Tithi 24

855476575

Gulika 8:37AM - 9:48AM
Yama 2:33PM - 3:45PM
Rahu 10:59AM - 12:11PM

Uttaraphalguni Until 9:38AM
Ayushman Until 8:02AM
Taitila Until 4:01PM
Navami* Until 4:14AM Sun

Ganesha: White Sunrise: 8:37AM
Muruqa: Clear Sunset: 6:07PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Subhakrit 5124
Moon 12 - Phase 33 - 8
Navami

Routine Work Marana Yoga

Devaloka Day

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang


| | | | | | | | |
|--|----------------------------------|----------|---|---|--|---|---|
| 1 | Sunday, December 18, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Vistil* Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 245 |
| | Kanya Rasi: 20.43 | Tithi 25 | 865476575 | Gulika 3:45PM – 4:56PM Yama 1:22PM – 2:34PM Rahu 4:56PM – 6:07PM | Hasta Until 10:49AM Saubhagya Until 7:17AM Vanija Until 4:17PM Dashami Until 4:05AM Mon | Ganesha: Clear <i>Sunrise: 8:37AM</i> Muruqa: Clear <i>Sunset: 6:07PM</i> Nataraja: Purple Moon – Green | Subhakrit 5124 Moon 12 - Phase 34 - 9 2nd Phase Sivaloka Day Margasira*Markali |
| Creative Work Amrita Yoga Until 10:49AM Then Creative Work - Siddha Yoga | | | | | | | |


| | | | | | | | |
|---|----------------------------------|----------|---|---|--|---|--|
| 2 | Monday, December 19, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 246 |
| | Tula Rasi: 3.51 | Tithi 26 | 865476575 | Gulika 2:34PM – 3:45PM Yama 12:12PM – 1:23PM Rahu 9:49AM – 11:01AM | Chitra Until 11:01AM Athiganda* Until 3:49AM Tue Bava Until 3:42PM Ekadashi* Until 3:04AM Tue | Ganesha: Clear <i>Sunrise: 8:38AM</i> Muruqa: Clear <i>Sunset: 6:08PM</i> Nataraja: Purple Moon – Green | Subhakrit 5124 Moon 12 - Phase 34 - 10 2nd Phase Sivaloka Day Margasira*Markali |
| Family Home Evening Routine Work Prabalarishta Yoga Until 11:01AM Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|---|-----------------------------------|----------|---|---|---|---|--|
| 3 | Tuesday, December 20, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 247 |
| | Tula Rasi: 17.26 | Tithi 27 | 865476575 | Gulika 1:23PM – 2:35PM Yama 11:01AM – 12:12PM Rahu 3:46PM – 4:57PM | Svati Until 10:15AM Sukarma Until 1:07AM Wed Kaulava Until 2:17PM Dvadashi* Until 1:15AM Wed | Ganesha: Clear <i>Sunrise: 8:39AM</i> Muruqa: Clear <i>Sunset: 6:08PM</i> Nataraja: Purple Moon – Green | Subhakrit 5124 Moon 12 - Phase 34 - 11 2nd Phase Sivaloka Day Margasira*Markali |
| Creative Work Siddha Yoga Until 10:15AM Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|---------------------------|-------------------------------------|---------------------------------|---|---|---|---|--|
| 4 | Wednesday, December 21, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 248 |
| | Vrischika Rasi: 1.31 | Tithi 28 | 875476575 | Gulika 12:13PM – 1:24PM Yama 9:50AM – 11:02AM Rahu 1:24PM – 2:35PM | Vishakha Until 9:01AM Dhriti Until 9:52PM Gara Until 12:06PM Trayodashi* Until 10:45PM | Ganesha: Purple <i>Sunrise: 8:39AM</i> Muruqa: Clear <i>Sunset: 6:09PM</i> Nataraja: Purple Moon – Orange | Subhakrit 5124 Moon 12 - Phase 34 - 12 2nd Phase Devaloka Day Margasira*Markali |
| Creative Work Siddha Yoga | | Day 1 of Pancha Ganapati | | Pradosha Vrata (Fasting) | | | |

| | | | | | | | |
|---|------------------------------------|---------------------------------|--|---|--|--|--|
| 5 | Thursday, December 22, 2022 | | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vistil*/Sakuni* Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 249 |
| | Vrischika Rasi: 16.02 | Tithi 29 | 876476575 | Gulika 11:02AM – 12:13PM Yama 8:40AM – 9:51AM Rahu 2:36PM – 3:47PM | Anuradha Until 7:00AM Shula* Until 6:09PM Vistil Until 9:18AM Chaturdashi* Until 7:42PM | Ganesha: Clear <i>Sunrise: 8:40AM</i> Muruqa: Clear <i>Sunset: 6:09PM</i> Nataraja: Purple Moon – Orange | Subhakrit 5124 Moon 12 - Phase 34 - 13 2nd Phase Sivaloka Day Margasira*Markali |
| Creative Work Siddha Yoga Until 7:00AM Then Routine Work - Prabalarishta Yoga | | Day 2 of Pancha Ganapati | | | | | |

| | | | | | | | | |
|---|----------------------------------|---------------------------------|--|--------------|-----------|---|---|---|
|  | Friday, December 23, 2022 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhi Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 250 | |
| | Retreat Star | | Dhanus Rasi: 0.56 | Tithi 30 – 1 | 886476575 | Gulika 9:51AM – 11:03AM Yama 3:47PM – 4:59PM Rahu 12:14PM – 1:25PM | Mula* Until 1:42AM Sat Ganda* Until 2:08PM Catuspada Until 6:02AM Amavasya* Until 4:16PM | Ganesha: Orange <i>Sunrise: 8:40AM</i> Muruqa: Clear <i>Sunset: 6:10PM</i> Nataraja: Purple Moon – Light Blue |
| Creative Work Amrita Yoga Until 1:42AM Sat Then Creative Work - Siddha Yoga | | Day 3 of Pancha Ganapati | | | | | | |

| | | | | | | | | |
|---|------------------------------------|---------------------------------|--|-------------|-----------|---|--|---|
|  | Saturday, December 24, 2022 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 251 | |
| | Retreat Star | | Dhanus Rasi: 16.02 | Tithi 1 – 2 | 886476575 | Gulika 8:41AM – 9:52AM Yama 2:37PM – 3:48PM Rahu 11:03AM – 12:14PM | Purvashadha* Until 10:46PM Vridhi Until 9:56AM Balava Until 10:49PM Prathama* Until 12:38PM | Ganesha: Orange <i>Sunrise: 8:41AM</i> Muruqa: Clear <i>Sunset: 6:10PM</i> Nataraja: Purple Moon – Light Blue |
| Creative Work Siddha Yoga Until 10:46PM 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | | |
|-------------------|-------------|---------------------------------------|----------------------------------|--|------------------------|--|-----------------------|---------------------------|
| 1 | | Sunday, December 25, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau | | Dushanbe, Tajikistan Sun 16 Sutra 252 Subhakrit 5124 | | |
| Makara Rasi: 1.14 | Tithi 2 - 3 | Gulika 3:48PM - 5:00PM | Uttarashadha Until 7:46PM | Ganesha: Orange | <i>Sunrise:</i> 8:41AM | Muruqa: Purple | <i>Sunset:</i> 6:11PM | Moon 12 - Phase 35 - 16 |
| | | Yama 1:26PM - 2:37PM | Vyaghata* Until 1:30AM Mon | Nataraja: Purple | | | | 3rd Phase |
| | | 886486575 Rahu 5:00PM - 6:11PM | Taitila Until 7:11PM | Moon - Light Blue | | | | |
| Creative Work | Amrita Yoga | | Day 5 of Pancha Ganapati | Dvitiya Until 8:58AM | | Pausha-Markali | | Subha Sivaloka Day |

| | | | | | | | | |
|----------------------------------|-------------|--|------------------------------------|---|------------------------|--|-----------------------|-------------------------|
| 2 | | Monday, December 26, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visli* Karana Chaturtham Titau | | Dushanbe, Tajikistan Sun 17 Sutra 253 Subhakrit 5124 | | |
| Makara Rasi: 16.19 | Tithi 4 | Gulika 2:38PM - 3:49PM | Shravana Until 5:15PM | Ganesha: Clear | <i>Sunrise:</i> 8:41AM | Muruqa: Purple | <i>Sunset:</i> 6:12PM | Moon 12 - Phase 35 - 17 |
| Family Home Evening | | Yama 12:15PM - 1:26PM | Harshana Until 9:35PM | Nataraja: Clear | | | | 3rd Phase |
| Creative Work | Amrita Yoga | 896486576 Rahu 9:53AM - 11:04AM | Vanija Until 3:48PM | Moon - Purple | | | | |
| Until 5:15PM | | | Chaturthi* Until 2:13AM Tue | Pausha-Markali | | | | Sivaloka Day |
| Then Creative Work - Siddha Yoga | | | | | | | | |

| | | | | | | | | |
|---------------------------------|-------------|---------------------------------------|--------------------------------|---|------------------------|--|-----------------------|-------------------------|
| 3 | | Tuesday, December 27, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau | | Dushanbe, Tajikistan Sun 18 Sutra 254 Subhakrit 5124 | | |
| Kumbha Rasi: 1.1 | Tithi 5 | Gulika 1:27PM - 2:38PM | Dhanishtha Until 3:00PM | Ganesha: Clear | <i>Sunrise:</i> 8:42AM | Muruqa: Purple | <i>Sunset:</i> 6:12PM | Moon 12 - Phase 35 - 18 |
| | | Yama 11:04AM - 12:16PM | Vajra* Until 5:58PM | Nataraja: Clear | | | | 3rd Phase |
| | | 896486576 Rahu 3:50PM - 5:01PM | Bava Until 12:47PM | Moon - Purple | | | | |
| Creative Work | Siddha Yoga | | Panchami Until 11:27PM | Pausha-Markali | | | | Sivaloka Day |
| Until 3:00PM | | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | | |

| | | | | | | | | |
|----------------------------------|-------------|---------------------------------------|----------------------------------|---|------------------------|--|-----------------------|-------------------------|
| 4 | | Wednesday, December 28, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashtham Titau | | Dushanbe, Tajikistan Sun 19 Sutra 255 Subhakrit 5124 | | |
| Kumbha Rasi: 15.4 | Tithi 6 | Gulika 12:16PM - 1:27PM | Shatabhishak Until 1:08PM | Ganesha: Clear | <i>Sunrise:</i> 8:42AM | Muruqa: Purple | <i>Sunset:</i> 6:13PM | Moon 12 - Phase 35 - 19 |
| | | Yama 9:53AM - 11:05AM | Siddhi Until 2:50PM | Nataraja: Clear | | | | 3rd Phase |
| | | 896486576 Rahu 1:27PM - 2:39PM | Kaulava Until 10:18AM | Moon - Purple | | | | |
| Creative Work | Siddha Yoga | | Shashthi* Until 9:16PM | Pausha-Markali | | | | Sivaloka Day |
| Until 1:08PM | | | | | | | | |
| Then Creative Work - Amrita Yoga | | Vinayaga Viratam Ends | | | | | | |

| | | | | | | | | |
|--------------------|-------------|---------------------------------------|--|--|------------------------|--|-----------------------|-------------------------|
| 5 | | Thursday, December 29, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Gara/Vanija Karana Saptamyam Titau | | Dushanbe, Tajikistan Sun 20 Sutra 256 Subhakrit 5124 | | |
| Kumbha Rasi: 29.45 | Tithi 7 | Gulika 11:05AM - 12:17PM | Purvaproshtapada* Until 12:12PM | Ganesha: Blue | <i>Sunrise:</i> 8:42AM | Muruqa: Purple | <i>Sunset:</i> 6:14PM | Moon 12 - Phase 35 - 20 |
| | | Yama 8:42AM - 9:54AM | Vyatipata* Until 12:14PM | Nataraja: Clear | | | | 3rd Phase |
| | | 817486576 Rahu 2:39PM - 3:51PM | Gara Until 8:27AM | Moon - Clear | | | | |
| Creative Work | Siddha Yoga | | Saptami Until 7:47PM | Pausha-Markali | | | | Devaloka Day |
| | | | | | | | | |

| | | | | | | | | |
|---------------------|-------------|--|--|---|------------------------|--|-----------------------|-------------------------|
| Retreat Star | | Friday, December 30, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Visli*/Bava Karana Ashtamyam Titau | | Dushanbe, Tajikistan Sun 21 Sutra 257 Subhakrit 5124 | | |
| Meena Rasi: 13.23 | Tithi 8 | Gulika 9:54AM - 11:06AM | Uttaraproshtapada Until 11:51AM | Ganesha: Blue | <i>Sunrise:</i> 8:43AM | Muruqa: Purple | <i>Sunset:</i> 6:14PM | Moon 12 - Phase 35 - 21 |
| | | Yama 3:51PM - 5:03PM | Variyan Until 10:11AM | Nataraja: Clear | | | | Ashtami |
| | | 817486576 Rahu 12:17PM - 1:28PM | Visli Until 7:20AM | Moon - Clear | | | | |
| Creative Work | Siddha Yoga | | Ashtami* Until 7:02PM | Pausha-Markali | | | | Devaloka Day |
| | | | | | | | | |

| | | | | | | | | |
|----------------------------------|--------------------|---|-----------------------------|--|------------------------|--|-----------------------|-------------------------|
| Retreat Star | | Saturday, December 31, 2022 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 258 Subhakrit 5124 | | |
| Meena Rasi: 26.37 | Tithi 9 | Gulika 8:43AM - 9:54AM | Revati Until 12:04PM | Ganesha: Blue | <i>Sunrise:</i> 8:43AM | Muruqa: Purple | <i>Sunset:</i> 6:15PM | Moon 12 - Phase 35 - 22 |
| | | Yama 2:40PM - 3:52PM | Parigha* Until 8:44AM | Nataraja: Clear | | | | Navami |
| | | 817486576 Rahu 11:06AM - 12:17PM | Balava Until 6:57AM | Moon - Clear | | | | |
| Routine Work | Prabalarishta Yoga | | Navami* Until 7:01PM | Pausha-Markali | | | | Devaloka Day |
| Until 12:04PM | | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | | |


| | | | | | | | |
|--|-------------|--------------------------------|-----------------------------|--|------------------------|--|--|
| 1 | | Sunday, January 1, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dashamyam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 259 Subhakrit 5124 | |
| Mesha Rasi: 9.29 | Tithi 10 | Gulika 3:53PM – 5:04PM | Ashvini Until 1:16PM | Ganesha: Yellow | <i>Sunrise:</i> 8:43AM | | |
| | | Yama 1:29PM – 2:41PM | Shiva Until 7:51AM | Muruqa: Purple | <i>Sunset:</i> 6:16PM | Moon 12 - Phase 36 - 23 | |
| | 827486576 | Rahu 5:04PM – 6:16PM | Taitila Until 7:17AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dashami Until 7:41PM | Moon – White | | Sivaloka Day | |
| Until 1:16PM | | | | Pausha-Markali | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

| | | | | | | | |
|---------------------------------|-------------|--------------------------------|------------------------------|--|------------------------|--|--|
| 2 | | Monday, January 2, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Vanija/Visti Karana Ekadashyam Titau | | Dushanbe, Tajikistan Sun 24 Sutra 260 Subhakrit 5124 | |
| Mesha Rasi: 22.04 | Tithi 11 | Gulika 2:42PM – 3:53PM | Bharani Until 2:53PM | Ganesha: Yellow | <i>Sunrise:</i> 8:43AM | | |
| Family Home Evening | | Yama 12:18PM – 1:30PM | Siddha Until 7:24AM | Muruqa: Purple | <i>Sunset:</i> 6:17PM | Moon 12 - Phase 36 - 24 | |
| | 827486576 | Rahu 9:55AM – 11:07AM | Vanija Until 8:16AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Ekadashi Until 8:55PM | Moon – White | | Sivaloka Day | |
| Until 2:53PM | | Vaikuntha Ekadasi | | Pausha-Markali | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------|---------------------------------|-------------------------------|--|------------------------|--|--|
| 3 | | Tuesday, January 3, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Dvadashyam Titau | | Dushanbe, Tajikistan Sun 25 Sutra 261 Subhakrit 5124 | |
| Vrishabha Rasi: 4.25 | Tithi 12 | Gulika 1:30PM – 2:42PM | Krittika Until 4:47PM | Ganesha: Yellow | <i>Sunrise:</i> 8:43AM | | |
| | | Yama 11:07AM – 12:19PM | Sadhya Until 7:22AM | Muruqa: Purple | <i>Sunset:</i> 6:17PM | Moon 12 - Phase 36 - 25 | |
| | 827486576 | Rahu 3:54PM – 5:06PM | Bava Until 9:44AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Dvadashi Until 10:36PM | Moon – White | | Sivaloka Day | |
| Until 4:47PM | | | | Pausha-Markali | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|-----------------------|-------------|-----------------------------------|-------------------------------------|--|------------------------|--|--|
| 4 | | Wednesday, January 4, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Dushanbe, Tajikistan Sun 26 Sutra 262 Subhakrit 5124 | |
| Vrishabha Rasi: 16.35 | Tithi 13 | Gulika 12:19PM – 1:31PM | Rohini Until 7:21PM | Ganesha: White | <i>Sunrise:</i> 8:43AM | | |
| | | Yama 9:55AM – 11:07AM | Subha Until 7:38AM | Muruqa: Purple | <i>Sunset:</i> 6:18PM | Moon 12 - Phase 36 - 26 | |
| | 838586576 | Rahu 1:31PM – 2:43PM | Kaulava Until 11:35AM | Nataraja: Clear | | 4th Phase | |
| Creative Work | Siddha Yoga | | Trayodashi Until 12:36AM Thu | Moon – Yellow | | Devaloka Day | |
| | | | | Pausha-Markali | | | |
| <i>Pradosha Vrata</i> | | | | | | | |

| | | | | | | | |
|----------------------|-------------|----------------------------------|--------------------------------------|---|------------------------|--|--|
| 5 | | Thursday, January 5, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau | | Dushanbe, Tajikistan Sun 27 Sutra 263 Subhakrit 5124 | |
| Vrishabha Rasi: 28.4 | Tithi 14 | Gulika 11:07AM – 12:19PM | Mrigashira Until 9:59PM | Ganesha: White | <i>Sunrise:</i> 8:44AM | | |
| | | Yama 8:44AM – 9:55AM | Sukla Until 8:05AM | Muruqa: Purple | <i>Sunset:</i> 6:19PM | Moon 12 - Phase 36 - 27 | |
| | 838586576 | Rahu 2:43PM – 3:55PM | Gara Until 1:43PM | Nataraja: Clear | | 4th Phase | |
| Routine Work | Marana Yoga | | Chaturdashi* Until 2:50AM Fri | Moon – Yellow | | Devaloka Day | |
| | | Subramuniyaswami Jayanti | | Pausha-Markali | | | |

| | | | | | | | |
|---|-------------|--------------------------------|----------------------------------|---|------------------------|---|--|
|  | | Friday, January 6, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Visti/Bava Karana Purnimayam Titau | | Dushanbe, Tajikistan Sutra 264 Subhakrit 5124 | |
| Mithuna Rasi: 10.39 | Tithi 15 | Gulika 9:56AM – 11:08AM | Ardra Until 12:36AM Sat | Ganesha: White | <i>Sunrise:</i> 8:44AM | | |
| | | Yama 3:56PM – 5:08PM | Brahma Until 8:42AM | Muruqa: Purple | <i>Sunset:</i> 6:20PM | Moon 12 - Phase 36 - Purnima | |
| | 838586576 | Rahu 12:20PM – 1:32PM | Visti Until 4:01PM | Nataraja: Clear | | | |
| Creative Work | Siddha Yoga | | Purnima* Until 5:12AM Sat | Moon – Yellow | | Devaloka Day | |
| | | | | Pausha-Markali | | | |
| Ardra Darshanam | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------|-------------------------------|-----------------------------------|--|------------------------|---|--|
| Saturday, January 7, 2023 | | Silver Retreat Star | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti Yoga Balava Karana Prathamayam Titau | | Dushanbe, Tajikistan Sutra 265 Subhakrit 5124 | |
| Mithuna Rasi: 22.35 | Tithi 16 | Gulika 8:44AM – 9:56AM | Punarvasu Until 3:38AM Sun | Ganesha: Clear | <i>Sunrise:</i> 8:44AM | | |
| | | Yama 2:44PM – 3:57PM | Indra Until 9:25AM | Muruqa: Purple | <i>Sunset:</i> 6:21PM | Moon 12 - Phase 36 - Prathama | |
| | 848586576 | Rahu 11:08AM – 12:20PM | Balava Until 6:26PM | Nataraja: Clear | | | |
| Creative Work | Siddha Yoga | | Prathama* Until 7:39AM Sun | Moon – Blue | | Sivaloka Day | |
| | | | | Pausha-Markali | | | |

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 4.29 Tithi 16 – 17

848586576

Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam
Pushya Nakshatra Vaidhriti/Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Gulika 3:57PM – 5:10PM
Yama 1:33PM – 2:45PM
Rahu 5:10PM – 6:22PM

Pushya Until 6:33AM
Vaidhriti* Until 10:10AM
Taitila Until 8:55PM
Prathama* Until 7:39AM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:22PM

Dushanbe, Tajikistan
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

Sivaloka Day

1

Monday, January 9, 2023

Kataka Rasi: 16.23 Tithi 17 – 18

848586576

Family Home Evening
Creative Work Siddha Yoga

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

Gulika 2:46PM – 3:58PM
Yama 12:21PM – 1:33PM
Rahu 9:56AM – 11:08AM

Pushya Until 6:33AM
Vishkambha* Until 10:57AM
Vanija Until 11:25PM
Dvitiya Until 10:09AM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:23PM

Dushanbe, Tajikistan
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

Sivaloka Day

2

Tuesday, January 10, 2023

Kataka Rasi: 28.17 Tithi 18 – 19

848586576

Creative Work Siddha Yoga

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

Gulika 1:34PM – 2:46PM
Yama 11:08AM – 12:21PM
Rahu 3:59PM – 5:11PM

Ashlesha* Until 9:17AM
Priti Until 11:45AM
Bava Until 1:51AM Wed
Tritiya Until 12:37PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:24PM

Dushanbe, Tajikistan
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

Sivaloka Day

3

Wednesday, January 11, 2023

Simha Rasi: 10.12 Tithi 19 – 20

859586576

Creative Work Siddha Yoga
Until 12:16PM
Then Creative Work - Amrita Yoga

Subhakrit 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 12:21PM – 1:34PM
Yama 9:56AM – 11:09AM
Rahu 1:34PM – 2:47PM

Magha* Until 12:16PM
Ayushman Until 12:26PM
Kaulava Until 4:07AM Thu
Chaturthi* Until 2:59PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:25PM

Dushanbe, Tajikistan
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

Sivaloka Day

4

Thursday, January 12, 2023

Simha Rasi: 22.12 Tithi 20 – 21

859586576

Creative Work Siddha Yoga

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

Gulika 11:09AM – 12:21PM
Yama 8:43AM – 9:56AM
Rahu 2:47PM – 4:00PM

Purvaphalguni Until 2:51PM
Saubhagya Until 12:58PM
Gara Until 6:03AM Fri
Panchami Until 5:07PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:26PM

Dushanbe, Tajikistan
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

Sivaloka Day

5

Friday, January 13, 2023

Kanya Rasi: 4.19 Tithi 21

859586576

Creative Work Siddha Yoga
Until 4:55PM
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Shashthyam Titau

Gulika 9:56AM – 11:09AM
Yama 4:01PM – 5:14PM
Rahu 12:22PM – 1:35PM

Uttaraphalguni Until 4:55PM
Sobhana Until 1:13PM
Gara Until 6:03AM
Shashthi* Until 6:50PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 8:43AM
Sunset: 6:27PM

Dushanbe, Tajikistan
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

Sivaloka Day

6

Saturday, January 14, 2023

Kanya Rasi: 16.39 Tithi 22

869586576

Routine Work Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Hasta Nakshatra Athiganda*/Sukarma Yoga Visti*/Bava Karana Saptamyam Titau

Gulika 8:42AM – 9:56AM
Yama 2:48PM – 4:01PM
Rahu 11:09AM – 12:22PM

Hasta Until 6:46PM
Athiganda* Until 1:03PM
Visti Until 7:30AM
Saptami Until 7:58PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 8:42AM
Sunset: 6:28PM

Dushanbe, Tajikistan
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

Subha Sivaloka Day

Thai Pongal

Retreat Star

Sunday, January 15, 2023

Kanya Rasi: 29.16 Tithi 23

869586576

Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam
Chitra Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 4:02PM – 5:15PM
Yama 1:35PM – 2:49PM
Rahu 5:15PM – 6:29PM

Chitra Until 7:45PM
Sukarma Until 12:21PM
Balava Until 8:17AM
Ashtami* Until 8:21PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 8:42AM
Sunset: 6:29PM

Dushanbe, Tajikistan
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Subha Sivaloka Day

Monday, January 16, 2023

Retreat Star

Tula Rasi: 12.16 Tithi 24

869586576

Family Home Evening
Creative Work Amrita Yoga
Until 7:46PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam
Svati Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Navamyam Titau

Gulika 2:49PM – 4:03PM
Yama 12:22PM – 1:36PM
Rahu 9:55AM – 11:09AM

Svati Until 7:46PM
Dhriti Until 11:03AM
Taitila Until 8:15AM
Navami* Until 7:54PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 8:42AM
Sunset: 6:30PM

Dushanbe, Tajikistan
Sun 8 Sutra 274
Subhakrit 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang


| | | | | | | | |
|----------------------------------|----------------------------------|---------------------------------------|---|------------------------------|------------------------|------------------------|-----------------------|
| 1 | Tuesday, January 17, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Sun 9 Sutra 275 |
| | Tula Rasi: 25.41 | Tithi 25 | Gulika 1:36PM – 2:50PM | Vishakha Until 7:15PM | Ganesha: Yellow | <i>Sunrise:</i> 8:41AM | Subhakrit 5124 |
| | | | Yama 11:09AM – 12:22PM | Shula* Until 9:03AM | Muruqa: Purple | <i>Sunset:</i> 6:31PM | Moon 1 - Phase 38 - 9 |
| | | 879586576 Rahu 4:04PM – 5:17PM | Vanija Until 7:23AM | Nataraja: Clear | | 2nd Phase | |
| Routine Work | Marana Yoga | | Dashami Until 6:36PM | Moon – Orange | | Sivaloka Day | |
| Until 7:15PM | | | | Pausha*Thai | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|---------------|------------------------------------|---------------------------------------|---|------------------------------|------------------------|------------------------|------------------------|
| 2 | Wednesday, January 18, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Anuradha/Jyeshtha* Nakshatra Ganda*/Vridhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau | | | | Sun 10 Sutra 276 |
| | Vrischika Rasi: 9.37 | Tithi 26 – 27 | Gulika 12:23PM – 1:37PM | Anuradha Until 5:48PM | Ganesha: Yellow | <i>Sunrise:</i> 8:41AM | Subhakrit 5124 |
| | | | Yama 9:55AM – 11:09AM | Ganda* Until 6:24AM | Muruqa: Purple | <i>Sunset:</i> 6:32PM | Moon 1 - Phase 38 - 10 |
| | | 879586576 Rahu 1:37PM – 2:50PM | Kaulava Until 3:13AM Thu | Nataraja: Clear | | 2nd Phase | |
| Creative Work | Siddha Yoga | | Ekadashi* Until 4:30PM | Moon – Orange | | Sivaloka Day | |
| | | | | Pausha*Thai | | | |

| | | | | | | | |
|----------------------------------|-----------------------------------|---------------------------------------|--|-------------------------------|------------------------|------------------------|------------------------|
| 3 | Thursday, January 19, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Jyeshtha*/Mula* Nakshatra Dhruva Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Sun 11 Sutra 277 |
| | Vrischika Rasi: 24.02 | Tithi 27 – 28 | Gulika 11:09AM – 12:23PM | Jyeshtha* Until 3:33PM | Ganesha: Yellow | <i>Sunrise:</i> 8:41AM | Subhakrit 5124 |
| | | | Yama 8:41AM – 9:55AM | Dhruva Until 11:26PM | Muruqa: Purple | <i>Sunset:</i> 6:33PM | Moon 1 - Phase 38 - 11 |
| | | 871586576 Rahu 2:51PM – 4:05PM | Gara Until 12:09AM Fri | Nataraja: Clear | | 2nd Phase | |
| Routine Work | Prabalarishta Yoga | | Dvadashi* Until 1:44PM | Moon – Orange | | Sivaloka Day | |
| Until 3:33PM | | | | Pausha*Thai | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

Pradosha Vrata (Fasting)

| | | | | | | | |
|--|---------------------------------|--|---|---------------------------|-----------------------|------------------------|------------------------|
| 4 | Friday, January 20, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Sun 12 Sutra 278 |
| | Dhanus Rasi: 8.53 | Tithi 28 – 29 | Gulika 9:54AM – 11:09AM | Mula* Until 1:04PM | Ganesha: Red | <i>Sunrise:</i> 8:40AM | Subhakrit 5124 |
| | | | Yama 4:06PM – 5:20PM | Vyaghata* Until 7:20PM | Muruqa: Purple | <i>Sunset:</i> 6:34PM | Moon 1 - Phase 38 - 12 |
| | | 881586576 Rahu 12:23PM – 1:37PM | Visti Until 8:38PM | Nataraja: Clear | | 2nd Phase | |
| Creative Work | Amrita Yoga | | Trayodashi* Until 10:25AM | Moon – Light Blue | | Sivaloka Day | |
| Until 1:04PM | | | | Pausha*Thai | | | |
| Then Routine Work - Prabalarishta Yoga | | | | | | | |

| | | | | | | | |
|---|-----------------------------------|---|---|-----------------------------------|-----------------------|------------------------|------------------------|
|  | Saturday, January 21, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau | | | | Sun 13 Sutra 279 |
| | Dhanus Rasi: 24.02 | Tithi 29 – 30 | Gulika 8:40AM – 9:54AM | Purvashadha* Until 10:06AM | Ganesha: Red | <i>Sunrise:</i> 8:40AM | Subhakrit 5124 |
| | | | Yama 2:52PM – 4:06PM | Harshana Until 3:01PM | Muruqa: Purple | <i>Sunset:</i> 6:35PM | Moon 1 - Phase 38 - 13 |
| | | 881586576 Rahu 11:09AM – 12:23PM | Naga Until 2:53AM Sun | Nataraja: Clear | | Amavasya | |
| Creative Work | Siddha Yoga | | Chaturdashi* Until 6:44AM | Moon – Light Blue | | Sivaloka Day | |
| Until 10:06AM | | | | Pausha*Thai | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|---------------------|---------------------------------|---------------------------------------|---|----------------------------------|-----------------------|------------------------|------------------------|
| Retreat Star | Sunday, January 22, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam | | | | Dushanbe, Tajikistan |
| | | | Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Sun 14 Sutra 280 |
| | Makara Rasi: 9.22 | Tithi 1 | Gulika 4:07PM – 5:22PM | Uttarashadha Until 6:51AM | Ganesha: Red | <i>Sunrise:</i> 8:39AM | Subhakrit 5124 |
| | | | Yama 1:38PM – 2:52PM | Vajra* Until 10:34AM | Muruqa: Purple | <i>Sunset:</i> 6:36PM | Moon 1 - Phase 38 - 14 |
| | | 881586576 Rahu 5:22PM – 6:36PM | Kintughna Until 12:57PM | Nataraja: Clear | | Prathama | |
| Creative Work | Amrita Yoga | | Prathama* Until 11:01PM | Moon – Light Blue | | Sivaloka Day | |
| | | | | Magha*Thai | | | |

| | | | | | |
|---------------------------------|---------------------------|--|------------------------------------|---|--|
| Monday, January 23, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau | | | Dushanbe, Tajikistan Sun 15 Sutra 281 Subhakrit 5124 |
| 1 | Makara Rasi: 24.4 Tithi 2 | Gulika 2:53PM – 4:08PM | Dhanishtha Until 1:00AM Tue | Ganesha: Yellow <i>Sunrise:</i> 8:39AM | |
| Family Home Evening | 891586576 | Yama 12:23PM – 1:38PM | Siddhi Until 6:11AM | Muruqa: Purple <i>Sunset:</i> 6:37PM | Moon 1 - Phase 39 - 15 |
| Creative Work Siddha Yoga | | Rahu 9:53AM – 11:08AM | Balava Until 9:09AM | Nataraja: Clear | 3rd Phase |
| Until 1:00AM Tue | | | Dvitiya Until 7:19PM | Moon – Purple | Sivaloka Day |
| Then Routine Work - Marana Yoga | | | | Magha*Thai | |

| | | | | | |
|----------------------------------|-------------------------------|---|-----------------------------------|---|--|
| Tuesday, January 24, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | Dushanbe, Tajikistan Sun 16 Sutra 282 Subhakrit 5124 |
| 2 | Kumbha Rasi: 9.46 Tithi 3 – 4 | Gulika 1:38PM – 2:53PM | Shatabhishak Until 10:24PM | Ganesha: Yellow <i>Sunrise:</i> 8:38AM | |
| | 891586576 | Yama 11:08AM – 12:23PM | Variyan Until 10:09PM | Muruqa: Purple <i>Sunset:</i> 6:39PM | Moon 1 - Phase 39 - 16 |
| Routine Work Marana Yoga | | Rahu 4:08PM – 5:24PM | Vanija Until 2:31AM Wed | Nataraja: Clear | 3rd Phase |
| | | | Tritiya Until 3:59PM | Moon – Purple | Sivaloka Day |
| | | | | Magha*Thai | |

| | | | | | |
|------------------------------------|--------------------------------|---|--------------------------------------|---|--|
| Wednesday, January 25, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtpada* Nakshatra Parigha* Yoga Visti*/Bava Karana Chalurthi/Panchamyam Titau | | | Dushanbe, Tajikistan Sun 17 Sutra 283 Subhakrit 5124 |
| 3 | Kumbha Rasi: 24.32 Tithi 4 – 5 | Gulika 12:23PM – 1:39PM | Purvaproshtpada* Until 8:38PM | Ganesha: Blue <i>Sunrise:</i> 8:37AM | |
| | 911586576 | Yama 9:53AM – 11:08AM | Parigha* Until 6:46PM | Muruqa: Purple <i>Sunset:</i> 6:40PM | Moon 1 - Phase 39 - 17 |
| Creative Work Amrita Yoga | | Rahu 1:39PM – 2:54PM | Bava Until 12:01AM Thu | Nataraja: Clear | 3rd Phase |
| Until 8:38PM | | | Chaturthi* Until 1:09PM | Moon – Clear | Subha Sivaloka Day |
| Then Creative Work - Siddha Yoga | | | | Magha*Thai | |

| | | | | | |
|-----------------------------------|------------------------------|--|--------------------------------------|---|--|
| Thursday, January 26, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtpada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | Dushanbe, Tajikistan Sun 18 Sutra 284 Subhakrit 5124 |
| 4 | Meena Rasi: 8.51 Tithi 5 – 6 | Gulika 11:08AM – 12:23PM | Uttaraproshtpada Until 7:26PM | Ganesha: Blue <i>Sunrise:</i> 8:37AM | |
| | 911586576 | Yama 8:37AM – 9:52AM | Shiva Until 3:59PM | Muruqa: Purple <i>Sunset:</i> 6:41PM | Moon 1 - Phase 39 - 18 |
| Creative Work Siddha Yoga | | Rahu 2:54PM – 4:10PM | Kaulava Until 10:15PM | Nataraja: Clear | 3rd Phase |
| | | | Panchami Until 11:01AM | Moon – Clear | Subha Sivaloka Day |
| | | | | Magha*Thai | |

| | | | | | |
|----------------------------------|------------------------------|---|-------------------------------|---|--|
| Friday, January 27, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau | | | Dushanbe, Tajikistan Sun 19 Sutra 285 Subhakrit 5124 |
| 5 | Meena Rasi: 22.4 Tithi 6 – 7 | Gulika 9:52AM – 11:07AM | Revati Until 6:55PM | Ganesha: Blue <i>Sunrise:</i> 8:36AM | |
| | 911586576 | Yama 4:10PM – 5:26PM | Siddha Until 1:48PM | Muruqa: Purple <i>Sunset:</i> 6:42PM | Moon 1 - Phase 39 - 19 |
| Creative Work Siddha Yoga | | Rahu 12:23PM – 1:39PM | Gara Until 9:20PM | Nataraja: Clear | 3rd Phase |
| Until 6:55PM | | | Shashthi* Until 9:40AM | Moon – Clear | Subha Sivaloka Day |
| Then Creative Work - Amrita Yoga | | | | Magha*Thai | |

| | | | | | |
|-----------------------------------|---------------------------|--|-----------------------------|---|--|
| Saturday, January 28, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | Dushanbe, Tajikistan Sun 20 Sutra 286 Subhakrit 5124 |
| Retreat Star | Mesha Rasi: 6 Tithi 7 – 8 | Gulika 8:35AM – 9:51AM | Ashvini Until 7:32PM | Ganesha: Yellow <i>Sunrise:</i> 8:35AM | |
| | 921586576 | Yama 2:55PM – 4:11PM | Sadhya Until 12:20PM | Muruqa: Purple <i>Sunset:</i> 6:43PM | Moon 1 - Phase 39 - 20 |
| Creative Work Siddha Yoga | | Rahu 11:07AM – 12:23PM | Visti Until 9:18PM | Nataraja: Clear | Ashtami |
| | | | Saptami Until 9:11AM | Moon – White | Sivaloka Day |
| | | | | Magha*Thai | |

| | | | | | |
|----------------------------------|-------------------------------|---|------------------------------|---|--|
| Sunday, January 29, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | Dushanbe, Tajikistan Sun 21 Sutra 287 Subhakrit 5124 |
| Retreat Star | Mesha Rasi: 18.53 Tithi 8 – 9 | Gulika 4:12PM – 5:28PM | Bharani Until 8:48PM | Ganesha: Yellow <i>Sunrise:</i> 8:34AM | |
| | 922686576 | Yama 1:39PM – 2:56PM | Subha Until 11:31AM | Muruqa: Purple <i>Sunset:</i> 6:44PM | Moon 1 - Phase 39 - 21 |
| Routine Work Prabalarishta Yoga | | Rahu 5:28PM – 6:44PM | Balava Until 10:04PM | Nataraja: Clear | Navami |
| Until 8:48PM | | | Ashtami* Until 9:34AM | Moon – White | Sivaloka Day |
| Then Creative Work - Siddha Yoga | | | | Magha*Thai | |

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

| | | | | | |
|---|-----------|---|--|--|---|
| Monday, January 30, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 288 Subhakit 5124 | |
| 1 | 922686576 | Gulika 2:56PM – 4:12PM Yama 12:23PM – 1:40PM Rahu 9:50AM – 11:07AM | Krittika Until 10:35PM Sukla Until 11:16AM Taitila Until 11:32PM Navami* Until 10:42AM | Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai | Sunrise: 8:34AM Sunset: 6:45PM Moon 1 - Phase 40 - 22 4th Phase Sivaloka Day |
| Vrishabha Rasi: 1.25 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 10:35PM Then Creative Work - Amrita Yoga | | | | | |

| | | | | | |
|---|-----------|--|---|--|---|
| Tuesday, January 31, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 289 Subhakit 5124 | |
| 2 | 932686576 | Gulika 1:40PM – 2:56PM Yama 11:06AM – 12:23PM Rahu 4:13PM – 5:30PM | Rohini Until 1:11AM Wed Brahma Until 11:28AM Vanija Until 1:31AM Wed Dashami Until 12:27PM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 8:33AM Sunset: 6:47PM Moon 1 - Phase 40 - 23 4th Phase Subha Sivaloka Day |
| Vrishabha Rasi: 13.4 Tithi 10 – 11 Creative Work Amrita Yoga Until 1:11AM Wed Then Creative Work - Siddha Yoga | | | | | |

| | | | | | |
|---|-----------|---|--|--|---|
| Wednesday, February 1, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau | | Dushanbe, Tajikistan Sun 24 Sutra 290 Subhakit 5124 | |
| 3 | 932686576 | Gulika 12:23PM – 1:40PM Yama 9:50AM – 11:06AM Rahu 1:40PM – 2:56PM | Mrigashira Until 3:56AM Thu Indra Until 12:01PM Bava Until 3:50AM Thu Ekadashi Until 2:37PM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 8:33AM Sunset: 6:47PM Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day |
| Vrishabha Rasi: 25.44 Tithi 11 – 12 Creative Work Siddha Yoga Until 3:56AM Thu Then Routine Work - Marana Yoga | | | | | |

| | | | | | |
|---|-----------|--|---|--|---|
| Thursday, February 2, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Dushanbe, Tajikistan Sun 25 Sutra 291 Subhakit 5124 | |
| 4 | 932686576 | Gulika 11:06AM – 12:23PM Yama 8:32AM – 9:49AM Rahu 2:57PM – 4:14PM | Ardra Until 6:40AM Fri Vaidhriti* Until 12:43PM Kaulava Until 6:18AM Fri Dvadashi Until 5:02PM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 8:32AM Sunset: 6:48PM Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day |
| Mithuna Rasi: 7.41 Tithi 12 – 13 Routine Work Marana Yoga Until 6:40AM Fri Then Creative Work - Siddha Yoga <i>Pradosha Vrata</i> | | | | | |

| | | | | | |
|---|-----------|--|---|--|---|
| Friday, February 3, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau | | Dushanbe, Tajikistan Sun 26 Sutra 292 Subhakit 5124 | |
| 5 | 932686576 | Gulika 9:48AM – 11:06AM Yama 4:14PM – 5:32PM Rahu 12:23PM – 1:40PM | Ardra Until 6:40AM Vishkambha* Until 1:32PM Kaulava Until 6:18AM Trayodashi Until 7:32PM | Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai | Sunrise: 8:31AM Sunset: 6:49PM Moon 1 - Phase 40 - 26 4th Phase Subha Sivaloka Day |
| Mithuna Rasi: 19.34 Tithi 13 Creative Work Siddha Yoga | | | | | |

| | | | | | |
|--|-----------|--|--|---|---|
| Saturday, February 4, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau | | Dushanbe, Tajikistan Sun 27 Sutra 293 Subhakit 5124 | |
| 6 | 942686577 | Gulika 8:30AM – 9:48AM Yama 2:58PM – 4:15PM Rahu 11:05AM – 12:23PM | Punarvasu Until 9:47AM Priti Until 2:22PM Gara Until 8:49AM Chaturdashi* Until 10:02PM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai | Sunrise: 8:30AM Sunset: 6:50PM Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day |
| Kataka Rasi: 1.27 Tithi 14 Creative Work Siddha Yoga Thai Pusam | | | | | |

| | | | | | |
|---|-----------|--|---|---|--|
| Sunday, February 5, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau | | Dushanbe, Tajikistan Sutra 294 Subhakit 5124 | |
| ○ | 942686577 | Gulika 4:16PM – 5:33PM Yama 1:40PM – 2:58PM Rahu 5:33PM – 6:51PM | Pushya Until 12:41PM Ayushman Until 3:08PM Visti Until 11:17AM Purnima* Until 12:27AM Mon | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai | Sunrise: 8:29AM Sunset: 6:51PM Moon 1 - Phase 40 - Purnima Sivaloka Day |
| Kataka Rasi: 13.2 Tithi 15 Creative Work Siddha Yoga | | | | | |

| | | | | | |
|--|-----------|--|--|---|---|
| Monday, February 6, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau | | Dushanbe, Tajikistan Sutra 295 Subhakit 5124 | |
| ○ | 942686577 | Gulika 2:58PM – 4:16PM Yama 12:22PM – 1:40PM Rahu 9:46AM – 11:04AM | Ashlesha* Until 3:19PM Saubhagya Until 3:50PM Balava Until 1:39PM Prathama* Until 2:46AM Tue | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai | Sunrise: 8:28AM Sunset: 6:52PM Moon 1 - Phase 40 - Prathama Sivaloka Day |
| Kataka Rasi: 25.16 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 3:19PM Then Routine Work - Marana Yoga | | | | | |



Tuesday, February 7, 2023
Gold Retreat Star

Simha Rasi: 7.14 Tithi 17
952686577
Creative Work Siddha Yoga

Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam
Magha* Nakshatra Sobhana/Athiganda* Yoga Tailila/Gara Karana Dvitiyayam Titau

Gulika 1:40PM – 2:59PM
Yama 11:04AM – 12:22PM
Rahu 4:17PM – 5:35PM
Magha* Until 6:10PM
Sobhana Until 4:27PM
Tailila Until 3:54PM
Dvitiya Until 4:55AM Wed

Ganesha: Purple *Sunrise: 8:27AM*
Muruqa: Purple *Sunset: 6:53PM*
Nataraja: Orange
Moon – Red
Magha*Thai

Dushanbe, Tajikistan
Sutra 296
Subhakit 5124
Moon 2 - Phase 41 -
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 19.16 Tithi 18
952686577
Creative Work Amrita Yoga

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

Gulika 12:22PM – 1:40PM
Yama 9:45AM – 11:03AM
Rahu 1:40PM – 2:59PM
Purvaphalguni Until 8:40PM
Athiganda* Until 4:54PM
Vanija Until 5:57PM
Tritiya Until 6:52AM Thu

Ganesha: Purple *Sunrise: 8:26AM*
Muruqa: Purple *Sunset: 6:54PM*
Nataraja: Orange
Moon – Red
Magha*Thai

Dushanbe, Tajikistan
Sun 1 Sutra 297
Subhakit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 1.23 Tithi 18 – 19
952686577
Amrita Yoga
Until 10:45PM
Then Routine Work - Marana Yoga

Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam
Uttaraphalguni Nakshatra Sukarma/Dhriti* Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Gulika 11:03AM – 12:22PM
Yama 8:25AM – 9:44AM
Rahu 2:59PM – 4:18PM
Uttaraphalguni Until 10:45PM
Sukarma Until 5:11PM
Bava Until 7:44PM
Tritiya Until 6:52AM

Ganesha: Purple *Sunrise: 8:25AM*
Muruqa: Purple *Sunset: 6:56PM*
Nataraja: Orange
Moon – Red
Magha*Thai

Dushanbe, Tajikistan
Sun 2 Sutra 298
Subhakit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 13.37 Tithi 19 – 20
962686577
Creative Work Amrita Yoga
Until 12:48AM Sat
Then Routine Work - Marana Yoga

Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika 9:43AM – 11:03AM
Yama 4:19PM – 5:38PM
Rahu 12:22PM – 1:41PM
Hasta Until 12:48AM Sat
Dhriti Until 5:13PM
Kaulava Until 9:11PM
Chaturthi* Until 8:29AM

Ganesha: Clear *Sunrise: 8:24AM*
Muruqa: Purple *Sunset: 6:57PM*
Nataraja: Orange
Moon – Green
Magha*Thai

Dushanbe, Tajikistan
Sun 3 Sutra 299
Subhakit 5124
Moon 2 - Phase 41 - 3
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 26.02 Tithi 20 – 21
963686577
Routine Work Marana Yoga
Until 2:13AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 8:23AM – 9:43AM
Yama 3:00PM – 4:19PM
Rahu 11:02AM – 12:21PM
Chitra Until 2:13AM Sun
Shula* Until 4:52PM
Gara Until 10:08PM
Panchami Until 9:42AM

Ganesha: Purple *Sunrise: 8:23AM*
Muruqa: Purple *Sunset: 6:58PM*
Nataraja: Orange
Moon – Green
Magha*Thai

Dushanbe, Tajikistan
Sun 4 Sutra 300
Subhakit 5124
Moon 2 - Phase 41 - 4
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 8.4 Tithi 21 – 22
963686577
Creative Work Siddha Yoga
Until 2:52AM Mon
Then Routine Work - Marana Yoga

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

Gulika 4:20PM – 5:39PM
Yama 1:41PM – 3:00PM
Rahu 5:39PM – 6:59PM
Svati Until 2:52AM Mon
Ganda* Until 4:06PM
Visti Until 10:29PM
Shashthi* Until 10:22AM

Ganesha: Purple *Sunrise: 8:22AM*
Muruqa: Purple *Sunset: 6:59PM*
Nataraja: Orange
Moon – Green
Magha*Thai

Dushanbe, Tajikistan
Sun 5 Sutra 301
Subhakit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

Monday, February 13, 2023

Retreat Star

Tula Rasi: 21.37 Tithi 22 – 23
973686577
Family Home Evening
Routine Work Marana Yoga
Until 3:08AM Tue
Then Creative Work - Siddha Yoga

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

Gulika 3:00PM – 4:20PM
Yama 12:21PM – 1:41PM
Rahu 9:41AM – 11:01AM
Vishakha Until 3:08AM Tue
Vridhhi Until 2:49PM
Balava Until 10:07PM
Saptami Until 10:22AM

Ganesha: Clear *Sunrise: 8:21AM*
Muruqa: Purple *Sunset: 7:00PM*
Nataraja: Orange
Moon – Orange
Magha*Masi

Dushanbe, Tajikistan
Sun 6 Sutra 302
Subhakit 5124
Moon 2 - Phase 41 - 6
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 4.56 Tithi 23 – 24
973686577
Creative Work Siddha Yoga

Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

Gulika 1:41PM – 3:01PM
Yama 11:00AM – 12:20PM
Rahu 4:21PM – 5:41PM
Anuradha Until 2:32AM Wed
Dhruva Until 12:56PM
Tailila Until 9:02PM
Ashtami* Until 9:39AM

Ganesha: Clear *Sunrise: 8:20AM*
Muruqa: Purple *Sunset: 7:01PM*
Nataraja: Orange
Moon – Orange
Magha*Masi

Dushanbe, Tajikistan
Sun 7 Sutra 303
Subhakit 5124
Moon 2 - Phase 41 - 7
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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | |
|------------------------------|---------------------------------------|--|-----------------------------------|--|--|
| 1 | Wednesday, February 15, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau | | | Dushanbe, Tajikistan Sun 8 Sutra 304 Subhakarit 5124 |
| | Wrischika Rasi: 18.4 Tithi 24 – 25 | Gulika 12:20PM – 1:41PM | Jyeshtha* Until 1:05AM Thu | Ganesha: Clear <i>Sunrise:</i> 8:19AM | |
| | | Yama 9:39AM – 11:00AM | Vyaghata* Until 10:29AM | Muruqa: Purple <i>Sunset:</i> 7:02PM | Moon 2 - Phase 42 - 8 |
| | 973686577 | Rahu 1:41PM – 3:01PM | Vanija Until 7:13PM | Nataraja: Orange Moon – Orange | 2nd Phase |
| Creative Work Siddha Yoga | | Navami* Until 8:11AM | | | Sivaloka Day |

| | | | | | |
|------------------------------|------------------------------------|--|----------------------------|--|--|
| 2 | Thursday, February 16, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti*/Balava Karana Dashami/Ekadashyam Titau | | | Dushanbe, Tajikistan Sun 9 Sutra 305 Subhakarit 5124 |
| | Dhanus Rasi: 2.5 Tithi 25 – 26 | Gulika 10:59AM – 12:20PM | Mula* Until 11:18PM | Ganesha: White <i>Sunrise:</i> 8:18AM | |
| | | Yama 8:18AM – 9:38AM | Harshana Until 7:29AM | Muruqa: Purple <i>Sunset:</i> 7:03PM | Moon 2 - Phase 42 - 9 |
| | 983686577 | Rahu 3:01PM – 4:22PM | Balava Until 3:16AM Fri | Nataraja: Orange Moon – Light Blue | 2nd Phase |
| Creative Work Siddha Yoga | | Dashami Until 6:02AM | | | Devaloka Day |

| | | | | | |
|---|----------------------------------|---|----------------------------------|--|---|
| 3 | Friday, February 17, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau | | | Dushanbe, Tajikistan Sun 10 Sutra 306 Subhakarit 5124 |
| | Dhanus Rasi: 17.26 Tithi 27 | Gulika 9:38AM – 10:59AM | Purvashadha* Until 8:53PM | Ganesha: White <i>Sunrise:</i> 8:17AM | |
| | | Yama 4:23PM – 5:44PM | Siddhi Until 12:08AM Sat | Muruqa: Purple <i>Sunset:</i> 7:05PM | Moon 2 - Phase 42 - 10 |
| | 983686577 | Rahu 12:20PM – 1:41PM | Kaulava Until 1:43PM | Nataraja: Orange Moon – Light Blue | 2nd Phase |
| Routine Work Prabalarishta Yoga Until 8:53PM Then Routine Work - Marana Yoga | | Dvadashi* Until 12:02AM Sat | | | Devaloka Day |

| | | | | | |
|---|------------------------------------|--|----------------------------------|--|---|
| 4 | Saturday, February 18, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau | | | Dushanbe, Tajikistan Sun 11 Sutra 307 Subhakarit 5124 |
| | Makara Rasi: 2.22 Tithi 28 | Gulika 8:15AM – 9:37AM | Uttarashadha Until 5:59PM | Ganesha: White <i>Sunrise:</i> 8:15AM | |
| | | Yama 3:02PM – 4:23PM | Vyatipata* Until 8:01PM | Muruqa: Purple <i>Sunset:</i> 7:06PM | Moon 2 - Phase 42 - 11 |
| | 983686577 | Rahu 10:58AM – 12:19PM | Gara Until 10:19AM | Nataraja: Orange Moon – Light Blue | 2nd Phase |
| Routine Work Marana Yoga Until 5:59PM Then Creative Work - Siddha Yoga | | Trayodashi* Until 8:29PM | | | Devaloka Day |
| <i>Pradosha Vrata (Fasting)</i> | | | | | |

| | | | | | |
|---|------------------------------------|--|------------------------------|--|---|
| 5 | Sunday, February 19, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Varyani/Parigtha* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | Dushanbe, Tajikistan Sun 12 Sutra 308 Subhakarit 5124 |
| | Makara Rasi: 17.3 Tithi 29 – 30 | Gulika 4:24PM – 5:45PM | Shravana Until 3:11PM | Ganesha: Green <i>Sunrise:</i> 8:14AM | |
| | | Yama 1:40PM – 3:02PM | Variyan Until 3:45PM | Muruqa: Purple <i>Sunset:</i> 7:07PM | Moon 2 - Phase 42 - 12 |
| | 993686577 | Rahu 5:45PM – 7:07PM | Visti Until 6:40AM | Nataraja: Orange Moon – Purple | 2nd Phase |
| Creative Work Amrita Yoga Until 3:11PM Then Routine Work - Marana Yoga | | Chaturdashi* Until 4:47PM | | | Devaloka Day |

| | | | | | |
|------------------------------|-----------------------------------|---|---------------------------------|--|---|
| ● | Monday, February 20, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigtha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | Dushanbe, Tajikistan Sun 13 Sutra 309 Subhakarit 5124 |
| | Retreat Star | Gulika 3:02PM – 4:24PM | Dhanishtha Until 12:16PM | Ganesha: Green <i>Sunrise:</i> 8:13AM | |
| | Kumbha Rasi: 2.42 Tithi 30 – 1 | Yama 12:18PM – 1:40PM | Parigtha* Until 11:31AM | Muruqa: Purple <i>Sunset:</i> 7:08PM | Moon 2 - Phase 42 - 13 |
| | 993686577 | Rahu 9:35AM – 10:57AM | Kintughna Until 11:21PM | Nataraja: Orange Moon – Purple | Amavasya |
| Creative Work Siddha Yoga | | Amavasya* Until 1:07PM | | | Devaloka Day |

| | | | | | |
|-----------------------------|-----------------------------------|--|----------------------------------|--|---|
| ● | Tuesday, February 21, 2023 | Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathama/Dvityayam Titau | | | Dushanbe, Tajikistan Sun 14 Sutra 310 Subhakarit 5124 |
| | Retreat Star | Gulika 1:40PM – 3:02PM | Shatabhishak Until 9:23AM | Ganesha: Green <i>Sunrise:</i> 8:12AM | |
| | Kumbha Rasi: 17.47 Tithi 1 – 2 | Yama 10:56AM – 12:18PM | Shiva Until 7:27AM | Muruqa: Purple <i>Sunset:</i> 7:09PM | Moon 2 - Phase 42 - 14 |
| | 993686577 | Rahu 4:25PM – 5:47PM | Balava Until 8:02PM | Nataraja: Orange Moon – Purple | Prathama |
| Routine Work Marana Yoga | | Prathama* Until 9:38AM | | | 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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | | |
|--|-------------|-------------------------------------|--------------------------------------|--|---|--|---|---|
| 1 | | Wednesday, February 22, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Gara Karana Dviliya/Trityayam Titau | | | Dushanbe, Tajikistan Sun 15 Sutra 311 | |
| Meena Rasi: 2.37 | Tithi 2 - 3 | 913686577 | Gulika Yama Rahu | 12:18PM - 1:40PM 9:33AM - 10:55AM 1:40PM - 3:03PM | Purvaproshtapada* Until 7:10AM Sadhya Until 12:16AM Thu Gara Until 3:57AM Thu Dvitiya Until 6:31AM | Ganesha: Red Muruqa: Purple Nataraja: Orange Moon - Clear Phalguna-Masi | <i>Sunrise: 8:10AM</i> <i>Sunset: 7:10PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 15 3rd Phase |
| Creative Work Amrita Yoga Until 7:10AM Then Creative Work - Siddha Yoga | | | | | | | | Sivaloka Day |
| 2 | | Thursday, February 23, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau | | | Dushanbe, Tajikistan Sun 16 Sutra 312 | |
| Meena Rasi: 17.02 | Tithi 4 | 913786577 | Gulika Yama Rahu | 10:54AM - 12:17PM 8:09AM - 9:32AM 3:03PM - 4:25PM | Revati Until 4:05AM Fri Subha Until 9:27PM Vanija Until 2:57PM Chaturthi* Until 2:05AM Fri | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon - Clear Phalguna-Masi | <i>Sunrise: 8:09AM</i> <i>Sunset: 7:11PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 16 3rd Phase |
| Creative Work Siddha Yoga Until 4:05AM Fri Then Creative Work - Amrita Yoga | | | | | | | | Subha Sivaloka Day |
| 3 | | Friday, February 24, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla Yoga Bava/Balava Karana Panchamyam Titau | | | Dushanbe, Tajikistan Sun 17 Sutra 313 | |
| Mesha Rasi: 1 | Tithi 5 | 923786577 | Gulika Yama Rahu | 9:31AM - 10:54AM 4:26PM - 5:49PM 12:17PM - 1:40PM | Ashvini Until 3:55AM Sat Sukla Until 7:15PM Bava Until 1:28PM Panchami Until 1:02AM Sat | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi | <i>Sunrise: 8:08AM</i> <i>Sunset: 7:12PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 17 3rd Phase |
| Creative Work Amrita Yoga Until 3:55AM Sat Then Creative Work - Siddha Yoga | | | | | | | | Sivaloka Day |
| 4 | | Saturday, February 25, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau | | | Dushanbe, Tajikistan Sun 18 Sutra 314 | |
| Mesha Rasi: 14.28 | Tithi 6 | 923786577 | Gulika Yama Rahu | 8:06AM - 9:30AM 3:03PM - 4:26PM 10:53AM - 12:16PM | Bharani Until 4:27AM Sun Brahma Until 5:44PM Kaulava Until 12:51PM Shashthi* Until 12:50AM Sun | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi | <i>Sunrise: 8:06AM</i> <i>Sunset: 7:13PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 18 3rd Phase |
| Creative Work Siddha Yoga | | | | | | | | Sivaloka Day |
| 5 | | Sunday, February 26, 2023 | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau | | | Dushanbe, Tajikistan Sun 19 Sutra 315 | |
| Mesha Rasi: 27.29 | Tithi 7 | 924786577 | Gulika Yama Rahu | 4:27PM - 5:51PM 1:40PM - 3:03PM 5:51PM - 7:14PM | Krittika Until 5:39AM Mon Indra Until 4:55PM Gara Until 1:05PM Saptami Until 1:30AM Mon | Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi | <i>Sunrise: 8:05AM</i> <i>Sunset: 7:14PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 19 3rd Phase |
| Creative Work Siddha Yoga Until 5:39AM Mon Then Creative Work - Amrita Yoga | | | | | | | | Devaloka Day |
| Monday, February 27, 2023 | | Retreat Star | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau | | | Dushanbe, Tajikistan Sun 20 Sutra 316 | |
| Vrishabha Rasi: 10.05 | Tithi 8 | 934786577 | Gulika Yama Rahu | 3:03PM - 4:27PM 12:15PM - 1:39PM 9:28AM - 10:51AM | Rohini Until 7:51AM Tue Vaidhriti* Until 4:41PM Visti Until 2:09PM Ashtami* Until 2:55AM Tue | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi | <i>Sunrise: 8:04AM</i> <i>Sunset: 7:15PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 20 Ashtami |
| Family Home Evening Creative Work Amrita Yoga Until 7:51AM Tue Then Creative Work - Siddha Yoga | | | | | | | | Sivaloka Day |
| Tuesday, February 28, 2023 | | Retreat Star | | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau | | | Dushanbe, Tajikistan Sun 21 Sutra 317 | |
| Vrishabha Rasi: 22.23 | Tithi 9 | 934786577 | Gulika Yama Rahu | 1:39PM - 3:04PM 10:51AM - 12:15PM 4:28PM - 5:52PM | Rohini Until 7:51AM Vishkambha* Until 4:57PM Balava Until 3:52PM Navami* Until 4:54AM Wed | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi | <i>Sunrise: 8:02AM</i> <i>Sunset: 7:16PM</i> | Subhakrit 5124 Moon 2 - Phase 43 - 21 Navami |
| Creative Work Amrita Yoga Until 7:51AM Then Creative Work - Siddha Yoga | | | | | | | | Sivaloka Day |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------------------------------|---------------|---------------------------------|---|--|---|---|-------------------------------------|
| 1 | | Wednesday, March 1, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila Karana Dashamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 318 Subhakit 5124 | |
| Mithuna Rasi: 4.27 | Tithi 10 | Gulika Yama 934786577 | 12:14PM – 1:39PM 9:24AM – 10:49AM Rahu 1:39PM – 3:04PM | Mrigashira Until 10:24AM Priti Until 5:34PM Taitila Until 6:04PM Dashami Until 7:15AM Thu | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – Yellow Phalguna-Masi | Sunrise: 7:59AM Sunset: 7:18PM | Moon 2 - Phase 44 - 22 4th Phase |
| Creative Work | Siddha Yoga | | | | | | Sivaloka Day |
| 2 | | Thursday, March 2, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau | | Dushanbe, Tajikistan Sun 23 Sutra 319 Subhakit 5124 | |
| Mithuna Rasi: 16.23 | Tithi 10 – 11 | Gulika Yama 934786577 | 10:48AM – 12:14PM 7:58AM – 9:23AM Rahu 3:04PM – 4:29PM | Ardra Until 1:06PM Ayushman Until 6:22PM Vanija Until 8:31PM Dashami Until 7:15AM | Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – Yellow Phalguna-Masi | Sunrise: 7:58AM Sunset: 7:19PM | Moon 2 - Phase 44 - 23 4th Phase |
| Routine Work | Marana Yoga | | | | | | Sivaloka Day |
| Until 1:06PM | | | | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |
| 3 | | Friday, March 3, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau | | Dushanbe, Tajikistan Sun 24 Sutra 320 Subhakit 5124 | |
| Mithuna Rasi: 28.16 | Tithi 11 – 12 | Gulika Yama 944786577 | 9:22AM – 10:48AM 4:29PM – 5:55PM Rahu 12:13PM – 1:38PM | Punarvasu Until 4:14PM Saubhagya Until 7:14PM Bava Until 11:02PM Ekadashi Until 9:45AM | Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Blue Phalguna-Masi | Sunrise: 7:57AM Sunset: 7:20PM | Moon 2 - Phase 44 - 24 4th Phase |
| Creative Work | Siddha Yoga | | | | | | Devaloka Day |
| Until 4:14PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 4 | | Saturday, March 4, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | Dushanbe, Tajikistan Sun 25 Sutra 321 Subhakit 5124 | |
| Kataka Rasi: 10.08 | Tithi 12 – 13 | Gulika Yama 944786577 | 7:55AM – 9:21AM 3:04PM – 4:30PM Rahu 10:47AM – 12:12PM | Pushya Until 7:10PM Sobhana Until 8:05PM Kaulava Until 1:28AM Sun Dvadashi Until 12:15PM | Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Blue Phalguna-Masi | Sunrise: 7:55AM Sunset: 7:21PM | Moon 2 - Phase 44 - 25 4th Phase |
| Creative Work | Siddha Yoga | | | | | | Devaloka Day |
| Until 7:10PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| | | | | | | | <i>Pradosha Vrata</i> |
| 5 | | Sunday, March 5, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | Dushanbe, Tajikistan Sun 26 Sutra 322 Subhakit 5124 | |
| Kataka Rasi: 22.02 | Tithi 13 – 14 | Gulika Yama 944786577 | 4:30PM – 5:56PM 1:38PM – 3:04PM Rahu 5:56PM – 7:22PM | Ashlesha* Until 9:47PM Athiganda* Until 8:47PM Gara Until 3:44AM Mon Trayodashi Until 2:37PM | Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Blue Phalguna-Masi | Sunrise: 7:54AM Sunset: 7:22PM | Moon 2 - Phase 44 - 26 4th Phase |
| Creative Work | Siddha Yoga | | | | | | Devaloka Day |
| Until 9:47PM | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |
| 6 | | Monday, March 6, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | Dushanbe, Tajikistan Sun 27 Sutra 323 Subhakit 5124 | |
| Simha Rasi: 4.01 | Tithi 14 – 15 | Gulika Yama 154786577 | 3:04PM – 4:31PM 12:11PM – 1:38PM Rahu 9:19AM – 10:45AM | Magha* Until 12:31AM Tue Sukarma Until 9:19PM Visti Until 5:45AM Tue Chaturdashi* Until 4:45PM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Red Phalguna-Masi | Sunrise: 7:52AM Sunset: 7:23PM | Moon 2 - Phase 44 - 27 4th Phase |
| Family Home Evening | | | | | | | Sivaloka Day |
| Routine Work | Marana Yoga | | | | | | |
| Until 12:31AM Tue | | | | | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| ○ | | Tuesday, March 7, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava Karana Purnimayam Titau | | Dushanbe, Tajikistan Sutra 324 Subhakit 5124 | |
| Simha Rasi: 16.05 | Tithi 15 | Gulika Yama 154786577 | 1:38PM – 3:04PM 10:44AM – 12:11PM Rahu 4:31PM – 5:58PM | Purvaphalguni Until 2:48AM Wed Dhriti Until 9:40PM Bava Until 6:38PM Purnima* Until 6:38PM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Red Phalguna-Masi | Sunrise: 7:51AM Sunset: 7:24PM | Moon 2 - Phase 44 - Purnima |
| Creative Work | Siddha Yoga | | | | | | Sivaloka Day |
| Until 2:48AM Wed | | | | | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |
| ○ | | Wednesday, March 8, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau | | Dushanbe, Tajikistan Sutra 325 Subhakit 5124 | |
| Simha Rasi: 28.17 | Tithi 16 | Gulika Yama 154786577 | 12:10PM – 1:37PM 9:16AM – 10:43AM Rahu 1:37PM – 3:04PM | Uttaraphalguni Until 4:37AM Thu Shula* Until 9:44PM Balava Until 7:28AM Prathama* Until 8:11PM | Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Red Phalguna-Masi | Sunrise: 7:49AM Sunset: 7:25PM | Moon 2 - Phase 44 - Prathama |
| Creative Work | Amrita Yoga | | | | | | Sivaloka Day |
| Until 4:37AM Thu | | | | | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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



Thursday, March 9, 2023
Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam
Hasta Nakshatra Ganda* Yoga Taitila/Gara Karana Dvitiyayam Titau

Dushanbe, Tajikistan
Sun 1 Sutra 326

Kanya Rasi: 10.37 Tithi 17

Gulika 10:42AM – 12:10PM
Yama 7:48AM – 9:15AM
164786577 **Rahu** 3:04PM – 4:32PM

Hasta Until 6:25AM Fri
Ganda* Until 9:34PM
Taitila Until 8:52AM
Dvitiya Until 9:24PM

Ganesha: White *Sunrise: 7:48AM*
Muruqa: Purple *Sunset: 7:26PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 1
1st Phase

Routine Work Marana Yoga
Until 6:25AM Fri
Then Creative Work - Siddha Yoga

Devaloka Day

1

Friday, March 10, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam
Hasta/Chitra Nakshatra Vriddhi Yoga Vanija/Visti* Karana Tritiyayam Titau

Dushanbe, Tajikistan
Sun 2 Sutra 327

Kanya Rasi: 23.06 Tithi 18

Gulika 9:14AM – 10:42AM
Yama 4:32PM – 6:00PM
165786577 **Rahu** 12:09PM – 1:37PM

Hasta Until 6:25AM
Vriddhi Until 9:07PM
Vanija Until 9:53AM
Tritiya Until 10:13PM

Ganesha: Yellow *Sunrise: 7:46AM*
Muruqa: Purple *Sunset: 7:27PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 2
1st Phase

Creative Work Amrita Yoga
Until 6:25AM
Then Creative Work - Siddha Yoga

Sivaloka Day

2

Saturday, March 11, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Chitra/Svati Nakshatra Dhruva Yoga Bava/Balava Karana Chaturthyam Titau

Dushanbe, Tajikistan
Sun 3 Sutra 328

Tula Rasi: 5.46 Tithi 19

Gulika 7:45AM – 9:13AM
Yama 3:05PM – 4:33PM
165786577 **Rahu** 10:41AM – 12:09PM

Chitra Until 7:40AM
Dhruva Until 8:19PM
Bava Until 10:30AM
Chaturthi* Until 10:38PM

Ganesha: Yellow *Sunrise: 7:45AM*
Muruqa: Purple *Sunset: 7:28PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 3
1st Phase

Routine Work Marana Yoga
Until 7:40AM
Then Creative Work - Siddha Yoga

Sivaloka Day

3

Sunday, March 12, 2023

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

Dushanbe, Tajikistan
Sun 4 Sutra 329

Tula Rasi: 18.38 Tithi 20

Gulika 4:33PM – 6:01PM
Yama 1:36PM – 3:05PM
165786577 **Rahu** 6:01PM – 7:29PM

Svati Until 8:21AM
Vyaghata* Until 7:11PM
Kaulava Until 10:41AM
Panchami Until 10:34PM

Ganesha: Yellow *Sunrise: 7:43AM*
Muruqa: Purple *Sunset: 7:29PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 4
1st Phase

Creative Work Siddha Yoga
Until 8:21AM
Then Routine Work - Marana Yoga

Sivaloka Day

4

Monday, March 13, 2023

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

Dushanbe, Tajikistan
Sun 5 Sutra 330

Vrischika Rasi: 1.44 Tithi 21

Family Home Evening

Gulika 3:05PM – 4:33PM
Yama 12:07PM – 1:36PM
175786577 **Rahu** 9:10AM – 10:39AM

Vishakha Until 8:52AM
Harshana Until 5:40PM
Gara Until 10:23AM
Shashthi* Until 10:01PM

Ganesha: Blue *Sunrise: 7:42AM*
Muruqa: Purple *Sunset: 7:30PM*
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5
1st Phase

Routine Work Marana Yoga
Until 8:52AM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

5

Tuesday, March 14, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha/Jyeshtha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Saptamyam Titau

Dushanbe, Tajikistan
Sun 6 Sutra 331

Vrischika Rasi: 15.07 Tithi 22

Gulika 1:36PM – 3:05PM
Yama 10:38AM – 12:07PM
175786577 **Rahu** 4:34PM – 6:02PM

Anuradha Until 8:44AM
Vajra* Until 3:43PM
Visti Until 9:33AM
Saptami Until 8:56PM

Ganesha: Blue *Sunrise: 7:40AM*
Muruqa: Purple *Sunset: 7:31PM*
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6
1st Phase

Creative Work Siddha Yoga
Until 8:44AM
Then Routine Work - Marana Yoga

Subha Sivaloka Day

D

Wednesday, March 15, 2023

Retreat Star

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

Dushanbe, Tajikistan
Sun 7 Sutra 332

Vrischika Rasi: 28.47 Tithi 23

Gulika 12:06PM – 1:36PM
Yama 9:08AM – 10:37AM
175786577 **Rahu** 1:36PM – 3:05PM

Jyeshtha* Until 7:56AM
Siddhi Until 1:22PM
Balava Until 8:12AM
Ashtami* Until 7:19PM

Ganesha: Blue *Sunrise: 7:39AM*
Muruqa: Purple *Sunset: 7:32PM*
Nataraja: Orange
Moon – Orange
Phalguna-Panguni

Moon 3 - Phase 45 - 7
Ashtami

Creative Work Siddha Yoga
Until 7:56AM
Then Routine Work - Marana Yoga

Subha Sivaloka Day

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam
Mula*/Purvashadha* Nakshatra Vyatipata*/Variyan Yoga Taitila/Vanija Karana Navami/Dashamyam Titau

Dushanbe, Tajikistan
Sun 8 Sutra 333

Dhanus Rasi: 12.47 Tithi 24 – 25

Gulika 10:36AM – 12:06PM
Yama 7:37AM – 9:07AM
185786578 **Rahu** 3:05PM – 4:34PM

Mula* Until 6:55AM
Vyatipata* Until 10:37AM
Taitila Until 6:20AM
Navami* Until 5:12PM

Ganesha: Red *Sunrise: 7:37AM*
Muruqa: Purple *Sunset: 7:33PM*
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8
Navami

Creative Work Siddha Yoga

Sivaloka Day

| | | | | | | | |
|----------------------------------|-------------------------------|---------------|---|--------------------------------------|------------------------|------------------------|---|
| 1 | Friday, March 17, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashtyam Titau | | | | Dushanbe, Tajikistan Sun 9 Sutra 334 Subhakrit 5124 |
| | Dhanus Rasi: 27.05 | Tithi 25 – 26 | Gulika 9:05AM – 10:35AM | Uttarashadha Until 3:08AM Sat | Ganesha: Red | <i>Sunrise:</i> 7:36AM | |
| | | | Yama 4:35PM – 6:04PM | Variyan Until 7:28AM | Muruqa: Purple | <i>Sunset:</i> 7:34PM | Moon 3 - Phase 46 - 9 |
| | | | 185786578 Rahu 12:05PM – 1:35PM | Bava Until 1:16AM Sat | Nataraja: Clear | | 2nd Phase |
| Routine Work Marana Yoga | | | Dashami Until 2:39PM | Moon – Light Blue | | Sivaloka Day | |
| Until 3:08AM Sat | | | | Phalgun-Panguni | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|---------------------------------|---------------------------------|---------------|--|-----------------------------------|------------------------|---------------------------|--|
| 2 | Saturday, March 18, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau | | | | Dushanbe, Tajikistan Sun 10 Sutra 335 Subhakrit 5124 |
| | Makara Rasi: 11.39 | Tithi 26 – 27 | Gulika 7:34AM – 9:04AM | Shravana Until 12:59AM Sun | Ganesha: Green | <i>Sunrise:</i> 7:34AM | |
| | | | Yama 3:05PM – 4:35PM | Shiva Until 12:23AM Sun | Muruqa: Purple | <i>Sunset:</i> 7:35PM | Moon 3 - Phase 46 - 10 |
| | | | 195786578 Rahu 10:34AM – 12:05PM | Kaulava Until 10:15PM | Nataraja: Clear | | 2nd Phase |
| Creative Work Siddha Yoga | | | Ekadashi* Until 11:46AM | Moon – Purple | | Subha Sivaloka Day | |
| Until 12:59AM Sun | | | | Phalgun-Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|---------------|---|---------------------------------|------------------------|------------------------|--|
| 3 | Sunday, March 19, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Taila/Gara Karana Dvadashti/Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 11 Sutra 336 Subhakrit 5124 |
| | Makara Rasi: 26.25 | Tithi 27 – 28 | Gulika 4:35PM – 6:06PM | Dhanishtha Until 10:34PM | Ganesha: Green | <i>Sunrise:</i> 7:33AM | |
| | | | Yama 1:34PM – 3:05PM | Siddha Until 8:35PM | Muruqa: Clear | <i>Sunset:</i> 7:36PM | Moon 3 - Phase 46 - 11 |
| | | | 195796578 Rahu 6:06PM – 7:36PM | Gara Until 7:04PM | Nataraja: Clear | | 2nd Phase |
| Routine Work Marana Yoga | | | Dvadashti* Until 8:39AM | Moon – Purple | | Sivaloka Day | |
| Until 10:34PM | | | | Phalgun-Panguni | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |
| <i>Pradosha Vrata (Fasting)</i> | | | | | | | |

| | | | | | | | |
|---------------------------------|-------------------------------|----------|---|----------------------------------|------------------------|------------------------|--|
| 4 | Monday, March 20, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 12 Sutra 337 Subhakrit 5124 |
| | Kumbha Rasi: 11.15 | Tithi 29 | Gulika 3:05PM – 4:36PM | Shatabhishak Until 8:01PM | Ganesha: Green | <i>Sunrise:</i> 7:31AM | |
| | Family Home Evening | | Yama 12:03PM – 1:34PM | Sadhya Until 4:49PM | Muruqa: Clear | <i>Sunset:</i> 7:37PM | Moon 3 - Phase 46 - 12 |
| | | | 196896578 Rahu 9:02AM – 10:33AM | Visti Until 3:53PM | Nataraja: Clear | | 2nd Phase |
| Creative Work Siddha Yoga | | | Chaturdashi* Until 2:19AM Tue | Moon – Purple | | Sivaloka Day | |
| Until 8:01PM | | | | Phalgun-Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|--------------------------------|----------|--|---------------------------------------|------------------------|------------------------|--|
| ● | Tuesday, March 21, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau | | | | Dushanbe, Tajikistan Sun 13 Sutra 338 Subhakrit 5124 |
| | Retreat Star | | Gulika 1:34PM – 3:05PM | Purvaproshtapada* Until 5:55PM | Ganesha: Orange | <i>Sunrise:</i> 7:29AM | |
| | Kumbha Rasi: 26.02 | Tithi 30 | Yama 10:32AM – 12:03PM | Subha Until 1:11PM | Muruqa: Clear | <i>Sunset:</i> 7:38PM | Moon 3 - Phase 46 - 13 |
| | | | 116896578 Rahu 4:36PM – 6:07PM | Catuspada Until 12:50PM | Nataraja: Clear | | Amavasya |
| Routine Work Marana Yoga | | | Amavasya* Until 11:24PM | Moon – Clear | | Devaloka Day | |
| Until 5:55PM | | | | Phalgun-Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|---------------------------------|----------------------------------|---------|--|---------------------------------------|------------------------|------------------------|--|
| ● | Wednesday, March 22, 2023 | | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 339 Subhakrit 5124 |
| | Retreat Star | | Gulika 12:02PM – 1:33PM | Uttaraproshtapada Until 4:01PM | Ganesha: Orange | <i>Sunrise:</i> 7:28AM | |
| | Meena Rasi: 10.38 | Tithi 1 | Yama 8:59AM – 10:31AM | Sukla Until 9:45AM | Muruqa: Clear | <i>Sunset:</i> 7:39PM | Moon 3 - Phase 46 - 14 |
| | | | 116896578 Rahu 1:33PM – 3:05PM | Kintughna Until 10:06AM | Nataraja: Clear | | Prathama |
| Creative Work Siddha Yoga | | | Prathama* Until 8:52PM | Moon – Clear | | Devaloka Day | |
| Until 4:01PM | | Yugadhi | | Chaitra-Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | | | |
|----------------------------------|---------|---------------------------------------|-----------------------------|---|------------------------|--|---------------------|
| 1 | | Thursday, March 23, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau | | Dushanbe, Tajikistan Sun 15 Sutra 340 | |
| Meena Rasi: 24.56 | Tithi 2 | Gulika 10:30AM – 12:01PM | Revati Until 2:28PM | Ganesha: Orange | <i>Sunrise:</i> 7:26AM | | Subhakit 5124 |
| | | Yama 7:26AM – 8:58AM | Brahma Until 6:43AM | Muruqa: Clear | <i>Sunset:</i> 7:40PM | Moon 3 - Phase 47 - 15 | |
| | | 116896578 Rahu 3:05PM – 4:37PM | Balava Until 7:48AM | Nataraja: Clear | | 3rd Phase | |
| Creative Work Siddha Yoga | | | | Moon – Clear | | | Devaloka Day |
| Until 2:28PM | | Chellappaswami Mahasamadhi | Dvitiya Until 6:51PM | Chaitra•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------|--|-----------------------------|---|------------------------|--|---------------------|
| 2 | | Friday, March 24, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Taitila/Vanija Karana Tritiya/Chaturthayam Titau | | Dushanbe, Tajikistan Sun 16 Sutra 341 | |
| Mesha Rasi: 8.52 | Tithi 3 – 4 | Gulika 8:57AM – 10:29AM | Ashvini Until 1:50PM | Ganesha: Clear | <i>Sunrise:</i> 7:25AM | | Subhakit 5124 |
| | | Yama 4:37PM – 6:09PM | Vaidhriti* Until 2:10AM Sat | Muruqa: Clear | <i>Sunset:</i> 7:41PM | Moon 3 - Phase 47 - 16 | |
| | | 126896578 Rahu 12:01PM – 1:33PM | Taitila Until 6:06AM | Nataraja: Clear | | 3rd Phase | |
| Creative Work Amrita Yoga | | | | Moon – White | | | Devaloka Day |
| Until 1:50PM | | | Tritiya Until 5:30PM | Chaitra•Panguni | | | |
| Then Creative Work - Siddha Yoga | | | | | | | |

| | | | | | | | |
|----------------------------------|-------------|---|--------------------------------|---|------------------------|--|---------------------|
| 3 | | Saturday, March 25, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | Dushanbe, Tajikistan Sun 17 Sutra 342 | |
| Mesha Rasi: 22.22 | Tithi 4 – 5 | Gulika 7:23AM – 8:56AM | Bharani Until 1:48PM | Ganesha: Clear | <i>Sunrise:</i> 7:23AM | | Subhakit 5124 |
| | | Yama 3:05PM – 4:37PM | Vishkamba* Until 12:48AM Sun | Muruqa: Clear | <i>Sunset:</i> 7:42PM | Moon 3 - Phase 47 - 17 | |
| | | 126896578 Rahu 10:28AM – 12:00PM | Bava Until 4:55AM Sun | Nataraja: Clear | | 3rd Phase | |
| Creative Work Siddha Yoga | | | | Moon – White | | | Devaloka Day |
| Until 1:48PM | | | Chaturthi* Until 4:54PM | Chaitra•Panguni | | | |
| Then Creative Work - Amrita Yoga | | | | | | | |

| | | | | | | | |
|---------------------------|-------------|---------------------------------------|------------------------------|---|------------------------|--|---------------------|
| 4 | | Sunday, March 26, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtayam Titau | | Dushanbe, Tajikistan Sun 18 Sutra 343 | |
| Vrishabha Rasi: 5.26 | Tithi 5 – 6 | Gulika 4:38PM – 6:10PM | Krittika Until 2:22PM | Ganesha: Clear | <i>Sunrise:</i> 7:22AM | | Subhakit 5124 |
| | | Yama 1:32PM – 3:05PM | Priti Until 12:03AM Mon | Muruqa: Clear | <i>Sunset:</i> 7:43PM | Moon 3 - Phase 47 - 18 | |
| | | 126896578 Rahu 6:10PM – 7:43PM | Kaulava Until 5:30AM Mon | Nataraja: Clear | | 3rd Phase | |
| Creative Work Siddha Yoga | | | | Moon – White | | | Devaloka Day |
| | | | Panchami Until 5:05PM | Chaitra•Panguni | | | |

| | | | | | | | |
|----------------------------|---------|--|------------------------------|---|------------------------|--|---------------------|
| 5 | | Monday, March 27, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Taitila Karana Shashtayam Titau | | Dushanbe, Tajikistan Sun 19 Sutra 344 | |
| Vrishabha Rasi: 18.08 | Tithi 6 | Gulika 3:05PM – 4:38PM | Rohini Until 3:59PM | Ganesha: Clear | <i>Sunrise:</i> 7:20AM | | Subhakit 5124 |
| Family Home Evening | | Yama 11:59AM – 1:32PM | Ayushman Until 11:50PM | Muruqa: Clear | <i>Sunset:</i> 7:44PM | Moon 3 - Phase 47 - 19 | |
| | | 137896578 Rahu 8:53AM – 10:26AM | Taitila Until 6:02PM | Nataraja: Clear | | 3rd Phase | |
| Creative Work Amrita Yoga | | | | Moon – Yellow | | | Devaloka Day |
| | | | Shashti* Until 6:02PM | Chaitra•Panguni | | | |

| | | | | | | | |
|---------------------------------|---------|---------------------------------------|--------------------------------|---|------------------------|--|---------------------|
| 6 | | Tuesday, March 28, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau | | Dushanbe, Tajikistan Sun 20 Sutra 345 | |
| Mithuna Rasi: 0.31 | Tithi 7 | Gulika 1:32PM – 3:05PM | Mrigashira Until 6:05PM | Ganesha: Clear | <i>Sunrise:</i> 7:19AM | | Subhakit 5124 |
| | | Yama 10:25AM – 11:58AM | Saubhagya Until 12:07AM Wed | Muruqa: Clear | <i>Sunset:</i> 7:45PM | Moon 3 - Phase 47 - 20 | |
| | | 137896578 Rahu 4:38PM – 6:11PM | Gara Until 6:47AM | Nataraja: Clear | | 3rd Phase | |
| Creative Work Siddha Yoga | | | | Moon – Yellow | | | Devaloka Day |
| Until 6:05PM | | | Saptami Until 7:38PM | Chaitra•Panguni | | | |
| Then Routine Work - Marana Yoga | | | | | | | |

| | | | | | | | |
|---------------------------|---------|---------------------------------------|------------------------------|--|------------------------|--|---------------------|
| Retreat Star | | Wednesday, March 29, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau | | Dushanbe, Tajikistan Sun 21 Sutra 346 | |
| Mithuna Rasi: 12.39 | Tithi 8 | Gulika 11:58AM – 1:31PM | Ardra Until 8:30PM | Ganesha: Clear | <i>Sunrise:</i> 7:17AM | | Subhakit 5124 |
| | | Yama 8:51AM – 10:24AM | Sobhana Until 12:45AM Thu | Muruqa: Clear | <i>Sunset:</i> 7:46PM | Moon 3 - Phase 47 - 21 | |
| | | 137896578 Rahu 1:31PM – 3:05PM | Visti Until 8:39AM | Nataraja: Clear | | Ashtami | |
| Creative Work Siddha Yoga | | | | Moon – Yellow | | | Devaloka Day |
| | | | Ashtami* Until 9:42PM | Chaitra•Panguni | | | |

| | | | | | | | |
|---------------------------|---------|---------------------------------------|----------------------------------|--|------------------------|--|--------------------|
| Retreat Star | | Thursday, March 30, 2023 | | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau | | Dushanbe, Tajikistan Sun 22 Sutra 347 | |
| Mithuna Rasi: 24.38 | Tithi 9 | Gulika 10:23AM – 11:57AM | Punarvasu Until 11:30PM | Ganesha: White | <i>Sunrise:</i> 7:16AM | | Subhakit 5124 |
| | | Yama 7:16AM – 8:49AM | Athiganda* Until 1:32AM Fri | Muruqa: Clear | <i>Sunset:</i> 7:47PM | Moon 3 - Phase 47 - 22 | |
| | | 147896578 Rahu 3:05PM – 4:39PM | Balava Until 10:53AM | Nataraja: Clear | | Navami | |
| Creative Work Amrita Yoga | | | | Moon – Blue | | | Bhuloka Day |
| | | Sri Rama Navami | Navami* Until 12:03AM Fri | Chaitra•Panguni | | Devaloka Time: 3:PM to 6:PM | |

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

imes are standard time. Calculated for Dushanbe, Tajikistan on 5/

www.gurudeva.org/panchang

| | | | | | |
|---|-------------------------------|--|--|---|---|
| 1 | Friday, March 31, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau | | | Dushanbe, Tajikistan Sun 23 Sutra 348 Subhakit 5124 |
| | Kataka Rasi: 6.32 | Tithi 10 | Gulika 8:48AM – 10:22AM Yama 4:39PM – 6:13PM 147896578 Rahu 11:57AM – 1:31PM | Pushya Until 2:26AM Sat Sukarma Until 2:23AM Sat Taitila Until 1:17PM Dashami Until 2:29AM Sat | Ganesha: White <i>Sunrise: 7:14AM</i> Muruqa: Clear <i>Sunset: 7:48PM</i> Nataraja: Clear Moon – Blue |
| | Routine Work | Marana Yoga | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | | | | | Chaitra•Panguni |

| | | | | | |
|---|--------------------------------|--|--|---|---|
| 2 | Saturday, April 1, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau | | | Dushanbe, Tajikistan Sun 24 Sutra 349 Subhakit 5124 |
| | Kataka Rasi: 18.26 | Tithi 11 | Gulika 7:14AM – 8:48AM Yama 3:05PM – 4:39PM 147896578 Rahu 10:22AM – 11:57AM | Ashlesha* Until 5:05AM Sun Dhriti Until 3:11AM Sun Vanija Until 3:41PM Ekadashi Until 4:48AM Sun | Ganesha: White <i>Sunrise: 7:14AM</i> Muruqa: Clear <i>Sunset: 7:48PM</i> Nataraja: Clear Moon – Blue |
| | Routine Work | Marana Yoga | | | Bhuloka Day Devaloka Time: 3:PM to 6:PM |
| | | | | | Chaitra•Panguni |

| | | | | | |
|---|--|---|--|--|--|
| 3 | Sunday, April 2, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau | | | Dushanbe, Tajikistan Sun 25 Sutra 350 Subhakit 5124 |
| | Simha Rasi: 0.22 | Tithi 12 | Gulika 4:39PM – 6:14PM Yama 1:30PM – 3:05PM 158896578 Rahu 6:14PM – 7:48PM | Magha* Until 7:50AM Mon Shula* Until 3:46AM Mon Bava Until 5:54PM Dvadashi Until 6:52AM Mon | Ganesha: Red <i>Sunrise: 7:12AM</i> Muruqa: Clear <i>Sunset: 7:48PM</i> Nataraja: Clear Moon – Red |
| | Routine Work | Marana Yoga | | | Devaloka Day |
| | Until 7:50AM Mon Then Creative Work - Siddha Yoga | | | | Chaitra•Panguni |

| | | | | | |
|---|--|--|--|---|--|
| 4 | Monday, April 3, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau | | | Dushanbe, Tajikistan Sun 26 Sutra 351 Subhakit 5124 |
| | Simha Rasi: 12.23 | Tithi 12 – 13 | Gulika 3:05PM – 4:40PM Yama 11:55AM – 1:30PM 158896578 Rahu 8:46AM – 10:21AM | Magha* Until 7:50AM Ganda* Until 4:06AM Tue Kaulava Until 7:48PM Dvadashi Until 6:52AM | Ganesha: Red <i>Sunrise: 7:11AM</i> Muruqa: Clear <i>Sunset: 7:49PM</i> Nataraja: Clear Moon – Red |
| | Family Home Evening | Marana Yoga | | | Devaloka Day |
| | Routine Work Until 7:50AM Then Creative Work - Siddha Yoga | | | | Chaitra•Panguni <i>Pradosha Vrata</i> |

| | | | | | |
|---|---|---|--|---|--|
| 5 | Tuesday, April 4, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau | | | Dushanbe, Tajikistan Sun 27 Sutra 352 Subhakit 5124 |
| | Simha Rasi: 24.34 | Tithi 13 – 14 | Gulika 1:30PM – 3:05PM Yama 10:20AM – 11:55AM 158896578 Rahu 4:40PM – 6:15PM | Purvaphalguni Until 10:04AM Vriddhi Until 4:07AM Wed Gara Until 9:17PM Trayodashi Until 8:34AM | Ganesha: Red <i>Sunrise: 7:09AM</i> Muruqa: Clear <i>Sunset: 7:50PM</i> Nataraja: Clear Moon – Red |
| | Creative Work | Siddha Yoga | | | Devaloka Day |
| | Until 10:04AM Then Creative Work - Amrita Yoga | | | | Chaitra•Panguni |

| | | | | | |
|---|--|---|---------------|--|---|
| ○ | Wednesday, April 5, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau | | | Dushanbe, Tajikistan Sutra 353 Subhakit 5124 |
| | Copper Retreat Star | Kanya Rasi: 6.56 | Tithi 14 – 15 | Gulika 11:54AM – 1:30PM Yama 8:43AM – 10:19AM 158896578 Rahu 1:30PM – 3:05PM | Uttaraphalguni Until 11:42AM Dhruva Until 3:44AM Thu Visti Until 10:17PM Chaturdashi* Until 9:50AM |
| | Creative Work | Amrita Yoga | | | Devaloka Day |
| | Until 11:42AM Then Routine Work - Marana Yoga | | | | Chaitra•Panguni |

| | | | | | |
|---|--|--|---------------|--|--|
| ○ | Thursday, April 6, 2023 | Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau | | | Dushanbe, Tajikistan Sutra 354 Subhakit 5124 |
| | Silver Retreat Star | Kanya Rasi: 19.31 | Tithi 15 – 16 | Gulika 10:18AM – 11:54AM Yama 7:06AM – 8:42AM 168896578 Rahu 3:05PM – 4:41PM | Hasta Until 1:11PM Vyaghata* Until 3:00AM Fri Balava Until 10:49PM Purnima* Until 10:36AM |
| | Routine Work | Marana Yoga | | | Bhuloka Day |
| | Until 1:11PM 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

Tula Rasi: 2.19 Tithi 16 – 17

Creative Work Siddha Yoga

168896578

Gulika 8:41AM – 10:17AM
Yama 4:41PM – 6:17PM
Rahu 11:53AM – 1:29PM

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

Chitra Until 2:03PM
Harshana Until 1:54AM Sat
Taitila Until 10:51PM
Prathama* Until 10:52AM

Ganesha: Blue *Sunrise:* 7:05AM
Muruqa: Clear *Sunset:* 7:53PM
Nataraja: Clear
Moon – Green
Chaitra+Panguni

Dushanbe, Tajikistan
Sutra 355
Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

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

1

Saturday, April 8, 2023

Tula Rasi: 15.2 Tithi 17 – 18

Creative Work Siddha Yoga

168896578

Gulika 7:03AM – 8:40AM
Yama 3:05PM – 4:41PM
Rahu 10:16AM – 11:52AM

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

Svati Until 2:18PM
Vajra* Until 12:26AM Sun
Vanija Until 10:27PM
Dvitiya Until 10:41AM

Ganesha: Blue *Sunrise:* 7:03AM
Muruqa: Clear *Sunset:* 7:54PM
Nataraja: Clear
Moon – Green
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 1 Sutra 356
Subhakrit 5124
Moon 4 - Phase 49 - 1
1st Phase

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

2

Sunday, April 9, 2023

Tula Rasi: 28.35 Tithi 18 – 19

Routine Work Marana Yoga

179896578

Gulika 4:42PM – 6:18PM
Yama 1:28PM – 3:05PM
Rahu 6:18PM – 7:55PM

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

Vishakha Until 2:28PM
Siddhi Until 10:40PM
Bava Until 9:40PM
Tritiya Until 10:05AM

Ganesha: Red *Sunrise:* 7:02AM
Muruqa: Clear *Sunset:* 7:55PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 2 Sutra 357
Subhakrit 5124
Moon 4 - Phase 49 - 2
1st Phase

Devaloka Day

3

Monday, April 10, 2023

Vrischika Rasi: 12.04 Tithi 19 – 20

Family Home Evening

Creative Work Siddha Yoga

179896578

Gulika 3:05PM – 4:42PM
Yama 11:51AM – 1:28PM
Rahu 8:37AM – 10:14AM

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

Anuradha Until 2:07PM
Vyatipata* Until 8:38PM
Kaulava Until 8:30PM
Chaturthi* Until 9:06AM

Ganesha: Red *Sunrise:* 7:00AM
Muruqa: Clear *Sunset:* 7:56PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 3 Sutra 358
Subhakrit 5124
Moon 4 - Phase 49 - 3
1st Phase

Devaloka Day

4

Tuesday, April 11, 2023

Vrischika Rasi: 25.43 Tithi 20 – 21

Routine Work Marana Yoga

Until 1:17PM

Then Creative Work - Amrita Yoga

179896578

Gulika 1:28PM – 3:05PM
Yama 10:13AM – 11:51AM
Rahu 4:42PM – 6:20PM

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

Jyeshtha* Until 1:17PM
Variyan Until 6:19PM
Gara Until 7:02PM
Panchami Until 7:47AM

Ganesha: Red *Sunrise:* 6:59AM
Muruqa: Clear *Sunset:* 7:57PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 4 Sutra 359
Subhakrit 5124
Moon 4 - Phase 49 - 4
1st Phase

Devaloka Day

5

Wednesday, April 12, 2023

Dhanus Rasi: 9.34 Tithi 21 – 22

Routine Work Marana Yoga

Until 12:28PM

Then Creative Work - Amrita Yoga

189896578

Gulika 11:50AM – 1:28PM
Yama 8:35AM – 10:12AM
Rahu 1:28PM – 3:05PM

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

Mula* Until 12:28PM
Parigha* Until 3:47PM
Bava Until 4:16AM Thu
Shashthi* Until 6:10AM

Ganesha: Green *Sunrise:* 6:57AM
Muruqa: Clear *Sunset:* 7:58PM
Nataraja: Clear
Moon – Light Blue
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 5 Sutra 360
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

Dhanus Rasi: 23.35 Tithi 23

Creative Work Siddha Yoga

Until 11:14AM

Then Routine Work - Marana Yoga

189996578

Gulika 10:12AM – 11:49AM
Yama 6:56AM – 8:34AM
Rahu 3:05PM – 4:43PM

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

Purvashadha* Until 11:14AM
Shiva Until 1:04PM
Balava Until 3:15PM
Ashtami* Until 2:09AM Fri

Ganesha: White *Sunrise:* 6:56AM
Muruqa: Clear *Sunset:* 7:59PM
Nataraja: Clear
Moon – Light Blue
Chaitra+Panguni

Dushanbe, Tajikistan
Sun 6 Sutra 361
Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

Makara Rasi: 7.44 Tithi 24

Routine Work Marana Yoga

189996578

Gulika 8:33AM – 10:11AM
Yama 4:43PM – 6:22PM
Rahu 11:49AM – 1:27PM

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

Uttarashadha Until 9:39AM
Siddha Until 10:08AM
Taitila Until 1:01PM
Navami* Until 11:49PM

Ganesha: White *Sunrise:* 6:54AM
Muruqa: Clear *Sunset:* 8:00PM
Nataraja: Clear
Moon – Light Blue
Chaitra+Chaitra

Dushanbe, Tajikistan
Sun 7 Sutra 362
Sobhana 5125
Moon 4 - Phase 49 - 7
Navami

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


Chidambaram Abhishekam
Tamil New Year

| | | | | | | | |
|----------|----------------------------------|-------------------------------|--|------------------------------|--|----------------------|----------------------|
| 1 | Saturday, April 15, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Makara Rasi: 22.02 Tithi 25 | | Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau | | | | Sun 8 Sutra 363 |
| | 299996578 | | Gulika 6:53AM – 8:31AM | Shravana Until 8:10AM | Ganesha: White <i>Sunrise:</i> 6:53AM | Sobhana 5125 | |
| | Creative Work Siddha Yoga | | Yama 3:05PM – 4:44PM | Sadhya Until 7:05AM | Muruqa: Clear <i>Sunset:</i> 8:01PM | Moon 4 - Phase 1 - 8 | |
| | | Rahu 10:10AM – 11:48AM | Vanija Until 10:38AM | Nataraja: Clear | 2nd Phase | | |
| | | | Dashami Until 9:22PM | Moon – Purple | Bhuloka Day | | |
| | | | | Chaitra*Chaitra | Devaloka Time: 3:PM to 6:PM | | |

| | | | | | | | |
|----------------------------------|---------------------------------|-----------------------------|--|--------------------------------|--|----------------------|----------------------|
| 2 | Sunday, April 16, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Kumbha Rasi: 6.23 Tithi 26 | | Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau | | | | Sun 9 Sutra 364 |
| | 299996578 | | Gulika 4:44PM – 6:23PM | Dhanishtha Until 6:26AM | Ganesha: White <i>Sunrise:</i> 6:52AM | Sobhana 5125 | |
| | Routine Work Marana Yoga | | Yama 1:27PM – 3:05PM | Sukla Until 12:46AM Mon | Muruqa: Clear <i>Sunset:</i> 8:02PM | Moon 4 - Phase 1 - 9 | |
| Until 6:26AM | | Rahu 6:23PM – 8:02PM | Bava Until 8:08AM | Nataraja: Clear | 2nd Phase | | |
| Then Creative Work - Siddha Yoga | | | Ekadashi* Until 6:51PM | Moon – Purple | Bhuloka Day | | |
| | | | | Chaitra*Chaitra | Devaloka Time: 3:PM to 6:PM | | |

| | | | | | | | |
|----------------------------------|---------------------------------------|------------------------------|---|---|---|-----------------------|----------------------|
| 3 | Monday, April 17, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Kumbha Rasi: 20.46 Tithi 27 – 28 | | Purvaproshtapada* Nakshatra Brahma Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau | | | | Sun 10 Sutra 1 |
| | 211996578 | | Gulika 3:05PM – 4:44PM | Purvaproshtapada* Until 3:01AM Tue | Ganesha: Orange <i>Sunrise:</i> 6:50AM | Sobhana 5125 | |
| | Family Home Evening | | Yama 11:47AM – 1:26PM | Brahma Until 9:39PM | Muruqa: Clear <i>Sunset:</i> 8:03PM | Moon 4 - Phase 1 - 10 | |
| Routine Work Marana Yoga | | Rahu 8:29AM – 10:08AM | Gara Until 3:11AM Tue | Nataraja: Clear | 2nd Phase | | |
| Until 3:01AM Tue | | | Dvadashi* Until 4:22PM | Moon – Clear | Devaloka Day | | |
| Then Creative Work - Amrita Yoga | | | | Chaitra*Chaitra | | | |
| | | | <i>Pradosha Vrata (Fasting)</i> | | | | |

| | | | | | | | |
|---------------------------------|-------------------------------------|-----------------------------|--|---|---|-----------------------|----------------------|
| 4 | Tuesday, April 18, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Meena Rasi: 5.06 Tithi 28 – 29 | | Uttaraproshtapada Nakshatra Indra Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau | | | | Sun 11 Sutra 2 |
| | 211996578 | | Gulika 1:26PM – 3:05PM | Uttaraproshtapada Until 1:32AM Wed | Ganesha: Orange <i>Sunrise:</i> 6:49AM | Sobhana 5125 | |
| | Creative Work Amrita Yoga | | Yama 10:07AM – 11:47AM | Indra Until 6:40PM | Muruqa: Clear <i>Sunset:</i> 8:03PM | Moon 4 - Phase 1 - 11 | |
| Until 1:32AM Wed | | Rahu 4:45PM – 6:24PM | Visti Until 12:57AM Wed | Nataraja: Clear | 2nd Phase | | |
| Then Routine Work - Marana Yoga | | | Trayodashi* Until 2:01PM | Moon – Clear | Devaloka Day | | |
| | | | | Chaitra*Chaitra | | | |

| | | | | | | | |
|---|--------------------------------------|-----------------------------|--|--|---|--------------|---------------------------------|
|  | Wednesday, April 19, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Retreat Star | | Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau | | | | Sun 12 Sutra 3 |
| | Meena Rasi: 19.17 Tithi 29 – 30 | | Gulika 11:46AM – 1:26PM | | | | Revati Until 12:14AM Thu |
| | 211996578 | | Yama 8:27AM – 10:07AM | Vaidhriti* Until 3:54PM | Ganesha: Orange <i>Sunrise:</i> 6:47AM | Sobhana 5125 | |
| Routine Work Marana Yoga | | Rahu 1:26PM – 3:05PM | Catuspada Until 11:02PM | Muruqa: Clear <i>Sunset:</i> 8:04PM | Moon 4 - Phase 1 - 12 | | |
| Until 12:14AM Thu | | | Chaturdashi* Until 11:55AM | Nataraja: Clear | Amavasya | | |
| Then Creative Work - Amrita Yoga | | | | Moon – Clear | Devaloka Day | | |
| | | | | Chaitra*Chaitra | | | |

| | | | | | | | |
|----------------------------------|------------------------------------|-----------------------------|---|------------------------------|--|-----------------------|----------------------|
| Retreat Star | Thursday, April 20, 2023 | | Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Guru Vasara Yuktayam | | | | Dushanbe, Tajikastan |
| | Mesha Rasi: 3.14 Tithi 30 – 1 | | Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau | | | | Sun 13 Sutra 4 |
| | 221996578 | | Gulika 10:06AM – 11:46AM | Ashvini Until 11:39PM | Ganesha: Clear <i>Sunrise:</i> 6:46AM | Sobhana 5125 | |
| | Creative Work Amrita Yoga | | Yama 6:46AM – 8:26AM | Vishkambha* Until 1:28PM | Muruqa: Clear <i>Sunset:</i> 8:05PM | Moon 4 - Phase 1 - 13 | |
| Until 11:39PM | | Rahu 3:06PM – 4:45PM | Kintughna Until 9:32PM | Nataraja: Clear | Prathama | | |
| Then Creative Work - Siddha Yoga | | | Amavasya* Until 10:12AM | Moon – White | Devaloka Day | | |
| | | | | Vaisaka*Chaitra | | | |

| | | | | | | | |
|----------|-------------------------------|-------------|---|------------------------------|------------------------|------------------------|--|
| 1 | Friday, April 21, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau | | | | Dushanbe, Tajikistan Sun 14 Sutra 5 Sobhana 5125 |
| | Mesha Rasi: 16.55 | Tithi 1 – 2 | Gulika 8:25AM – 10:05AM | Bharani Until 11:28PM | Ganesha: Clear | <i>Sunrise:</i> 6:44AM | |
| | | | Yama 4:46PM – 6:26PM | Priti Until 11:27AM | Muruqa: Clear | <i>Sunset:</i> 8:06PM | Moon 4 - Phase 2 - 14 |
| | Creative Work | Siddha Yoga | 221996578 Rahu 11:45AM – 1:25PM | Balava Until 8:35PM | Nataraja: Clear | | 3rd Phase |
| | | | Prathama* Until 8:58AM | Moon – White | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------|---------------------------------|-------------|---|-------------------------------|------------------------|------------------------|--|
| 2 | Saturday, April 22, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau | | | | Dushanbe, Tajikistan Sun 15 Sutra 6 Sobhana 5125 |
| | Vrishabha Rasi: 0.16 | Tithi 2 – 3 | Gulika 6:43AM – 8:24AM | Krittika Until 11:44PM | Ganesha: Clear | <i>Sunrise:</i> 6:43AM | |
| | | | Yama 3:06PM – 4:46PM | Ayushman Until 9:53AM | Muruqa: Clear | <i>Sunset:</i> 8:07PM | Moon 4 - Phase 2 - 15 |
| | Creative Work | Amrita Yoga | 221996578 Rahu 10:04AM – 11:45AM | Taitila Until 8:15PM | Nataraja: Clear | | 3rd Phase |
| | | | Dvitiya Until 8:19AM | Moon – White | | Devaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------------------------------|-------------------------------|------------------------|---|---------------------------------|------------------------|------------------------|--|
| 3 | Sunday, April 23, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau | | | | Dushanbe, Tajikistan Sun 16 Sutra 7 Sobhana 5125 |
| | Vrishabha Rasi: 13.16 | Tithi 3 – 4 | Gulika 4:47PM – 6:27PM | Rohini Until 12:58AM Mon | Ganesha: Orange | <i>Sunrise:</i> 6:42AM | |
| | | | Yama 1:25PM – 3:06PM | Saubhagya Until 8:51AM | Muruqa: Clear | <i>Sunset:</i> 8:08PM | Moon 4 - Phase 2 - 16 |
| | Creative Work | Siddha Yoga | 231996578 Rahu 6:27PM – 8:08PM | Vanija Until 8:35PM | Nataraja: Clear | | 3rd Phase |
| Until 12:58AM Mon | | | Tritiya Until 8:19AM | Moon – Yellow | | Devaloka Day | |
| Then Creative Work - Amrita Yoga | | Akshaya Tritiya | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|---------------------------------|-------------------------------|-----------------------------|--|------------------------------------|------------------------|------------------------|--|
| 4 | Monday, April 24, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau | | | | Dushanbe, Tajikistan Sun 17 Sutra 8 Sobhana 5125 |
| | Vrishabha Rasi: 25.57 | Tithi 4 – 5 | Gulika 3:06PM – 4:47PM | Mrigashira Until 2:40AM Tue | Ganesha: Orange | <i>Sunrise:</i> 6:40AM | |
| | Family Home Evening | | Yama 11:44AM – 1:25PM | Sobhana Until 8:20AM | Muruqa: Clear | <i>Sunset:</i> 8:09PM | Moon 4 - Phase 2 - 17 |
| | Creative Work | Amrita Yoga | 231996578 Rahu 8:22AM – 10:03AM | Bava Until 9:34PM | Nataraja: Clear | | 3rd Phase |
| Until 2:40AM Tue | | | Chaturthi* Until 8:59AM | Moon – Yellow | | Devaloka Day | |
| Then Routine Work - Marana Yoga | | Adi Sankara Jayanthi | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------------------------------|--------------------------------|-------------|--|-------------------------------|-------------------------|------------------------|--|
| 5 | Tuesday, April 25, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau | | | | Dushanbe, Tajikistan Sun 18 Sutra 9 Sobhana 5125 |
| | Mithuna Rasi: 8.22 | Tithi 5 – 6 | Gulika 1:25PM – 3:06PM | Ardra Until 4:44AM Wed | Ganesha: Orange | <i>Sunrise:</i> 6:39AM | |
| | | | Yama 10:02AM – 11:43AM | Athiganda* Until 8:17AM | Muruqa: Clear | <i>Sunset:</i> 8:10PM | Moon 4 - Phase 2 - 18 |
| | Routine Work | Marana Yoga | 231996579 Rahu 4:47PM – 6:29PM | Kaulava Until 11:07PM | Nataraja: Purple | | 3rd Phase |
| Until 4:44AM Wed | | | Panchami Until 10:15AM | Moon – Yellow | | Sivaloka Day | |
| Then Creative Work - Siddha Yoga | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------------------------------|----------------------------------|-------------|---|-----------------------------------|-------------------------|---------------------------|---|
| 6 | Wednesday, April 26, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau | | | | Dushanbe, Tajikistan Sun 19 Sutra 10 Sobhana 5125 |
| | Mithuna Rasi: 20.32 | Tithi 6 – 7 | Gulika 11:43AM – 1:24PM | Punarvasu Until 7:31AM Thu | Ganesha: Green | <i>Sunrise:</i> 6:38AM | |
| | | | Yama 8:19AM – 10:01AM | Sukarma Until 8:38AM | Muruqa: Clear | <i>Sunset:</i> 8:11PM | Moon 4 - Phase 2 - 19 |
| | Creative Work | Siddha Yoga | 241996579 Rahu 1:24PM – 3:06PM | Gara Until 1:06AM Thu | Nataraja: Purple | | 3rd Phase |
| Until 7:31AM Thu | | | Shashthi* Until 12:02PM | Moon – Blue | | Subha Sivaloka Day | |
| Then Creative Work - Amrita Yoga | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------|---------------------------------|-------------|--|-------------------------------|-------------------------|------------------------|---|
| D | Thursday, April 27, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau | | | | Dushanbe, Tajikistan Sun 20 Sutra 11 Sobhana 5125 |
| | Retreat Star | | Gulika 10:00AM – 11:42AM | Punarvasu Until 7:31AM | Ganesha: Red | <i>Sunrise:</i> 6:37AM | |
| | Kataka Rasi: 2.34 | Tithi 7 – 8 | Yama 6:37AM – 8:18AM | Dhriti Until 9:18AM | Muruqa: Clear | <i>Sunset:</i> 8:12PM | Moon 4 - Phase 2 - 20 |
| | Creative Work | Amrita Yoga | 242996579 Rahu 3:06PM – 4:48PM | Visti Until 3:21AM Fri | Nataraja: Purple | | Ashtami |
| | | | Saptami Until 2:11PM | Moon – Blue | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

| | | | | | | | |
|----------|-------------------------------|-------------|--|-----------------------------|-------------------------|------------------------|---|
| D | Friday, April 28, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau | | | | Dushanbe, Tajikistan Sun 21 Sutra 12 Sobhana 5125 |
| | Retreat Star | | Gulika 8:17AM – 10:00AM | Pushya Until 10:21AM | Ganesha: Red | <i>Sunrise:</i> 6:35AM | |
| | Kataka Rasi: 14.3 | Tithi 8 – 9 | Yama 4:48PM – 6:31PM | Shula* Until 10:06AM | Muruqa: Clear | <i>Sunset:</i> 8:13PM | Moon 4 - Phase 2 - 21 |
| | Routine Work | Marana Yoga | 242996579 Rahu 11:42AM – 1:24PM | Balava Until 5:42AM Sat | Nataraja: Purple | | Navami |
| | | | Ashtami* Until 4:30PM | Moon – Blue | | Sivaloka Day | |
| | | | | Vaisaka-Chaitra | | | |

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

| | | | | | | | |
|----------|----------------------------------|-------------|---|------------------------|------------------|-----------------|---|
| 1 | Saturday, April 29, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vriddhi Yoga Kaulava Karana Navamyam Titau | | | | Dushanbe, Tajikistan Sun 22 Sutra 13 |
| | Kataka Rasi: 26.24 | Tithi 9 | Gulika 6:34AM – 8:16AM | Ashlesha* Until 1:03PM | Ganesha: Red | Sunrise: 6:34AM | Sobhana 5125 |
| | | 242996579 | Yama 3:06PM – 4:49PM | Ganda* Until 10:57AM | Muruqa: Clear | Sunset: 8:14PM | Moon 4 - Phase 3 - 22 |
| | | | Rahu 9:59AM – 11:41AM | Kaulava Until 6:49PM | Nataraja: Purple | | 4th Phase |
| | Routine Work | Marana Yoga | | Navami* Until 6:49PM | Moon – Blue | | Sivaloka Day |
| | Until 1:03PM | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Amrita Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|-------------|---|-----------------------|------------------|-----------------|---|
| 2 | Sunday, April 30, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau | | | | Dushanbe, Tajikistan Sun 23 Sutra 14 |
| | Simha Rasi: 8.21 | Tithi 10 | Gulika 4:49PM – 6:32PM | Magha* Until 3:56PM | Ganesha: Blue | Sunrise: 6:33AM | Sobhana 5125 |
| | | 252996579 | Yama 1:24PM – 3:07PM | Vriddhi Until 11:42AM | Muruqa: Clear | Sunset: 8:15PM | Moon 4 - Phase 3 - 23 |
| | | | Rahu 6:32PM – 8:15PM | Taitila Until 7:55AM | Nataraja: Purple | | 4th Phase |
| | Routine Work | Marana Yoga | | Dashami Until 8:55PM | Moon – Red | | Devaloka Day |
| | Until 3:56PM | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------------------------|----------------------------------|-------------|---|----------------------------|------------------|-----------------|---|
| 3 | Monday, May 1, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau | | | | Dushanbe, Tajikistan Sun 24 Sutra 15 |
| | Simha Rasi: 20.25 | Tithi 11 | Gulika 3:07PM – 4:50PM | Purvaphalguni Until 6:17PM | Ganesha: Blue | Sunrise: 6:30AM | Sobhana 5125 |
| Family Home Evening | | 252996579 | Yama 11:40AM – 1:23PM | Dhruva Until 12:10PM | Muruqa: Clear | Sunset: 8:17PM | Moon 4 - Phase 3 - 24 |
| | | | Rahu 8:14AM – 9:57AM | Vanija Until 9:51AM | Nataraja: Purple | | 4th Phase |
| | Creative Work | Siddha Yoga | | Ekadashi Until 10:38PM | Moon – Red | | Devaloka Day |
| | | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|-------------|---|-----------------------------|------------------|-----------------|---|
| 4 | Tuesday, May 2, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau | | | | Dushanbe, Tajikistan Sun 25 Sutra 16 |
| | Kanya Rasi: 2.39 | Tithi 12 | Gulika 1:23PM – 3:07PM | Uttaraphalguni Until 8:00PM | Ganesha: Blue | Sunrise: 6:29AM | Sobhana 5125 |
| | | 252996579 | Yama 9:56AM – 11:40AM | Vyaghata* Until 12:17PM | Muruqa: Clear | Sunset: 8:18PM | Moon 4 - Phase 3 - 25 |
| | | | Rahu 4:50PM – 6:34PM | Bava Until 11:19AM | Nataraja: Purple | | 4th Phase |
| | Creative Work | Amrita Yoga | | Dvadashi Until 11:48PM | Moon – Red | | Devaloka Day |
| | Until 8:00PM | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|-------------|---|------------------------------|------------------|-----------------|---|
| 5 | Wednesday, May 3, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau | | | | Dushanbe, Tajikistan Sun 26 Sutra 17 |
| | Kanya Rasi: 15.08 | Tithi 13 | Gulika 11:39AM – 1:23PM | Hasta Until 9:27PM | Ganesha: Yellow | Sunrise: 6:28AM | Sobhana 5125 |
| | | 262996579 | Yama 8:12AM – 9:56AM | Harshana Until 11:58AM | Muruqa: Clear | Sunset: 8:19PM | Moon 4 - Phase 3 - 26 |
| | | | Rahu 1:23PM – 3:07PM | Kaulava Until 12:11PM | Nataraja: Purple | | 4th Phase |
| | Routine Work | Marana Yoga | | Trayodashi Until 12:22AM Thu | Moon – Green | | Sivaloka Day |
| | Until 9:27PM | | | Pradosha Vrata | Vaisaka*Chaitra | | |
| | Then Creative Work - Siddha Yoga | | | | | | |

| | | | | | | | |
|----------|----------------------------------|-------------|--|--------------------------------|------------------|-----------------|---|
| 6 | Thursday, May 4, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau | | | | Dushanbe, Tajikistan Sun 27 Sutra 18 |
| | Kanya Rasi: 27.54 | Tithi 14 | Gulika 9:55AM – 11:39AM | Chitra Until 10:07PM | Ganesha: Yellow | Sunrise: 6:27AM | Sobhana 5125 |
| | | 262996579 | Yama 6:27AM – 8:11AM | Vajra* Until 11:07AM | Muruqa: Clear | Sunset: 8:19PM | Moon 4 - Phase 3 - 27 |
| | | | Rahu 3:07PM – 4:51PM | Gara Until 12:26PM | Nataraja: Purple | | 4th Phase |
| | Creative Work | Siddha Yoga | | Chaturdashi* Until 12:18AM Fri | Moon – Green | | Sivaloka Day |
| | Until 10:07PM | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Amrita Yoga | | | | | | |

| | | | | | | | |
|------------------|----------------------------------|-------------|---|------------------------|------------------|-----------------|----------------------------------|
| ○ | Friday, May 5, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau | | | | Dushanbe, Tajikistan Sutra 19 |
| | Copper Retreat Star | | Gulika 8:10AM – 9:54AM | Svati Until 10:02PM | Ganesha: Yellow | Sunrise: 6:26AM | Sobhana 5125 |
| Tula Rasi: 10.59 | Tithi 15 | | Yama 4:52PM – 6:36PM | Siddhi Until 9:48AM | Muruqa: Clear | Sunset: 8:20PM | Moon 4 - Phase 3 - |
| | | 262996579 | Rahu 11:39AM – 1:23PM | Visti Until 12:03PM | Nataraja: Purple | | Purnima |
| | Creative Work | Siddha Yoga | | Purnima* Until 11:37PM | Moon – Green | | Sivaloka Day |
| | | | Budha Purnima (Tamil Nadu) | | Vaisaka*Chaitra | | |
| | Then Creative Work - Amrita Yoga | | | | | | |

| | | | | | | | |
|------------------|----------------------------------|-------------|---|-------------------------|------------------|-----------------|----------------------------------|
| ○ | Saturday, May 6, 2023 | | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau | | | | Dushanbe, Tajikistan Sutra 20 |
| | Silver Retreat Star | | Gulika 6:25AM – 8:09AM | Vishakha Until 9:43PM | Ganesha: White | Sunrise: 6:25AM | Sobhana 5125 |
| Tula Rasi: 24.23 | Tithi 16 | | Yama 3:08PM – 4:52PM | Vyalipata* Until 8:01AM | Muruqa: Clear | Sunset: 8:21PM | Moon 4 - Phase 3 - |
| | | 272996579 | Rahu 9:54AM – 11:38AM | Balava Until 11:05AM | Nataraja: Purple | | Prathama |
| | Creative Work | Siddha Yoga | | Prathama* Until 10:24PM | Moon – Orange | | Devaloka Day |
| | | | | | Vaisaka*Chaitra | | |
| | Then Creative Work - Amrita Yoga | | | | | | |

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