



Monday, April 18, 2022
Gold Retreat Star

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

Istanbul, Turkey
Sutra 1

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

Gulika 1:46PM – 3:27PM
Yama 10:25AM – 12:05PM
Rahu 7:03AM – 8:44AM

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

Ganesha: Purple *Sunrise: 5:23AM*
Muruqa: White *Sunset: 6:48PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

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

Istanbul, Turkey
Sun 1 Sutra 2

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

Gulika 12:05PM – 1:46PM
Yama 8:43AM – 10:24AM
Rahu 3:27PM – 5:08PM

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

Ganesha: Purple *Sunrise: 5:21AM*
Muruqa: White *Sunset: 6:49PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

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

Istanbul, Turkey
Sun 2 Sutra 3

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

Gulika 10:24AM – 12:05PM
Yama 7:01AM – 8:42AM
Rahu 12:05PM – 1:46PM

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

Ganesha: Purple *Sunrise: 5:20AM*
Muruqa: White *Sunset: 6:50PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 - 2nd Phase

Bhuloka Day

3

Thursday, April 21, 2022

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

Istanbul, Turkey
Sun 3 Sutra 4

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

Gulika 8:42AM – 10:23AM
Yama 5:18AM – 7:00AM
Rahu 1:46PM – 3:28PM

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

Ganesha: Clear *Sunrise: 5:18AM*
Muruqa: White *Sunset: 6:51PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 - 3rd Phase

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

4

Friday, April 22, 2022

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

Istanbul, Turkey
Sun 4 Sutra 5

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

Gulika 6:59AM – 8:41AM
Yama 3:28PM – 5:10PM
Rahu 10:23AM – 12:05PM

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

Ganesha: Purple *Sunrise: 5:17AM*
Muruqa: White *Sunset: 6:52PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Subhakrit 5124
Moon 4 - Phase 1 - 4th Phase

Devaloka Day

5

Saturday, April 23, 2022
Retreat Star

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

Istanbul, Turkey
Sun 5 Sutra 6

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

Gulika 5:15AM – 6:58AM
Yama 1:47PM – 3:29PM
Rahu 8:40AM – 10:22AM

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

Ganesha: Purple *Sunrise: 5:15AM*
Muruqa: White *Sunset: 6:53PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

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

Devaloka Day

Sunday, April 24, 2022
Retreat Star

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

Istanbul, Turkey
Sun 6 Sutra 7

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

Gulika 3:29PM – 5:12PM
Yama 12:04PM – 1:47PM
Rahu 5:12PM – 6:54PM

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

Ganesha: Clear *Sunrise: 5:14AM*
Muruqa: White *Sunset: 6:54PM*
Nataraja: White
Moon – Purple
Chaitra*Chaitra

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

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

1	Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Istanbul, Turkey Sun 7 Sutra 8
	Kumbha Rasi: 2.15	Tithi 25	Gulika 1:47PM – 3:30PM	Dhanishtha Until 1:45PM	Ganesha: Clear	<i>Sunrise:</i> 5:13AM	Subhakrit 5124
	Family Home Evening	299345479	Rahu 6:55AM – 8:38AM	Sukla Until 5:26PM	Muruqa: White	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 2 - 7
	Creative Work Siddha Yoga			Vanija Until 10:47AM	Nataraja: Clear		2nd Phase
			Dashami Until 10:12PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

2	Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Istanbul, Turkey Sun 8 Sutra 9
	Kumbha Rasi: 15.49	Tithi 26	Gulika 12:04PM – 1:47PM	Shatabhishak Until 1:19PM	Ganesha: Clear	<i>Sunrise:</i> 5:11AM	Subhakrit 5124
		299345479	Rahu 3:30PM – 5:13PM	Brahma Until 3:36PM	Muruqa: White	<i>Sunset:</i> 6:57PM	Moon 4 - Phase 2 - 8
	Routine Work Marana Yoga			Bava Until 9:45AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 9:21PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Istanbul, Turkey Sun 9 Sutra 10
	Kumbha Rasi: 29.08	Tithi 27	Gulika 10:20AM – 12:04PM	Purvaproshtapada* Until 1:36PM	Ganesha: Red	<i>Sunrise:</i> 5:10AM	Subhakrit 5124
		219345479	Rahu 12:04PM – 1:47PM	Indra Until 2:07PM	Muruqa: White	<i>Sunset:</i> 6:58PM	Moon 4 - Phase 2 - 9
	Creative Work Amrita Yoga			Kaulava Until 9:07AM	Nataraja: Clear		2nd Phase
Until 1:36PM			Dvadashi* Until 8:56PM	Moon – Clear		Devaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra			

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Istanbul, Turkey Sun 10 Sutra 11
	Meena Rasi: 12.15	Tithi 28	Gulika 8:36AM – 10:20AM	Uttaraproshtapada Until 2:10PM	Ganesha: Blue	<i>Sunrise:</i> 5:08AM	Subhakrit 5124
		219445479	Rahu 1:47PM – 3:31PM	Vaidhriti* Until 12:57PM	Muruqa: White	<i>Sunset:</i> 6:59PM	Moon 4 - Phase 2 - 10
	Creative Work Siddha Yoga			Gara Until 8:54AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 8:57PM	Moon – Clear		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5	Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Istanbul, Turkey Sun 11 Sutra 12
	Meena Rasi: 25.07	Tithi 29	Gulika 6:51AM – 8:35AM	Revati Until 3:02PM	Ganesha: Blue	<i>Sunrise:</i> 5:07AM	Subhakrit 5124
		219445479	Rahu 10:19AM – 12:03PM	Vishkambha* Until 12:11PM	Muruqa: White	<i>Sunset:</i> 7:00PM	Moon 4 - Phase 2 - 11
	Creative Work Siddha Yoga			Visti Until 9:10AM	Nataraja: Clear		2nd Phase
Until 3:02PM			Chaturdashi* Until 9:27PM	Moon – Clear		Bhuloka Day	
Then Creative Work - Amrita Yoga				Chaitra*Chaitra		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/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Istanbul, Turkey Sun 12 Sutra 13
	Retreat Star		Gulika 5:06AM – 6:50AM	Ashvini Until 4:41PM	Ganesha: Green	<i>Sunrise:</i> 5:06AM	Subhakrit 5124
	Mesha Rasi: 7.46	Tithi 30	Rahu 8:34AM – 10:19AM	Priti Until 11:48AM	Muruqa: White	<i>Sunset:</i> 7:01PM	Moon 4 - Phase 2 - 12
	Creative Work Siddha Yoga			Catuspada Until 9:55AM	Nataraja: Clear		Amavasya
			Amavasya* Until 10:27PM	Moon – White		Bhuloka Day	
				Chaitra*Chaitra		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				Istanbul, Turkey Sun 13 Sutra 14
	Retreat Star		Gulika 3:32PM – 5:17PM	Bharani Until 6:40PM	Ganesha: Green	<i>Sunrise:</i> 5:04AM	Subhakrit 5124
	Mesha Rasi: 20.11	Tithi 1	Rahu 5:17PM – 7:02PM	Ayushman Until 11:46AM	Muruqa: White	<i>Sunset:</i> 7:02PM	Moon 4 - Phase 2 - 13
	Routine Work Prabalarishta Yoga			Kintughna Until 11:10AM	Nataraja: Clear		Prathama
Until 6:40PM			Prathama* Until 11:56PM	Moon – White		Bhuloka Day	
Then Creative Work - Siddha Yoga				Vaisaka*Chaitra		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		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Istanbul, Turkey Sun 14 Sutra 15 Subhakrit 5124
1	221445479	Gulika 1:48PM – 3:33PM Yama 10:18AM – 12:03PM Rahu 6:48AM – 8:33AM	Krittika Until 8:55PM Saubhagya Until 12:07PM Balava Until 12:52PM Dvitiya Until 1:51AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:03AM Sunset: 7:03PM	Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 2.24 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 8:55PM Then Creative Work - Amrita Yoga						

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Istanbul, Turkey Sun 15 Sutra 16 Subhakrit 5124
2	231445479	Gulika 12:03PM – 1:48PM Yama 8:32AM – 10:18AM Rahu 3:33PM – 5:19PM	Rohini Until 11:50PM Sobhana Until 12:47PM Taitila Until 2:58PM Tritiya Until 4:06AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:02AM Sunset: 7:04PM	Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 14.27 Tithi 3 Creative Work Amrita Yoga Until 11:50PM Then Creative Work - Siddha Yoga						

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Istanbul, Turkey Sun 16 Sutra 17 Subhakrit 5124
3	231445479	Gulika 10:17AM – 12:03PM Yama 6:46AM – 8:32AM Rahu 12:03PM – 1:48PM	Mrigashira Until 2:48AM Thu Athiganda* Until 1:38PM Vanija Until 5:21PM Chaturthi* Until 6:34AM Thu	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:01AM Sunset: 7:05PM	Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 26.23 Tithi 4 Creative Work Siddha Yoga Until 2:48AM Thu Then Routine Work - Marana Yoga						

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Istanbul, Turkey Sun 17 Sutra 18 Subhakrit 5124
4	231445479	Gulika 8:31AM – 10:17AM Yama 4:59AM – 6:45AM Rahu 1:49PM – 3:34PM	Ardra Until 5:40AM Fri Sukarma Until 2:37PM Bava Until 7:51PM Chaturthi* Until 6:34AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:59AM Sunset: 7:06PM	Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 8.14 Tithi 4 – 5 Routine Work Marana Yoga Until 5:40AM Fri Then Creative Work - Siddha Yoga						

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Istanbul, Turkey Sun 18 Sutra 19 Subhakrit 5124
5	241445479	Gulika 6:44AM – 8:30AM Yama 3:35PM – 5:21PM Rahu 10:16AM – 12:03PM	Punarvasu Until 8:46AM Sat Dhriti Until 3:36PM Kaulava Until 10:18PM Panchami Until 9:04AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:58AM Sunset: 7:07PM	Moon 4 - Phase 3 - 18 3rd Phase Devaloka Day
Mithuna Rasi: 20.04 Tithi 5 – 6 Creative Work Siddha Yoga						

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Istanbul, Turkey Sun 19 Sutra 20 Subhakrit 5124
6	241445479	Gulika 4:57AM – 6:43AM Yama 1:49PM – 3:35PM Rahu 8:30AM – 10:16AM	Punarvasu Until 8:46AM Shula* Until 4:26PM Gara Until 12:31AM Sun Shashthi* Until 11:26AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:57AM Sunset: 7:08PM	Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day
Kataka Rasi: 1.56 Tithi 6 – 7 Creative Work Siddha Yoga						

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Istanbul, Turkey Sun 20 Sutra 21 Subhakrit 5124
Retreat Star	241445479	Gulika 3:36PM – 5:22PM Yama 12:02PM – 1:49PM Rahu 5:22PM – 7:09PM	Pushya Until 11:25AM Ganda* Until 5:00PM Visti Until 2:20AM Mon Saptami Until 1:28PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:56AM Sunset: 7:09PM	Moon 4 - Phase 3 - 20 Ashtami Devaloka Day
Kataka Rasi: 13.56 Tithi 7 – 8 Creative Work Siddha Yoga		Mother's Day				

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Istanbul, Turkey Sun 21 Sutra 22 Subhakrit 5124
Retreat Star	241445479	Gulika 1:49PM – 3:36PM Yama 10:15AM – 12:02PM Rahu 6:42AM – 8:29AM	Ashlesha* Until 1:25PM Vridhi Until 5:11PM Balava Until 3:33AM Tue Ashtami* Until 3:00PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:55AM Sunset: 7:10PM	Moon 4 - Phase 3 - 21 Navami Devaloka Day
Kataka Rasi: 26.06 Tithi 8 – 9 Family Home Evening Creative Work Siddha Yoga Until 1:25PM Then Routine Work - Marana Yoga						

1	Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Istanbul, Turkey
	Simha Rasi: 8.31	Tithi 9 – 10	252445479	Gulika 12:02PM – 1:50PM Yama 8:28AM – 10:15AM Rahu 3:37PM – 5:24PM	Magha* Until 3:08PM Dhruva Until 4:49PM Taitila Until 4:04AM Wed Navami* Until 3:53PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sun 22 Subhakrit 5124 Moon 4 - Phase 4 - 22 4th Phase Devaloka Day
	Creative Work	Siddha Yoga					

2	Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Istanbul, Turkey
	Simha Rasi: 21.16	Tithi 10 – 11	252445479	Gulika 10:15AM – 12:02PM Yama 6:40AM – 8:27AM Rahu 12:02PM – 1:50PM	Purvaphalguni Until 3:57PM Vyaghata* Until 3:53PM Vanija Until 3:49AM Thu Dashami Until 4:01PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sun 23 Subhakrit 5124 Moon 4 - Phase 4 - 23 4th Phase Devaloka Day
	Creative Work	Amrita Yoga					

3	Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey
	Kanya Rasi: 4.23	Tithi 11 – 12	252445479	Gulika 8:27AM – 10:15AM Yama 4:51AM – 6:39AM Rahu 1:50PM – 3:38PM	Uttaraphalguni Until 3:51PM Harshana Until 2:21PM Bava Until 2:47AM Fri Ekadashi Until 3:23PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sun 24 Subhakrit 5124 Moon 4 - Phase 4 - 24 4th Phase Devaloka Day
		Amrita Yoga					
	Until 3:51PM	Then Routine Work - Marana Yoga					

4	Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Istanbul, Turkey
	Kanya Rasi: 17.57	Tithi 12 – 13	262445479	Gulika 6:38AM – 8:26AM Yama 3:38PM – 5:26PM Rahu 10:14AM – 12:02PM	Hasta Until 3:19PM Vajra* Until 12:11PM Kaulava Until 1:02AM Sat Dvadashi Until 1:58PM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Green Vaisaka-Chaitra	Sun 25 Subhakrit 5124 Moon 4 - Phase 4 - 25 4th Phase Sivaloka Day
	Creative Work	Amrita Yoga					
	Until 3:19PM	Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>		

5	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				Istanbul, Turkey
	Tula Rasi: 1.56	Tithi 13 – 14	262445479	Gulika 4:49AM – 6:38AM Yama 1:50PM – 3:39PM Rahu 8:26AM – 10:14AM	Chitra Until 1:58PM Siddhi Until 9:28AM Gara Until 10:40PM Trayodashi Until 11:54AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Green Vaisaka-Chaitra	Sun 26 Subhakrit 5124 Moon 4 - Phase 4 - 26 4th Phase Sivaloka Day
	Routine Work	Marana Yoga					
	Until 1:58PM	Then Creative Work - Siddha Yoga					

	Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Istanbul, Turkey
	Copper Retreat Star		262445479	Gulika 3:39PM – 5:28PM Yama 12:02PM – 1:51PM Rahu 5:28PM – 7:16PM	Svati Until 11:56AM Vyatipata* Until 6:19AM Visti Until 7:49PM Chaturdashi* Until 9:16AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Green Vaisaka-Vaikasi	Sun 27 Subhakrit 5124 Moon 4 - Phase 4 - 27 Purnima Sivaloka Day
	Creative Work	Siddha Yoga					
	Until 11:56AM	Then Routine Work - Marana Yoga					

○	Monday, May 16, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Istanbul, Turkey
	Silver Retreat Star		272445479	Gulika 1:51PM – 3:40PM Yama 10:14AM – 12:02PM Rahu 6:36AM – 8:25AM	Vishakha Until 9:47AM Parigha* Until 11:00PM Kaulava Until 2:56AM Tue Purnima* Until 6:14AM	Ganesha: Yellow Muruqa: White Nataraja: Clear Moon – Orange Vaisaka-Vaikasi	Sun 29 Subhakrit 5124 Moon 4 - Phase 4 - Prathama Devaloka Day
	Vrischika Rasi: 0.59	Tithi 15 – 16					
	Family Home Evening	Marana 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

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Tuesday, May 17, 2022
Gold Retreat Star

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

Istanbul, Turkey
Sun 1 Sutra 30

Vrischika Rasi: 15.52 Tithi 17

272445479

Gulika 12:02PM – 1:51PM
Yama 8:24AM – 10:13AM
Rahu 3:40PM – 5:29PM

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

Ganesha: Yellow *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 7:18PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga
Until 7:15AM
Then Routine Work - Marana Yoga

Devaloka Day

1

Wednesday, May 18, 2022

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

Istanbul, Turkey
Sun 1 Sutra 31

Dhanus Rasi: 0.5 Tithi 18

282445479

Gulika 10:13AM – 12:02PM
Yama 6:35AM – 8:24AM
Rahu 12:02PM – 1:52PM

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

Ganesha: Blue *Sunrise:* 4:46AM
Muruqa: White *Sunset:* 7:19PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga
Until 2:07AM Thu
Then Creative Work - Siddha Yoga

Sivaloka Day

2

Thursday, May 19, 2022

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

Istanbul, Turkey
Sun 2 Sutra 32

Dhanus Rasi: 15.43 Tithi 19 – 20

282445479

Gulika 8:23AM – 10:13AM
Yama 4:45AM – 6:34AM
Rahu 1:52PM – 3:41PM

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

Ganesha: Blue *Sunrise:* 4:45AM
Muruqa: White *Sunset:* 7:20PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga
Until 11:47PM
Then Routine Work - Marana Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Istanbul, Turkey
Sun 3 Sutra 33

Makara Rasi: 0.26 Tithi 20 – 21

282445479

Gulika 6:33AM – 8:23AM
Yama 3:42PM – 5:31PM
Rahu 10:13AM – 12:02PM

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

Ganesha: Blue *Sunrise:* 4:44AM
Muruqa: White *Sunset:* 7:21PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Istanbul, Turkey
Sun 4 Sutra 34

Makara Rasi: 14.53 Tithi 21 – 22

292445479

Gulika 4:43AM – 6:33AM
Yama 1:52PM – 3:42PM
Rahu 8:23AM – 10:13AM

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

Ganesha: Red *Sunrise:* 4:43AM
Muruqa: White *Sunset:* 7:22PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Devaloka Day

5

Sunday, May 22, 2022
Retreat Star

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

Istanbul, Turkey
Sun 5 Sutra 35

Makara Rasi: 28.59 Tithi 22 – 23

292445479

Gulika 3:43PM – 5:33PM
Yama 12:03PM – 1:53PM
Rahu 5:33PM – 7:23PM

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

Ganesha: Red *Sunrise:* 4:42AM
Muruqa: White *Sunset:* 7:23PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga
Until 7:17PM
Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022
Retreat Star

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

Istanbul, Turkey
Sun 6 Sutra 36

Kumbha Rasi: 12.45 Tithi 23 – 24

293445479

Gulika 1:53PM – 3:43PM
Yama 10:12AM – 12:03PM
Rahu 6:32AM – 8:22AM

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

Ganesha: Green *Sunrise:* 4:41AM
Muruqa: White *Sunset:* 7:24PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Family Home Evening
Creative Work Siddha Yoga
Until 6:43PM
Then Routine Work - Marana Yoga

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

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

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1

Tuesday, May 24, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam
Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Istanbul, Turkey

Kumbha Rasi: 26.1 Tithi 24 – 25

213545479

Gulika 12:03PM – 1:53PM
Yama 8:22AM – 10:12AM
Rahu 3:44PM – 5:34PMPurvaproshtapada* Until 7:03PM
Vishkambha* Until 8:09PM
Vanija Until 7:06PM
Navami* Until 7:16AMGanesha: Clear Sunrise: 4:41AM
Muruga: White Sunset: 7:25PM
Nataraja: Clear
Moon – Clear
Vaisaka-VaikasiSun 7 Sutra 37
Subhakrit 5124
Moon 5 - Phase 6 - 7
2nd Phase

Devaloka Day

Routine Work Marana Yoga

Until 7:03PM

Then Creative Work - Amrita Yoga

2

Wednesday, May 25, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau

Istanbul, Turkey

Meena Rasi: 9.16 Tithi 25 – 26

213545479

Gulika 10:12AM – 12:03PM
Yama 6:31AM – 8:21AM
Rahu 12:03PM – 1:53PMUttaraproshtapada Until 7:48PM
Priti Until 7:13PM
Bava Until 7:10PM
Dashami Until 7:02AMGanesha: Clear Sunrise: 4:40AM
Muruga: White Sunset: 7:25PM
Nataraja: Clear
Moon – Clear
Vaisaka-VaikasiSun 8 Sutra 38
Subhakrit 5124
Moon 5 - Phase 6 - 8
2nd Phase

Devaloka Day

Creative Work Siddha Yoga

Until 7:48PM

Then Routine Work - Marana Yoga

3

Thursday, May 26, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam
Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau

Istanbul, Turkey

Meena Rasi: 22.04 Tithi 26 – 27

313545479

Gulika 8:21AM – 10:12AM
Yama 4:39AM – 6:30AM
Rahu 1:54PM – 3:45PMRevati Until 8:57PM
Ayushman Until 6:42PM
Kaulava Until 7:47PM
Ekadashi* Until 7:23AMGanesha: Purple Sunrise: 4:39AM
Muruga: White Sunset: 7:26PM
Nataraja: Clear
Moon – Clear
Vaisaka-VaikasiSun 9 Sutra 39
Subhakrit 5124
Moon 5 - Phase 6 - 9
2nd Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 8:57PM

Then Creative Work - Amrita Yoga

4

Friday, May 27, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam
Ashvini Nakshatra Saubhagya Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau

Istanbul, Turkey

Mesha Rasi: 4.37 Tithi 27 – 28

323545479

Gulika 6:30AM – 8:21AM
Yama 3:45PM – 5:36PM
Rahu 10:12AM – 12:03PMAshvini Until 10:54PM
Saubhagya Until 6:35PM
Gara Until 8:55PM
Dvadashi* Until 8:17AMGanesha: Clear Sunrise: 4:39AM
Muruga: White Sunset: 7:27PM
Nataraja: Clear
Moon – White
Vaisaka-VaikasiSun 10 Sutra 40
Subhakrit 5124
Moon 5 - Phase 6 - 10
2nd Phase

Devaloka Day

Creative Work Amrita Yoga

Until 10:54PM

Then Creative Work - Siddha Yoga

Pradosha Vrata (Fasting)

5

Saturday, May 28, 2022

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam
Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau

Istanbul, Turkey

Mesha Rasi: 16.57 Tithi 28 – 29

323545479

Gulika 4:38AM – 6:29AM
Yama 1:54PM – 3:46PM
Rahu 8:21AM – 10:12AMBharani Until 1:08AM Sun
Sobhana Until 6:51PM
Visti Until 10:30PM
Trayodashi* Until 9:39AMGanesha: Clear Sunrise: 4:38AM
Muruga: White Sunset: 7:28PM
Nataraja: Clear
Moon – White
Vaisaka-VaikasiSun 11 Sutra 41
Subhakrit 5124
Moon 5 - Phase 6 - 11
2nd Phase

Devaloka Day

Creative Work Siddha Yoga

Sunday, May 29, 2022

Retreat Star

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam
Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau

Istanbul, Turkey

Mesha Rasi: 29.07 Tithi 29 – 30

323545479

Gulika 3:46PM – 5:37PM
Yama 12:03PM – 1:55PM
Rahu 5:37PM – 7:29PMKrittika Until 3:32AM Mon
Athiganda* Until 7:22PM
Catuspada Until 12:28AM Mon
Chaturdashi* Until 11:25AMGanesha: Clear Sunrise: 4:38AM
Muruga: White Sunset: 7:29PM
Nataraja: Clear
Moon – White
Vaisaka-VaikasiSun 12 Sutra 42
Subhakrit 5124
Moon 5 - Phase 6 - 12
Amavasya

Devaloka Day

Creative Work Siddha Yoga

Until 3:32AM Mon

Then Creative Work - Amrita Yoga

Monday, May 30, 2022

Retreat Star

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam
Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau

Istanbul, Turkey

Vrshabha Rasi: 11.08 Tithi 30 – 1

333545479

Gulika 1:55PM – 3:46PM
Yama 10:12AM – 12:03PM
Rahu 6:29AM – 8:20AMRohini Until 6:33AM Tue
Sukarma Until 8:09PM
Kintughna Until 2:42AM Tue
Amavasya* Until 1:32PMGanesha: Orange Sunrise: 4:37AM
Muruga: White Sunset: 7:30PM
Nataraja: Clear
Moon – Yellow
Jyeshtha-VaikasiSun 13 Sutra 43
Subhakrit 5124
Moon 5 - Phase 6 - 13
Prathama

Devaloka Day

Creative Work Amrita Yoga

Until 6:33AM Tue

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

All times are standard time. Calculated for Istanbul, Turkey on 5/1/22

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1	Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Istanbul, Turkey Sun 14 Sutra 44
	Wrisabha Rasi: 23.03	Tithi 1 – 2	Gulika 12:03PM – 1:55PM	Rohini Until 6:33AM	Ganesha: Orange <i>Sunrise:</i> 4:36AM	Subhakit 5124	
			Yama 8:20AM – 10:12AM	Dhriti Until 9:06PM	Muruqa: White <i>Sunset:</i> 7:30PM	Moon 5 - Phase 7 - 14	3rd Phase
		333545479 Rahu 3:47PM – 5:39PM	Balava Until 5:07AM Wed	Nataraja: Clear			
			Prathama* Until 3:52PM	Moon – Yellow			Devaloka Day
				Jyeshtha-Vaikasi			

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava Karana Dvitiyayam Titau				Istanbul, Turkey Sun 15 Sutra 45
	Mithuna Rasi: 4.55	Tithi 2	Gulika 10:12AM – 12:04PM	Mrigashira Until 9:33AM	Ganesha: Orange <i>Sunrise:</i> 4:36AM	Subhakit 5124	
			Yama 6:28AM – 8:20AM	Shula* Until 10:05PM	Muruqa: White <i>Sunset:</i> 7:31PM	Moon 5 - Phase 7 - 15	3rd Phase
		333545479 Rahu 12:04PM – 1:55PM	Kaulava Until 6:20PM	Nataraja: Clear			
			Dvitiya Until 6:20PM	Moon – Yellow			Devaloka Day
				Jyeshtha-Vaikasi			

3	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				Istanbul, Turkey Sun 16 Sutra 46
	Mithuna Rasi: 16.44	Tithi 3	Gulika 8:20AM – 10:12AM	Ardra Until 12:25PM	Ganesha: Orange <i>Sunrise:</i> 4:36AM	Subhakit 5124	
			Yama 4:36AM – 6:28AM	Ganda* Until 11:06PM	Muruqa: Green <i>Sunset:</i> 7:32PM	Moon 5 - Phase 7 - 16	3rd Phase
		333555479 Rahu 1:56PM – 3:48PM	Taitila Until 7:36AM	Nataraja: Clear			
			Tritiya Until 8:49PM	Moon – Yellow			Devaloka Day
				Jyeshtha-Vaikasi			

4	Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Istanbul, Turkey Sun 17 Sutra 47
	Mithuna Rasi: 28.35	Tithi 4	Gulika 6:27AM – 8:20AM	Punarvasu Until 3:35PM	Ganesha: Clear <i>Sunrise:</i> 4:35AM	Subhakit 5124	
			Yama 3:48PM – 5:40PM	Vriddhi Until 12:03AM Sat	Muruqa: Green <i>Sunset:</i> 7:33PM	Moon 5 - Phase 7 - 17	3rd Phase
		343555479 Rahu 10:12AM – 12:04PM	Vanija Until 10:03AM	Nataraja: Clear			
			Chaturthi* Until 11:12PM	Moon – Blue			Devaloka Day
				Jyeshtha-Vaikasi			

5	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				Istanbul, Turkey Sun 18 Sutra 48
	Kataka Rasi: 10.29	Tithi 5	Gulika 4:35AM – 6:27AM	Pushya Until 6:23PM	Ganesha: Clear <i>Sunrise:</i> 4:35AM	Subhakit 5124	
			Yama 1:56PM – 3:49PM	Dhruva Until 12:47AM Sun	Muruqa: Green <i>Sunset:</i> 7:33PM	Moon 5 - Phase 7 - 18	3rd Phase
		343555479 Rahu 8:19AM – 10:12AM	Bava Until 12:20PM	Nataraja: Clear			
			Panchami Until 1:21AM Sun	Moon – Blue			Devaloka Day
				Jyeshtha-Vaikasi			

6	Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Istanbul, Turkey Sun 19 Sutra 49
	Kataka Rasi: 22.29	Tithi 6	Gulika 3:49PM – 5:42PM	Ashlesha* Until 8:42PM	Ganesha: Clear <i>Sunrise:</i> 4:34AM	Subhakit 5124	
			Yama 12:04PM – 1:57PM	Vyaghata* Until 1:15AM Mon	Muruqa: Green <i>Sunset:</i> 7:34PM	Moon 5 - Phase 7 - 19	3rd Phase
		343555471 Rahu 5:42PM – 7:34PM	Kaulava Until 2:19PM	Nataraja: Yellow			
			Shashthi* Until 3:08AM Mon	Moon – Blue			Devaloka Day
				Jyeshtha-Vaikasi			

☾	Monday, June 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Istanbul, Turkey Sun 20 Sutra 50
	Retreat Star		Gulika 1:57PM – 3:50PM	Magha* Until 10:53PM	Ganesha: Purple <i>Sunrise:</i> 4:34AM	Subhakit 5124	
	Simha Rasi: 4.38	Tithi 7	Yama 10:12AM – 12:04PM	Harshana Until 1:21AM Tue	Muruqa: Green <i>Sunset:</i> 7:35PM	Moon 5 - Phase 7 - 20	3rd Phase
		353555471 Rahu 6:27AM – 8:19AM	Gara Until 3:51PM	Nataraja: Yellow			
			Saptami Until 4:23AM Tue	Moon – Red			Sivaloka Day
				Jyeshtha-Vaikasi			

☾	Tuesday, June 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Istanbul, Turkey Sun 21 Sutra 51
	Retreat Star		Gulika 12:05PM – 1:57PM	Purvaphalguni Until 12:18AM Wed	Ganesha: Clear <i>Sunrise:</i> 4:34AM	Subhakit 5124	
	Simha Rasi: 17.01	Tithi 8	Yama 8:19AM – 10:12AM	Vajra* Until 12:55AM Wed	Muruqa: Green <i>Sunset:</i> 7:35PM	Moon 5 - Phase 7 - 21	Ashtami
		354555471 Rahu 3:50PM – 5:43PM	Visti Until 4:48PM	Nataraja: Yellow			
			Ashtami* Until 5:00AM Wed	Moon – Red			Devaloka Day
				Jyeshtha-Vaikasi			

☾	Wednesday, June 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Istanbul, Turkey Sun 22 Sutra 52
	Retreat Star		Gulika 10:12AM – 12:05PM	Uttaraphalguni Until 12:51AM Thu	Ganesha: Clear <i>Sunrise:</i> 4:34AM	Subhakit 5124	
	Simha Rasi: 29.42	Tithi 9	Yama 6:26AM – 8:19AM	Siddhi Until 11:55PM	Muruqa: Green <i>Sunset:</i> 7:36PM	Moon 5 - Phase 7 - 22	Navami
		354555471 Rahu 12:05PM – 1:58PM	Balava Until 5:03PM	Nataraja: Yellow			
			Navami* Until 4:51AM Thu	Moon – Red			Devaloka Day
				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 Hasta Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Istanbul, Turkey
	Kanya Rasi: 12.44	Tithi 10	Gulika 8:19AM – 10:12AM	Hasta Until 12:55AM Fri	Ganesha: White	Sunrise: 4:33AM	Sun 23 Sutra 53
		364555471	Yama 4:33AM – 6:26AM	Vyatipata* Until 10:19PM	Muruqa: Green	Sunset: 7:36PM	Subhakrit 5124
			Rahu 1:58PM – 3:51PM	Taitila Until 4:31PM	Nataraja: Yellow		Moon 5 - Phase 8 - 23
				Dashami Until 3:56AM Fri	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Istanbul, Turkey
	Kanya Rasi: 26.13	Tithi 11	Gulika 6:26AM – 8:19AM	Chitra Until 12:05AM Sat	Ganesha: White	Sunrise: 4:33AM	Sun 24 Sutra 54
		364555471	Yama 3:51PM – 5:44PM	Variyan Until 8:03PM	Muruqa: Green	Sunset: 7:37PM	Subhakrit 5124
			Rahu 10:12AM – 12:05PM	Vanija Until 3:12PM	Nataraja: Yellow		Moon 5 - Phase 8 - 24
				Ekadashi Until 2:14AM Sat	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						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*/Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Istanbul, Turkey
	Tula Rasi: 10.08	Tithi 12	Gulika 4:33AM – 6:26AM	Svati Until 10:24PM	Ganesha: White	Sunrise: 4:33AM	Sun 25 Sutra 55
		364555471	Yama 1:58PM – 3:51PM	Parigha* Until 5:13PM	Muruqa: Green	Sunset: 7:37PM	Subhakrit 5124
			Rahu 8:19AM – 10:12AM	Bava Until 1:08PM	Nataraja: Yellow		Moon 5 - Phase 8 - 25
				Dvadashi Until 11:51PM	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

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				Istanbul, Turkey
	Tula Rasi: 24.3	Tithi 13	Gulika 3:52PM – 5:45PM	Vishakha Until 8:24PM	Ganesha: Yellow	Sunrise: 4:33AM	Sun 26 Sutra 56
		374555471	Yama 12:05PM – 1:59PM	Shiva Until 1:53PM	Muruqa: Green	Sunset: 7:38PM	Subhakrit 5124
			Rahu 5:45PM – 7:38PM	Kaulava Until 10:27AM	Nataraja: Yellow		Moon 5 - Phase 8 - 26
				Trayodashi Until 8:53PM	Moon – Orange		4th Phase
			Vaikasi Visakam		Jyeshtha-Vaikasi	Devaloka Day	
				<i>Pradosha Vrata</i>			

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Istanbul, Turkey
	Vrischika Rasi: 9.16	Tithi 14 – 15	Gulika 1:59PM – 3:52PM	Anuradha Until 5:50PM	Ganesha: Yellow	Sunrise: 4:33AM	Sun 27 Sutra 57
Family Home Evening		374555471	Yama 10:12AM – 12:06PM	Siddha Until 10:08AM	Muruqa: Green	Sunset: 7:38PM	Subhakrit 5124
			Rahu 6:26AM – 8:19AM	Gara Until 7:15AM	Nataraja: Yellow		Moon 5 - Phase 8 - 27
				Chaturdashi* Until 5:30PM	Moon – Orange		4th Phase
					Jyeshtha-Vaikasi	Devaloka Day	

	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Istanbul, Turkey
	Vrischika Rasi: 24.18	Tithi 15 – 16	Gulika 12:06PM – 1:59PM	Jyeshtha* Until 2:52PM	Ganesha: Yellow	Sunrise: 4:33AM	Sun 28 Sutra 58
		374555471	Yama 8:19AM – 10:13AM	Sadhya Until 6:06AM	Muruqa: Green	Sunset: 7:39PM	Subhakrit 5124
			Rahu 3:52PM – 5:46PM	Balava Until 11:57PM	Nataraja: Yellow		Moon 5 - Phase 8 - Purnima
				Purnima* Until 1:49PM	Moon – Orange		
					Jyeshtha-Vaikasi	Devaloka Day	

	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				Istanbul, Turkey
	Dhanus Rasi: 9.3	Tithi 16 – 17	Gulika 10:13AM – 12:06PM	Mula* Until 12:02PM	Ganesha: Blue	Sunrise: 4:33AM	Sun 29 Sutra 59
		384555471	Yama 6:26AM – 8:19AM	Sukla Until 9:44PM	Muruqa: Green	Sunset: 7:39PM	Subhakrit 5124
			Rahu 12:06PM – 1:59PM	Taitila Until 8:09PM	Nataraja: Yellow		Moon 5 - Phase 8 - Prathama
				Prathama* Until 10:02AM	Moon – Light Blue		
					Jyeshtha-Ani	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	



Thursday, June 16, 2022

Gold Retreat Star

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

Istanbul, Turkey

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 24.41 Tithi 17 - 18

384555471

Gulika 8:20AM - 10:13AM
Yama 4:33AM - 6:26AM
Rahu 2:00PM - 3:53PM

Purvashadha* Until 9:08AM
Brahma Until 5:40PM
Visti Until 2:45AM Fri
Dvitiya Until 6:17AM

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

Sunrise: 4:33AM
Sunset: 7:40PM

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

Creative Work Siddha Yoga

Until 9:08AM

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/Vaidhriti* Yoga Bava/Balava Karana Chaturtham Titau

Istanbul, Turkey

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 9.41 Tithi 19

384555471

Gulika 6:26AM - 8:20AM
Yama 3:53PM - 5:47PM
Rahu 10:13AM - 12:07PM

Uttarashadha Until 6:21AM
Indra Until 1:51PM
Bava Until 1:07PM
Chaturthi* Until 11:34PM

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

Sunrise: 4:33AM
Sunset: 7:40PM

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 Dhanishtha Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Panchamyam Titau

Istanbul, Turkey

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 24.24 Tithi 20

394655471

Gulika 4:33AM - 6:26AM
Yama 2:00PM - 3:54PM
Rahu 8:20AM - 10:13AM

Dhanishtha Until 2:29AM Sun
Vaidhriti* Until 10:23AM
Kaulava Until 10:11AM
Panchami Until 8:54PM

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

Sunrise: 4:33AM
Sunset: 7:40PM

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, June 19, 2022

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

Istanbul, Turkey

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 8.43 Tithi 21

395655471

Gulika 3:54PM - 5:47PM
Yama 12:07PM - 2:00PM
Rahu 5:47PM - 7:41PM

Shatabhishak Until 1:16AM Mon
Vishkambha* Until 7:24AM
Gara Until 7:49AM
Shashthi* Until 6:52PM

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

Sunrise: 4:33AM
Sunset: 7:41PM

Devaloka Day

Creative Work Siddha Yoga

Until 1:16AM Mon

Then Routine Work - Marana Yoga

4

Monday, June 20, 2022

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

Istanbul, Turkey

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 22.36 Tithi 22 - 23

315655471

Gulika 2:01PM - 3:54PM
Yama 10:14AM - 12:07PM
Rahu 6:27AM - 8:20AM

Purvaproshtapada* Until 1:05AM Tue
Ayushman Until 3:10AM Tue
Visti Until 6:08AM
Saptami Until 5:33PM

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

Sunrise: 4:33AM
Sunset: 7:41PM

Devaloka Day

Routine Work Marana Yoga

Until 1:05AM Tue

Then Creative Work - Amrita Yoga

5

Tuesday, June 21, 2022

Retreat Star

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

Istanbul, Turkey

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 6.02 Tithi 23 - 24

315655471

Gulika 12:07PM - 2:01PM
Yama 8:20AM - 10:14AM
Rahu 3:54PM - 5:48PM

Uttaraproshtapada Until 1:32AM Wed
Saubhagya Until 1:59AM Wed
Taitila Until 5:03AM Wed
Ashtami* Until 5:01PM

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

Sunrise: 4:33AM
Sunset: 7:41PM

Devaloka Day

Creative Work Amrita Yoga

Until 1:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

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

Istanbul, Turkey

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 19.03 Tithi 24 - 25

315655471

Gulika 10:14AM - 12:08PM
Yama 6:27AM - 8:21AM
Rahu 12:08PM - 2:01PM

Revati Until 2:32AM Thu
Sobhana Until 1:24AM Thu
Vanija Until 5:38AM Thu
Navami* Until 5:14PM

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

Sunrise: 4:34AM
Sunset: 7:41PM

Devaloka Day

Routine Work Marana Yoga

Until 2:32AM Thu

Then Creative Work - Amrita Yoga

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti* Karana Dashamyam Titau		Istanbul, Turkey Sun 8 Sutra 67	
Mesha Rasi: 1.43	Tithi 25	Gulika 8:21AM – 10:14AM	Ashvini Until 4:31AM Fri	Ganesha: Purple <i>Sunrise: 4:34AM</i>		Subhakrit 5124	
		Yama 4:34AM – 6:27AM	Athiganda* Until 1:19AM Fri	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 8	
		325655471 Rahu 2:01PM – 3:55PM	Visti Until 6:10PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 6:10PM	Moon – White		Bhuloka Day	
Until 4:31AM Fri				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							

2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Istanbul, Turkey Sun 9 Sutra 68	
Mesha Rasi: 14.05	Tithi 26	Gulika 6:28AM – 8:21AM	Bharani Until 6:52AM Sat	Ganesha: Purple <i>Sunrise: 4:34AM</i>		Subhakrit 5124	
		Yama 3:55PM – 5:48PM	Sukarma Until 1:41AM Sat	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 9	
		325655471 Rahu 10:15AM – 12:08PM	Bava Until 6:53AM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 7:41PM	Moon – White		Bhuloka Day	
Until 6:52AM Sat				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvodashyam Titau		Istanbul, Turkey Sun 10 Sutra 69	
Mesha Rasi: 26.13	Tithi 27	Gulika 4:35AM – 6:28AM	Bharani Until 6:52AM	Ganesha: Purple <i>Sunrise: 4:35AM</i>		Subhakrit 5124	
		Yama 2:02PM – 3:55PM	Dhriti Until 2:23AM Sun	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 10	
		325655471 Rahu 8:21AM – 10:15AM	Kaulava Until 8:39AM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 9:40PM	Moon – White		Bhuloka Day	
Until 6:52AM				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Istanbul, Turkey Sun 11 Sutra 70	
Vrishabha Rasi: 8.12	Tithi 28	Gulika 3:55PM – 5:49PM	Krittika Until 9:25AM	Ganesha: Purple <i>Sunrise: 4:35AM</i>		Subhakrit 5124	
		Yama 12:08PM – 2:02PM	Shula* Until 3:17AM Mon	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 11	
		325655471 Rahu 5:49PM – 7:42PM	Gara Until 10:48AM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 11:57PM	Moon – White		Bhuloka Day	
				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
						<i>Pradosha Vrata (Fasting)</i>	

5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Istanbul, Turkey Sun 12 Sutra 71	
Vrishabha Rasi: 20.05	Tithi 29	Gulika 2:02PM – 3:55PM	Rohini Until 12:33PM	Ganesha: Light Blue <i>Sunrise: 4:35AM</i>		Subhakrit 5124	
Family Home Evening		Yama 10:15AM – 12:09PM	Ganda* Until 4:18AM Tue	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 12	
		335655471 Rahu 6:29AM – 8:22AM	Visti Until 1:11PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 2:25AM Tue	Moon – Yellow		Bhuloka Day	
Until 3:37PM				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

Retreat Star		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Istanbul, Turkey Sun 13 Sutra 72	
Mithuna Rasi: 1.55	Tithi 30	Gulika 12:09PM – 2:02PM	Mrigashira Until 3:37PM	Ganesha: Purple <i>Sunrise: 4:36AM</i>		Subhakrit 5124	
		Yama 8:22AM – 10:15AM	Vriddhi Until 5:22AM Wed	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 13	
		336655471 Rahu 3:55PM – 5:49PM	Catuspada Until 3:41PM	Nataraja: Yellow		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 4:55AM Wed	Moon – Yellow		Bhuloka Day	
Until 3:37PM				Jyeshtha*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, June 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Dhruva Yoga Kintughna* Karana Prathamayam Titau		Istanbul, Turkey Sun 14 Sutra 73	
Mithuna Rasi: 13.44	Tithi 1	Gulika 10:16AM – 12:09PM	Ardra Until 6:30PM	Ganesha: Purple <i>Sunrise: 4:36AM</i>		Subhakrit 5124	
		Yama 6:29AM – 8:22AM	Dhruva Until 6:22AM Thu	Muruqa: Green <i>Sunset: 7:42PM</i>		Moon 6 - Phase 10 - 14	
		336655471 Rahu 12:09PM – 2:02PM	Kintughna Until 6:10PM	Nataraja: Yellow		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 7:22AM Thu	Moon – Yellow		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	

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

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1		Thursday, June 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Istanbul, Turkey Sun 15 Sutra 74	
Mithuna Rasi: 25.35	Tithi 1 – 2	Gulika 8:23AM – 10:16AM	Punarvasu Until 9:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:36AM	Subhakarit 5124	
		Yama 4:36AM – 6:30AM	Dhruva Until 6:22AM	Muruqa: Green	<i>Sunset:</i> 7:42PM	Moon 6 - Phase 11 - 15	
Creative Work	Amrita Yoga	346655471 Rahu 2:02PM – 3:56PM	Balava Until 8:34PM	Nataraja: Yellow		3rd Phase	
			Prathama* Until 7:22AM	Moon – Blue		Bhuloka Day	
				Ashada* Ani		Devaloka Time: 6:PM to 9:PM	
2		Friday, July 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Istanbul, Turkey Sun 16 Sutra 75	
Kataka Rasi: 7.28	Tithi 2 – 3	Gulika 6:30AM – 8:23AM	Pushya Until 12:26AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 4:37AM	Subhakarit 5124	
		Yama 3:56PM – 5:49PM	Vyaghata* Until 7:16AM	Muruqa: Green	<i>Sunset:</i> 7:42PM	Moon 6 - Phase 11 - 16	
Routine Work	Marana Yoga	346655471 Rahu 10:16AM – 12:09PM	Taitila Until 10:47PM	Nataraja: Yellow		3rd Phase	
			Dvitiya Until 9:41AM	Moon – Blue		Bhuloka Day	
				Ashada* Ani		Devaloka Time: 6:PM to 9:PM	
3		Saturday, July 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Istanbul, Turkey Sun 17 Sutra 76	
Kataka Rasi: 19.26	Tithi 3 – 4	Gulika 4:37AM – 6:30AM	Ashlesha* Until 2:49AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 4:37AM	Subhakarit 5124	
		Yama 2:03PM – 3:56PM	Harshana Until 8:02AM	Muruqa: Green	<i>Sunset:</i> 7:42PM	Moon 6 - Phase 11 - 17	
Routine Work	Marana Yoga	346655471 Rahu 8:23AM – 10:17AM	Vanija Until 12:45AM Sun	Nataraja: Yellow		3rd Phase	
			Tritiya Until 11:47AM	Moon – Blue		Bhuloka Day	
				Ashada* Ani		Devaloka Time: 6:PM to 9:PM	
4		Sunday, July 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Istanbul, Turkey Sun 18 Sutra 77	
Simha Rasi: 1.31	Tithi 4 – 5	Gulika 3:56PM – 5:49PM	Magha* Until 5:12AM Mon	Ganesha: Orange	<i>Sunrise:</i> 4:38AM	Subhakarit 5124	
		Yama 12:10PM – 2:03PM	Vajra* Until 8:34AM	Muruqa: Green	<i>Sunset:</i> 7:41PM	Moon 6 - Phase 11 - 18	
Routine Work	Marana Yoga	356655471 Rahu 5:49PM – 7:41PM	Bava Until 2:23AM Mon	Nataraja: Yellow		3rd Phase	
Until 5:12AM Mon			Chaturthi* Until 1:36PM	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Ashada* Ani			
5		Monday, July 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Istanbul, Turkey Sun 19 Sutra 78	
Simha Rasi: 13.44	Tithi 5 – 6	Gulika 2:03PM – 3:56PM	Purvaphalguni Until 6:59AM Tue	Ganesha: Orange	<i>Sunrise:</i> 4:39AM	Subhakarit 5124	
Family Home Evening		Yama 10:17AM – 12:10PM	Siddhi Until 8:50AM	Muruqa: Green	<i>Sunset:</i> 7:41PM	Moon 6 - Phase 11 - 19	
Creative Work	Siddha Yoga	356655471 Rahu 6:31AM – 8:24AM	Kaulava Until 3:35AM Tue	Nataraja: Yellow		3rd Phase	
Until 6:59AM Tue			Panchami Until 3:02PM	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Ashada* Ani			
6		Tuesday, July 5, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Istanbul, Turkey Sun 20 Sutra 79	
Simha Rasi: 26.08	Tithi 6 – 7	Gulika 12:10PM – 2:03PM	Purvaphalguni Until 6:59AM	Ganesha: Orange	<i>Sunrise:</i> 4:39AM	Subhakarit 5124	
		Yama 8:25AM – 10:17AM	Vyatipata* Until 8:45AM	Muruqa: Green	<i>Sunset:</i> 7:41PM	Moon 6 - Phase 11 - 20	
Creative Work	Siddha Yoga	356655471 Rahu 3:56PM – 5:48PM	Gara Until 4:15AM Wed	Nataraja: Yellow		3rd Phase	
Until 6:59AM			Shashthi* Until 3:58PM	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga		Chidambaram Abhishekam		Ashada* Ani			
Retreat Star		Wednesday, July 6, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Istanbul, Turkey Sun 21 Sutra 80	
Kanya Rasi: 8.48	Tithi 7 – 8	Gulika 10:18AM – 12:10PM	Uttaraphalguni Until 8:04AM	Ganesha: Clear	<i>Sunrise:</i> 4:40AM	Subhakarit 5124	
		Yama 6:32AM – 8:25AM	Variyan Until 8:12AM	Muruqa: Green	<i>Sunset:</i> 7:41PM	Moon 6 - Phase 11 - 21	
Creative Work	Amrita Yoga	357655471 Rahu 12:10PM – 2:03PM	Visti Until 4:16AM Thu	Nataraja: Yellow		3rd Phase	
Until 8:04AM			Saptami Until 4:19PM	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga				Ashada* Ani			
Retreat Star		Thursday, July 7, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Istanbul, Turkey Sun 22 Sutra 81	
Kanya Rasi: 21.46	Tithi 8 – 9	Gulika 8:25AM – 10:18AM	Hasta Until 8:50AM	Ganesha: Clear	<i>Sunrise:</i> 4:40AM	Subhakarit 5124	
		Yama 4:40AM – 6:33AM	Parigha* Until 7:08AM	Muruqa: Green	<i>Sunset:</i> 7:40PM	Moon 6 - Phase 11 - 22	
Routine Work	Marana Yoga	467655471 Rahu 2:03PM – 3:55PM	Balava Until 3:33AM Fri	Nataraja: Yellow		Ashtami	
Until 8:50AM			Ashtami* Until 3:59PM	Moon – Green		Devaloka Day	
Then Creative Work - Siddha Yoga				Ashada* Ani			
Retreat Star		Friday, July 8, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Istanbul, Turkey Sun 23 Sutra 82	
Tula Rasi: 5.07	Tithi 9 – 10	Gulika 6:33AM – 8:26AM	Chitra Until 8:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:41AM	Subhakarit 5124	
		Yama 3:55PM – 5:48PM	Siddha Until 3:16AM Sat	Muruqa: Green	<i>Sunset:</i> 7:40PM	Moon 6 - Phase 11 - 23	
Creative Work	Siddha Yoga	467655471 Rahu 10:18AM – 12:11PM	Taitila Until 2:07AM Sat	Nataraja: Yellow		Navami	
			Navami* Until 2:55PM	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

Il times are standard time. Calculated for Istanbul, Turkey on 5/1/2


www.gurudeva.org/panchang


1	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 24 Sutra 83
	Tula Rasi: 18.54	Tithi 10 - 11	Gulika 4:42AM - 6:34AM	Svati Until 7:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:42AM	Subhakrit 5124
			Yama 2:03PM - 3:55PM	Sadhya Until 12:27AM Sun	Muruqa: Green	<i>Sunset:</i> 7:40PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:26AM - 10:18AM	Vanija Until 11:58PM	Nataraja: Yellow		4th Phase
			Dashami Until 1:07PM	Moon - Green		Devaloka Day	
				Ashada*Ani			

2	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey Sun 25 Sutra 84
	Vrischika Rasi: 3.07	Tithi 11 - 12	Gulika 3:55PM - 5:47PM	Vishakha Until 6:20AM	Ganesha: White	<i>Sunrise:</i> 4:42AM	Subhakrit 5124
			Yama 12:11PM - 2:03PM	Subha Until 9:09PM	Muruqa: Green	<i>Sunset:</i> 7:39PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 5:47PM - 7:39PM	Bava Until 9:13PM	Nataraja: Yellow		4th Phase
			Ekadashi Until 10:39AM	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 Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Istanbul, Turkey Sun 26 Sutra 85
	Vrischika Rasi: 17.45	Tithi 12 - 13	Gulika 2:03PM - 3:55PM	Jyeshtha* Until 1:31AM Tue	Ganesha: White	<i>Sunrise:</i> 4:43AM	Subhakrit 5124
	Family Home Evening		Yama 10:19AM - 12:11PM	Sukla Until 5:24PM	Muruqa: Green	<i>Sunset:</i> 7:39PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 6:35AM - 8:27AM	Taitila Until 4:10AM Tue	Nataraja: Yellow		4th Phase
			Dvadashi Until 7:37AM	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 Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Istanbul, Turkey Sun 27 Sutra 86
	Dhanus Rasi: 2.44	Tithi 14	Gulika 12:11PM - 2:03PM	Mula* Until 10:46PM	Ganesha: White	<i>Sunrise:</i> 4:44AM	Subhakrit 5124
			Yama 8:27AM - 10:19AM	Brahma Until 1:22PM	Muruqa: Green	<i>Sunset:</i> 7:38PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 3:55PM - 5:47PM	Gara Until 2:20PM	Nataraja: Yellow		4th Phase
			Chaturdashi* Until 12:26AM Wed	Moon - Light Blue		Sivaloka Day	
				Ashada*Ani			

	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Istanbul, Turkey Sun 28 Sutra 87
	Copper Retreat Star		Gulika 10:20AM - 12:11PM	Purvashadha* Until 7:46PM	Ganesha: Yellow	<i>Sunrise:</i> 4:44AM	Subhakrit 5124
	Dhanus Rasi: 17.55	Tithi 15	Yama 6:36AM - 8:28AM	Indra Until 9:11AM	Muruqa: Green	<i>Sunset:</i> 7:38PM	Moon 6 - Phase 12 -
	Creative Work	Amrita Yoga	488755471 Rahu 12:11PM - 2:03PM	Visti Until 10:32AM	Nataraja: Yellow		Purnima
			Purnima* Until 8:35PM	Moon - Light Blue		Devaloka Day	
				Ashada*Ani			
				Satguru Purnima			

	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Istanbul, Turkey Sun 29 Sutra 88
	Silver Retreat Star		Gulika 8:28AM - 10:20AM	Uttarashadha Until 4:40PM	Ganesha: Yellow	<i>Sunrise:</i> 4:45AM	Subhakrit 5124
	Makara Rasi: 3.09	Tithi 16 - 17	Yama 4:45AM - 6:37AM	Vishkambha* Until 12:47AM Fri	Muruqa: Green	<i>Sunset:</i> 7:37PM	Moon 6 - Phase 12 -
	Routine Work	Marana Yoga	488755471 Rahu 2:03PM - 3:54PM	Balava Until 6:41AM	Nataraja: Yellow		Prathama
			Prathama* Until 4:47PM	Moon - Light Blue		Devaloka Day	
				Ashada*Ani			

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



Friday, July 15, 2022
Gold Retreat Star

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

Istanbul, Turkey
Sun 1 Sutra 89

Makara Rasi: 18.17 Tithi 17 - 18

Gulika 6:37AM - 8:29AM
Yama 3:54PM - 5:45PM
498755471 **Rahu** 10:20AM - 12:11PM

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

Ganesha: Blue *Sunrise: 4:46AM*
Muruqa: Green *Sunset: 7:37PM*
Nataraja: Yellow
Moon - Purple
Ashada*Ani

Moon 7 - Phase 13 - 1
1st Phase

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

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

1

Saturday, July 16, 2022

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

Istanbul, Turkey
Sun 2 Sutra 90

Kumbha Rasi: 3.09 Tithi 18 - 19

Gulika 4:47AM - 6:38AM
Yama 2:03PM - 3:54PM
498755471 **Rahu** 8:29AM - 10:20AM

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

Ganesha: Blue *Sunrise: 4:47AM*
Muruqa: Green *Sunset: 7:36PM*
Nataraja: Yellow
Moon - Purple
Ashada*Adi

Moon 7 - Phase 13 - 2
1st Phase

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

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

2

Sunday, July 17, 2022

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

Istanbul, Turkey
Sun 3 Sutra 91

Kumbha Rasi: 17.38 Tithi 19 - 20

Gulika 3:54PM - 5:45PM
Yama 12:12PM - 2:03PM
498755472 **Rahu** 5:45PM - 7:36PM

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

Ganesha: Blue *Sunrise: 4:48AM*
Muruqa: Green *Sunset: 7:36PM*
Nataraja: White
Moon - Purple
Ashada*Adi

Moon 7 - Phase 13 - 3
1st Phase

Creative Work Siddha Yoga
Then Creative Work - Siddha Yoga

Bhuloka Day

3

Monday, July 18, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yukhtayam
Purvaproshtapada/Uttaraproshtapada Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Shashthiyam Titau

Istanbul, Turkey
Sun 4 Sutra 92

Meena Rasi: 1.38 Tithi 21

Gulika 2:02PM - 3:53PM
Yama 10:21AM - 12:12PM
418755472 **Rahu** 6:39AM - 8:30AM

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

Ganesha: White *Sunrise: 4:48AM*
Muruqa: Green *Sunset: 7:35PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Moon 7 - Phase 13 - 4
1st Phase

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

Bhuloka Day

4

Tuesday, July 19, 2022

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

Istanbul, Turkey
Sun 5 Sutra 93

Meena Rasi: 15.1 Tithi 22

Gulika 12:12PM - 2:02PM
Yama 8:30AM - 10:21AM
419755472 **Rahu** 3:53PM - 5:44PM

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

Ganesha: Clear *Sunrise: 4:49AM*
Muruqa: Green *Sunset: 7:34PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Moon 7 - Phase 13 - 5
1st Phase

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

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

Retreat Star

Wednesday, July 20, 2022

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

Istanbul, Turkey
Sun 6 Sutra 94

Meena Rasi: 28.13 Tithi 23

Gulika 10:21AM - 12:12PM
Yama 6:40AM - 8:31AM
419755472 **Rahu** 12:12PM - 2:02PM

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

Ganesha: Clear *Sunrise: 4:50AM*
Muruqa: Green *Sunset: 7:34PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Moon 7 - Phase 13 - 6
Ashtami

Routine Work Marana Yoga

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

Thursday, July 21, 2022

Retreat Star

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

Istanbul, Turkey
Sun 7 Sutra 95

Mesha Rasi: 10.51 Tithi 24

Gulika 8:31AM - 10:22AM
Yama 4:51AM - 6:41AM
429755472 **Rahu** 2:02PM - 3:52PM

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

Ganesha: Purple *Sunrise: 4:51AM*
Muruqa: Green *Sunset: 7:33PM*
Nataraja: White
Moon - White
Ashada*Adi

Moon 7 - Phase 13 - 7
Navami

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

Devaloka Day

1	Friday, July 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam				Istanbul, Turkey
	Mesha Rasi: 23.1 Tithi 24 – 25		Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 8 Sutra 96
	Creative Work Siddha Yoga	429755472	Gulika 6:42AM – 8:32AM	Bharani Until 12:54PM	Ganesha: Purple <i>Sunrise:</i> 4:52AM		Subhakrit 5124
			Yama 3:52PM – 5:42PM	Shula* Until 8:59AM	Muruqa: Green <i>Sunset:</i> 7:32PM		Moon 7 - Phase 14 - 8
		Rahu 10:22AM – 12:12PM	Vanija Until 6:59PM	Nataraja: White		2nd Phase	
			Navami* Until 6:03AM	Moon – White		Devaloka Day	
				Ashada*Adi			


2	Saturday, July 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam				Istanbul, Turkey
	Vrishabha Rasi: 5.14 Tithi 25 – 26		Krittika/Rohini Nakshatra Ganda*/Vridhhi Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau				Sun 9 Sutra 97
	Creative Work Amrita Yoga	429755472	Gulika 4:53AM – 6:42AM	Krittika Until 3:24PM	Ganesha: Purple <i>Sunrise:</i> 4:53AM		Subhakrit 5124
			Yama 2:02PM – 3:52PM	Ganda* Until 9:37AM	Muruqa: Green <i>Sunset:</i> 7:31PM		Moon 7 - Phase 14 - 9
		Rahu 8:32AM – 10:22AM	Bava Until 9:08PM	Nataraja: White		2nd Phase	
			Dashami Until 7:59AM	Moon – White		Devaloka Day	
				Ashada*Adi			


3	Sunday, July 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam				Istanbul, Turkey
	Vrishabha Rasi: 17.08 Tithi 26 – 27		Rohini Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 98
	Creative Work Siddha Yoga	429755472	Gulika 3:51PM – 5:41PM	Rohini Until 6:32PM	Ganesha: Clear <i>Sunrise:</i> 4:54AM		Subhakrit 5124
			Yama 12:12PM – 2:02PM	Vridhhi Until 10:32AM	Muruqa: Green <i>Sunset:</i> 7:30PM		Moon 7 - Phase 14 - 10
		Rahu 5:41PM – 7:30PM	Kaulava Until 11:34PM	Nataraja: White		2nd Phase	
			Ekadashi* Until 10:18AM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

4	Monday, July 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam				Istanbul, Turkey
	Vrishabha Rasi: 28.58 Tithi 27 – 28		Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Taillita/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 99
	Family Home Evening Creative Work Amrita Yoga Until 9:37PM Then Creative Work - Siddha Yoga	439755472	Gulika 2:01PM – 3:51PM	Mrigashira Until 9:37PM	Ganesha: Clear <i>Sunrise:</i> 4:54AM		Subhakrit 5124
			Yama 10:23AM – 12:12PM	Dhruva Until 11:34AM	Muruqa: Green <i>Sunset:</i> 7:29PM		Moon 7 - Phase 14 - 11
		Rahu 6:44AM – 8:33AM	Gara Until 2:06AM Tue	Nataraja: White		2nd Phase	
			Dvadashi* Until 12:49PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, July 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam				Istanbul, Turkey
	Mithuna Rasi: 10.47 Tithi 28 – 29		Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistil* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 100
	Routine Work Marana Yoga Until 12:30AM Wed Then Creative Work - Siddha Yoga	439755472	Gulika 12:12PM – 2:01PM	Ardra Until 12:30AM Wed	Ganesha: Clear <i>Sunrise:</i> 4:55AM		Subhakrit 5124
			Yama 8:34AM – 10:23AM	Vyaghata* Until 12:38PM	Muruqa: Green <i>Sunset:</i> 7:28PM		Moon 7 - Phase 14 - 12
		Rahu 3:50PM – 5:39PM	Vistil Until 4:34AM Wed	Nataraja: White		2nd Phase	
			Trayodashi* Until 3:20PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

6	Wednesday, July 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam				Istanbul, Turkey
	Mithuna Rasi: 22.37 Tithi 29 – 30		Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 101
	Creative Work Siddha Yoga Until 3:35AM Thu Then Creative Work - Amrita Yoga	441755472	Gulika 10:23AM – 12:12PM	Punarvasu Until 3:35AM Thu	Ganesha: Yellow <i>Sunrise:</i> 4:56AM		Subhakrit 5124
			Yama 6:45AM – 8:34AM	Harshana Until 1:37PM	Muruqa: Green <i>Sunset:</i> 7:28PM		Moon 7 - Phase 14 - 13
		Rahu 12:12PM – 2:01PM	Catuspada Until 6:52AM Thu	Nataraja: White		2nd Phase	
			Chaturdashi* Until 5:44PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Thursday, July 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam				Istanbul, Turkey
	Retreat Star		Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 14 Sutra 102
	Kataka Rasi: 4.31 Tithi 30 Creative Work Amrita Yoga Until 6:16AM Fri Then Routine Work - Marana Yoga	441755472	Gulika 8:35AM – 10:23AM	Pushya Until 6:16AM Fri	Ganesha: Yellow <i>Sunrise:</i> 4:57AM		Subhakrit 5124
			Yama 4:57AM – 6:46AM	Vajra* Until 2:26PM	Muruqa: Green <i>Sunset:</i> 7:27PM		Moon 7 - Phase 14 - 14
		Rahu 2:01PM – 3:49PM	Catuspada Until 6:52AM	Nataraja: White		Amavasya	
			Amavasya* Until 7:55PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Friday, July 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam				Istanbul, Turkey
	Retreat Star		Pushya/Ashlesha* Nakshatra Siddhi/Vyatpata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 15 Sutra 103
	Kataka Rasi: 16.31 Tithi 1 Routine Work Marana Yoga	441755472	Gulika 6:47AM – 8:35AM	Pushya Until 6:16AM	Ganesha: Yellow <i>Sunrise:</i> 4:58AM		Subhakrit 5124
			Yama 3:49PM – 5:37PM	Siddhi Until 3:04PM	Muruqa: Green <i>Sunset:</i> 7:26PM		Moon 7 - Phase 14 - 15
		Rahu 10:23AM – 12:12PM	Kintughna Until 8:57AM	Nataraja: White		Prathama	
			Prathama* Until 9:51PM	Moon – Blue		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to 12: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* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Istanbul, Turkey
	Kataka Rasi: 28.37	Tithi 2	Gulika 4:59AM – 6:47AM Yama 2:00PM – 3:48PM 441755472 Rahu 8:35AM – 10:24AM	Ashlesha* Until 8:31AM Vyatipata* Until 3:30PM Balava Until 10:44AM Dvitiya Until 11:29PM	Ganesha: Yellow Muruqa: Green Nataraja: White Moon – Blue Sravana*Adi	Sunrise: 4:59AM Sunset: 7:25PM	Sun 16 Sutra 104 Subhakrit 5124 Moon 7 - Phase 15 - 16 3rd Phase Bhuloka Day Devaloka Time: 9:AM to12:PM
Routine Work Marana Yoga Until 8:31AM Then Creative Work - Amrita Yoga							

2	Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Istanbul, Turkey
	Simha Rasi: 10.52	Tithi 3	Gulika 3:48PM – 5:36PM Yama 12:12PM – 2:00PM 451755472 Rahu 5:36PM – 7:24PM	Magha* Until 10:48AM Varyan Until 3:39PM Taitila Until 12:12PM Tritiya Until 12:47AM Mon	Ganesha: Red Muruqa: Green Nataraja: White Moon – Red Sravana*Adi	Sunrise: 5:00AM Sunset: 7:24PM	Sun 17 Sutra 105 Subhakrit 5124 Moon 7 - Phase 15 - 17 3rd Phase Bhuloka Day Devaloka Time: 9:AM to12:PM
Routine Work Marana Yoga Until 10:48AM Then Creative Work - Siddha Yoga							

3	Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthiyam Titau				Istanbul, Turkey
	Simha Rasi: 23.14	Tithi 4	Gulika 1:59PM – 3:47PM Yama 10:24AM – 12:12PM 451755472 Rahu 6:49AM – 8:36AM	Purvaphalguni Until 12:35PM Parigha* Until 3:32PM Vanija Until 1:19PM Chaturthi* Until 1:43AM Tue	Ganesha: Red Muruqa: Green Nataraja: White Moon – Red Sravana*Adi	Sunrise: 5:01AM Sunset: 7:20PM	Sun 18 Sutra 106 Subhakrit 5124 Moon 7 - Phase 15 - 18 3rd Phase Bhuloka Day Devaloka Time: 9:AM to12:PM
Family Home Evening Creative Work Siddha Yoga							

4	Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Istanbul, Turkey
	Kanya Rasi: 5.47	Tithi 5	Gulika 12:12PM – 1:59PM Yama 8:37AM – 10:24AM 451755472 Rahu 3:47PM – 5:34PM	Uttaraphalguni Until 1:48PM Shiva Until 3:06PM Bava Until 2:02PM Panchami Until 2:12AM Wed	Ganesha: Red Muruqa: Green Nataraja: White Moon – Red Sravana*Adi	Sunrise: 5:02AM Sunset: 7:21PM	Sun 19 Sutra 107 Subhakrit 5124 Moon 7 - Phase 15 - 19 3rd Phase Bhuloka Day Devaloka Time: 9:AM to12:PM
Creative Work Amrita Yoga Until 1:48PM Then Creative Work - Siddha Yoga							

5	Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Istanbul, Turkey
	Kanya Rasi: 18.32	Tithi 6	Gulika 10:24AM – 12:12PM Yama 6:50AM – 8:37AM 461755472 Rahu 12:12PM – 1:59PM	Hasta Until 2:53PM Siddha Until 2:17PM Kaulava Until 2:17PM Shashthi* Until 2:11AM Thu	Ganesha: Blue Muruqa: Green Nataraja: White Moon – Green Sravana*Adi	Sunrise: 5:03AM Sunset: 7:20PM	Sun 20 Sutra 108 Subhakrit 5124 Moon 7 - Phase 15 - 20 3rd Phase Devaloka Day
Routine Work Marana Yoga Until 2:53PM Then Creative Work - Siddha Yoga							

6	Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Istanbul, Turkey
	Tula Rasi: 1.32	Tithi 7	Gulika 8:38AM – 10:25AM Yama 5:04AM – 6:51AM 461755472 Rahu 1:58PM – 3:45PM	Chitra Until 3:17PM Sadhya Until 1:03PM Gara Until 2:00PM Saptami Until 1:37AM Fri	Ganesha: Blue Muruqa: Green Nataraja: White Moon – Green Sravana*Adi	Sunrise: 5:04AM Sunset: 7:19PM	Sun 21 Sutra 109 Subhakrit 5124 Moon 7 - Phase 15 - 21 3rd Phase Devaloka Day
Creative Work Siddha Yoga Until 3:17PM Then Creative Work - Amrita Yoga							

☾	Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Istanbul, Turkey
	Tula Rasi: 14.51	Tithi 8	Gulika 6:52AM – 8:38AM Yama 3:45PM – 5:31PM 461765472 Rahu 10:25AM – 12:11PM	Svati Until 2:58PM Subha Until 11:22AM Visti Until 1:07PM Ashtami* Until 12:26AM Sat	Ganesha: Blue Muruqa: White Nataraja: White Moon – Green Sravana*Adi	Sunrise: 5:05AM Sunset: 7:18PM	Sun 22 Sutra 110 Subhakrit 5124 Moon 7 - Phase 15 - 22 Ashtami Devaloka Day
Creative Work Siddha Yoga Then Creative Work - Amrita Yoga							

☽	Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Istanbul, Turkey
	Tula Rasi: 28.3	Tithi 9	Gulika 5:06AM – 6:52AM Yama 1:58PM – 3:44PM 472765472 Rahu 8:39AM – 10:25AM	Vishakha Until 2:19PM Sukla Until 9:09AM Balava Until 11:38AM Navami* Until 10:38PM	Ganesha: White Muruqa: White Nataraja: White Moon – Orange Sravana*Adi	Sunrise: 5:06AM Sunset: 7:17PM	Sun 23 Sutra 111 Subhakrit 5124 Moon 7 - Phase 15 - 23 Navami Bhuloka Day
Creative Work Siddha Yoga							

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/22


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1	Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Istanbul, Turkey
	Vrischika Rasi: 12.32	Tithi 10	Gulika 3:43PM – 5:29PM	Anuradha Until 12:56PM	Ganesha: Yellow	<i>Sunrise:</i> 5:07AM	Sun 24 Sutra 112
			Yama 12:11PM – 1:57PM	Brahma Until 6:28AM	Muruqa: White	<i>Sunset:</i> 7:15PM	Subhakrit 5124
	Routine Work	Marana Yoga	472865472 Rahu 5:29PM – 7:15PM	Taitila Until 9:32AM	Nataraja: White		Moon 7 - Phase 16 - 24 4th Phase
			Dashami Until 8:16PM	Moon – Orange		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

2	Monday, August 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey
	Vrischika Rasi: 26.56	Tithi 11 – 12	Gulika 1:57PM – 3:43PM	Jyeshtha* Until 10:53AM	Ganesha: Yellow	<i>Sunrise:</i> 5:08AM	Sun 25 Sutra 113
	Family Home Evening		Yama 10:25AM – 12:11PM	Vaidhriti* Until 11:48PM	Muruqa: White	<i>Sunset:</i> 7:14PM	Subhakrit 5124
	Creative Work	Siddha Yoga	472865472 Rahu 6:54AM – 8:39AM	Vanija Until 6:55AM	Nataraja: White		Moon 7 - Phase 16 - 25 4th Phase
			Ekadashi Until 5:25PM	Moon – Orange		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

3	Tuesday, August 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Istanbul, Turkey
	Dhanus Rasi: 11.4	Tithi 12 – 13	Gulika 12:11PM – 1:56PM	Mula* Until 8:41AM	Ganesha: White	<i>Sunrise:</i> 5:09AM	Sun 26 Sutra 114
			Yama 8:40AM – 10:25AM	Vishkambha* Until 7:59PM	Muruqa: White	<i>Sunset:</i> 7:13PM	Subhakrit 5124
	Creative Work	Amrita Yoga	482865472 Rahu 3:42PM – 5:27PM	Kaulava Until 12:28AM Wed	Nataraja: White		Moon 7 - Phase 16 - 26 4th Phase
			Dvadashi Until 2:10PM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			
				<i>Pradosha Vrata</i>			

4	Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Istanbul, Turkey
	Dhanus Rasi: 26.37	Tithi 13 – 14	Gulika 10:26AM – 12:11PM	Purvashadha* Until 6:04AM	Ganesha: White	<i>Sunrise:</i> 5:10AM	Sun 27 Sutra 115
			Yama 6:55AM – 8:40AM	Priti Until 4:01PM	Muruqa: White	<i>Sunset:</i> 7:12PM	Subhakrit 5124
	Creative Work	Amrita Yoga	482865472 Rahu 12:11PM – 1:56PM	Gara Until 8:55PM	Nataraja: White		Moon 7 - Phase 16 - 27 4th Phase
			Trayodashi Until 10:41AM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			

	Thursday, August 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Istanbul, Turkey
	Copper Retreat Star		Gulika 8:41AM – 10:26AM	Shravana Until 12:36AM Fri	Ganesha: Clear	<i>Sunrise:</i> 5:11AM	Sun 28 Sutra 116
	Makara Rasi: 11.4	Tithi 14 – 15	Yama 5:11AM – 6:56AM	Ayushman Until 11:59AM	Muruqa: White	<i>Sunset:</i> 7:10PM	Subhakrit 5124
	Creative Work	Siddha Yoga	492865472 Rahu 1:56PM – 3:41PM	Bava Until 3:35AM Fri	Nataraja: White		Moon 7 - Phase 16 - Purnima
			Raksha Bandhan	Chaturdashi* Until 7:06AM	Moon – Purple	Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

5	Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Istanbul, Turkey
	Silver Retreat Star		Gulika 6:56AM – 8:41AM	Dhanishtha Until 10:06PM	Ganesha: Clear	<i>Sunrise:</i> 5:12AM	Sun 29 Sutra 117
	Makara Rasi: 26.41	Tithi 16	Yama 3:40PM – 5:24PM	Saubhagya Until 8:02AM	Muruqa: White	<i>Sunset:</i> 7:09PM	Subhakrit 5124
	Creative Work	Siddha Yoga	492865472 Rahu 10:26AM – 12:10PM	Balava Until 1:55PM	Nataraja: White		Moon 7 - Phase 16 - Prathama
			Prathama* Until 12:18AM Sat	Moon – Purple		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

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

Il times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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Saturday, August 13, 2022
Gold Retreat Star

Kumbha Rasi: 11.3 Tithi 17
492865472
Creative Work Amrita Yoga
Until 7:51PM
Then Routine Work - Marana Yoga

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

Gulika 5:13AM – 6:57AM
Yama 1:55PM – 3:39PM
Rahu 8:42AM – 10:26AM
Shatabhishak **Until 7:51PM**
Athiganda* **Until 12:59AM** Sun
Taitila **Until 10:50AM**
Dvitiya **Until 9:26PM**

Istanbul, Turkey
Sun 1 Sutra 118
Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase
Ganesha: Clear *Sunrise:* 5:13AM
Muruqa: White *Sunset:* 7:08PM
Nataraja: White
Moon – Purple
Bhuloka Day
Devaloka Time: 9:AM to12:PM

1

Sunday, August 14, 2022

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

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

Gulika 3:38PM – 5:22PM
Yama 12:10PM – 1:54PM
Rahu 5:22PM – 7:06PM
Purvaproshtapada **Until 6:27PM**
Sukarma **Until 10:08PM**
Vanija **Until 8:13AM**
Tritiya **Until 7:08PM**

Istanbul, Turkey
Sun 2 Sutra 119
Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase
Ganesha: Yellow *Sunrise:* 5:14AM
Muruqa: White *Sunset:* 7:06PM
Nataraja: White
Moon – Clear
Bhuloka Day
Devaloka Time: 9:AM to12:PM

2

Monday, August 15, 2022

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

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

Gulika 1:54PM – 3:37PM
Yama 10:26AM – 12:10PM
Rahu 6:59AM – 8:42AM
Uttaraproshtapada **Until 5:37PM**
Dhriti **Until 7:53PM**
Bava **Until 6:16AM**
Chaturthi* **Until 5:33PM**

Istanbul, Turkey
Sun 3 Sutra 120
Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase
Ganesha: Yellow *Sunrise:* 5:15AM
Muruqa: White *Sunset:* 7:05PM
Nataraja: White
Moon – Clear
Bhuloka Day
Devaloka Time: 9:AM to12:PM

3

Tuesday, August 16, 2022

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

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

Gulika 12:10PM – 1:53PM
Yama 8:43AM – 10:26AM
Rahu 3:37PM – 5:20PM
Revati **Until 5:27PM**
Shula* **Until 6:18PM**
Gara **Until 4:46AM** Wed
Panchami **Until 4:48PM**

Istanbul, Turkey
Sun 4 Sutra 121
Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase
Ganesha: Yellow *Sunrise:* 5:16AM
Muruqa: White *Sunset:* 7:04PM
Nataraja: White
Moon – Clear
Bhuloka Day
Devaloka Time: 9:AM to12:PM

4

Wednesday, August 17, 2022

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

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

Gulika 10:26AM – 12:09PM
Yama 7:00AM – 8:43AM
Rahu 12:09PM – 1:53PM
Ashvini **Until 6:27PM**
Ganda* **Until 5:25PM**
Vistil **Until 5:19AM** Thu
Shashthi* **Until 4:55PM**

Istanbul, Turkey
Sun 5 Sutra 122
Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase
Ganesha: Yellow *Sunrise:* 5:17AM
Muruqa: White *Sunset:* 7:02PM
Nataraja: White
Moon – White
Bhuloka Day
Devaloka Time: 9:AM to12:PM

5

Thursday, August 18, 2022

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

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

Gulika 8:44AM – 10:26AM
Yama 5:18AM – 7:01AM
Rahu 1:52PM – 3:35PM
Bharani **Until 8:06PM**
Vridhdi **Until 5:12PM**
Balava **Until 6:40AM** Fri
Saptami **Until 5:53PM**

Istanbul, Turkey
Sun 6 Sutra 123
Subhakrit 5124
Moon 8 - Phase 17 - 6
1st Phase
Ganesha: Yellow *Sunrise:* 5:18AM
Muruqa: White *Sunset:* 7:01PM
Nataraja: White
Moon – White
Bhuloka Day
Devaloka Time: 9:AM to12:PM

D

Friday, August 19, 2022
Retreat Star

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

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

Gulika 7:01AM – 8:44AM
Yama 3:34PM – 5:17PM
Rahu 10:26AM – 12:09PM
Krittika **Until 10:16PM**
Dhruva **Until 5:30PM**
Balava **Until 6:40AM**
Ashtami* **Until 7:33PM**

Istanbul, Turkey
Sun 7 Sutra 124
Subhakrit 5124
Moon 8 - Phase 17 - 7
Ashtami
Ganesha: White *Sunrise:* 5:19AM
Muruqa: White *Sunset:* 6:59PM
Nataraja: White
Moon – White
Bhuloka Day
Devaloka Time: 9:AM to12:PM

Saturday, August 20, 2022

Retreat Star

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

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

Gulika 5:20AM – 7:02AM
Yama 1:51PM – 3:33PM
Rahu 8:44AM – 10:27AM
Rohini **Until 1:13AM** Sun
Vyaghata* **Until 6:13PM**
Taitila **Until 8:37AM**
Navami* **Until 9:44PM**

Istanbul, Turkey
Sun 8 Sutra 125
Subhakrit 5124
Moon 8 - Phase 17 - 8
Navami
Ganesha: Yellow *Sunrise:* 5:20AM
Muruqa: White *Sunset:* 6:58PM
Nataraja: White
Moon – Yellow
Bhuloka Day
Devaloka Time: 6:AM to 9:AM

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/22

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1 Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam				Istanbul, Turkey
Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau						Sun 9 Sutra 126
Wishabha Rasi: 25.41	Tithi 25	Gulika	3:32PM – 5:14PM	Mrigashira Until 4:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:21AM
		Yama	12:09PM – 1:51PM	Harshana Until 7:11PM	Muruqa: White	<i>Sunset:</i> 6:56PM
533865472		Rahu	5:14PM – 6:56PM	Vanija Until 10:57AM	Nataraja: White	Moon 8 - Phase 18 - 9
Creative Work Siddha Yoga						2nd Phase
				Dashami Until 12:10AM Mon	Sravana-Avani	Bhuloka Day
				Devaloka Time: 6:AM to 9:AM		

2 Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam				Istanbul, Turkey
Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau						Sun 10 Sutra 127
Mithuna Rasi: 7.32	Tithi 26	Gulika	1:50PM – 3:32PM	Ardra Until 7:05AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:22AM
		Yama	10:27AM – 12:08PM	Vajra* Until 8:11PM	Muruqa: White	<i>Sunset:</i> 6:55PM
533865472		Rahu	7:03AM – 8:45AM	Bava Until 1:27PM	Nataraja: White	Moon 8 - Phase 18 - 10
Family Home Evening						2nd Phase
Creative Work Siddha Yoga						Bhuloka Day
				Ekadashi* Until 2:40AM Tue	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 Yukhtayam				Istanbul, Turkey
Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau						Sun 11 Sutra 128
Mithuna Rasi: 19.22	Tithi 27	Gulika	12:08PM – 1:49PM	Ardra Until 7:05AM	Ganesha: Yellow	<i>Sunrise:</i> 5:23AM
		Yama	8:45AM – 10:27AM	Siddhi Until 9:07PM	Muruqa: White	<i>Sunset:</i> 6:53PM
533865472		Rahu	3:31PM – 5:12PM	Kaulava Until 3:54PM	Nataraja: White	Moon 8 - Phase 18 - 11
Routine Work Marana Yoga						2nd Phase
Until 7:05AM						Bhuloka Day
Then Creative Work - Siddha Yoga						Devaloka Time: 6:AM to 9:AM
				Dvadashi* Until 5:02AM Wed	Sravana-Avani	

4 Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam				Istanbul, Turkey
Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara Karana Trayodashyam Titau						Sun 12 Sutra 129
Kataka Rasi: 1.16	Tithi 28	Gulika	10:27AM – 12:08PM	Punarvasu Until 10:08AM	Ganesha: Blue	<i>Sunrise:</i> 5:24AM
		Yama	7:05AM – 8:46AM	Vyatipata* Until 9:54PM	Muruqa: White	<i>Sunset:</i> 6:52PM
533865472		Rahu	12:08PM – 1:49PM	Gara Until 6:08PM	Nataraja: White	Moon 8 - Phase 18 - 12
Creative Work Siddha Yoga						2nd Phase
				Trayodashi* Until 7:08AM Thu	Sravana-Avani	Bhuloka Day
				Pradosha Vrata (Fasting)		

5 Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam				Istanbul, Turkey
Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau						Sun 13 Sutra 130
Kataka Rasi: 13.16	Tithi 28 – 29	Gulika	8:46AM – 10:27AM	Pushya Until 12:45PM	Ganesha: Blue	<i>Sunrise:</i> 5:25AM
		Yama	5:25AM – 7:05AM	Variyan Until 10:24PM	Muruqa: White	<i>Sunset:</i> 6:50PM
533865472		Rahu	1:48PM – 3:29PM	Visti Until 8:04PM	Nataraja: White	Moon 8 - Phase 18 - 13
Creative Work Amrita Yoga						2nd Phase
Until 12:45PM						Bhuloka Day
Then Creative Work - Siddha Yoga						
				Trayodashi* Until 7:08AM	Sravana-Avani	

Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam				Istanbul, Turkey
Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Sun 14 Sutra 131
Kataka Rasi: 25.23	Tithi 29 – 30	Gulika	7:06AM – 8:47AM	Ashlesha* Until 2:51PM	Ganesha: Blue	<i>Sunrise:</i> 5:26AM
		Yama	3:28PM – 5:08PM	Parigha* Until 10:38PM	Muruqa: White	<i>Sunset:</i> 6:49PM
533865472		Rahu	10:27AM – 12:07PM	Catuspada Until 9:38PM	Nataraja: White	Moon 8 - Phase 18 - 14
Routine Work Marana Yoga						Amavasya
				Chaturdashi* Until 8:53AM	Sravana-Avani	Bhuloka Day

Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantra Vasara Yukhtayam				Istanbul, Turkey
Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau						Sun 15 Sutra 132
Simha Rasi: 7.41	Tithi 30 – 1	Gulika	5:27AM – 7:07AM	Magha* Until 4:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:27AM
		Yama	1:47PM – 3:27PM	Shiva Until 10:35PM	Muruqa: White	<i>Sunset:</i> 6:47PM
533865472		Rahu	8:47AM – 10:27AM	Kintughna Until 10:49PM	Nataraja: White	Moon 8 - Phase 18 - 15
Creative Work Amrita Yoga						Prathama
Until 4:54PM						Bhuloka Day
Then Creative Work - Siddha Yoga						
				Amavasya* Until 10:15AM	Bhadrapada-Avani	

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/22

www.gurudeva.org/panchang

1 Sunday, August 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam		Istanbul, Turkey	
	Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Sun 16	Sutra 133
	Gulika 3:26PM – 5:06PM	Purvaphalguni Until 6:24PM	Ganesha: Blue	Sunrise: 5:28AM
	Yama 12:07PM – 1:46PM	Siddha Until 10:11PM	Muruqa: White	Sunset: 6:46PM
Simha Rasi: 20.09	Tithi 1 – 2	Rahu 5:06PM – 6:46PM	Balava Until 11:36PM	Nataraja: Clear
553865473		Prathama* Until 11:14AM	Moon – Red	Moon 8 - Phase 19 - 16
Creative Work	Siddha Yoga	Bhadrapada*Avani	Bhuloka Day	
Until 6:24PM			Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga				

2 Monday, August 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam		Istanbul, Turkey	
	Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Sun 17	Sutra 134
	Gulika 1:46PM – 3:25PM	Uttaraphalguni Until 7:22PM	Ganesha: Blue	Sunrise: 5:29AM
	Yama 10:27AM – 12:06PM	Sadhya Until 9:30PM	Muruqa: White	Sunset: 6:44PM
Kanya Rasi: 2.47	Tithi 2 – 3	Rahu 7:08AM – 8:48AM	Taitila Until 11:59PM	Nataraja: Clear
553865473		Dvitiya Until 11:49AM	Moon – Red	Moon 8 - Phase 19 - 17
Creative Work	Siddha Yoga	Bhadrapada*Avani	Bhuloka Day	
Until 6:24PM			Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga				

3 Tuesday, August 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam		Istanbul, Turkey	
	Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Sun 18	Sutra 135
	Gulika 12:06PM – 1:45PM	Hasta Until 8:17PM	Ganesha: Blue	Sunrise: 5:30AM
	Yama 8:48AM – 10:27AM	Subha Until 8:32PM	Muruqa: White	Sunset: 6:42PM
Kanya Rasi: 16	Tithi 3 – 4	Rahu 3:24PM – 5:03PM	Vanija Until 12:00AM Wed	Nataraja: Clear
563865473		Tritiya Until 12:01PM	Moon – Green	Moon 8 - Phase 19 - 18
Creative Work	Siddha Yoga	Bhadrapada*Avani	Bhuloka Day	
Until 6:24PM			Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga				

4 Wednesday, August 31, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam		Istanbul, Turkey	
	Chitra Nakshatra Sukla Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau		Sun 19	Sutra 136
	Gulika 10:27AM – 12:06PM	Chitra Until 8:39PM	Ganesha: Blue	Sunrise: 5:31AM
	Yama 7:10AM – 8:48AM	Sukla Until 7:14PM	Muruqa: White	Sunset: 6:41PM
Kanya Rasi: 28.37	Tithi 4 – 5	Rahu 12:06PM – 1:45PM	Bava Until 11:38PM	Nataraja: Clear
563865473		Chaturthi* Until 11:51AM	Moon – Green	Moon 8 - Phase 19 - 19
Creative Work	Siddha Yoga	Bhadrapada*Avani	Bhuloka Day	
Until 6:24PM			Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga				

5 Thursday, September 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam		Istanbul, Turkey	
	Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Sun 20	Sutra 137
	Gulika 8:49AM – 10:27AM	Svati Until 8:30PM	Ganesha: Red	Sunrise: 5:32AM
	Yama 5:32AM – 7:10AM	Brahma Until 5:38PM	Muruqa: White	Sunset: 6:39PM
Tula Rasi: 11.49	Tithi 5 – 6	Rahu 1:44PM – 3:22PM	Kaulava Until 10:52PM	Nataraja: Clear
563965473		Panchami Until 11:17AM	Moon – Green	Moon 8 - Phase 19 - 20
Creative Work	Amrita Yoga	Bhadrapada*Avani	Devaloka Day	
Until 8:30PM				
Then Creative Work - Siddha Yoga				

6 Friday, September 2, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam		Istanbul, Turkey	
	Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Sun 21	Sutra 138
	Gulika 7:11AM – 8:49AM	Vishakha Until 8:14PM	Ganesha: Blue	Sunrise: 5:33AM
	Yama 3:21PM – 4:59PM	Indra Until 3:43PM	Muruqa: White	Sunset: 6:38PM
Tula Rasi: 25.15	Tithi 6 – 7	Rahu 10:27AM – 12:05PM	Gara Until 9:41PM	Nataraja: Clear
573965473		Shashthi* Until 10:18AM	Moon – Orange	Moon 8 - Phase 19 - 21
Creative Work	Siddha Yoga	Bhadrapada*Avani	Sivaloka Day	
Until 6:24PM				
Then Creative Work - Siddha Yoga				

Retreat Star Saturday, September 3, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam		Istanbul, Turkey	
	Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Sun 22	Sutra 139
	Gulika 5:34AM – 7:12AM	Anuradha Until 7:24PM	Ganesha: Yellow	Sunrise: 5:34AM
	Yama 1:43PM – 3:20PM	Vaidhriti* Until 1:26PM	Muruqa: White	Sunset: 6:36PM
Vrischika Rasi: 8.55	Tithi 7 – 8	Rahu 8:49AM – 10:27AM	Visti Until 8:05PM	Nataraja: Clear
574965473		Saptami Until 8:55AM	Moon – Orange	Moon 8 - Phase 19 - 22
Creative Work	Siddha Yoga	Bhadrapada*Avani	Devaloka Day	
Until 6:24PM				
Then Creative Work - Siddha Yoga				

Retreat Star Sunday, September 4, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam		Istanbul, Turkey	
	Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 23	Sutra 140
	Gulika 3:19PM – 4:57PM	Jyeshtha* Until 6:01PM	Ganesha: Yellow	Sunrise: 5:35AM
	Yama 12:04PM – 1:42PM	Vishkambha* Until 10:49AM	Muruqa: White	Sunset: 6:34PM
Vrischika Rasi: 22.5	Tithi 8 – 9	Rahu 4:57PM – 6:34PM	Balava Until 6:05PM	Nataraja: Clear
574965473		Ashtami* Until 7:07AM	Moon – Orange	Moon 8 - Phase 19 - 23
Routine Work	Marana Yoga	Bhadrapada*Avani	Devaloka Day	
Until 6:01PM				
Then Creative Work - Amrita Yoga				


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

1		Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula*Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Istanbul, Turkey Sun 24 Sutra 141	
Dhanus Rasi: 7.01	Tithi 10	Gulika	1:41PM – 3:18PM	Mula* Until 4:32PM	Ganesha: White	<i>Sunrise:</i> 5:36AM	Subhakrit 5124
Family Home Evening	584965473	Yama	10:27AM – 12:04PM	Priti Until 7:55AM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 8 - Phase 20 - 24
Creative Work Siddha Yoga		Rahu	7:13AM – 8:50AM	Taitila Until 3:42PM	Nataraja: Clear		4th Phase
Until 4:32PM				Dashami Until 2:22AM Tue	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*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Istanbul, Turkey Sun 25 Sutra 142	
Dhanus Rasi: 21.26	Tithi 11	Gulika	12:04PM – 1:41PM	Purvashadha* Until 2:36PM	Ganesha: White	<i>Sunrise:</i> 5:37AM	Subhakrit 5124
	584965473	Yama	8:50AM – 10:27AM	Saubhagya Until 1:16AM Wed	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 8 - Phase 20 - 25
Creative Work Siddha Yoga		Rahu	3:17PM – 4:54PM	Vanija Until 1:00PM	Nataraja: Clear		4th Phase
Until 2:36PM				Ekadashi Until 11:33PM	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		Istanbul, Turkey Sun 26 Sutra 143	
Makara Rasi: 6.02	Tithi 12	Gulika	10:27AM – 12:03PM	Uttarashadha Until 12:20PM	Ganesha: White	<i>Sunrise:</i> 5:38AM	Subhakrit 5124
	584965473	Yama	7:14AM – 8:51AM	Sobhana Until 9:44PM	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 8 - Phase 20 - 26
Creative Work Amrita Yoga		Rahu	12:03PM – 1:40PM	Bava Until 10:05AM	Nataraja: Clear		4th Phase
Until 12:20PM				Dvadashi Until 8:34PM	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/Gara Karana Trayodashi/Chaturdashyam Titau		Istanbul, Turkey Sun 27 Sutra 144	
Makara Rasi: 20.43	Tithi 13 – 14	Gulika	8:51AM – 10:27AM	Shravana Until 10:15AM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	Subhakrit 5124
	594965473	Yama	5:39AM – 7:15AM	Athiganda* Until 6:09PM	Muruqa: White	<i>Sunset:</i> 6:28PM	Moon 8 - Phase 20 - 27
Creative Work Siddha Yoga		Rahu	1:39PM – 3:15PM	Kaulava Until 7:04AM	Nataraja: Clear		4th Phase
				Trayodashi Until 5:33PM	Moon – Purple	Devaloka Day	
		Chidambaram Abhishekam			Bhadrapada*Avani		
				<i>Pradosha Vrata</i>			

		Friday, September 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Istanbul, Turkey Sutra 145	
Kumbha Rasi: 5.23	Tithi 14 – 15	Gulika	7:15AM – 8:51AM	Dhanishtha Until 8:04AM	Ganesha: Clear	<i>Sunrise:</i> 5:40AM	Subhakrit 5124
	594965473	Yama	3:14PM – 4:50PM	Sukarma Until 2:40PM	Muruqa: White	<i>Sunset:</i> 6:26PM	Moon 8 - Phase 20 -
Creative Work Siddha Yoga		Rahu	10:27AM – 12:03PM	Visti Until 1:17AM Sat	Nataraja: Clear		Purnima
				Chaturdashi* Until 2:38PM	Moon – Purple	Devaloka Day	
					Bhadrapada*Avani		

Silver Retreat Star		Saturday, September 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Istanbul, Turkey Sutra 146	
Kumbha Rasi: 19.55	Tithi 15 – 16	Gulika	5:41AM – 7:16AM	Purvaproshtapada* Until 4:31AM Sun	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	Subhakrit 5124
	594965473	Yama	1:38PM – 3:13PM	Dhriti Until 11:25AM	Muruqa: White	<i>Sunset:</i> 6:24PM	Moon 8 - Phase 20 -
Routine Work Marana Yoga		Rahu	8:52AM – 10:27AM	Balava Until 10:49PM	Nataraja: Clear		Prathama
Until 4:31AM Sun				Purnima* Until 11:59AM	Moon – Purple	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



Sunday, September 11, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam
Uttaraproshtapada Nakshatra Shula*Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Istanbul, Turkey
Sutra 147

Meena Rasi: 4.11 Tithi 16 – 17

Gulika 3:12PM – 4:47PM
Yama 12:02PM – 1:37PM
Rahu 4:47PM – 6:23PM

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

Ganesha: Clear *Sunrise: 5:42AM*
Muruqa: White *Sunset: 6:23PM*
Nataraja: Clear
Moon – Clear

Subhakrit 5124
Moon 9 - Phase 21 -
1st Phase

Creative Work Amrita Yoga
Until 3:27AM Mon
Then Creative Work - Siddha Yoga

Grandparent's Day

Bhadrapada*Avani

Devaloka Day

1

Monday, September 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam
Revati Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Trityayam Titau

Istanbul, Turkey
Sun 1 Sutra 148

Meena Rasi: 18.07 Tithi 17 – 18

Gulika 1:37PM – 3:11PM
Yama 10:27AM – 12:02PM
Rahu 7:17AM – 8:52AM

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

Ganesha: Clear *Sunrise: 5:43AM*
Muruqa: White *Sunset: 6:21PM*
Nataraja: Clear
Moon – Clear

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

Creative Work Siddha Yoga

Dvitiya Until 8:05AM

Bhadrapada*Avani

Devaloka Day

2

Tuesday, September 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam
Ashvini Nakshatra Dhruva Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau

Istanbul, Turkey
Sun 2 Sutra 149

Mesha Rasi: 1.37 Tithi 18 – 19

Gulika 12:01PM – 1:36PM
Yama 8:53AM – 10:27AM
Rahu 3:10PM – 4:45PM

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

Ganesha: White *Sunrise: 5:44AM*
Muruqa: White *Sunset: 6:19PM*
Nataraja: Clear
Moon – White

Subhakrit 5124
Moon 9 - Phase 21 - 2
1st Phase

Creative Work Siddha Yoga

Tritiya Until 7:06AM

Bhadrapada*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

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

Istanbul, Turkey
Sun 3 Sutra 150

Mesha Rasi: 14.43 Tithi 19 – 20

Gulika 10:27AM – 12:01PM
Yama 7:19AM – 8:53AM
Rahu 12:01PM – 1:35PM

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

Ganesha: White *Sunrise: 5:45AM*
Muruqa: White *Sunset: 6:17PM*
Nataraja: Clear
Moon – White

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

Creative Work Siddha Yoga

Chaturthi* Until 6:55AM

Bhadrapada*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

4

Thursday, September 15, 2022

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

Istanbul, Turkey
Sun 4 Sutra 151

Mesha Rasi: 27.24 Tithi 20 – 21

Gulika 8:53AM – 10:27AM
Yama 5:46AM – 7:19AM
Rahu 1:34PM – 3:08PM

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

Ganesha: Clear *Sunrise: 5:46AM*
Muruqa: White *Sunset: 6:16PM*
Nataraja: Clear
Moon – White

Subhakrit 5124
Moon 9 - Phase 21 - 4
1st Phase

Routine Work Marana Yoga

Panchami Until 7:32AM

Bhadrapada*Avani

Devaloka Day

5

Friday, September 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam
Krittika/Rohini Nakshatra Vajra* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Istanbul, Turkey
Sun 5 Sutra 152

Vrishabha Rasi: 9.46 Tithi 21 – 22

Gulika 7:20AM – 8:53AM
Yama 3:07PM – 4:41PM
Rahu 10:27AM – 12:00PM

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

Ganesha: Clear *Sunrise: 5:47AM*
Muruqa: White *Sunset: 6:14PM*
Nataraja: Clear
Moon – White

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

Creative Work Siddha Yoga

Shashthi* Until 8:53AM

Bhadrapada*Avani

Devaloka Day

6

Saturday, September 17, 2022

Retreat Star

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

Istanbul, Turkey
Sun 6 Sutra 153

Vrishabha Rasi: 21.52 Tithi 22 – 23

Gulika 5:48AM – 7:21AM
Yama 1:33PM – 3:06PM
Rahu 8:54AM – 10:27AM

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

Ganesha: White *Sunrise: 5:48AM*
Muruqa: White *Sunset: 6:12PM*
Nataraja: Clear
Moon – Yellow

Subhakrit 5124
Moon 9 - Phase 21 - 6
Ashtami

Creative Work Amrita Yoga

Saptami Until 10:50AM

Bhadrapada*Puratasi

Sivaloka Day

Until 8:55AM

Then Creative Work - Siddha Yoga

Sunday, September 18, 2022

Retreat Star

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

Istanbul, Turkey
Sun 7 Sutra 154

Mithuna Rasi: 3.49 Tithi 23 – 24

Gulika 3:05PM – 4:38PM
Yama 12:00PM – 1:32PM
Rahu 4:38PM – 6:11PM

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

Ganesha: White *Sunrise: 5:49AM*
Muruqa: White *Sunset: 6:11PM*
Nataraja: Clear
Moon – Yellow

Subhakrit 5124
Moon 9 - Phase 21 - 7
Navami

Creative Work Siddha Yoga

Ashtami* Until 1:09PM

Bhadrapada*Puratasi

Sivaloka Day

1	Monday, September 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Istanbul, Turkey Sun 8 Sutra 155 Subhakrit 5124
	Mithuna Rasi: 15.41	Tithi 24 – 25	Gulika 1:32PM – 3:04PM	Ardra Until 2:33PM	Ganesha: White	<i>Sunrise:</i> 5:50AM	
	Family Home Evening	535965473	Yama 10:27AM – 11:59AM	Variyan Until 4:54AM Tue	Muruqa: White	<i>Sunset:</i> 6:09PM	Moon 9 - Phase 22 - 8
	Creative Work Siddha Yoga		Rahu 7:22AM – 8:54AM	Vanija Until 4:49AM Tue	Nataraja: Clear		2nd Phase
			Navami* Until 3:36PM	Moon – Yellow		Sivaloka Day	
				Bhadrapada-Puratasi			

2	Tuesday, September 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 9 Sutra 156 Subhakrit 5124
	Mithuna Rasi: 27.34	Tithi 25 – 26	Gulika 11:59AM – 1:31PM	Punarvasu Until 5:36PM	Ganesha: Yellow	<i>Sunrise:</i> 5:51AM	
		545965473	Yama 8:55AM – 10:27AM	Parigha* Until 5:40AM Wed	Muruqa: White	<i>Sunset:</i> 6:07PM	Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga		Rahu 3:03PM – 4:35PM	Bava Until 7:05AM Wed	Nataraja: Clear		2nd Phase
			Dashami Until 5:58PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

3	Wednesday, September 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Istanbul, Turkey Sun 10 Sutra 157 Subhakrit 5124
	Kataka Rasi: 9.3	Tithi 26	Gulika 10:27AM – 11:59AM	Pushya Until 8:15PM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	
		545965473	Yama 7:23AM – 8:55AM	Shiva Until 6:12AM Thu	Muruqa: White	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga		Rahu 11:59AM – 1:30PM	Bava Until 7:05AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 8:04PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

4	Thursday, September 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Istanbul, Turkey Sun 11 Sutra 158 Subhakrit 5124
	Kataka Rasi: 21.35	Tithi 27	Gulika 8:55AM – 10:27AM	Ashlesha* Until 10:20PM	Ganesha: Yellow	<i>Sunrise:</i> 5:53AM	
		545965473	Yama 5:53AM – 7:24AM	Shiva Until 6:12AM	Muruqa: White	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga		Rahu 1:30PM – 3:01PM	Kaulava Until 8:59AM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 9:46PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

5	Friday, September 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Istanbul, Turkey Sun 12 Sutra 159 Subhakrit 5124
	Simha Rasi: 3.5	Tithi 28	Gulika 7:25AM – 8:56AM	Magha* Until 12:18AM Sat	Ganesha: Red	<i>Sunrise:</i> 5:54AM	
		555965473	Yama 3:00PM – 4:31PM	Siddha Until 6:21AM	Muruqa: White	<i>Sunset:</i> 6:02PM	Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga		Rahu 10:27AM – 11:58AM	Gara Until 10:27AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 10:59PM	Moon – Red		Devaloka Day	
				Bhadrapada-Puratasi			
				<i>Pradosha Vrata (Fasting)</i>			

6	Saturday, September 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Istanbul, Turkey Sun 13 Sutra 160 Subhakrit 5124
	Simha Rasi: 16.18	Tithi 29	Gulika 5:55AM – 7:25AM	Purvaphalguni Until 1:36AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:55AM	
		556965473	Yama 1:28PM – 2:59PM	Sadhya Until 6:09AM	Muruqa: White	<i>Sunset:</i> 6:00PM	Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga		Rahu 8:56AM – 10:27AM	Visti Until 11:26AM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 11:42PM	Moon – Red		Bhuloka Day	
				Bhadrapada-Puratasi			Devaloka Time: 6:PM to 9:PM

●	Sunday, September 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Istanbul, Turkey Sun 14 Sutra 161 Subhakrit 5124
	Retreat Star		Gulika 2:58PM – 4:28PM	Uttaraphalguni Until 2:15AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:56AM	
	Simha Rasi: 29	Tithi 30	Yama 11:57AM – 1:28PM	Sukla Until 4:33AM Mon	Muruqa: White	<i>Sunset:</i> 5:59PM	Moon 9 - Phase 22 - 14
		556165473	Rahu 4:28PM – 5:59PM	Catuspada Until 11:53AM	Nataraja: Clear		Amavasya
			Amavasya* Until 11:54PM	Moon – Red		Bhuloka Day	
				Bhadrapada-Puratasi			Devaloka Time: 6:PM to 9:PM

●	Monday, September 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Istanbul, Turkey Sun 15 Sutra 162 Subhakrit 5124
	Retreat Star		Gulika 1:27PM – 2:57PM	Hasta Until 2:45AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	
	Kanya Rasi: 11.56	Tithi 1	Yama 10:27AM – 11:57AM	Brahma Until 3:11AM Tue	Muruqa: White	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 22 - 15
		566165473	Rahu 7:27AM – 8:57AM	Kintughna Until 11:50AM	Nataraja: Clear		Prathama
			Prathama* Until 11:38PM	Moon – Green		Bhuloka Day	
				Ashvina-Puratasi			Devaloka Time: 6:PM to 9:PM
			Navaratri Begins				

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/22

www.gurudeva.org/panchang

1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau		Istanbul, Turkey Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 25.07	Tithi 2	Gulika 11:56AM – 1:26PM	Chitra Until 2:41AM Wed	Ganesha: Blue <i>Sunrise:</i> 5:58AM Muruqa: White <i>Sunset:</i> 5:55PM
	Creative Work	Siddha Yoga	566165473 Rahu 2:56PM – 4:26PM	Indra Until 1:31AM Wed Balava Until 11:21AM Dvitiya Until 10:57PM	Moon 9 - Phase 23 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Triliyayam Titau		Istanbul, Turkey Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 8.31	Tithi 3	Gulika 10:27AM – 11:56AM	Svati Until 2:09AM Thu	Ganesha: Blue <i>Sunrise:</i> 5:59AM Muruqa: White <i>Sunset:</i> 5:54PM
	Creative Work	Siddha Yoga	666165473 Rahu 11:56AM – 1:25PM	Vaidhriti* Until 11:32PM Tailila Until 10:29AM Tritiya Until 9:54PM	Moon 9 - Phase 23 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau		Istanbul, Turkey Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 22.06	Tithi 4	Gulika 8:58AM – 10:27AM	Vishakha Until 1:37AM Fri	Ganesha: Blue <i>Sunrise:</i> 6:00AM Muruqa: White <i>Sunset:</i> 5:52PM
	Creative Work	Siddha Yoga	676165473 Rahu 1:25PM – 2:54PM	Vishkambha* Until 9:19PM Vanija Until 9:17AM Chaturthi* Until 8:34PM	Moon 9 - Phase 23 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau		Istanbul, Turkey Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 5.51	Tithi 5	Gulika 7:29AM – 8:58AM	Anuradha Until 12:41AM Sat	Ganesha: Blue <i>Sunrise:</i> 6:01AM Muruqa: White <i>Sunset:</i> 5:50PM
	Creative Work	Siddha Yoga	676165473 Rahu 10:27AM – 11:55AM	Priti Until 6:56PM Bava Until 7:49AM Panchami Until 6:58PM	Moon 9 - Phase 23 - 19 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau		Istanbul, Turkey Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 19.44	Tithi 6 – 7	Gulika 6:02AM – 7:30AM	Jyeshtha* Until 11:26PM	Ganesha: Blue <i>Sunrise:</i> 6:02AM Muruqa: White <i>Sunset:</i> 5:49PM
	Creative Work	Siddha Yoga	676165473 Rahu 8:58AM – 10:27AM	Ayushman Until 4:21PM Kaulava Until 6:07AM Shashthi* Until 5:10PM	Moon 9 - Phase 23 - 20 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

6	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau		Istanbul, Turkey Sun 21 Sutra 168 Subhakrit 5124
	Dhanus Rasi: 3.45	Tithi 7 – 8	Gulika 2:51PM – 4:19PM	Mula* Until 10:17PM	Ganesha: Blue <i>Sunrise:</i> 6:03AM Muruqa: Green <i>Sunset:</i> 5:47PM
	Creative Work	Amrita Yoga Until 10:17PM Then Creative Work - Siddha Yoga	687166473 Rahu 4:19PM – 5:47PM	Saubhagya Until 1:38PM Visiti Until 2:10AM Mon Saptami Until 3:12PM	Moon 9 - Phase 23 - 21 3rd Phase Sivaloka Day Ashvina+Puratasi

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Istanbul, Turkey Sun 22 Sutra 169 Subhakrit 5124
	Retreat Star		Gulika 1:22PM – 2:50PM	Purvashadha* Until 8:52PM	Ganesha: Blue <i>Sunrise:</i> 6:04AM Muruqa: Green <i>Sunset:</i> 5:45PM
	Dhanus Rasi: 17.52	Tithi 8 – 9	687166473 Rahu 7:31AM – 8:59AM	Sobhana Until 10:48AM Balava Until 11:59PM Ashtami* Until 1:05PM	Moon 9 - Phase 23 - 22 Ashtami Sivaloka Day Ashvina+Puratasi

D	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau		Istanbul, Turkey Sun 23 Sutra 170 Subhakrit 5124
	Retreat Star		Gulika 11:54AM – 1:22PM	Uttarashadha Until 7:12PM	Ganesha: Blue <i>Sunrise:</i> 6:05AM Muruqa: Green <i>Sunset:</i> 5:44PM
	Makara Rasi: 2.04	Tithi 9 – 10	687166473 Rahu 2:49PM – 4:16PM	Athiganda* Until 7:51AM Tailila Until 9:43PM Navami* Until 10:50AM	Moon 9 - Phase 23 - 23 Navami Sivaloka Day Ashvina+Puratasi

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

ll times are standard time. Calculated for Istanbul, Turkey on 5/1/2


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1	Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Istanbul, Turkey
	Makara Rasi: 16.19	Tithi 10 - 11	Gulika 10:27AM - 11:54AM	Shravana Until 5:46PM	Ganesha: Yellow <i>Sunrise: 6:06AM</i>	Sun 24	Sutra 171
697166473		Yama 7:33AM - 9:00AM	Dhriti Until 1:50AM Thu	Muruqa: Green <i>Sunset: 5:42PM</i>	Moon 9 - Phase 24 - 24	Subhakrit 5124	
		Rahu 11:54AM - 1:21PM	Vanija Until 7:24PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Moon - Purple		Devaloka Day	
Until 5:46PM		Vijaya Dasami	Dashami Until 8:32AM	Ashvina+Puratasi			
Then Routine Work - Prabalarishta Yoga							

2	Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey
	Kumbha Rasi: 0.35	Tithi 11 - 12	Gulika 9:00AM - 10:27AM	Dhanishtha Until 4:14PM	Ganesha: Yellow <i>Sunrise: 6:07AM</i>	Sun 25	Sutra 172
697166473		Yama 6:07AM - 7:34AM	Shula* Until 10:51PM	Muruqa: Green <i>Sunset: 5:40PM</i>	Moon 9 - Phase 24 - 25	Subhakrit 5124	
		Rahu 1:20PM - 2:47PM	Balava Until 4:00AM Fri	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Moon - Purple		Devaloka Day	
			Ekadashi Until 6:14AM	Ashvina+Puratasi			

3	Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau				Istanbul, Turkey
	Kumbha Rasi: 14.47	Tithi 13	Gulika 7:34AM - 9:01AM	Shatabhishak Until 2:41PM	Ganesha: Yellow <i>Sunrise: 6:08AM</i>	Sun 26	Sutra 173
697166473		Yama 2:46PM - 4:12PM	Ganda* Until 8:01PM	Muruqa: Green <i>Sunset: 5:39PM</i>	Moon 9 - Phase 24 - 26	Subhakrit 5124	
		Rahu 10:27AM - 11:53AM	Kaulava Until 2:58PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Moon - Purple		Devaloka Day	
		Kadaitswami Mahasamadhi	Trayodashi Until 1:58AM Sat	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/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Istanbul, Turkey
	Kumbha Rasi: 28.52	Tithi 14	Gulika 6:09AM - 7:35AM	Purvaproshtapada* Until 1:39PM	Ganesha: White <i>Sunrise: 6:09AM</i>	Sun 27	Sutra 174
618166474		Yama 1:19PM - 2:45PM	Vriddhi Until 5:25PM	Muruqa: Green <i>Sunset: 5:37PM</i>	Moon 9 - Phase 24 - 27	Subhakrit 5124	
		Rahu 9:01AM - 10:27AM	Gara Until 1:04PM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga			Moon - Clear		Bhuloka Day	
Until 1:39PM		Chidambaram Abhishekam	Chaturdashi* Until 12:13AM Sun	Ashvina+Puratasi			
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/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Istanbul, Turkey
	Copper Retreat Star		Gulika 2:44PM - 4:10PM	Uttaraproshtapada Until 12:50PM	Ganesha: White <i>Sunrise: 6:10AM</i>	Sun 28	Sutra 175
Meena Rasi: 12.45	Tithi 15	Yama 11:53AM - 1:18PM	Dhruva Until 3:05PM	Muruqa: Green <i>Sunset: 5:35PM</i>	Moon 9 - Phase 24 -	Subhakrit 5124	
618166474		Rahu 4:10PM - 5:35PM	Visti Until 11:31AM	Nataraja: Purple		Purnima	
Creative Work	Amrita Yoga			Moon - Clear		Bhuloka Day	
			Purnima* Until 10:54PM	Ashvina+Puratasi			

Monday, October 10, 2022	Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Istanbul, Turkey
	Meena Rasi: 26.22	Tithi 16	Gulika 1:18PM - 2:43PM	Revati Until 12:21PM	Ganesha: White <i>Sunrise: 6:11AM</i>	Sun 29	Sutra 176
618166474		Yama 10:27AM - 11:52AM	Vyaghata* Until 1:10PM	Muruqa: Green <i>Sunset: 5:34PM</i>	Moon 9 - Phase 24 -	Subhakrit 5124	
		Rahu 7:36AM - 9:02AM	Balava Until 10:28AM	Nataraja: Purple		Prathama	
Family Home Evening				Moon - Clear		Bhuloka Day	
Creative Work	Siddha Yoga		Prathama* Until 10:07PM	Ashvina+Puratasi			



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

Istanbul, Turkey
 Sun 1 Sutra 177
 Subhakrit 5124

Mesha Rasi: 9.39 Tithi 17

628176474

Gulika 11:52AM – 1:17PM
Ashvini Until 12:45PM
Yama 9:02AM – 10:27AM
Harshana Until 11:44AM
Rahu 2:42PM – 4:07PM
Taitila Until 9:59AM
Dvitiya Until 9:58PM

Ganesha: Yellow *Sunrise: 6:12AM*
Muruqa: White *Sunset: 5:32PM*
Nataraja: Purple
 Moon – White
Ashvina+Puratasi

Moon 10 - Phase 25 - 1
 1st Phase

Creative Work Siddha Yoga

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

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 Trityayam Titau

Istanbul, Turkey
 Sun 2 Sutra 178
 Subhakrit 5124

Mesha Rasi: 22.36 Tithi 18

628176474

Gulika 10:27AM – 11:52AM
Bharani Until 1:38PM
Yama 7:38AM – 9:03AM
Vajra* Until 10:47AM
Rahu 11:52AM – 1:17PM
Vanija Until 10:10AM
Tritya Until 10:30PM

Ganesha: Yellow *Sunrise: 6:13AM*
Muruqa: White *Sunset: 5:31PM*
Nataraja: Purple
 Moon – White
Ashvina+Puratasi

Moon 10 - Phase 25 - 2
 1st Phase

Creative Work Siddha Yoga

Until 1:38PM

Then Creative Work - Amrita Yoga

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

2

Thursday, October 13, 2022

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

Istanbul, Turkey
 Sun 3 Sutra 179
 Subhakrit 5124

Wrishabha Rasi: 5.14 Tithi 19

628176474

Gulika 9:03AM – 10:27AM
Krittika Until 3:01PM
Yama 6:14AM – 7:39AM
Siddhi Until 10:23AM
Rahu 1:16PM – 2:40PM
Bava Until 11:02AM
Chaturthi* Until 11:41PM

Ganesha: Yellow *Sunrise: 6:14AM*
Muruqa: White *Sunset: 5:29PM*
Nataraja: Purple
 Moon – White
Ashvina+Puratasi

Moon 10 - Phase 25 - 3
 1st Phase

Routine Work Marana Yoga

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

3

Friday, October 14, 2022

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

Istanbul, Turkey
 Sun 4 Sutra 180
 Subhakrit 5124

Wrishabha Rasi: 17.35 Tithi 20

638176474

Gulika 7:39AM – 9:03AM
Rohini Until 5:19PM
Yama 2:39PM – 4:03PM
Vyatipata* Until 10:28AM
Rahu 10:27AM – 11:51AM
Kaulava Until 12:32PM
Panchami Until 1:27AM Sat

Ganesha: Blue *Sunrise: 6:15AM*
Muruqa: White *Sunset: 5:27PM*
Nataraja: Purple
 Moon – Yellow
Ashvina+Puratasi

Moon 10 - Phase 25 - 4
 1st Phase

Routine Work Marana Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

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

4

Saturday, October 15, 2022

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

Istanbul, Turkey
 Sun 5 Sutra 181
 Subhakrit 5124

Wrishabha Rasi: 29.42 Tithi 21

639176474

Gulika 6:17AM – 7:40AM
Mrigashira Until 7:55PM
Yama 1:15PM – 2:39PM
Varyan Until 10:56AM
Rahu 9:04AM – 10:28AM
Gara Until 2:32PM
Shashthi* Until 3:39AM Sun

Ganesha: Red *Sunrise: 6:17AM*
Muruqa: White *Sunset: 5:26PM*
Nataraja: Purple
 Moon – Yellow
Ashvina+Puratasi

Moon 10 - Phase 25 - 5
 1st Phase

Creative Work Siddha Yoga

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

5

Sunday, October 16, 2022

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

Istanbul, Turkey
 Sun 6 Sutra 182
 Subhakrit 5124

Mithuna Rasi: 11.4 Tithi 22

639176474

Gulika 2:38PM – 4:01PM
Ardra Until 10:37PM
Yama 11:51AM – 1:14PM
Parigha* Until 11:40AM
Rahu 4:01PM – 5:24PM
Visti Until 4:52PM
Saptami Until 6:04AM Mon

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: White *Sunset: 5:24PM*
Nataraja: Purple
 Moon – Yellow
Ashvina+Puratasi

Moon 10 - Phase 25 - 6
 1st Phase

Creative Work Siddha Yoga

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

D

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

Istanbul, Turkey
 Sun 7 Sutra 183
 Subhakrit 5124

Mithuna Rasi: 23.34 Tithi 22 – 23

649176474

Family Home Evening

Creative Work Amrita Yoga

Until 1:42AM Tue

Then Creative Work - Siddha Yoga

Gulika 1:14PM – 2:37PM
Punarvasu Until 1:42AM Tue
Yama 10:28AM – 11:51AM
Shiva Until 12:32PM
Rahu 7:42AM – 9:05AM
Balava Until 7:18PM
Saptami Until 6:04AM

Ganesha: Green *Sunrise: 6:19AM*
Muruqa: White *Sunset: 5:23PM*
Nataraja: Purple
 Moon – Blue
Ashvina+Puratsi

Moon 10 - Phase 25 - 7
 Ashtami

Devaloka Day

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

Istanbul, Turkey
 Sun 8 Sutra 184
 Subhakrit 5124

Kataka Rasi: 5.27 Tithi 23 – 24

649176474

Creative Work Siddha Yoga

Gulika 11:51AM – 1:13PM
Pushya Until 4:29AM Wed
Yama 9:05AM – 10:28AM
Siddha Until 1:20PM
Rahu 2:36PM – 3:59PM
Taitila Until 9:39PM
Ashtami* Until 8:29AM

Ganesha: Green *Sunrise: 6:20AM*
Muruqa: White *Sunset: 5:21PM*
Nataraja: Purple
 Moon – Blue
Ashvina+Puratsi

Moon 10 - Phase 25 - 8
 Navami

Devaloka Day

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/22

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1		Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Istanbul, Turkey	
Kataka Rasi: 17.25	Tithi 24 – 25	649176474	Gulika 10:28AM – 11:50AM Yama 7:43AM – 9:06AM Rahu 11:50AM – 1:13PM	Ashlesha* Until 6:47AM Thu Sadhya Until 1:58PM Vanija Until 11:42PM Navami* Until 10:42AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 6:21AM Sunset: 5:20PM	Sun 9 Sutra 185 Subhakrit 5124 Moon 10 - Phase 26 - 9 2nd Phase Devaloka Day
Creative Work Siddha Yoga							
Until 6:47AM Thu							
Then Creative Work - Amrita Yoga							

2		Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Istanbul, Turkey	
Kataka Rasi: 29.31	Tithi 25 – 26	649276474	Gulika 9:06AM – 10:28AM Yama 6:22AM – 7:44AM Rahu 1:12PM – 2:34PM	Ashlesha* Until 6:47AM Subha Until 2:19PM Bava Until 1:17AM Fri Dashami Until 12:32PM	Ganesha: Red Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 6:22AM Sunset: 5:18PM	Sun 10 Sutra 186 Subhakrit 5124 Moon 10 - Phase 26 - 10 2nd Phase Bhuloka Day Devaloka Time: 6:AM to 9:AM
Creative Work Siddha Yoga							
Until 6:47AM							
Then Creative Work - Amrita Yoga							

3		Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Istanbul, Turkey	
Simha Rasi: 11.49	Tithi 26 – 27	659276474	Gulika 7:45AM – 9:07AM Yama 2:33PM – 3:55PM Rahu 10:28AM – 11:50AM	Magha* Until 8:55AM Sukla Until 2:13PM Kaulava Until 2:18AM Sat Ekadashi* Until 1:51PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:23AM Sunset: 5:17PM	Sun 11 Sutra 187 Subhakrit 5124 Moon 10 - Phase 26 - 11 2nd Phase Bhuloka Day
Routine Work Marana Yoga							
Until 8:55AM							
Then Creative Work - Siddha Yoga							

4		Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Istanbul, Turkey	
Simha Rasi: 24.22	Tithi 27 – 28	659276474	Gulika 6:24AM – 7:46AM Yama 1:11PM – 2:33PM Rahu 9:07AM – 10:29AM	Purvaphalguni Until 10:18AM Brahma Until 1:39PM Gara Until 2:40AM Sun Dvadashi* Until 2:33PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:24AM Sunset: 5:15PM	Sun 12 Sutra 188 Subhakrit 5124 Moon 10 - Phase 26 - 12 2nd Phase Bhuloka Day
Creative Work Siddha Yoga							
Until 10:18AM							
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

5		Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Istanbul, Turkey	
Kanya Rasi: 7.14	Tithi 28 – 29	651276474	Gulika 2:32PM – 3:53PM Yama 11:50AM – 1:11PM Rahu 3:53PM – 5:14PM	Uttaraphalguni Until 10:55AM Indra Until 12:37PM Visti Until 2:23AM Mon Trayodashi* Until 2:35PM	Ganesha: Purple Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:25AM Sunset: 5:14PM	Sun 13 Sutra 189 Subhakrit 5124 Moon 10 - Phase 26 - 13 2nd Phase Bhuloka Day
Creative Work Amrita Yoga							
Until 11:13AM							
		Deepavali Hindu Solidarity Day					

Monday, October 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Istanbul, Turkey	
Kanya Rasi: 20.25	Tithi 29 – 30	661276474	Gulika 1:10PM – 2:31PM Yama 10:29AM – 11:50AM Rahu 7:47AM – 9:08AM	Hasta Until 11:13AM Vaidhriti* Until 11:02AM Catuspada Until 1:30AM Tue Chaturdashi* Until 2:00PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 6:27AM Sunset: 5:13PM	Sun 14 Sutra 190 Subhakrit 5124 Moon 10 - Phase 26 - 14 Amavasya Bhuloka Day
Family Home Evening							
Creative Work Siddha Yoga							
Until 11:13AM							
Then Routine Work - Prabalarishta Yoga							
		Subramuniyaswami Mahasamadhi					

Tuesday, October 25, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Istanbul, Turkey	
Tula Rasi: 3.55	Tithi 30 – 1	661276474	Gulika 11:50AM – 1:10PM Yama 9:09AM – 10:29AM Rahu 2:30PM – 3:51PM	Chitra Until 10:47AM Vishkambha* Until 9:01AM Kintughna Until 12:06AM Wed Amavasya* Until 12:50PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 6:28AM Sunset: 5:11PM	Sun 15 Sutra 191 Subhakrit 5124 Moon 10 - Phase 26 - 15 Prathama Bhuloka Day
Creative Work Siddha Yoga							
		Skanda Shasthi Begins					

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

1	Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Istanbul, Turkey
	Tula Rasi: 17.44	Tithi 1 - 2	Gulika 10:29AM - 11:49AM	Svati Until 9:45AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:29AM	Sun 16 Sutra 192
	Creative Work	Siddha Yoga	Yama 7:49AM - 9:09AM	Priti Until 6:37AM	Muruqa: Clear	<i>Sunset:</i> 5:10PM	Subhakrit 5124
		661276574	Rahu 11:49AM - 1:10PM	Balava Until 10:16PM	Nataraja: Clear		Moon 10 - Phase 27 - 16
				Prathama* Until 11:13AM	Moon - Green		3rd Phase
					Karttika-Aipasi	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

2	Thursday, October 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Istanbul, Turkey
	Vrischika Rasi: 1.46	Tithi 2 - 3	Gulika 9:10AM - 10:29AM	Vishakha Until 8:38AM	Ganesha: Purple	<i>Sunrise:</i> 6:30AM	Sun 17 Sutra 193
	Creative Work	Siddha Yoga	Yama 6:30AM - 7:50AM	Saubhagya Until 12:57AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:09PM	Subhakrit 5124
		671276574	Rahu 1:09PM - 2:29PM	Taitila Until 8:09PM	Nataraja: Clear		Moon 10 - Phase 27 - 17
				Dvitiya Until 9:13AM	Moon - Orange		3rd Phase
					Karttika-Aipasi	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

3	Friday, October 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Visti Karana Tritiya/Chaturtham Titau				Istanbul, Turkey
	Vrischika Rasi: 15.59	Tithi 3 - 4	Gulika 7:51AM - 9:10AM	Anuradha Until 7:07AM	Ganesha: Purple	<i>Sunrise:</i> 6:31AM	Sun 18 Sutra 194
	Creative Work	Siddha Yoga	Yama 2:28PM - 3:48PM	Sobhana Until 9:54PM	Muruqa: Clear	<i>Sunset:</i> 5:07PM	Subhakrit 5124
		671276574	Rahu 10:30AM - 11:49AM	Visti Until 4:38AM Sat	Nataraja: Clear		Moon 10 - Phase 27 - 18
				Tritiya Until 7:00AM	Moon - Orange		3rd Phase
					Karttika-Aipasi	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

4	Saturday, October 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Mula Nakshatra Athiganda Yoga Bava/Balava Karana Panchamyam Titau				Istanbul, Turkey
	Dhanus Rasi: 0.18	Tithi 5	Gulika 6:32AM - 7:52AM	Mula* Until 3:49AM Sun	Ganesha: Clear	<i>Sunrise:</i> 6:32AM	Sun 19 Sutra 195
	Creative Work	Siddha Yoga	Yama 1:08PM - 2:28PM	Athiganda* Until 6:45PM	Muruqa: Clear	<i>Sunset:</i> 5:06PM	Subhakrit 5124
		681276574	Rahu 9:11AM - 10:30AM	Bava Until 3:27PM	Nataraja: Clear		Moon 10 - Phase 27 - 19
				Panchami Until 2:14AM Sun	Moon - Light Blue		3rd Phase
					Karttika-Aipasi	Devaloka Day	

5	Sunday, October 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Istanbul, Turkey
	Dhanus Rasi: 14.38	Tithi 6	Gulika 2:27PM - 3:46PM	Purvashadha* Until 2:11AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:34AM	Sun 20 Sutra 196
	Creative Work	Siddha Yoga	Yama 11:49AM - 10:31AM	Sukarma Until 3:39PM	Muruqa: Clear	<i>Sunset:</i> 5:05PM	Subhakrit 5124
		681276574	Rahu 3:46PM - 5:05PM	Kaulava Until 1:03PM	Nataraja: Clear		Moon 10 - Phase 27 - 20
				Shashthi* Until 11:52PM	Moon - Light Blue		3rd Phase
					Karttika-Aipasi	Devaloka Day	

6	Monday, October 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saptamyam Titau				Istanbul, Turkey
	Dhanus Rasi: 28.55	Tithi 7	Gulika 1:08PM - 2:26PM	Uttarashadha Until 12:33AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:35AM	Sun 21 Sutra 197
	Family Home Evening		Yama 10:30AM - 11:49AM	Dhriti Until 12:37PM	Muruqa: Clear	<i>Sunset:</i> 5:03PM	Subhakrit 5124
		681276574	Rahu 7:53AM - 9:12AM	Gara Until 10:45AM	Nataraja: Clear		Moon 10 - Phase 27 - 21
				Saptami Until 9:38PM	Moon - Light Blue		3rd Phase
					Karttika-Aipasi	Devaloka Day	

Retreat Star	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				Istanbul, Turkey
	Makara Rasi: 13.07	Tithi 8	Gulika 11:49AM - 1:07PM	Shravana Until 11:21PM	Ganesha: White	<i>Sunrise:</i> 6:36AM	Sun 22 Sutra 198
	Creative Work	Siddha Yoga	Yama 9:12AM - 10:31AM	Shula* Until 9:41AM	Muruqa: Clear	<i>Sunset:</i> 5:02PM	Subhakrit 5124
		691276574	Rahu 2:26PM - 3:44PM	Visti Until 8:35AM	Nataraja: Clear		Moon 10 - Phase 27 - 22
				Ashtami* Until 7:33PM	Moon - Purple		Ashtami
					Karttika-Aipasi	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

Retreat Star	Wednesday, November 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda/Vridhi Yoga Balava/Taitila Karana Navami/Dashamyam Titau				Istanbul, Turkey
	Makara Rasi: 27.13	Tithi 9 - 10	Gulika 10:31AM - 11:49AM	Dhanishtha Until 10:14PM	Ganesha: Green	<i>Sunrise:</i> 6:37AM	Sun 23 Sutra 199
	Routine Work	Prabalarishta Yoga	Yama 7:55AM - 9:13AM	Ganda* Until 6:55AM	Muruqa: Clear	<i>Sunset:</i> 5:01PM	Subhakrit 5124
		692276574	Rahu 11:49AM - 1:07PM	Balava Until 6:37AM	Nataraja: Clear		Moon 10 - Phase 27 - 23
				Navami* Until 5:41PM	Moon - Purple		Navami
					Karttika-Aipasi	Bhuloka Day	Devaloka Time: 3:PM to 6:PM

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

ll times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1	Thursday, November 3, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Istanbul, Turkey Sun 24 Sutra 200
	Kumbha Rasi: 11.09	Tithi 10 – 11	Gulika 9:14AM – 10:31AM	Shatabhishak Until 9:12PM	Ganesha: Green <i>Sunrise:</i> 6:38AM Muruqa: Clear <i>Sunset:</i> 5:00PM
	692276574	Rahu 1:07PM – 2:24PM	Dhruva Until 1:56AM Fri Vanija Until 3:22AM Fri	Moon – Purple	Moon 10 - Phase 28 - 24 4th Phase
	Creative Work Siddha Yoga		Dashami Until 4:03PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

2	Friday, November 4, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Istanbul, Turkey Sun 25 Sutra 201
	Kumbha Rasi: 24.56	Tithi 11 – 12	Gulika 7:57AM – 9:14AM	Purvaproshtapada* Until 8:44PM	Ganesha: Blue <i>Sunrise:</i> 6:39AM Muruqa: Clear <i>Sunset:</i> 4:59PM
	612276574	Rahu 10:32AM – 11:49AM	Vyaghata* Until 11:46PM Bava Until 2:10AM Sat	Moon – Clear	Moon 10 - Phase 28 - 25 4th Phase
	Creative Work Siddha Yoga		Ekadashi Until 2:42PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

3	Saturday, November 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Istanbul, Turkey Sun 26 Sutra 202
	Meena Rasi: 8.33	Tithi 12 – 13	Gulika 6:41AM – 7:58AM	Uttaraproshtapada Until 8:28PM	Ganesha: Blue <i>Sunrise:</i> 6:41AM Muruqa: Clear <i>Sunset:</i> 4:57PM
	612276574	Rahu 9:15AM – 10:32AM	Harshana Until 9:54PM Kaulava Until 1:19AM Sun	Moon – Clear	Moon 10 - Phase 28 - 26 4th Phase
	Creative Work Siddha Yoga Until 8:28PM Then Routine Work - Prabararishta Yoga		Dvadashi Until 1:40PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

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			Istanbul, Turkey Sun 27 Sutra 203
	Meena Rasi: 21.57	Tithi 13 – 14	Gulika 2:23PM – 3:39PM	Revati Until 8:25PM	Ganesha: Blue <i>Sunrise:</i> 6:42AM Muruqa: Clear <i>Sunset:</i> 4:56PM
	612276574	Rahu 3:39PM – 4:56PM	Vajra* Until 8:18PM Gara Until 12:52AM Mon	Moon – Clear	Moon 10 - Phase 28 - 27 4th Phase
	Creative Work Amrita Yoga Until 8:25PM Then Creative Work - Siddha Yoga		Trayodashi Until 1:01PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

○	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			Istanbul, Turkey Sutra 204
	Mesha Rasi: 5.08	Tithi 14 – 15	Gulika 1:06PM – 2:22PM	Ashvini Until 9:07PM	Ganesha: Blue <i>Sunrise:</i> 6:43AM Muruqa: Clear <i>Sunset:</i> 4:55PM
	Family Home Evening	722276574	Rahu 8:00AM – 9:16AM	Siddhi Until 7:05PM Visti Until 12:52AM Tue	Moon 10 - Phase 28 - Purnima
	Creative Work Siddha Yoga		Chaturdashi* Until 12:47PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

○	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			Istanbul, Turkey Sutra 205
	Mesha Rasi: 18.05	Tithi 15 – 16	Gulika 11:49AM – 1:05PM	Bharani Until 10:08PM	Ganesha: Blue <i>Sunrise:</i> 6:44AM Muruqa: Clear <i>Sunset:</i> 4:54PM
	722276574	Rahu 2:22PM – 3:38PM	Vyatipata* Until 6:14PM Balava Until 1:23AM Wed	Moon – White	Moon 10 - Phase 28 - Prathama
	Creative Work Siddha Yoga		Purnima* Until 1:02PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

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

All times are standard time. Calculated for Istanbul, Turkey on 5/1/22

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Wednesday, November 9, 2022

Gold Retreat Star

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

Istanbul, Turkey

Sutra 206

Subhakit 5124

Vrishabha Rasi: 0.47 Tithi 16 - 17

722276574

Gulika 10:33AM - 11:49AM
Yama 8:01AM - 9:17AM
Rahu 11:49AM - 1:05PM

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

Ganesha: Blue *Sunrise: 6:45AM*
Muruqa: Clear *Sunset: 4:53PM*
Nataraja: Clear
Moon - White
Kartika-Aipasi

Moon 11 - Phase 29 - 1st Phase

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

Creative Work Amrita Yoga

Until 11:29PM

Then Creative Work - Siddha Yoga

1

Thursday, November 10, 2022

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

Istanbul, Turkey

Sun 1 Sutra 207

Subhakit 5124

Vrishabha Rasi: 13.16 Tithi 17 - 18

732276574

Gulika 9:18AM - 10:34AM
Yama 6:47AM - 8:02AM
Rahu 1:05PM - 2:21PM

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

Ganesha: Red *Sunrise: 6:47AM*
Muruqa: Clear *Sunset: 4:52PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 1:39AM Fri

Then Creative Work - Siddha Yoga

2

Friday, November 11, 2022

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

Istanbul, Turkey

Sun 2 Sutra 208

Subhakit 5124

Vrishabha Rasi: 25.32 Tithi 18 - 19

732276574

Gulika 8:03AM - 9:19AM
Yama 2:20PM - 3:36PM
Rahu 10:34AM - 11:49AM

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

Ganesha: Red *Sunrise: 6:48AM*
Muruqa: Clear *Sunset: 4:51PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 2nd Phase

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Istanbul, Turkey

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 7.37 Tithi 19

732276574

Gulika 6:49AM - 8:04AM
Yama 1:05PM - 2:20PM
Rahu 9:19AM - 10:34AM

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

Ganesha: Red *Sunrise: 6:49AM*
Muruqa: Clear *Sunset: 4:50PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 3rd Phase

Devaloka Day

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Istanbul, Turkey

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 19.35 Tithi 20

732276574

Gulika 2:19PM - 3:34PM
Yama 11:50AM - 1:05PM
Rahu 3:34PM - 4:49PM

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

Ganesha: Red *Sunrise: 6:50AM*
Muruqa: Clear *Sunset: 4:49PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 4th Phase

Devaloka Day

Creative Work Siddha Yoga

5

Monday, November 14, 2022

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

Istanbul, Turkey

Sun 5 Sutra 211

Subhakit 5124

Kataka Rasi: 1.28 Tithi 21

742376574

Gulika 1:04PM - 2:19PM
Yama 10:35AM - 11:50AM
Rahu 8:06AM - 9:21AM

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

Ganesha: White *Sunrise: 6:51AM*
Muruqa: Clear *Sunset: 4:48PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 5th Phase

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

Creative Work Amrita Yoga

Until 9:45AM

Then Creative Work - Siddha Yoga

6

Tuesday, November 15, 2022

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

Istanbul, Turkey

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 13.21 Tithi 22

743376574

Gulika 11:50AM - 1:04PM
Yama 9:21AM - 10:36AM
Rahu 2:19PM - 3:33PM

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

Ganesha: Green *Sunrise: 6:53AM*
Muruqa: Clear *Sunset: 4:47PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 6th Phase

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

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Istanbul, Turkey

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 25.17 Tithi 23

743376574

Gulika 10:36AM - 11:50AM
Yama 8:08AM - 9:22AM
Rahu 11:50AM - 1:04PM

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

Ganesha: Green *Sunrise: 6:54AM*
Muruqa: Clear *Sunset: 4:47PM*
Nataraja: Clear
Moon - Blue
Kartika-Kartikai

Moon 11 - Phase 29 - 7th Phase

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

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Istanbul, Turkey

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 7.2 Tithi 24

753376575

Gulika 9:23AM - 10:37AM
Yama 6:55AM - 8:09AM
Rahu 1:04PM - 2:18PM

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

Ganesha: Orange *Sunrise: 6:55AM*
Muruqa: Clear *Sunset: 4:46PM*
Nataraja: Purple
Moon - Red
Kartika-Kartikai

Moon 11 - Phase 29 - 8th Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 5:47PM

Then Creative Work - Siddha Yoga

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

1	Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Istanbul, Turkey Sun 9 Sutra 215
	Simha Rasi: 19.35	Tithi 24 – 25	Gulika 8:10AM – 9:23AM	Purvaphalguni Until 7:35PM	Ganesha: Orange	<i>Sunrise:</i> 6:56AM	Subhakrit 5124
			Yama 2:18PM – 3:31PM	Vaidhrili* Until 9:37PM	Muruqa: Clear	<i>Sunset:</i> 4:45PM	Moon 11 - Phase 30 - 9
	Creative Work	Siddha Yoga	753376575 Rahu 10:37AM – 11:51AM	Vanija Until 6:37PM	Nataraja: Purple		2nd Phase
			Navami* Until 6:01AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2	Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 10 Sutra 216
	Kanya Rasi: 2.08	Tithi 25 – 26	Gulika 6:57AM – 8:11AM	Uttaraphalguni Until 8:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:57AM	Subhakrit 5124
			Yama 1:04PM – 2:18PM	Vishkambha* Until 8:53PM	Muruqa: Clear	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 30 - 10
	Routine Work	Marana Yoga	753376575 Rahu 9:24AM – 10:37AM	Bava Until 7:13PM	Nataraja: Purple		2nd Phase
			Dashami Until 7:00AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3	Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey Sun 11 Sutra 217
	Kanya Rasi: 15.01	Tithi 26 – 27	Gulika 2:17PM – 3:30PM	Hasta Until 9:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:58AM	Subhakrit 5124
			Yama 11:51AM – 1:04PM	Priti Until 7:33PM	Muruqa: Clear	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 30 - 11
	Creative Work	Amrita Yoga	763376575 Rahu 3:30PM – 4:44PM	Kaulava Until 7:03PM	Nataraja: Purple		2nd Phase
			Ekadashi* Until 7:13AM	Moon – Green		Devaloka Day	
				Karttika-Karttikai			

4	Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman/Saubhagya Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Istanbul, Turkey Sun 12 Sutra 218
	Kanya Rasi: 28.17	Tithi 27 – 28	Gulika 1:04PM – 2:17PM	Chitra Until 8:45PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:00AM	Subhakrit 5124
	Family Home Evening		Yama 10:38AM – 11:51AM	Ayushman Until 5:36PM	Muruqa: Clear	<i>Sunset:</i> 4:43PM	Moon 11 - Phase 30 - 12
	Routine Work	Prabalarishta Yoga	763376575 Rahu 8:13AM – 9:25AM	Gara Until 6:07PM	Nataraja: Purple		2nd Phase
			Dvadashi* Until 6:40AM	Moon – Green		Devaloka Day	
				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Istanbul, Turkey Sun 13 Sutra 219
	Tula Rasi: 11.59	Tithi 29	Gulika 11:52AM – 1:04PM	Svati Until 7:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:01AM	Subhakrit 5124
			Yama 9:26AM – 10:39AM	Saubhagya Until 3:07PM	Muruqa: Clear	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 30 - 13
	Creative Work	Siddha Yoga	763376575 Rahu 2:17PM – 3:30PM	Visti Until 4:30PM	Nataraja: Purple		2nd Phase
			Chaturdashi* Until 3:26AM Wed	Moon – Green		Devaloka Day	
				Karttika-Karttikai			

●	Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Istanbul, Turkey Sun 14 Sutra 220
	Retreat Star		Gulika 10:39AM – 11:52AM	Vishakha Until 6:07PM	Ganesha: Purple	<i>Sunrise:</i> 7:02AM	Subhakrit 5124
	Tula Rasi: 26.04	Tithi 30	Yama 8:14AM – 9:27AM	Sobhana Until 12:09PM	Muruqa: Clear	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 30 - 14
	Creative Work	Siddha Yoga	773376575 Rahu 11:52AM – 1:04PM	Catuspada Until 2:16PM	Nataraja: Purple		Amavasya
			Amavasya* Until 12:58AM Thu	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

●	Thursday, November 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Istanbul, Turkey Sun 15 Sutra 221
	Retreat Star		Gulika 9:28AM – 10:40AM	Anuradha Until 4:06PM	Ganesha: Purple	<i>Sunrise:</i> 7:03AM	Subhakrit 5124
	Vrischika Rasi: 10.3	Tithi 1	Yama 7:03AM – 8:15AM	Athiganda* Until 8:48AM	Muruqa: Clear	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 30 - 15
	Creative Work	Siddha Yoga	773376575 Rahu 1:04PM – 2:17PM	Kintughna Until 11:36AM	Nataraja: Purple		Prathama
			Prathama* Until 10:08PM	Moon – Orange		Devaloka Day	
				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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

www.gurudeva.org/panchang

1	Friday, November 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau			Istanbul, Turkey Sun 16 Sutra 222 Subhakrit 5124			
	Vrischika Rasi: 25.1 Tithi 2	773376575	Gulika Yama Rahu	8:16AM – 9:28AM 2:17PM – 3:29PM 10:40AM – 11:52AM	Jyeshtha* Until 1:41PM Dhriti Until 1:27AM Sat Balava Until 8:39AM Dvitiya Until 7:05PM	Ganesha: Purple Sunrise: 7:04AM Muruqa: Clear Sunset: 4:41PM Nataraja: Purple Moon – Orange	Devaloka Day	
	Routine Work Marana Yoga Until 1:41PM 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 Gara/Vanija Karana Tritiya/Chaturthyam Titau			Istanbul, Turkey Sun 17 Sutra 223 Subhakrit 5124		
	Dhanus Rasi: 9.58 Tithi 3 – 4	783376575	Gulika Yama Rahu	7:05AM – 8:17AM 1:05PM – 2:16PM 9:29AM – 10:41AM	Mula* Until 11:26AM Shula* Until 9:41PM Vanija Until 2:26AM Sun Tritiya Until 3:57PM	Ganesha: Light Blue Sunrise: 7:05AM Muruqa: Clear Sunset: 4:40PM Nataraja: Purple Moon – Light Blue	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 Visti*/Bava Karana Chaturthi/Panchamyam Titau			Istanbul, Turkey Sun 18 Sutra 224 Subhakrit 5124		
	Dhanus Rasi: 24.45 Tithi 4 – 5	783376575	Gulika Yama Rahu	2:16PM – 3:28PM 11:53AM – 1:05PM 3:28PM – 4:40PM	Purvashadha* Until 9:06AM Ganda* Until 6:00PM Bava Until 11:29PM Chaturthi* Until 12:55PM	Ganesha: Light Blue Sunrise: 7:06AM Muruqa: Clear Sunset: 4:40PM Nataraja: Purple Moon – Light Blue	Devaloka Day
	Creative Work Siddha Yoga Until 9:06AM 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/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Istanbul, Turkey Sun 19 Sutra 225 Subhakrit 5124		
	Makara Rasi: 9.25 Tithi 5 – 6	783376575	Gulika Yama Rahu	1:05PM – 2:16PM 10:42AM – 11:53AM 8:19AM – 9:30AM	Uttarashadha Until 6:49AM Vriddhi Until 2:32PM Kaulava Until 8:47PM Panchami Until 10:04AM	Ganesha: Light Blue Sunrise: 7:07AM Muruqa: Clear Sunset: 4:39PM Nataraja: Purple Moon – Light Blue	Devaloka Day
	Family Home Evening Routine Work Marana Yoga Until 6:49AM Then Creative Work - Amrita Yoga						

5	Tuesday, November 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Talila/Gara Karana Shashthi/Saplamyam Titau			Istanbul, Turkey Sun 20 Sutra 226 Subhakrit 5124		
	Makara Rasi: 23.52 Tithi 6 – 7	793376575	Gulika Yama Rahu	11:54AM – 1:05PM 9:31AM – 10:42AM 2:16PM – 3:28PM	Dhanishtha Until 3:39AM Wed Dhruva Until 11:20AM Gara Until 6:28PM Shashthi* Until 7:34AM	Ganesha: Orange Sunrise: 7:09AM Muruqa: Clear Sunset: 4:39PM Nataraja: Purple Moon – Purple	Sivaloka Day
	Creative Work Siddha Yoga						

D	Wednesday, November 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau			Istanbul, Turkey Sun 21 Sutra 227 Subhakrit 5124		
	Retreat Star Kumbha Rasi: 8.02 Tithi 8	794376575	Gulika Yama Rahu	10:43AM – 11:54AM 8:21AM – 9:32AM 11:54AM – 1:05PM	Shatabhishak Until 2:32AM Thu Vyaghata* Until 8:29AM Visti Until 4:37PM Ashtami* Until 3:51AM Thu	Ganesha: Clear Sunrise: 7:10AM Muruqa: Clear Sunset: 4:39PM Nataraja: Purple Moon – Purple	Sivaloka Day
	Creative Work Siddha Yoga						

D	Thursday, December 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau			Istanbul, Turkey Sun 22 Sutra 228 Subhakrit 5124		
	Retreat Star Kumbha Rasi: 21.53 Tithi 9	714376575	Gulika Yama Rahu	9:33AM – 10:43AM 7:11AM – 8:22AM 1:05PM – 2:16PM	Purvaproshtapada* Until 2:12AM Fri Harshana Until 6:02AM Balava Until 3:15PM Navami* Until 2:45AM Fri	Ganesha: Red Sunrise: 7:11AM Muruqa: Clear Sunset: 4:38PM Nataraja: Purple Moon – Clear	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 Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Istanbul, Turkey Sun 23 Sutra 229	
Meena Rasi: 5.26	Tithi 10	Gulika 8:22AM – 9:33AM	Uttaraproshtapada Until 2:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 7:12AM	Subhakrit 5124		
		Yama 2:16PM – 3:27PM	Siddhi Until 2:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 4:38PM	Moon 11 - Phase 32 - 23		
		714376575 Rahu 10:44AM – 11:55AM	Taitila Until 2:25PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Dashami Until 2:10AM Sat	Moon – Clear		Sivaloka Day		
Until 2:14AM Sat				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

2		Saturday, December 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Istanbul, Turkey Sun 24 Sutra 230	
Meena Rasi: 18.43	Tithi 11	Gulika 7:13AM – 8:23AM	Revati Until 2:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 7:13AM	Subhakrit 5124		
		Yama 1:06PM – 2:16PM	Vyatipata* Until 1:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 4:38PM	Moon 11 - Phase 32 - 24		
		714376575 Rahu 9:34AM – 10:45AM	Vanija Until 2:05PM	Nataraja: Purple		4th Phase		
Routine Work	Prabalarishta Yoga		Ekadashi Until 2:06AM Sun	Moon – Clear		Sivaloka Day		
Until 2:37AM Sun				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

3		Sunday, December 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Istanbul, Turkey Sun 25 Sutra 231	
Mesha Rasi: 1.44	Tithi 12	Gulika 2:17PM – 3:27PM	Ashvini Until 3:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 7:14AM	Subhakrit 5124		
		Yama 11:56AM – 1:06PM	Varyan Until 12:10AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:38PM	Moon 11 - Phase 32 - 25		
		724376575 Rahu 3:27PM – 4:38PM	Bava Until 2:15PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Dvodashi Until 2:30AM Mon	Moon – White		Devaloka Day		
				Margasira-Karttikai				

4		Monday, December 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Istanbul, Turkey Sun 26 Sutra 232	
Mesha Rasi: 14.31	Tithi 13	Gulika 1:06PM – 2:17PM	Bharani Until 5:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 7:15AM	Subhakrit 5124		
Family Home Evening		Yama 10:46AM – 11:56AM	Parigha* Until 11:37PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM	Moon 11 - Phase 32 - 26		
		724376575 Rahu 8:25AM – 9:35AM	Kaulava Until 2:53PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Trayodashi Until 3:20AM Tue	Moon – White		Devaloka Day		
				Margasira-Karttikai				
<i>Pradosha Vrata</i>								

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Istanbul, Turkey Sun 27 Sutra 233	
Mesha Rasi: 27.05	Tithi 14	Gulika 11:56AM – 1:07PM	Krittika Until 6:47AM Wed	Ganesha: Blue	<i>Sunrise:</i> 7:16AM	Subhakrit 5124		
		Yama 9:36AM – 10:46AM	Shiva Until 11:23PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM	Moon 11 - Phase 32 - 27		
		724376575 Rahu 2:17PM – 3:27PM	Gara Until 3:56PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 4:35AM Wed	Moon – White		Devaloka Day		
				Margasira-Karttikai				

		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau			Istanbul, Turkey Sutra 234	
Copper Retreat Star		Gulika 10:47AM – 11:57AM	Krittika Until 6:47AM	Ganesha: Blue	<i>Sunrise:</i> 7:17AM	Subhakrit 5124		
Vrishabha Rasi: 9.3	Tithi 15	Yama 8:27AM – 9:37AM	Siddha Until 11:25PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM	Moon 11 - Phase 32 - Purnima		
		724376575 Rahu 11:57AM – 1:07PM	Visti Until 5:22PM	Nataraja: Purple				
Creative Work	Amrita Yoga		Purnima* Until 6:12AM Thu	Moon – White		Devaloka Day		
Until 6:47AM				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

Thursday, December 8, 2022		Silver Retreat Star			Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Istanbul, Turkey Sutra 235	
Vrishabha Rasi: 21.46	Tithi 15 – 16	Gulika 9:37AM – 10:47AM	Rohini Until 9:05AM	Ganesha: Yellow	<i>Sunrise:</i> 7:17AM	Subhakrit 5124			
		Yama 7:17AM – 8:27AM	Sadhya Until 11:43PM	Muruqa: Clear	<i>Sunset:</i> 4:37PM	Moon 11 - Phase 32 - Prathama			
		734376575 Rahu 1:07PM – 2:17PM	Balava Until 7:10PM	Nataraja: Purple					
Routine Work	Marana Yoga		Purnima* Until 6:12AM	Moon – Yellow		Sivaloka Day			
				Margasira-Karttikai					
Vinayaga Viratam Begins									

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

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

Istanbul, Turkey

Sutra 236

Subhakarit 5124

Mithuna Rasi: 3.53 Tithi 16 - 17

734476575

Gulika 8:28AM - 9:38AM
Yama 2:18PM - 3:27PM
Rahu 10:48AM - 11:58AM

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

Ganesha: Red *Sunrise:* 7:18AM
Muruqa: Clear *Sunset:* 4:37PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 - 1st Phase

Sivaloka Day

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Istanbul, Turkey

Sun 1 Sutra 237

Subhakarit 5124

Mithuna Rasi: 15.53 Tithi 17 - 18

734476575

Gulika 7:19AM - 8:29AM
Yama 1:08PM - 2:18PM
Rahu 9:39AM - 10:48AM

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

Ganesha: Red *Sunrise:* 7:19AM
Muruqa: Clear *Sunset:* 4:37PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 - 1st Phase

Sivaloka Day

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Istanbul, Turkey

Sun 2 Sutra 238

Subhakarit 5124

Mithuna Rasi: 27.49 Tithi 18 - 19

744476575

Gulika 2:18PM - 3:28PM
Yama 11:59AM - 1:08PM
Rahu 3:28PM - 4:37PM

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

Ganesha: Green *Sunrise:* 7:20AM
Muruqa: Clear *Sunset:* 4:37PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 2nd Phase

Devaloka Day

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Istanbul, Turkey

Sun 3 Sutra 239

Subhakarit 5124

Kataka Rasi: 9.43 Tithi 19 - 20

745476575

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:09PM - 2:18PM
Yama 10:50AM - 11:59AM
Rahu 8:30AM - 9:40AM

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

Ganesha: White *Sunrise:* 7:21AM
Muruqa: Clear *Sunset:* 4:37PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 3rd Phase

Devaloka Day

4

Tuesday, December 13, 2022

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

Istanbul, Turkey

Sun 4 Sutra 240

Subhakarit 5124

Kataka Rasi: 21.34 Tithi 20 - 21

745476575

Creative Work Siddha Yoga

Gulika 12:00PM - 1:09PM
Yama 9:41AM - 10:50AM
Rahu 2:19PM - 3:28PM

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

Ganesha: White *Sunrise:* 7:22AM
Muruqa: Clear *Sunset:* 4:38PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 4th Phase

Devaloka Day

5

Wednesday, December 14, 2022

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

Istanbul, Turkey

Sun 5 Sutra 241

Subhakarit 5124

Simha Rasi: 3.29 Tithi 21

755476575

Creative Work Siddha Yoga

Gulika 10:51AM - 12:00PM
Yama 8:32AM - 9:41AM
Rahu 12:00PM - 1:10PM

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

Ganesha: Clear *Sunrise:* 7:22AM
Muruqa: Clear *Sunset:* 4:38PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 5th Phase

Sivaloka Day

6

Thursday, December 15, 2022

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

Istanbul, Turkey

Sun 6 Sutra 242

Subhakarit 5124

Simha Rasi: 15.29 Tithi 22

755476575

Creative Work Siddha Yoga

Gulika 9:42AM - 10:51AM
Yama 7:23AM - 8:33AM
Rahu 1:10PM - 2:19PM

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

Ganesha: Clear *Sunrise:* 7:23AM
Muruqa: Clear *Sunset:* 4:38PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 6th Phase

Sivaloka Day

D

Friday, December 16, 2022

Retreat Star

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

Istanbul, Turkey

Sun 7 Sutra 243

Subhakarit 5124

Simha Rasi: 27.4 Tithi 23

755476575

Creative Work Siddha Yoga

Until 5:38AM Sat

Then Routine Work - Marana Yoga

Gulika 8:33AM - 9:42AM
Yama 2:20PM - 3:29PM
Rahu 10:52AM - 12:01PM

Markali Pillaiyar

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

Ganesha: Clear *Sunrise:* 7:24AM
Muruqa: Clear *Sunset:* 4:38PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Moon 12 - Phase 33 - 7th Phase

Sivaloka Day

Saturday, December 17, 2022

Retreat Star

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

Istanbul, Turkey

Sun 8 Sutra 244

Subhakarit 5124

Kanya Rasi: 10.06 Tithi 24

865476575

Routine Work Marana Yoga

Until 6:49AM Sun

Then Creative Work - Siddha Yoga

Gulika 7:25AM - 8:34AM
Yama 1:11PM - 2:20PM
Rahu 9:43AM - 10:52AM

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

Ganesha: Clear *Sunrise:* 7:25AM
Muruqa: Clear *Sunset:* 4:39PM
Nataraja: Purple
Moon - Green
Margasira-Markali

Moon 12 - Phase 33 - 8th Phase

Sivaloka 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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1 Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau				Istanbul, Turkey Sun 9 Sutra 245
Kanya Rasi: 22.53	Tithi 25	Gulika 2:21PM – 3:30PM	Hasta Until 6:49AM	Ganesha: Clear	<i>Sunrise:</i> 7:25AM	Subhakrit 5124
		Yama 12:02PM – 1:11PM	Sobhana Until 1:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:39PM	Moon 12 - Phase 34 - 9
	865476575	Rahu 3:30PM – 4:39PM	Vanija Until 12:17PM	Nataraja: Purple		2nd Phase
Creative Work Amrita Yoga			Dashami Until 12:05AM Mon	Moon – Green		Sivaloka Day
Until 6:49AM				Margasira*Markali		
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				Istanbul, Turkey Sun 10 Sutra 246
Tula Rasi: 6.05	Tithi 26	Gulika 1:12PM – 2:21PM	Chitra Until 7:01AM	Ganesha: Clear	<i>Sunrise:</i> 7:26AM	Subhakrit 5124
Family Home Evening		Yama 10:53AM – 12:03PM	Athiganda* Until 11:49PM	Muruqa: Clear	<i>Sunset:</i> 4:39PM	Moon 12 - Phase 34 - 10
Routine Work Prabalarishta Yoga	865476575	Rahu 8:35AM – 9:44AM	Bava Until 11:42AM	Nataraja: Purple		2nd Phase
Until 7:01AM			Ekadashi* Until 11:04PM	Moon – Green		Sivaloka Day
Then Creative Work - Amrita Yoga				Margasira*Markali		

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				Istanbul, Turkey Sun 11 Sutra 247
Tula Rasi: 19.46	Tithi 27	Gulika 12:03PM – 1:12PM	Svati Until 6:15AM	Ganesha: Clear	<i>Sunrise:</i> 7:26AM	Subhakrit 5124
		Yama 9:45AM – 10:54AM	Sukarma Until 9:07PM	Muruqa: Clear	<i>Sunset:</i> 4:40PM	Moon 12 - Phase 34 - 11
	865476575	Rahu 2:21PM – 3:31PM	Kaulava Until 10:17AM	Nataraja: Purple		2nd Phase
Creative Work Siddha Yoga			Dvadashi* Until 9:15PM	Moon – Green		Sivaloka Day
Until 6:15AM				Margasira*Markali		
Then Routine Work - Marana Yoga						

4 Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau				Istanbul, Turkey Sun 12 Sutra 248
Vrischika Rasi: 3.55	Tithi 28	Gulika 10:54AM – 12:04PM	Anuradha Until 3:00AM Thu	Ganesha: Clear	<i>Sunrise:</i> 7:27AM	Subhakrit 5124
		Yama 8:36AM – 9:45AM	Dhriti Until 5:52PM	Muruqa: Clear	<i>Sunset:</i> 4:40PM	Moon 12 - Phase 34 - 12
	876476575	Rahu 12:04PM – 1:13PM	Gara Until 8:06AM	Nataraja: Purple		2nd Phase
Creative Work Siddha Yoga			Trayodashi* Until 6:45PM	Moon – Orange		Sivaloka Day
Until 3:00AM Thu		Day 1 of Pancha Ganapati		Margasira*Markali		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>			

5 Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Istanbul, Turkey Sun 13 Sutra 249
Vrischika Rasi: 18.3	Tithi 29 – 30	Gulika 9:46AM – 10:55AM	Jyeshtha* Until 12:22AM Fri	Ganesha: Clear	<i>Sunrise:</i> 7:27AM	Subhakrit 5124
		Yama 7:27AM – 8:37AM	Shula* Until 2:09PM	Muruqa: Clear	<i>Sunset:</i> 4:41PM	Moon 12 - Phase 34 - 13
	876476575	Rahu 1:13PM – 2:22PM	Catuspada Until 2:02AM Fri	Nataraja: Purple		2nd Phase
Routine Work Prabalarishta Yoga			Chaturdashi* Until 3:42PM	Moon – Orange		Sivaloka Day
Until 12:22AM Fri		Day 2 of Pancha Ganapati		Margasira*Markali		
Then Creative Work - Amrita Yoga						

Friday, December 23, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Istanbul, Turkey Sun 14 Sutra 250
Retreat Star		Gulika 8:37AM – 9:46AM	Mula* Until 9:42PM	Ganesha: Orange	<i>Sunrise:</i> 7:28AM	Subhakrit 5124
Dhanus Rasi: 3.26	Tithi 30 – 1	Yama 2:23PM – 3:32PM	Ganda* Until 10:08AM	Muruqa: Clear	<i>Sunset:</i> 4:41PM	Moon 12 - Phase 34 - 14
	886476575	Rahu 10:55AM – 12:05PM	Kintughna Until 10:29PM	Nataraja: Purple		Amavasya
Creative Work Amrita Yoga			Amavasya* Until 12:16PM	Moon – Light Blue		Sivaloka Day
Until 9:42PM		Day 3 of Pancha Ganapati		Margasira*Markali		
Then Routine Work - Prabalarishta Yoga						

Saturday, December 24, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Istanbul, Turkey Sun 15 Sutra 251
Retreat Star		Gulika 7:28AM – 8:38AM	Purvashadha* Until 6:46PM	Ganesha: Orange	<i>Sunrise:</i> 7:28AM	Subhakrit 5124
Dhanus Rasi: 18.34	Tithi 1 – 2	Yama 1:14PM – 2:24PM	Dhruva Until 1:40AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:42PM	Moon 12 - Phase 34 - 15
	886486575	Rahu 9:47AM – 10:56AM	Balava Until 6:49PM	Nataraja: Purple		Prathama
Creative Work Siddha Yoga			Prathama* Until 8:38AM	Moon – Light Blue		Subha Sivaloka Day
Until 6:46PM		Day 4 of Pancha Ganapati		Pausha*Markali		
Then Routine Work - Marana Yoga						

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1	Sunday, December 25, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Istanbul, Turkey Sun 16 Sutra 252 Subhakrit 5124
	Makara Rasi: 3.45	Tithi 3	Gulika 2:24PM – 3:33PM	Uttarashadha Until 3:46PM	Ganesha: Orange	<i>Sunrise:</i> 7:29AM	
			Yama 12:06PM – 1:15PM	Vyaghata* Until 9:30PM	Muruqa: Purple	<i>Sunset:</i> 4:43PM	Moon 12 - Phase 35 - 16
	Creative Work	Amrita Yoga	886486575 Rahu 3:33PM – 4:43PM	Taitila Until 3:11PM	Nataraja: Purple		3rd Phase
		Day 5 of Pancha Ganapati		Tritiya Until 1:26AM Mon		Moon – Light Blue Pausha-Markali	Subha Sivaloka Day

2	Monday, December 26, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthiyam Titau				Istanbul, Turkey Sun 17 Sutra 253 Subhakrit 5124
	Makara Rasi: 18.49	Tithi 4	Gulika 1:15PM – 2:25PM	Shravana Until 1:15PM	Ganesha: Clear	<i>Sunrise:</i> 7:29AM	
	Family Home Evening		Yama 10:57AM – 12:06PM	Harshana Until 5:35PM	Muruqa: Purple	<i>Sunset:</i> 4:43PM	Moon 12 - Phase 35 - 17
	Creative Work	Amrita Yoga	896486576 Rahu 8:38AM – 9:48AM	Vanija Until 11:48AM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 10:13PM	Moon – Purple Pausha-Markali		Sivaloka Day	

3	Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Istanbul, Turkey Sun 18 Sutra 254 Subhakrit 5124
	Kumbha Rasi: 3.37	Tithi 5	Gulika 12:07PM – 1:16PM	Dhanishtha Until 11:00AM	Ganesha: Clear	<i>Sunrise:</i> 7:29AM	
			Yama 9:48AM – 10:57AM	Vajra* Until 1:58PM	Muruqa: Purple	<i>Sunset:</i> 4:43PM	Moon 12 - Phase 35 - 18
	Creative Work	Siddha Yoga	896486576 Rahu 2:25PM – 3:35PM	Bava Until 8:47AM	Nataraja: Clear		3rd Phase
			Panchami Until 7:27PM	Moon – Purple Pausha-Markali		Sivaloka Day	

4	Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau				Istanbul, Turkey Sun 19 Sutra 255 Subhakrit 5124
	Kumbha Rasi: 18.03	Tithi 6 – 7	Gulika 10:58AM – 12:07PM	Shatabhishak Until 9:08AM	Ganesha: Clear	<i>Sunrise:</i> 7:30AM	
			Yama 8:39AM – 9:48AM	Siddhi Until 10:50AM	Muruqa: Purple	<i>Sunset:</i> 4:45PM	Moon 12 - Phase 35 - 19
	Creative Work	Siddha Yoga	896486576 Rahu 12:07PM – 1:16PM	Kaulava Until 6:18AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 5:16PM	Moon – Purple Pausha-Markali		Sivaloka Day	

5	Thursday, December 29, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Istanbul, Turkey Sun 20 Sutra 256 Subhakrit 5124
	Meena Rasi: 2.04	Tithi 7 – 8	Gulika 9:49AM – 10:58AM	Purvaproshtapada* Until 8:12AM	Ganesha: Blue	<i>Sunrise:</i> 7:30AM	
			Yama 7:30AM – 8:39AM	Vyatipata* Until 8:14AM	Muruqa: Purple	<i>Sunset:</i> 4:45PM	Moon 12 - Phase 35 - 20
	Creative Work	Siddha Yoga	817486576 Rahu 1:17PM – 2:26PM	Visti Until 3:20AM Fri	Nataraja: Clear		3rd Phase
			Saptami Until 3:47PM	Moon – Clear Pausha-Markali		Devaloka Day	

☾	Friday, December 30, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Istanbul, Turkey Sun 21 Sutra 257 Subhakrit 5124
	Retreat Star		Gulika 8:40AM – 9:49AM	Uttaraproshtapada Until 7:51AM	Ganesha: Blue	<i>Sunrise:</i> 7:30AM	
	Meena Rasi: 15.38	Tithi 8 – 9	Yama 2:27PM – 3:37PM	Variyan Until 6:11AM	Muruqa: Purple	<i>Sunset:</i> 4:46PM	Moon 12 - Phase 35 - 21
	Creative Work	Siddha Yoga	817486576 Rahu 10:59AM – 12:08PM	Balava Until 2:57AM Sat	Nataraja: Clear		Ashtami
			Ashtami* Until 3:02PM	Moon – Clear Pausha-Markali		Devaloka Day	

☾	Saturday, December 31, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Istanbul, Turkey Sun 22 Sutra 258 Subhakrit 5124
	Retreat Star		Gulika 7:30AM – 8:40AM	Revati Until 8:04AM	Ganesha: Blue	<i>Sunrise:</i> 7:30AM	
	Meena Rasi: 28.47	Tithi 9 – 10	Yama 1:18PM – 2:28PM	Shiva Until 3:51AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:47PM	Moon 12 - Phase 35 - 22
	Routine Work	Prabalarishta Yoga	817486576 Rahu 9:50AM – 10:59AM	Taitila Until 3:17AM Sun	Nataraja: Clear		Navami
			Navami* Until 3:01PM	Moon – Clear Pausha-Markali		Devaloka Day	

1 Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam			Istanbul, Turkey	
		Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Sun 23 Sutra 259	
Mesha Rasi: 12	Tithi 10 - 11	Gulika 2:28PM - 3:38PM	Ashvini Until 9:16AM	Ganesha: Yellow	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 12:09PM - 1:19PM	Siddha Until 3:24AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:48PM	Moon 12 - Phase 36 - 23
	827486576	Rahu 3:38PM - 4:48PM	Vanija Until 4:16AM Mon	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 3:41PM	Moon - White		Sivaloka Day
Until 9:16AM				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			Istanbul, Turkey	
		Bharani/Krittika Nakshatra Sadhya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau			Sun 24 Sutra 260	
Mesha Rasi: 24.08	Tithi 11 - 12	Gulika 1:19PM - 2:29PM	Bharani Until 10:53AM	Ganesha: Yellow	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
Family Home Evening		Yama 11:00AM - 12:10PM	Sadhya Until 3:22AM Tue	Muruqa: Purple	<i>Sunset:</i> 4:48PM	Moon 12 - Phase 36 - 24
Creative Work	Siddha Yoga	827486576 Rahu 8:40AM - 9:50AM	Bava Until 5:44AM Tue	Nataraja: Clear		4th Phase
Until 10:53AM			Ekadashi Until 4:55PM	Moon - White		Sivaloka Day
Then Routine Work - Marana Yoga						

3 Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam			Istanbul, Turkey	
		Krittika/Rohini Nakshatra Subha Yoga Balava Karana Dvadashyam Titau			Sun 25 Sutra 261	
Vrishabha Rasi: 6.27	Tithi 12	Gulika 12:10PM - 1:20PM	Krittika Until 12:47PM	Ganesha: Blue	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 9:50AM - 11:00AM	Subha Until 3:38AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:49PM	Moon 12 - Phase 36 - 25
	827586576	Rahu 2:30PM - 3:39PM	Balava Until 6:36PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 6:36PM	Moon - White		Subha Sivaloka Day
Until 12:47PM				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			Istanbul, Turkey	
		Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Sun 26 Sutra 262	
Vrishabha Rasi: 18.37	Tithi 13	Gulika 11:01AM - 12:11PM	Rohini Until 3:21PM	Ganesha: White	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 8:41AM - 9:51AM	Sukla Until 4:05AM Thu	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Moon 12 - Phase 36 - 26
	838586576	Rahu 12:11PM - 1:20PM	Kaulava Until 7:35AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 8:36PM	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			Istanbul, Turkey	
		Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Sun 27 Sutra 263	
Mithuna Rasi: 0.4	Tithi 14	Gulika 9:51AM - 11:01AM	Mrigashira Until 5:59PM	Ganesha: White	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 7:31AM - 8:41AM	Brahma Until 4:42AM Fri	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Moon 12 - Phase 36 - 27
	838586576	Rahu 1:21PM - 2:31PM	Gara Until 9:43AM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 10:50PM	Moon - Yellow		Devaloka Day
Pausha-Markali						
Subramuniyaswami Jayanti						

Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam			Istanbul, Turkey	
Copper Retreat Star		Ardra Nakshatra Indra Yoga Visti/Bava Karana Purnimayam Titau			Sutra 264	
Mithuna Rasi: 12.38	Tithi 15	Gulika 8:41AM - 9:51AM	Ardra Until 8:36PM	Ganesha: White	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 2:32PM - 3:42PM	Indra Until 5:25AM Sat	Muruqa: Purple	<i>Sunset:</i> 4:52PM	Moon 12 - Phase 36 - Purnima
	838586576	Rahu 11:01AM - 12:11PM	Visti Until 12:01PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Purnima* Until 1:12AM Sat	Moon - Yellow		Devaloka Day
Pausha-Markali						
Ardra Darshanam						

Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam			Istanbul, Turkey	
Silver Retreat Star		Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau			Sutra 265	
Mithuna Rasi: 24.34	Tithi 16	Gulika 7:31AM - 8:41AM	Punarvasu Until 11:38PM	Ganesha: Clear	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
		Yama 1:22PM - 2:32PM	Vaidhriti* Until 6:10AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Moon 12 - Phase 36 - Prathama
	848586576	Rahu 9:51AM - 11:02AM	Balava Until 2:26PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Prathama* Until 3:39AM 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: 6.29 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:33PM – 3:44PM
Yama 12:12PM – 1:23PM
Rahu 3:44PM – 4:54PM
Pushya Until 2:33AM Mon
Vaidhriti* Until 6:10AM
Tailila Until 4:55PM
Dvitiya Until 6:09AM Mon

Ganesha: Clear *Sunrise:* 7:31AM
Muruqa: Purple *Sunset:* 4:54PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Istanbul, Turkey
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

Sivaloka Day

1

Monday, January 9, 2023

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

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

Gulika 1:23PM – 2:34PM
Yama 11:02AM – 12:13PM
Rahu 8:41AM – 9:52AM
Ashlesha* Until 5:17AM Tue
Vishkamba* Until 6:57AM
Vanija Until 7:25PM
Dvitiya Until 6:09AM

Ganesha: Clear *Sunrise:* 7:31AM
Muruqa: Purple *Sunset:* 4:55PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Istanbul, Turkey
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

Sivaloka Day

2

Tuesday, January 10, 2023

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

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

Gulika 12:13PM – 1:24PM
Yama 9:52AM – 11:02AM
Rahu 2:35PM – 3:45PM
Magha* Until 8:16AM Wed
Priti Until 7:45AM
Bava Until 9:51PM
Tritiya Until 8:37AM

Ganesha: Purple *Sunrise:* 7:30AM
Muruqa: Purple *Sunset:* 4:56PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Istanbul, Turkey
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

Devaloka Day

3

Wednesday, January 11, 2023

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

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

Gulika 11:03AM – 12:14PM
Yama 8:41AM – 9:52AM
Rahu 12:14PM – 1:24PM
Magha* Until 8:16AM
Ayushman Until 8:26AM
Kaulava Until 12:07AM Thu
Chatrthi* Until 10:59AM

Ganesha: Clear *Sunrise:* 7:30AM
Muruqa: Purple *Sunset:* 4:57PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Istanbul, Turkey
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

Sivaloka Day

4

Thursday, January 12, 2023

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

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

Gulika 9:52AM – 11:03AM
Yama 7:30AM – 8:41AM
Rahu 1:25PM – 2:36PM
Purvaphalguni Until 10:51AM
Saubhagya Until 8:58AM
Gara Until 2:03AM Fri
Panchami Until 1:07PM

Ganesha: Clear *Sunrise:* 7:30AM
Muruqa: Purple *Sunset:* 4:58PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Istanbul, Turkey
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

Sivaloka Day

5

Friday, January 13, 2023

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

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

Gulika 8:41AM – 9:52AM
Yama 2:37PM – 3:48PM
Rahu 11:03AM – 12:14PM
Uttaraphalguni Until 12:55PM
Sobhana Until 9:13AM
Visti Until 3:30AM Sat
Shashthi* Until 2:50PM

Ganesha: Clear *Sunrise:* 7:30AM
Muruqa: Purple *Sunset:* 4:59PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Istanbul, Turkey
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

Sivaloka Day

6

Saturday, January 14, 2023

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

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

Gulika 7:29AM – 8:41AM
Yama 1:26PM – 2:38PM
Rahu 9:52AM – 11:03AM
Hasta Until 2:46PM
Athiganda* Until 9:03AM
Balava Until 4:17AM Sun
Saptami Until 3:58PM

Ganesha: White *Sunrise:* 7:29AM
Muruqa: Purple *Sunset:* 5:00PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Istanbul, Turkey
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

Subha Sivaloka Day

Thai Pongal

☾

Sunday, January 15, 2023

Retreat Star

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

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

Gulika 2:38PM – 3:50PM
Yama 12:15PM – 1:27PM
Rahu 3:50PM – 5:01PM
Chitra Until 3:45PM
Sukarma Until 8:21AM
Tailila Until 4:15AM Mon
Ashtami* Until 4:21PM

Ganesha: White *Sunrise:* 7:29AM
Muruqa: Purple *Sunset:* 5:01PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Istanbul, Turkey
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Subha Sivaloka Day

Monday, January 16, 2023

Retreat Star

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

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

Gulika 1:27PM – 2:39PM
Yama 11:04AM – 12:15PM
Rahu 8:40AM – 9:52AM
Svati Until 3:46PM
Dhriti Until 7:03AM
Vanija Until 3:23AM Tue
Navami* Until 3:54PM

Ganesha: White *Sunrise:* 7:28AM
Muruqa: Purple *Sunset:* 5:03PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Istanbul, Turkey
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

Il times are standard time. Calculated for Istanbul, Turkey on 5/1/2


www.gurudeva.org/panchang


1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Istanbul, Turkey
	Tula Rasi: 27.59	Tithi 25 – 26	Gulika 12:16PM – 1:28PM	Vishakha Until 3:15PM	Ganesha: Yellow	<i>Sunrise:</i> 7:28AM	Sun 9 Sutra 275
			Yama 9:52AM – 11:04AM	Ganda* Until 2:24AM Wed	Muruqa: Purple	<i>Sunset:</i> 5:04PM	Subhakrit 5124
		879586576	Rahu 2:40PM – 3:52PM	Bava Until 1:40AM Wed	Nataraja: Clear		Moon 1 - Phase 38 - 9 2nd Phase
Routine Work Marana Yoga			Dashami Until 2:36PM		Sivaloka Day		
Until 3:15PM							
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Istanbul, Turkey
	Vischika Rasi: 11.59	Tithi 26 – 27	Gulika 11:04AM – 12:16PM	Anuradha Until 1:48PM	Ganesha: Yellow	<i>Sunrise:</i> 7:27AM	Sun 10 Sutra 276
			Yama 8:40AM – 9:52AM	Vriddhi Until 11:11PM	Muruqa: Purple	<i>Sunset:</i> 5:05PM	Subhakrit 5124
		879586576	Rahu 12:16PM – 1:28PM	Kaulava Until 11:13PM	Nataraja: Clear		Moon 1 - Phase 38 - 10 2nd Phase
Creative Work Siddha Yoga			Ekadashi* Until 12:30PM		Sivaloka Day		

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashti/Trayodashyam Titau				Istanbul, Turkey
	Vischika Rasi: 26.29	Tithi 27 – 28	Gulika 9:52AM – 11:04AM	Jyeshtha* Until 11:33AM	Ganesha: Yellow	<i>Sunrise:</i> 7:27AM	Sun 11 Sutra 277
			Yama 7:27AM – 8:39AM	Dhruva Until 7:26PM	Muruqa: Purple	<i>Sunset:</i> 5:06PM	Subhakrit 5124
		871586576	Rahu 1:29PM – 2:41PM	Gara Until 8:09PM	Nataraja: Clear		Moon 1 - Phase 38 - 11 2nd Phase
Routine Work Prabalarishta Yoga			Dvadashti* Until 9:44AM		Sivaloka Day		
Until 11:33AM							
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>				

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Istanbul, Turkey
	Dhanus Rasi: 11.23	Tithi 28 – 29	Gulika 8:39AM – 9:52AM	Mula* Until 9:04AM	Ganesha: Red	<i>Sunrise:</i> 7:26AM	Sun 12 Sutra 278
			Yama 2:42PM – 3:55PM	Vyaghata* Until 3:20PM	Muruqa: Purple	<i>Sunset:</i> 5:07PM	Subhakrit 5124
		881586576	Rahu 11:04AM – 12:17PM	Sakuni Until 2:44AM Sat	Nataraja: Clear		Moon 1 - Phase 38 - 12 2nd Phase
Creative Work Amrita Yoga			Trayodashi* Until 6:25AM		Sivaloka Day		
Until 9:04AM							
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Istanbul, Turkey
	Retreat Star		Gulika 7:26AM – 8:39AM	Purvashadha* Until 6:06AM	Ganesha: Red	<i>Sunrise:</i> 7:26AM	Sun 13 Sutra 279
	Dhanus Rasi: 26.35	Tithi 30	Yama 1:30PM – 2:43PM	Harshana Until 11:01AM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	Subhakrit 5124
		881586576	Rahu 9:51AM – 11:04AM	Catuspada Until 12:50PM	Nataraja: Clear		Moon 1 - Phase 38 - 13 Amavasya
Creative Work Siddha Yoga			Amavasya* Until 10:53PM		Sivaloka Day		
Until 6:06AM							
Then Routine Work - Marana Yoga							

	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Istanbul, Turkey
	Retreat Star		Gulika 2:43PM – 3:57PM	Shravana Until 11:53PM	Ganesha: Yellow	<i>Sunrise:</i> 7:25AM	Sun 14 Sutra 280
	Makara Rasi: 11.55	Tithi 1	Yama 12:17PM – 1:30PM	Vajra* Until 6:34AM	Muruqa: Purple	<i>Sunset:</i> 5:10PM	Subhakrit 5124
		891586576	Rahu 3:57PM – 5:10PM	Kintughna Until 8:57AM	Nataraja: Clear		Moon 1 - Phase 38 - 14 Prathama
Creative Work Amrita Yoga			Prathama* Until 7:01PM		Sivaloka Day		
Until 11:53PM							
Then Routine Work - Marana Yoga							

1	Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Istanbul, Turkey Sun 15 Sutra 281 Subhakrit 5124
	Makara Rasi: 27.12	Tithi 2 – 3	Gulika 1:31PM – 2:44PM	Dhanishtha Until 9:00PM	Ganesha: Yellow	<i>Sunrise:</i> 7:25AM	
	Family Home Evening	891586576	Yama 11:04AM – 12:18PM	Vyatipata* Until 10:01PM	Muruqa: Purple	<i>Sunset:</i> 5:11PM	Moon 1 - Phase 39 - 15
	Creative Work Siddha Yoga		Rahu 8:38AM – 9:51AM	Taitila Until 1:36AM Tue	Nataraja: Clear		3rd Phase
			Dvitiya Until 3:19PM	Moon – Purple	Sivaloka Day		

2	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				Istanbul, Turkey Sun 16 Sutra 282 Subhakrit 5124
	Kumbha Rasi: 12.16	Tithi 3 – 4	Gulika 12:18PM – 1:31PM	Shatabhishak Until 6:24PM	Ganesha: Yellow	<i>Sunrise:</i> 7:24AM	
		891586576	Yama 9:51AM – 11:04AM	Variyan Until 6:09PM	Muruqa: Purple	<i>Sunset:</i> 5:12PM	Moon 1 - Phase 39 - 16
	Routine Work Marana Yoga		Rahu 2:45PM – 3:58PM	Vanija Until 10:31PM	Nataraja: Clear		3rd Phase
			Tritiya Until 11:59AM	Moon – Purple	Sivaloka Day		

3	Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau				Istanbul, Turkey Sun 17 Sutra 283 Subhakrit 5124
	Kumbha Rasi: 26.58	Tithi 4 – 5	Gulika 11:04AM – 12:18PM	Purvaproshtapada* Until 4:38PM	Ganesha: Blue	<i>Sunrise:</i> 7:23AM	
		911586576	Yama 8:37AM – 9:51AM	Parigha* Until 2:46PM	Muruqa: Purple	<i>Sunset:</i> 5:13PM	Moon 1 - Phase 39 - 17
	Creative Work Amrita Yoga		Rahu 12:18PM – 1:32PM	Bava Until 8:01PM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 9:09AM	Moon – Clear	Subha Sivaloka Day		

4	Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Istanbul, Turkey Sun 18 Sutra 284 Subhakrit 5124
	Meena Rasi: 11.11	Tithi 5 – 6	Gulika 9:50AM – 11:04AM	Uttaraproshtapada Until 3:26PM	Ganesha: Blue	<i>Sunrise:</i> 7:22AM	
		911586576	Yama 7:22AM – 8:36AM	Shiva Until 11:59AM	Muruqa: Purple	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 39 - 18
	Creative Work Siddha Yoga		Rahu 1:32PM – 2:46PM	Kaulava Until 6:15PM	Nataraja: Clear		3rd Phase
			Panchami Until 7:01AM	Moon – Clear	Subha Sivaloka Day		

5	Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Istanbul, Turkey Sun 19 Sutra 285 Subhakrit 5124
	Meena Rasi: 24.56	Tithi 7	Gulika 8:36AM – 9:50AM	Revati Until 2:55PM	Ganesha: Blue	<i>Sunrise:</i> 7:22AM	
		911586576	Yama 2:47PM – 4:01PM	Siddha Until 9:48AM	Muruqa: Purple	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 39 - 19
	Creative Work Siddha Yoga		Rahu 11:04AM – 12:19PM	Gara Until 5:20PM	Nataraja: Clear		3rd Phase
			Saptami Until 5:11AM Sat	Moon – Clear	Subha Sivaloka Day		

☾	Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vistil*/Bava Karana Ashtamyam Titau				Istanbul, Turkey Sun 20 Sutra 286 Subhakrit 5124
	Retreat Star		Gulika 7:21AM – 8:35AM	Ashvini Until 3:32PM	Ganesha: Yellow	<i>Sunrise:</i> 7:21AM	
	Mesha Rasi: 8.11	Tithi 8	Yama 1:33PM – 2:48PM	Sadhya Until 8:20AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39 - 20
		921586576	Rahu 9:50AM – 11:04AM	Vistil Until 5:18PM	Nataraja: Clear		Ashtami
			Ashtami* Until 5:34AM Sun	Moon – White	Sivaloka Day		

☽	Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava Karana Navamyam Titau				Istanbul, Turkey Sun 21 Sutra 287 Subhakrit 5124
	Retreat Star		Gulika 2:49PM – 4:03PM	Bharani Until 4:48PM	Ganesha: Yellow	<i>Sunrise:</i> 7:20AM	
	Mesha Rasi: 21	Tithi 9	Yama 12:19PM – 1:34PM	Subha Until 7:31AM	Muruqa: Purple	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 39 - 21
		922686576	Rahu 4:03PM – 5:18PM	Balava Until 6:04PM	Nataraja: Clear		Navami
			Navami* Until 6:42AM Mon	Moon – White	Sivaloka Day		

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

Monday, January 30, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Istanbul, Turkey Sun 22 Sutra 288 Subhakarit 5124	
1		Gulika 1:34PM – 2:49PM	Krittika Until 6:35PM	Ganesha: Yellow	<i>Sunrise:</i> 7:19AM
Vrishabha Rasi: 3.28	Tithi 9 – 10	Yama 11:04AM – 12:19PM	Sukla Until 7:16AM	Muruqa: Purple	<i>Sunset:</i> 5:19PM
Family Home Evening	922686576	Rahu 8:34AM – 9:49AM	Taitila Until 7:32PM	Nataraja: Clear	Moon 1 - Phase 40 - 22 4th Phase
Routine Work	Marana Yoga		Navami* Until 6:42AM	Moon – White	Sivaloka Day
Until 6:35PM				Magha-Thai	
Then Creative Work - Amrita Yoga					

Tuesday, January 31, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Varija Karana Dashami/Ekadashyam Titau		Istanbul, Turkey Sun 23 Sutra 289 Subhakarit 5124	
2		Gulika 12:19PM – 1:35PM	Rohini Until 9:11PM	Ganesha: White	<i>Sunrise:</i> 7:18AM
Vrishabha Rasi: 15.41	Tithi 10 – 11	Yama 9:49AM – 11:04AM	Brahma Until 7:28AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM
	932686576	Rahu 2:50PM – 4:05PM	Vanija Until 9:31PM	Nataraja: Clear	Moon 1 - Phase 40 - 23 4th Phase
Creative Work	Amrita Yoga		Dashami Until 8:27AM	Moon – Yellow	Subha Sivaloka Day
Until 9:11PM				Magha-Thai	
Then Creative Work - Siddha Yoga					

Wednesday, February 1, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Istanbul, Turkey Sun 24 Sutra 290 Subhakarit 5124	
3		Gulika 11:04AM – 12:19PM	Mrigashira Until 11:56PM	Ganesha: White	<i>Sunrise:</i> 7:18AM
Vrishabha Rasi: 27.44	Tithi 11 – 12	Yama 8:33AM – 9:49AM	Indra Until 8:01AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM
	932686576	Rahu 12:19PM – 1:35PM	Bava Until 11:50PM	Nataraja: Clear	Moon 1 - Phase 40 - 24 4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 10:37AM	Moon – Yellow	Subha Sivaloka Day
				Magha-Thai	

Thursday, February 2, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Istanbul, Turkey Sun 25 Sutra 291 Subhakarit 5124	
4		Gulika 9:48AM – 11:04AM	Ardra Until 2:40AM Fri	Ganesha: White	<i>Sunrise:</i> 7:17AM
Mithuna Rasi: 9.4	Tithi 12 – 13	Yama 7:17AM – 8:33AM	Vaidhriti* Until 8:43AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM
	932686576	Rahu 1:35PM – 2:51PM	Kaulava Until 2:18AM Fri	Nataraja: Clear	Moon 1 - Phase 40 - 25 4th Phase
Routine Work	Marana Yoga		Dvadashi Until 1:02PM	Moon – Yellow	Subha Sivaloka Day
Until 2:40AM Fri				Magha-Thai	
Then Creative Work - Siddha Yoga					
				<i>Pradosha Vrata</i>	

Friday, February 3, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Istanbul, Turkey Sun 26 Sutra 292 Subhakarit 5124	
5		Gulika 8:32AM – 9:48AM	Punarvasu Until 5:47AM Sat	Ganesha: Clear	<i>Sunrise:</i> 7:16AM
Mithuna Rasi: 21.33	Tithi 13 – 14	Yama 2:51PM – 4:07PM	Vishkambha* Until 9:32AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM
	942686576	Rahu 11:04AM – 12:20PM	Gara Until 4:49AM Sat	Nataraja: Clear	Moon 1 - Phase 40 - 26 4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 3:32PM	Moon – Blue	Sivaloka Day
				Magha-Thai	

Saturday, February 4, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Priti/Ayushman Yoga Vanija Karana Chaturdashyam Titau		Istanbul, Turkey Sun 27 Sutra 293 Subhakarit 5124	
6		Gulika 7:15AM – 8:31AM	Pushya Until 8:41AM Sun	Ganesha: Clear	<i>Sunrise:</i> 7:15AM
Kataka Rasi: 3.26	Tithi 14	Yama 1:36PM – 2:52PM	Priti Until 10:22AM	Muruqa: Purple	<i>Sunset:</i> 5:24PM
	942686577	Rahu 9:47AM – 11:04AM	Vanija Until 6:02PM	Nataraja: Orange	Moon 1 - Phase 40 - 27 4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 6:02PM	Moon – Blue	Sivaloka Day
				Magha-Thai	
				Thai Pusam	

Sunday, February 5, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Istanbul, Turkey Sutra 294 Subhakarit 5124	
○		Gulika 2:53PM – 4:09PM	Pushya Until 8:41AM	Ganesha: Clear	<i>Sunrise:</i> 7:14AM
Kataka Rasi: 15.19	Tithi 15	Yama 12:20PM – 1:36PM	Ayushman Until 11:08AM	Muruqa: Purple	<i>Sunset:</i> 5:26PM
	942686577	Rahu 4:09PM – 5:26PM	Visti Until 7:17AM	Nataraja: Orange	Moon 1 - Phase 40 - Purnima
Creative Work	Siddha Yoga		Purnima* Until 8:27PM	Moon – Blue	Sivaloka Day
				Magha-Thai	

Monday, February 6, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Istanbul, Turkey Sutra 295 Subhakarit 5124	
○		Gulika 1:37PM – 2:53PM	Ashlesha* Until 11:19AM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM
Kataka Rasi: 27.15	Tithi 16	Yama 11:03AM – 12:20PM	Saubhagya Until 11:50AM	Muruqa: Purple	<i>Sunset:</i> 5:27PM
	942686577	Rahu 8:30AM – 9:47AM	Balava Until 9:39AM	Nataraja: Orange	Moon 1 - Phase 40 - Prathama
Family Home Evening			Prathama* Until 10:46PM	Moon – Blue	Sivaloka Day
Creative Work	Siddha Yoga			Magha-Thai	
Until 11:19AM					
Then Routine Work - Marana Yoga					



Tuesday, February 7, 2023
Gold Retreat Star

Simha Rasi: 9.14 Tithi 17
Creative Work Siddha Yoga

952686577

Gulika 12:20PM – 1:37PM
Yama 9:46AM – 11:03AM
Rahu 2:54PM – 4:11PM

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

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

Sunrise: 7:12AM
Sunset: 5:28PM

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

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 21.16 Tithi 18
Creative Work Amrita Yoga

952686577

Gulika 11:03AM – 12:20PM
Yama 8:28AM – 9:46AM
Rahu 12:20PM – 1:37PM

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

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

Sunrise: 7:11AM
Sunset: 5:29PM

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

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 3.25 Tithi 19
Amrita Yoga

952686577

Gulika 9:45AM – 11:03AM
Yama 7:10AM – 8:27AM
Rahu 1:38PM – 2:55PM

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

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

Sunrise: 7:10AM
Sunset: 5:31PM

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

Subha Sivaloka Day

Until 6:45PM
Then Routine Work - Marana Yoga

Maha Sankatahara Chaturthi

3

Friday, February 10, 2023

Kanya Rasi: 15.4 Tithi 20
Creative Work Amrita Yoga

962686577

Gulika 8:27AM – 9:44AM
Yama 2:56PM – 4:14PM
Rahu 11:02AM – 12:20PM

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

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

Sunrise: 7:09AM
Sunset: 5:32PM

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

Sivaloka Day

Until 8:48PM
Then Creative Work - Siddha Yoga

4

Saturday, February 11, 2023

Kanya Rasi: 28.07 Tithi 21
Routine Work Marana Yoga

963686577

Gulika 7:07AM – 8:26AM
Yama 1:38PM – 2:57PM
Rahu 9:44AM – 11:02AM

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

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

Sunrise: 7:07AM
Sunset: 5:33PM

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

Devaloka Day

Until 10:13PM
Then Creative Work - Siddha Yoga

5

Sunday, February 12, 2023

Tula Rasi: 10.48 Tithi 21 – 22
Creative Work Siddha Yoga

963686577

Gulika 2:57PM – 4:16PM
Yama 12:20PM – 1:39PM
Rahu 4:16PM – 5:34PM

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

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

Sunrise: 7:06AM
Sunset: 5:34PM

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

Devaloka Day

Until 10:52PM
Then Routine Work - Marana Yoga

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 23.48 Tithi 22 – 23
Family Home Evening
Routine Work Marana Yoga

973686577

Gulika 1:39PM – 2:58PM
Yama 11:01AM – 12:20PM
Rahu 8:24AM – 9:43AM

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

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

Sunrise: 7:05AM
Sunset: 5:36PM

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

Sivaloka Day

Until 11:08PM
Then Creative Work - Siddha Yoga

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.11 Tithi 24
Creative Work Siddha Yoga

973686577

Gulika 12:20PM – 1:39PM
Yama 9:42AM – 11:01AM
Rahu 2:58PM – 4:18PM

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

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

Sunrise: 7:04AM
Sunset: 5:37PM

Istanbul, Turkey
Sun 8 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

Until 10:32PM
Then Routine Work - Marana Yoga

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/23


www.gurudeva.org/panchang

1	Wednesday, February 15, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Istanbul, Turkey
	Wrischika Rasi: 21	Tithi 25	Gulika 11:01AM – 12:20PM	Jyeshtha* Until 9:05PM	Ganesha: Clear	<i>Sunrise:</i> 7:02AM	Sun 9 Sutra 304
	973686577	Rahu 12:20PM – 1:40PM	Yama 8:22AM – 9:41AM	Vyaghata* Until 6:29AM	Muruqa: Purple	<i>Sunset:</i> 5:38PM	Subhakrit 5124
Creative Work Siddha Yoga				Vanija Until 3:13PM	Nataraja: Orange		Moon 2 - Phase 42 - 9
Until 9:05PM				Dashami Until 2:02AM Thu	Moon – Orange		2nd Phase
Then Routine Work - Marana Yoga					Magha-Masi		Sivaloka Day

2	Thursday, February 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Istanbul, Turkey
	Dhanus Rasi: 5.14	Tithi 26	Gulika 9:41AM – 11:00AM	Mula* Until 7:18PM	Ganesha: White	<i>Sunrise:</i> 7:01AM	Sun 10 Sutra 305
	983686577	Rahu 1:40PM – 3:00PM	Yama 7:01AM – 8:21AM	Vajra* Until 11:59PM	Muruqa: Purple	<i>Sunset:</i> 5:39PM	Subhakrit 5124
Creative Work Siddha Yoga				Bava Until 12:44PM	Nataraja: Orange		Moon 2 - Phase 42 - 10
				Ekadashi* Until 11:16PM	Moon – Light Blue		2nd Phase
					Magha-Masi		Devaloka Day

3	Friday, February 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Istanbul, Turkey
	Dhanus Rasi: 19.54	Tithi 27	Gulika 8:20AM – 9:40AM	Purvashadha* Until 4:53PM	Ganesha: White	<i>Sunrise:</i> 7:00AM	Sun 11 Sutra 306
	983686577	Rahu 11:00AM – 12:20PM	Yama 3:00PM – 4:20PM	Siddhi Until 8:08PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Subhakrit 5124
Routine Work Prabalarishta Yoga				Kaulava Until 9:43AM	Nataraja: Orange		Moon 2 - Phase 42 - 11
Until 4:53PM				Dvadashi* Until 8:02PM	Moon – Light Blue		2nd Phase
Then Routine Work - Marana Yoga					Magha-Masi		Devaloka Day

4	Saturday, February 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Istanbul, Turkey
	Makara Rasi: 4.52	Tithi 28 – 29	Gulika 6:59AM – 8:19AM	Uttarashadha Until 1:59PM	Ganesha: White	<i>Sunrise:</i> 6:59AM	Sun 12 Sutra 307
	983686577	Rahu 9:39AM – 11:00AM	Yama 1:40PM – 3:01PM	Vyatipata* Until 4:01PM	Muruqa: Purple	<i>Sunset:</i> 5:42PM	Subhakrit 5124
Routine Work Marana Yoga				Gara Until 6:19AM	Nataraja: Orange		Moon 2 - Phase 42 - 12
Until 1:59PM				Trayodashi* Until 4:29PM	Moon – Light Blue		2nd Phase
Then Creative Work - Siddha Yoga					Magha-Masi		Devaloka Day
<i>Pradosha Vrata (Fasting)</i>							

	Sunday, February 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Istanbul, Turkey
	Retreat Star		Gulika 3:01PM – 4:22PM	Shravana Until 11:11AM	Ganesha: Green	<i>Sunrise:</i> 6:57AM	Sun 13 Sutra 308
	Makara Rasi: 20.02	Tithi 29 – 30	Yama 12:20PM – 1:41PM	Variyan Until 11:45AM	Muruqa: Purple	<i>Sunset:</i> 5:43PM	Subhakrit 5124
Creative Work Amrita Yoga		993686577	Rahu 4:22PM – 5:43PM	Catuspada Until 10:57PM	Nataraja: Orange		Moon 2 - Phase 42 - 13
Until 11:11AM				Chaturdashi* Until 12:47PM	Moon – Purple		Amavasya
Then Routine Work - Marana Yoga					Magha-Masi		Devaloka Day

Monday, February 20, 2023	Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Istanbul, Turkey
	Family Home Evening		Gulika 1:41PM – 3:02PM	Dhanishtha Until 8:16AM	Ganesha: Green	<i>Sunrise:</i> 6:56AM	Sun 14 Sutra 309
	Kumbha Rasi: 5.14	Tithi 30 – 1	Yama 10:59AM – 12:20PM	Parigha* Until 7:31AM	Muruqa: Purple	<i>Sunset:</i> 5:44PM	Subhakrit 5124
Creative Work Siddha Yoga		993686577	Rahu 8:17AM – 9:38AM	Kintughna Until 7:21PM	Nataraja: Orange		Moon 2 - Phase 42 - 14
				Amavasya* Until 9:07AM	Moon – Purple		Prathama
					Phalguna-Masi		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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1	Tuesday, February 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Istanbul, Turkey
	Kumbha Rasi: 20.17	Tithi 2	Gulika 12:20PM – 1:41PM	Purvaproshtapada* Until 3:10AM Wed	Ganesha: Red	Sunrise: 6:54AM	Sun 15 Sutra 310
	913686577	Rahu 3:03PM – 4:24PM	Siddha Until 11:38PM	Muruqa: Purple	Sunset: 5:45PM	Moon 2 - Phase 43 - 15	Subhakrit 5124
	Routine Work Marana Yoga		Balava Until 4:02PM	Nataraja: Orange		3rd Phase	
			Dvitiya Until 2:31AM Wed	Moon – Clear		Sivaloka Day	
				Phalguna-Masi			

2	Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Istanbul, Turkey
	Meena Rasi: 5.03	Tithi 3	Gulika 10:58AM – 12:20PM	Uttaraproshtapada Until 1:21AM Thu	Ganesha: Red	Sunrise: 6:53AM	Sun 16 Sutra 311
	913686577	Rahu 12:20PM – 1:41PM	Sadhya Until 8:16PM	Muruqa: Purple	Sunset: 5:46PM	Moon 2 - Phase 43 - 16	Subhakrit 5124
	Creative Work Siddha Yoga		Taitila Until 1:11PM	Nataraja: Orange		3rd Phase	
			Tritiya Until 11:57PM	Moon – Clear		Sivaloka Day	
				Phalguna-Masi			

3	Thursday, February 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Istanbul, Turkey
	Meena Rasi: 19.24	Tithi 4	Gulika 9:36AM – 10:58AM	Revati Until 12:05AM Fri	Ganesha: Blue	Sunrise: 6:52AM	Sun 17 Sutra 312
	913786577	Rahu 1:42PM – 3:04PM	Subha Until 5:27PM	Muruqa: Purple	Sunset: 5:48PM	Moon 2 - Phase 43 - 17	Subhakrit 5124
	Creative Work Siddha Yoga		Vanija Until 10:57AM	Nataraja: Orange		3rd Phase	
			Chaturthi* Until 10:05PM	Moon – Clear		Subha Sivaloka Day	
				Phalguna-Masi			

4	Friday, February 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Istanbul, Turkey
	Mesha Rasi: 3.17	Tithi 5	Gulika 8:12AM – 9:35AM	Ashvini Until 11:55PM	Ganesha: Yellow	Sunrise: 6:50AM	Sun 18 Sutra 313
	923786577	Rahu 10:57AM – 12:19PM	Sukla Until 3:15PM	Muruqa: Purple	Sunset: 5:49PM	Moon 2 - Phase 43 - 18	Subhakrit 5124
	Creative Work Amrita Yoga		Bava Until 9:28AM	Nataraja: Orange		3rd Phase	
			Panchami Until 9:02PM	Moon – White		Sivaloka Day	
				Phalguna-Masi			

5	Saturday, February 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Istanbul, Turkey
	Mesha Rasi: 16.4	Tithi 6	Gulika 6:49AM – 8:11AM	Bharani Until 12:27AM Sun	Ganesha: Yellow	Sunrise: 6:49AM	Sun 19 Sutra 314
	923786577	Rahu 9:34AM – 10:57AM	Brahma Until 1:44PM	Muruqa: Purple	Sunset: 5:50PM	Moon 2 - Phase 43 - 19	Subhakrit 5124
	Creative Work Siddha Yoga		Kaulava Until 8:51AM	Nataraja: Orange		3rd Phase	
			Shashthi* Until 8:50PM	Moon – White		Sivaloka Day	
				Phalguna-Masi			

6	Sunday, February 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Istanbul, Turkey
	Mesha Rasi: 29.37	Tithi 7	Gulika 3:05PM – 4:28PM	Krittika Until 1:39AM Mon	Ganesha: Blue	Sunrise: 6:47AM	Sun 20 Sutra 315
	924786577	Rahu 4:28PM – 5:51PM	Indra Until 12:55PM	Muruqa: Purple	Sunset: 5:51PM	Moon 2 - Phase 43 - 20	Subhakrit 5124
	Creative Work Siddha Yoga		Gara Until 9:05AM	Nataraja: Orange		3rd Phase	
			Saptami Until 9:30PM	Moon – White		Devaloka Day	
				Phalguna-Masi			

D	Monday, February 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Istanbul, Turkey
	Retreat Star		Gulika 1:42PM – 3:06PM	Rohini Until 3:51AM Tue	Ganesha: Yellow	Sunrise: 6:46AM	Sun 21 Sutra 316
	Vrishabha Rasi: 12.1	Tithi 8	Yama 10:56AM – 12:19PM	Vaidhriti* Until 12:41PM	Muruqa: Purple	Sunset: 5:52PM	Subhakrit 5124
	Family Home Evening	934786577	Rahu 8:09AM – 9:32AM	Visti Until 10:09AM	Nataraja: Orange		Moon 2 - Phase 43 - 21
Creative Work Amrita Yoga			Ashtami* Until 10:55PM	Moon – Yellow		Ashtami	
				Phalguna-Masi		Sivaloka Day	

D	Tuesday, February 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Istanbul, Turkey
	Retreat Star		Gulika 12:19PM – 1:43PM	Mrigashira Until 6:24AM Wed	Ganesha: Yellow	Sunrise: 6:44AM	Sun 22 Sutra 317
	Vrishabha Rasi: 24.25	Tithi 9	Yama 9:32AM – 10:55AM	Vishkambha* Until 12:57PM	Muruqa: Purple	Sunset: 5:54PM	Subhakrit 5124
	934786577	Rahu 3:06PM – 4:30PM	Balava Until 11:52AM	Nataraja: Orange		Moon 2 - Phase 43 - 22	Navami
Creative Work Siddha Yoga			Navami* Until 12:54AM Wed	Moon – Yellow		Sivaloka Day	
				Phalguna-Masi			

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

11 times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1		Wednesday, March 1, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Istanbul, Turkey Sun 23 Sutra 318 Subhakarit 5124		
Mithuna Rasi: 6.27	Tithi 10	Gulika 10:54AM – 12:18PM	Mrigashira Until 6:24AM	Ganesha: Yellow	<i>Sunrise:</i> 6:41AM	Muruqa: Purple	<i>Sunset:</i> 5:56PM	Moon 2 - Phase 44 - 23 4th Phase
Creative Work	Siddha Yoga	Yama 8:05AM – 9:30AM	Priti Until 1:34PM	Nataraja: Orange		Moon – Yellow		Sivaloka Day
		934786577 Rahu 12:18PM – 1:43PM	Taitila Until 2:04PM	Phalgunu-Masi				
			Dashami Until 3:15AM Thu					
2		Thursday, March 2, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Istanbul, Turkey Sun 24 Sutra 319 Subhakarit 5124		
Mithuna Rasi: 18.22	Tithi 11	Gulika 9:29AM – 10:54AM	Ardra Until 9:06AM	Ganesha: Yellow	<i>Sunrise:</i> 6:40AM	Muruqa: Purple	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 44 - 24 4th Phase
Routine Work	Marana Yoga	Yama 6:40AM – 8:04AM	Ayushman Until 2:22PM	Nataraja: Orange		Moon – Yellow		Sivaloka Day
Until 9:06AM		934786577 Rahu 1:43PM – 3:08PM	Vanija Until 4:31PM	Phalgunu-Masi				
Then Creative Work - Amrita Yoga			Ekadashi Until 5:45AM Fri					
3		Friday, March 3, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Istanbul, Turkey Sun 25 Sutra 320 Subhakarit 5124		
Kataka Rasi: 0.14	Tithi 12	Gulika 8:03AM – 9:28AM	Punarvasu Until 12:14PM	Ganesha: White	<i>Sunrise:</i> 6:38AM	Muruqa: Purple	<i>Sunset:</i> 5:58PM	Moon 2 - Phase 44 - 25 4th Phase
Creative Work	Siddha Yoga	Yama 3:08PM – 4:33PM	Saubhagya Until 3:14PM	Nataraja: Orange		Moon – Blue		Devaloka Day
Until 12:14PM		944786577 Rahu 10:53AM – 12:18PM	Bava Until 7:02PM	Phalgunu-Masi				
Then Routine Work - Marana Yoga			Dvadashi Until 8:15AM Sat					
4		Saturday, March 4, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Istanbul, Turkey Sun 26 Sutra 321 Subhakarit 5124		
Kataka Rasi: 12.07	Tithi 12 – 13	Gulika 6:37AM – 8:02AM	Pushya Until 3:10PM	Ganesha: White	<i>Sunrise:</i> 6:37AM	Muruqa: Purple	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 44 - 26 4th Phase
Creative Work	Siddha Yoga	Yama 1:43PM – 3:09PM	Sobhana Until 4:05PM	Nataraja: Orange		Moon – Blue		Devaloka Day
Until 3:10PM		944786577 Rahu 9:27AM – 10:53AM	Kaulava Until 9:28PM	Phalgunu-Masi				
Then Routine Work - Marana Yoga			Dvadashi Until 8:15AM					
			<i>Pradosha Vrata</i>					
5		Sunday, March 5, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Istanbul, Turkey Sun 27 Sutra 322 Subhakarit 5124		
Kataka Rasi: 24.02	Tithi 13 – 14	Gulika 3:09PM – 4:35PM	Ashlesha* Until 5:47PM	Ganesha: Purple	<i>Sunrise:</i> 6:35AM	Muruqa: Purple	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 44 - 27 4th Phase
Creative Work	Siddha Yoga	Yama 12:18PM – 1:43PM	Athiganda* Until 4:47PM	Nataraja: Orange		Moon – Blue		Devaloka Day
Until 5:47PM		144786577 Rahu 4:35PM – 6:00PM	Gara Until 11:44PM	Phalgunu-Masi				
Then Routine Work - Marana Yoga		Chidambaram Abhishekam	Trayodashi Until 10:37AM					
Monday, March 6, 2023		Copper Retreat Star		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Istanbul, Turkey Sun 28 Sutra 323 Subhakarit 5124		
Simha Rasi: 6.01	Tithi 14 – 15	Gulika 1:43PM – 3:09PM	Magha* Until 8:31PM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Muruqa: Purple	<i>Sunset:</i> 6:02PM	Moon 2 - Phase 44 - Purnima
Family Home Evening		Yama 10:51AM – 12:17PM	Sukarma Until 5:19PM	Nataraja: Orange		Moon – Red		Sivaloka Day
Routine Work	Marana Yoga	154786577 Rahu 7:59AM – 9:25AM	Visti Until 1:45AM Tue	Phalgunu-Masi				
Until 8:31PM		Holi	Chaturdashi* Until 12:45PM					
Then Creative Work - Siddha Yoga								
Tuesday, March 7, 2023		Silver Retreat Star		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Istanbul, Turkey Sun 29 Sutra 324 Subhakarit 5124		
Simha Rasi: 18.07	Tithi 15 – 16	Gulika 12:17PM – 1:44PM	Purvaphalguni Until 10:48PM	Ganesha: Clear	<i>Sunrise:</i> 6:32AM	Muruqa: Purple	<i>Sunset:</i> 6:03PM	Moon 2 - Phase 44 - Prathama
Creative Work	Siddha Yoga	Yama 9:24AM – 10:51AM	Dhriti Until 5:40PM	Nataraja: Orange		Moon – Red		Sivaloka Day
Until 10:48PM		154786577 Rahu 3:10PM – 4:36PM	Balava Until 3:28AM Wed	Phalgunu-Masi				
Then Creative Work - Amrita Yoga			Purnima* Until 2:38PM					

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

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Wednesday, March 8, 2023

Gold Retreat Star

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

Istanbul, Turkey

Sutra 325

Kanya Rasi: 0.2 Tithi 16 – 17

Gulika 10:50AM – 12:17PM
Yama 7:57AM – 9:24AM
154786577 Rahu 12:17PM – 1:44PM

Uttaraphalguni Until 12:37AM Thu
Shula* Until 5:44PM
Taitila Until 4:52AM Thu
Prathama* Until 4:11PM

Ganesha: Clear Sunrise: 6:30AM
Muruga: Purple Sunset: 6:04PM
Nataraja: Orange
Moon – Red

Subhakrit 5124
Moon 3 - Phase 45 -
1st Phase

Creative Work Amrita Yoga

Until 12:37AM Thu

Then Routine Work - Marana Yoga

Sivaloka Day

Phalgun-Masi

Thursday, March 9, 2023

1

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

Istanbul, Turkey

Sun 1 Sutra 326

Kanya Rasi: 12.41 Tithi 17 – 18

Gulika 9:23AM – 10:50AM
Yama 6:29AM – 7:56AM
164786577 Rahu 1:44PM – 3:11PM

Hasta Until 2:25AM Fri
Ganda* Until 5:34PM
Vanija Until 5:53AM Fri
Dvitiya Until 5:24PM

Ganesha: White Sunrise: 6:29AM
Muruga: Purple Sunset: 6:05PM
Nataraja: Orange
Moon – Green

Subhakrit 5124
Moon 3 - Phase 45 - 1
1st Phase

Routine Work Marana Yoga

Until 2:25AM Fri

Then Creative Work - Siddha Yoga

Devaloka Day

Phalgun-Masi

Friday, March 10, 2023

2

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

Istanbul, Turkey

Sun 2 Sutra 327

Kanya Rasi: 25.12 Tithi 18

Gulika 7:54AM – 9:22AM
Yama 3:11PM – 4:39PM
165786577 Rahu 10:49AM – 12:16PM

Chitra Until 3:40AM Sat
Vridhhi Until 5:07PM
Visti Until 6:13PM
Tritiya Until 6:13PM

Ganesha: Yellow Sunrise: 6:27AM
Muruga: Purple Sunset: 6:06PM
Nataraja: Orange
Moon – Green

Subhakrit 5124
Moon 3 - Phase 45 - 2
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

Phalgun-Masi

Saturday, March 11, 2023

3

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

Istanbul, Turkey

Sun 3 Sutra 328

Tula Rasi: 7.54 Tithi 19

Gulika 6:25AM – 7:53AM
Yama 1:44PM – 3:12PM
165786577 Rahu 9:21AM – 10:48AM

Svati Until 4:21AM Sun
Dhruva Until 4:19PM
Bava Until 6:30AM
Chaturthi* Until 6:38PM

Ganesha: Yellow Sunrise: 6:25AM
Muruga: Purple Sunset: 6:07PM
Nataraja: Orange
Moon – Green

Subhakrit 5124
Moon 3 - Phase 45 - 3
1st Phase

Creative Work Siddha Yoga

Until 4:21AM Sun

Then Routine Work - Marana Yoga

Sivaloka Day

Phalgun-Masi

Sunday, March 12, 2023

4

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

Istanbul, Turkey

Sun 4 Sutra 329

Tula Rasi: 20.48 Tithi 20

Gulika 3:12PM – 4:40PM
Yama 12:16PM – 1:44PM
175786577 Rahu 4:40PM – 6:08PM

Vishakha Until 4:52AM Mon
Vyaghata* Until 3:11PM
Kaulava Until 6:41AM
Panchami Until 6:34PM

Ganesha: Blue Sunrise: 6:24AM
Muruga: Purple Sunset: 6:08PM
Nataraja: Orange
Moon – Orange

Subhakrit 5124
Moon 3 - Phase 45 - 4
1st Phase

Routine Work Marana Yoga

Until 4:52AM Mon

Then Creative Work - Siddha Yoga

Subha Sivaloka Day

Phalgun-Masi

Monday, March 13, 2023

5

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

Istanbul, Turkey

Sun 5 Sutra 330

Vrischika Rasi: 3.57 Tithi 21

Gulika 1:44PM – 3:13PM
Yama 10:47AM – 12:16PM
175786577 Rahu 7:50AM – 9:19AM

Anuradha Until 4:44AM Tue
Harshana Until 1:40PM
Gara Until 6:23AM
Shashthi* Until 6:01PM

Ganesha: Blue Sunrise: 6:22AM
Muruga: Purple Sunset: 6:09PM
Nataraja: Orange
Moon – Orange

Subhakrit 5124
Moon 3 - Phase 45 - 5
1st Phase

Creative Work Siddha Yoga

Until 4:44AM Tue

Then Routine Work - Marana Yoga

Subha Sivaloka Day

Phalgun-Masi

Tuesday, March 14, 2023

6

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

Istanbul, Turkey

Sun 6 Sutra 331

Vrischika Rasi: 17.22 Tithi 22 – 23

Gulika 12:15PM – 1:44PM
Yama 9:18AM – 10:47AM
175786577 Rahu 3:13PM – 4:42PM

Jyeshtha* Until 3:56AM Wed
Vajra* Until 11:43AM
Balava Until 4:12AM Wed
Saptami Until 4:56PM

Ganesha: Blue Sunrise: 6:20AM
Muruga: Purple Sunset: 6:10PM
Nataraja: Orange
Moon – Orange

Subhakrit 5124
Moon 3 - Phase 45 - 6
1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

Phalgun-Masi

Wednesday, March 15, 2023

D

Retreat Star

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

Istanbul, Turkey

Sun 7 Sutra 332

Dhanus Rasi: 1.06 Tithi 23 – 24

Gulika 10:46AM – 12:15PM
Yama 7:48AM – 9:17AM
185786578 Rahu 12:15PM – 1:44PM

Mula* Until 2:55AM Thu
Siddhi Until 9:22AM
Taitila Until 2:20AM Thu
Ashtami* Until 3:19PM

Ganesha: Red Sunrise: 6:19AM
Muruga: Purple Sunset: 6:12PM
Nataraja: Clear
Moon – Light Blue

Subhakrit 5124
Moon 3 - Phase 45 - 7
Ashtami

Routine Work Marana Yoga

Until 2:55AM Thu

Then Creative Work - Siddha Yoga

Sivaloka Day

Phalgun-Panguni

Thursday, March 16, 2023

Retreat Star

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

Istanbul, Turkey

Sun 8 Sutra 333

Dhanus Rasi: 15.08 Tithi 24 – 25

Gulika 9:16AM – 10:45AM
Yama 6:17AM – 7:47AM
185786578 Rahu 1:44PM – 3:14PM

Purvashadha* Until 1:17AM Fri
Vyatipata* Until 6:37AM
Vanija Until 12:00AM Fri
Navami* Until 1:12PM

Ganesha: Red Sunrise: 6:17AM
Muruga: Purple Sunset: 6:13PM
Nataraja: Clear
Moon – Light Blue

Subhakrit 5124
Moon 3 - Phase 45 - 8
Navami

Creative Work Siddha Yoga

Until 1:17AM Fri

Then Routine Work - Marana Yoga

Sivaloka Day

Phalgun-Panguni

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

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1	Friday, March 17, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 9 Sutra 334
	Dhanus Rasi: 29.29	Tithi 25 – 26	Gulika 7:45AM – 9:15AM	Uttarashadha Until 11:08PM	Ganesha: Red <i>Sunrise:</i> 6:15AM	Subhakrit 5124
	185786578	Rahu 10:45AM – 12:15PM	Parigha* Until 12:02AM Sat	Muruqa: Purple <i>Sunset:</i> 6:14PM	Moon 3 - Phase 46 - 9	2nd Phase
	Routine Work Marana Yoga		Bava Until 9:16PM	Nataraja: Clear	Sivaloka Day	
			Dashami Until 10:39AM	Moon – Light Blue Phalguna•Panguni		

2	Saturday, March 18, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Istanbul, Turkey Sun 10 Sutra 335
	Makara Rasi: 14.06	Tithi 26 – 27	Gulika 6:14AM – 7:44AM	Shravana Until 8:59PM	Ganesha: Green <i>Sunrise:</i> 6:14AM	Subhakrit 5124
	195786578	Rahu 9:14AM – 10:44AM	Shiva Until 8:23PM	Muruqa: Purple <i>Sunset:</i> 6:15PM	Moon 3 - Phase 46 - 10	2nd Phase
	Creative Work Siddha Yoga		Kaulava Until 6:15PM	Nataraja: Clear	Subha Sivaloka Day	
			Ekadashi* Until 7:46AM	Moon – Purple Phalguna•Panguni		

3	Sunday, March 19, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Istanbul, Turkey Sun 11 Sutra 336
	Makara Rasi: 28.53	Tithi 28	Gulika 3:15PM – 4:45PM	Dhanishtha Until 6:34PM	Ganesha: Orange <i>Sunrise:</i> 6:12AM	Subhakrit 5124
	196796578	Rahu 4:45PM – 6:16PM	Siddha Until 4:35PM	Muruqa: Clear <i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 11	2nd Phase
	Routine Work Marana Yoga		Gara Until 3:04PM	Nataraja: Clear	Devaloka Day	
Until 6:34PM			Trayodashi* Until 1:27AM Mon	Moon – Purple Phalguna•Panguni		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			

4	Monday, March 20, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhisak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Istanbul, Turkey Sun 12 Sutra 337
	Kumbha Rasi: 13.43	Tithi 29	Gulika 1:45PM – 3:15PM	Shatabhisak Until 4:01PM	Ganesha: Green <i>Sunrise:</i> 6:10AM	Subhakrit 5124
	196896578	Rahu 7:41AM – 9:12AM	Sadhya Until 12:49PM	Muruqa: Clear <i>Sunset:</i> 6:17PM	Moon 3 - Phase 46 - 12	2nd Phase
	Family Home Evening		Visti Until 11:53AM	Nataraja: Clear	Sivaloka Day	
Creative Work Siddha Yoga			Chaturdashi* Until 10:19PM	Moon – Purple Phalguna•Panguni		
Until 4:01PM						
Then Routine Work - Marana Yoga						

●	Tuesday, March 21, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Istanbul, Turkey Sun 13 Sutra 338
	Retreat Star		Gulika 12:13PM – 1:45PM	Purvaproshtapada* Until 1:55PM	Ganesha: Orange <i>Sunrise:</i> 6:09AM	Subhakrit 5124
	Kumbha Rasi: 28.29	Tithi 30	Yama 9:11AM – 10:42AM	Subha Until 9:11AM	Muruqa: Clear <i>Sunset:</i> 6:18PM	Moon 3 - Phase 46 - 13
	116896578	Rahu 3:16PM – 4:47PM	Catuspada Until 8:50AM	Nataraja: Clear	Amavasya	
Routine Work Marana Yoga			Amavasya* Until 7:24PM	Moon – Clear Phalguna•Panguni	Devaloka Day	
Until 1:55PM						
Then Creative Work - Amrita Yoga						

●	Wednesday, March 22, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Brahma Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau				Istanbul, Turkey Sun 14 Sutra 339
	Retreat Star		Gulika 10:42AM – 12:13PM	Uttaraproshtapada Until 12:01PM	Ganesha: Orange <i>Sunrise:</i> 6:07AM	Subhakrit 5124
	Meena Rasi: 13.03	Tithi 1 – 2	Yama 7:39AM – 9:10AM	Brahma Until 2:43AM Thu	Muruqa: Clear <i>Sunset:</i> 6:19PM	Moon 3 - Phase 46 - 14
	116896578	Rahu 12:13PM – 1:45PM	Kintughna Until 6:06AM	Nataraja: Clear	Prathama	
Creative Work Siddha Yoga			Prathama* Until 4:52PM	Moon – Clear Chaitra•Panguni	Devaloka Day	
Until 12:01PM		Yugadhi				
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

Il times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1		Thursday, March 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Istanbul, Turkey Sun 15 Sutra 340	
Meena Rasi: 27.17	Tithi 2 – 3	Gulika 9:09AM – 10:41AM	Revati Until 10:28AM	Ganesha: Orange	<i>Sunrise:</i> 6:05AM	Subhakrit 5124	
		Yama 6:05AM – 7:37AM	Indra Until 12:11AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:45PM – 3:16PM	Taitila Until 2:06AM Fri	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Dvitiya Until 2:51PM	Moon – Clear		Devaloka Day	
Until 10:28AM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Istanbul, Turkey Sun 16 Sutra 341	
Mesha Rasi: 11.08	Tithi 3 – 4	Gulika 7:36AM – 9:08AM	Ashvini Until 9:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM	Subhakrit 5124	
		Yama 3:17PM – 4:49PM	Vaidhriti* Until 10:10PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:40AM – 12:12PM	Vanija Until 1:07AM Sat	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Tritiya Until 1:30PM	Moon – White		Devaloka Day	
Until 9:50AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Istanbul, Turkey Sun 17 Sutra 342	
Mesha Rasi: 24.34	Tithi 4 – 5	Gulika 6:02AM – 7:35AM	Bharani Until 9:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:02AM	Subhakrit 5124	
		Yama 1:45PM – 3:17PM	Vishkamba* Until 8:48PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:07AM – 10:40AM	Bava Until 12:55AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Chaturthi* Until 12:54PM	Moon – White		Devaloka Day	
Until 9:48AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Istanbul, Turkey Sun 18 Sutra 343	
Vrishabha Rasi: 7.35	Tithi 5 – 6	Gulika 3:18PM – 4:51PM	Krittika Until 10:22AM	Ganesha: Clear	<i>Sunrise:</i> 6:00AM	Subhakrit 5124	
		Yama 12:12PM – 1:45PM	Priti Until 8:03PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:51PM – 6:23PM	Kaulava Until 1:30AM Mon	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Panchami Until 1:05PM	Moon – White		Devaloka Day	
				Chaitra•Panguni			

5		Monday, March 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Istanbul, Turkey Sun 19 Sutra 344	
Vrishabha Rasi: 20.13	Tithi 6 – 7	Gulika 1:45PM – 3:18PM	Rohini Until 11:59AM	Ganesha: Clear	<i>Sunrise:</i> 5:59AM	Subhakrit 5124	
Family Home Evening		Yama 10:38AM – 12:12PM	Ayushman Until 7:50PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:32AM – 9:05AM	Gara Until 2:47AM Tue	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Shashthi* Until 2:02PM	Moon – Yellow		Devaloka Day	
				Chaitra•Panguni			

6		Tuesday, March 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Istanbul, Turkey Sun 20 Sutra 345	
Mithuna Rasi: 2.33	Tithi 7 – 8	Gulika 12:11PM – 1:45PM	Mrigashira Until 2:05PM	Ganesha: Clear	<i>Sunrise:</i> 5:57AM	Subhakrit 5124	
		Yama 9:04AM – 10:38AM	Saubhagya Until 8:07PM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:18PM – 4:52PM	Visti Until 4:39AM Wed	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Saptami Until 3:38PM	Moon – Yellow		Devaloka Day	
Until 2:05PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Istanbul, Turkey Sun 21 Sutra 346	
Mithuna Rasi: 14.4	Tithi 8 – 9	Gulika 10:37AM – 12:11PM	Ardra Until 4:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:55AM	Subhakrit 5124	
		Yama 7:29AM – 9:03AM	Sobhana Until 8:45PM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:11PM – 1:45PM	Balava Until 6:53AM Thu	Nataraja: Clear		Ashtami	
Creative Work Siddha Yoga			Ashtami* Until 5:42PM	Moon – Yellow		Devaloka Day	
				Chaitra•Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Istanbul, Turkey Sun 22 Sutra 347	
Mithuna Rasi: 26.37	Tithi 9	Gulika 9:02AM – 10:36AM	Punarvasu Until 7:30PM	Ganesha: White	<i>Sunrise:</i> 5:54AM	Subhakrit 5124	
		Yama 5:54AM – 7:28AM	Athiganda* Until 9:32PM	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 47 - 22	
		147896578 Rahu 1:45PM – 3:19PM	Balava Until 6:53AM	Nataraja: Clear		Navami	
Creative Work Amrita Yoga			Navami* Until 8:03PM	Moon – Blue		Bhuloka Day	
		Sri Rama Navami		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

ll times are standard time. Calculated for Istanbul, Turkey on 5/1/2

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1	Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Istanbul, Turkey Sun 23 Sutra 348 Subhakrit 5124
	Kataka Rasi: 8.31	Tithi 10	Gulika 7:27AM – 9:01AM	Pushya Until 10:26PM	Ganesha: White	<i>Sunrise:</i> 5:52AM	
			Yama 3:20PM – 4:54PM	Sukarma Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 48 - 23
	Routine Work	Marana Yoga	147896578 Rahu 10:36AM – 12:10PM	Taitila Until 9:17AM	Nataraja: Clear		4th Phase
			Dashami Until 10:29PM	Moon – Blue		Bhuloka Day	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2	Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Istanbul, Turkey Sun 24 Sutra 349 Subhakrit 5124
	Kataka Rasi: 20.25	Tithi 11	Gulika 5:52AM – 7:27AM	Ashlesha* Until 1:05AM Sun	Ganesha: White	<i>Sunrise:</i> 5:52AM	
			Yama 1:45PM – 3:20PM	Dhriti Until 11:11PM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 48 - 24
	Routine Work	Marana Yoga	147896578 Rahu 9:01AM – 10:36AM	Vanija Until 11:41AM	Nataraja: Clear		4th Phase
			Ekadashi Until 12:48AM Sun	Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3	Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Istanbul, Turkey Sun 25 Sutra 350 Subhakrit 5124
	Simha Rasi: 2.22	Tithi 12	Gulika 3:20PM – 4:55PM	Magha* Until 3:50AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:50AM	
			Yama 12:10PM – 1:45PM	Shula* Until 11:46PM	Muruqa: Clear	<i>Sunset:</i> 6:30PM	Moon 3 - Phase 48 - 25
	Routine Work	Marana Yoga	158896578 Rahu 4:55PM – 6:30PM	Bava Until 1:54PM	Nataraja: Clear		4th Phase
			Dvadashi Until 2:52AM Mon	Moon – Red		Devaloka Day	
		Until 3:50AM Mon		Chaitra•Panguni			
		Then Creative Work - Siddha Yoga					

4	Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Istanbul, Turkey Sun 26 Sutra 351 Subhakrit 5124
	Simha Rasi: 14.25	Tithi 13	Gulika 1:45PM – 3:20PM	Purvaphalguni Until 6:04AM Tue	Ganesha: Red	<i>Sunrise:</i> 5:49AM	
	Family Home Evening		Yama 10:34AM – 12:10PM	Ganda* Until 12:06AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 48 - 26
	Creative Work	Siddha Yoga	158896578 Rahu 7:24AM – 8:59AM	Kaulava Until 3:48PM	Nataraja: Clear		4th Phase
			Trayodashi Until 4:34AM Tue	Moon – Red		Devaloka Day	
		Until 6:04AM Tue		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					
				<i>Pradosha Vrata</i>			

5	Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Istanbul, Turkey Sun 27 Sutra 352 Subhakrit 5124
	Simha Rasi: 26.37	Tithi 14	Gulika 12:09PM – 1:45PM	Purvaphalguni Until 6:04AM	Ganesha: Red	<i>Sunrise:</i> 5:47AM	
			Yama 8:58AM – 10:34AM	Vriddhi Until 12:07AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 48 - 27
	Creative Work	Siddha Yoga	158896578 Rahu 3:21PM – 4:56PM	Gara Until 5:17PM	Nataraja: Clear		4th Phase
			Chaturdashi* Until 5:50AM Wed	Moon – Red		Devaloka Day	
		Until 6:04AM		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					

○	Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti* Karana Purnimayam Titau				Istanbul, Turkey Sutra 353 Subhakrit 5124
	Copper Retreat Star		Gulika 10:33AM – 12:09PM	Uttaraphalguni Until 7:42AM	Ganesha: Red	<i>Sunrise:</i> 5:45AM	
	Kanya Rasi: 9.01	Tithi 15	Yama 7:21AM – 8:57AM	Dhruva Until 11:44PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 3 - Phase 48 - Purnima
	Creative Work	Amrita Yoga	158896578 Rahu 12:09PM – 1:45PM	Visti Until 6:17PM	Nataraja: Clear		
			Purnima* Until 6:36AM Thu	Moon – Red		Devaloka Day	
		Until 7:42AM		Chaitra•Panguni			
		Then Routine Work - Marana Yoga					
				Panguni Uttiram			
				Hanuman Jayanti			

○	Thursday, April 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Istanbul, Turkey Sutra 354 Subhakrit 5124
	Silver Retreat Star		Gulika 8:56AM – 10:33AM	Hasta Until 9:11AM	Ganesha: Blue	<i>Sunrise:</i> 5:44AM	
	Kanya Rasi: 21.38	Tithi 15 – 16	Yama 5:44AM – 7:20AM	Vyaghata* Until 11:00PM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 3 - Phase 48 - Prathama
	Creative Work	Marana Yoga	168896578 Rahu 1:45PM – 3:21PM	Balava Until 6:49PM	Nataraja: Clear		
			Purnima* Until 6:36AM	Moon – Green		Bhuloka Day	
		Until 9:11AM		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
		Then Creative Work - Siddha Yoga					

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



Friday, April 7, 2023
Gold Retreat Star

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

Istanbul, Turkey
Sutra 355

Tula Rasi: 4.28 Tithi 16 – 17

Gulika 7:19AM – 8:55AM
Yama 3:22PM – 4:58PM
168896578 **Rahu** 10:32AM – 12:09PM

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

Ganesha: Blue *Sunrise:* 5:42AM
Muruqa: Clear *Sunset:* 6:35PM
Nataraja: Clear
Moon – Green
Chaitra+Panguni

Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

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

Creative Work Siddha Yoga

1

Saturday, April 8, 2023

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

Istanbul, Turkey
Sun 1 Sutra 356

Tula Rasi: 17.32 Tithi 17 – 18

Gulika 5:40AM – 7:17AM
Yama 1:45PM – 3:22PM
168896578 **Rahu** 8:54AM – 10:31AM

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

Ganesha: Blue *Sunrise:* 5:40AM
Muruqa: Clear *Sunset:* 6:36PM
Nataraja: Clear
Moon – Green
Chaitra+Panguni

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

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

Creative Work Siddha Yoga

2

Sunday, April 9, 2023

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

Istanbul, Turkey
Sun 2 Sutra 357

Vrischika Rasi: 0.49 Tithi 18 – 19

Gulika 3:23PM – 5:00PM
Yama 12:08PM – 1:45PM
179896578 **Rahu** 5:00PM – 6:37PM

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

Ganesha: Red *Sunrise:* 5:39AM
Muruqa: Clear *Sunset:* 6:37PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

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

Devaloka Day

Routine Work Marana Yoga

3

Monday, April 10, 2023

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

Istanbul, Turkey
Sun 3 Sutra 358

Vrischika Rasi: 14.19 Tithi 20

Family Home Evening

Gulika 1:45PM – 3:23PM
Yama 10:30AM – 12:08PM
179896578 **Rahu** 7:15AM – 8:52AM

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

Ganesha: Red *Sunrise:* 5:37AM
Muruqa: Clear *Sunset:* 6:38PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

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

Devaloka Day

Creative Work Siddha Yoga

4

Tuesday, April 11, 2023

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

Istanbul, Turkey
Sun 4 Sutra 359

Vrischika Rasi: 28.01 Tithi 21

Until 9:17AM

Then Creative Work - Amrita Yoga

Gulika 12:07PM – 1:45PM
Yama 8:52AM – 10:30AM
179896578 **Rahu** 3:23PM – 5:01PM

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

Ganesha: Red *Sunrise:* 5:36AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Orange
Chaitra+Panguni

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

Devaloka Day

5

Wednesday, April 12, 2023

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

Istanbul, Turkey
Sun 5 Sutra 360

Dhanus Rasi: 11.53 Tithi 22

Until 8:28AM

Then Creative Work - Amrita Yoga

Gulika 10:29AM – 12:07PM
Yama 7:12AM – 8:51AM
189896578 **Rahu** 12:07PM – 1:45PM

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

Ganesha: Green *Sunrise:* 5:34AM
Muruqa: Clear *Sunset:* 6:40PM
Nataraja: Clear
Moon – Light Blue
Chaitra+Panguni

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

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

D

Thursday, April 13, 2023

Retreat Star

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

Istanbul, Turkey
Sun 6 Sutra 361

Dhanus Rasi: 25.56 Tithi 23

Until 7:14AM

Then Routine Work - Marana Yoga

Gulika 8:50AM – 10:28AM
Yama 5:32AM – 7:11AM
189996578 **Rahu** 1:46PM – 3:24PM

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

Ganesha: White *Sunrise:* 5:32AM
Muruqa: Clear *Sunset:* 6:41PM
Nataraja: Clear
Moon – Light Blue
Chaitra+Panguni

Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

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

Istanbul, Turkey
Sun 7 Sutra 362

Makara Rasi: 10.07 Tithi 24

Until 4:10AM Sat

Then Creative Work - Siddha Yoga

Gulika 7:10AM – 8:49AM
Yama 3:25PM – 5:04PM
199996578 **Rahu** 10:28AM – 12:07PM

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

Ganesha: Clear *Sunrise:* 5:31AM
Muruqa: Clear *Sunset:* 6:42PM
Nataraja: Clear
Moon – Purple
Chaitra+Chaitra

Sobhana 5125
Moon 4 - Phase 49 - 7
Navami

Devaloka Day


Chidambaram Abhishekam
Tamil New Year


1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 8 Sutra 363	
	Makara Rasi: 24.25	Tithi 25 – 26	Gulika 5:29AM – 7:09AM	Dhanishtha Until 2:26AM Sun	Ganesha: White Sunrise: 5:29AM	Sobhana 5125		
	299996578	Rahu 8:48AM – 10:27AM	Yama 1:46PM – 3:25PM	Subha Until 11:57PM	Muruqa: Clear Sunset: 6:44PM	Moon 4 - Phase 1 - 8		
	Creative Work	Siddha Yoga		Vanija Until 6:38AM	Nataraja: Clear	2nd Phase		
			Dashami Until 5:22PM	Moon – Purple	Bhuloka Day Devaloka Time: 3:PM to 6:PM			
				Chaitra•Chaitra				

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Istanbul, Turkey Sun 9 Sutra 364	
	Kumbha Rasi: 8.47	Tithi 26 – 27	Gulika 3:25PM – 5:05PM	Shatabhishak Until 12:33AM Mon	Ganesha: White Sunrise: 5:28AM	Sobhana 5125		
	299996578	Rahu 5:05PM – 6:45PM	Yama 12:06PM – 1:46PM	Sukla Until 8:46PM	Muruqa: Clear Sunset: 6:45PM	Moon 4 - Phase 1 - 9		
	Creative Work	Siddha Yoga		Kaulava Until 1:37AM Mon	Nataraja: Clear	2nd Phase		
			Ekadashi* Until 2:51PM	Moon – Purple	Bhuloka Day Devaloka Time: 3:PM to 6:PM			
				Chaitra•Chaitra				
					Then Routine Work - Marana Yoga			

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Istanbul, Turkey Sun 10 Sutra 1	
	Kumbha Rasi: 23.1	Tithi 27 – 28	Gulika 1:46PM – 3:26PM	Purvaproshtapada* Until 11:01PM	Ganesha: Orange Sunrise: 5:26AM	Sobhana 5125		
	211996578	Rahu 7:06AM – 8:46AM	Yama 10:26AM – 12:06PM	Brahma Until 5:39PM	Muruqa: Clear Sunset: 6:46PM	Moon 4 - Phase 1 - 10		
	Family Home Evening	Marana Yoga		Gara Until 11:11PM	Nataraja: Clear	2nd Phase		
			Dvadashi* Until 12:22PM	Moon – Clear	Devaloka Day			
				Chaitra•Chaitra				
					Then Creative Work - Siddha Yoga			
					Pradosha Vrata (Fasting)			

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Istanbul, Turkey Sun 11 Sutra 2	
	Meena Rasi: 7.28	Tithi 28 – 29	Gulika 12:06PM – 1:46PM	Uttaraproshtapada Until 9:32PM	Ganesha: Orange Sunrise: 5:25AM	Sobhana 5125		
	211996578	Rahu 3:26PM – 5:06PM	Yama 8:45AM – 10:25AM	Indra Until 2:40PM	Muruqa: Clear Sunset: 6:47PM	Moon 4 - Phase 1 - 11		
	Creative Work	Amrita Yoga		Visti Until 8:57PM	Nataraja: Clear	2nd Phase		
			Trayodashi* Until 10:01AM	Moon – Clear	Devaloka Day			
				Chaitra•Chaitra				
					Then Creative Work - Siddha Yoga			

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Istanbul, Turkey Sun 12 Sutra 3	
	Retreat Star		Gulika 10:25AM – 12:05PM	Revati Until 8:14PM	Ganesha: Orange Sunrise: 5:23AM	Sobhana 5125		
	Meena Rasi: 21.37	Tithi 29 – 30	Yama 7:04AM – 8:44AM	Vaidhriti* Until 11:54AM	Muruqa: Clear Sunset: 6:48PM	Moon 4 - Phase 1 - 12		
	211996578	Rahu 12:05PM – 1:46PM		Catuspada Until 7:02PM	Nataraja: Clear	Amavasya		
			Chaturdashi* Until 7:55AM	Moon – Clear	Devaloka Day			
				Chaitra•Chaitra				
					Routine Work Marana Yoga			

	Thursday, April 20, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau				Istanbul, Turkey Sun 13 Sutra 4	
	Retreat Star		Gulika 8:43AM – 10:24AM	Ashvini Until 7:39PM	Ganesha: Clear Sunrise: 5:22AM	Sobhana 5125		
	Mesha Rasi: 5.32	Tithi 30 – 1	Yama 5:22AM – 7:03AM	Vishkambha* Until 9:28AM	Muruqa: Clear Sunset: 6:49PM	Moon 4 - Phase 1 - 13		
	221996578	Rahu 1:46PM – 3:27PM		Bava Until 4:58AM Fri	Nataraja: Clear	Prathama		
			Amavasya* Until 6:12AM	Moon – White	Devaloka Day			
				Vaisaka•Chaitra				
					Then Creative Work - Siddha Yoga			

There is nothing higher than dharma. Verily, that which is dharma is truth. Shukla Yajur Veda

ll times are standard time. Calculated for Istanbul, Turkey on 5/1/2

www.gurudeva.org/panchang

1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Istanbul, Turkey Sun 14 Sutra 5
	Mesha Rasi: 19.1	Tithi 2	Gulika 7:01AM – 8:43AM	Bharani Until 7:28PM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM	Sobhana 5125
			Yama 3:27PM – 5:09PM	Priti Until 7:27AM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 2 - 14
	221996578	Rahu 10:24AM – 12:05PM	Balava Until 4:35PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 4:19AM Sat	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 Saubhagya Yoga Tailila/Gara Karana Tritiyayam Titau				Istanbul, Turkey Sun 15 Sutra 6
	Wrishabha Rasi: 2.27	Tithi 3	Gulika 5:19AM – 7:00AM	Krittika Until 7:44PM	Ganesha: Clear	<i>Sunrise:</i> 5:19AM	Sobhana 5125
			Yama 1:46PM – 3:28PM	Saubhagya Until 4:51AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 2 - 15
	221996578	Rahu 8:42AM – 10:23AM	Taitila Until 4:15PM		Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 4:19AM Sun	Moon – White		Devaloka Day	
		Akshaya Tritiya		Vaisaka-Chaitra			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Istanbul, Turkey Sun 16 Sutra 7
	Wrishabha Rasi: 15.24	Tithi 4	Gulika 3:28PM – 5:10PM	Rohini Until 8:58PM	Ganesha: Orange	<i>Sunrise:</i> 5:17AM	Sobhana 5125
			Yama 12:05PM – 1:46PM	Sobhana Until 4:20AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:52PM	Moon 4 - Phase 2 - 16
	231996578	Rahu 5:10PM – 6:52PM	Vanija Until 4:35PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 4:59AM Mon	Moon – Yellow		Devaloka Day	
				Vaisaka-Chaitra			

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Istanbul, Turkey Sun 17 Sutra 8
	Wrishabha Rasi: 28.02	Tithi 5	Gulika 1:47PM – 3:29PM	Mrigashira Until 10:40PM	Ganesha: Orange	<i>Sunrise:</i> 5:16AM	Sobhana 5125
	Family Home Evening		Yama 10:22AM – 12:04PM	Athiganda* Until 4:17AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 4 - Phase 2 - 17
	231996578	Rahu 6:58AM – 8:40AM	Bava Until 5:34PM		Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 6:15AM Tue	Moon – Yellow		Devaloka Day	
Until 10:40PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Istanbul, Turkey Sun 18 Sutra 9
	Mithuna Rasi: 10.24	Tithi 5 – 6	Gulika 12:04PM – 1:47PM	Ardra Until 12:44AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:14AM	Sobhana 5125
			Yama 8:39AM – 10:22AM	Sukarma Until 4:38AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:54PM	Moon 4 - Phase 2 - 18
	231996579	Rahu 3:29PM – 5:12PM	Kaulava Until 7:07PM		Nataraja: Purple		3rd Phase
Routine Work	Marana Yoga		Panchami Until 6:15AM	Moon – Yellow		Sivaloka Day	
Until 12:44AM Wed				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Istanbul, Turkey Sun 19 Sutra 10
	Mithuna Rasi: 22.34	Tithi 6 – 7	Gulika 10:21AM – 12:04PM	Punarvasu Until 3:31AM Thu	Ganesha: Green	<i>Sunrise:</i> 5:13AM	Sobhana 5125
			Yama 6:56AM – 8:38AM	Dhriti Until 5:18AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:55PM	Moon 4 - Phase 2 - 19
	241996579	Rahu 12:04PM – 1:47PM	Gara Until 9:06PM		Nataraja: Purple		3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 8:02AM	Moon – Blue		Subha Sivaloka Day	
Until 3:31AM Thu				Vaisaka-Chaitra			
Then Creative Work - Amrita Yoga							

D	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Istanbul, Turkey Sun 20 Sutra 11
	Kataka Rasi: 4.34	Tithi 7 – 8	Gulika 8:38AM – 10:21AM	Pushya Until 6:21AM Fri	Ganesha: Red	<i>Sunrise:</i> 5:11AM	Sobhana 5125
			Yama 5:11AM – 6:55AM	Shula* Until 6:06AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:56PM	Moon 4 - Phase 2 - 20
	242996579	Rahu 1:47PM – 3:30PM	Visti Until 11:21PM		Nataraja: Purple		Ashtami
Creative Work	Amrita Yoga		Saptami Until 10:11AM	Moon – Blue		Sivaloka Day	
Until 6:21AM Fri				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

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				Istanbul, Turkey Sun 21 Sutra 12
	Kataka Rasi: 16.29	Tithi 8 – 9	Gulika 6:53AM – 8:37AM	Pushya Until 6:21AM	Ganesha: Red	<i>Sunrise:</i> 5:10AM	Sobhana 5125
			Yama 3:30PM – 5:14PM	Shula* Until 6:06AM	Muruqa: Clear	<i>Sunset:</i> 6:57PM	Moon 4 - Phase 2 - 21
	242996579	Rahu 10:20AM – 12:04PM	Balava Until 1:42AM Sat		Nataraja: Purple		Navami
Routine Work	Marana Yoga		Ashtami* Until 12:30PM	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/Taitila Karana Navami/Dashamyam Titau				Istanbul, Turkey Sun 22
	Kataka Rasi: 28.23	Tithi 9 – 10	Gulika 5:09AM – 6:52AM Yama 1:47PM – 3:31PM 242996579 Rahu 8:36AM – 10:20AM	Ashlesha* Until 9:03AM Ganda* Until 6:57AM Taitila Until 3:55AM Sun Navami* Until 2:49PM	Ganesha: Red Muruqa: Clear Nataraja: Purple Moon – Blue	Sunrise: 5:09AM Sunset: 6:58PM	Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase
Routine Work Marana Yoga Until 9:03AM Then Creative Work - Amrita Yoga			Sivaloka Day				


2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Istanbul, Turkey Sun 23
	Simha Rasi: 10.21	Tithi 10 – 11	Gulika 3:31PM – 5:15PM Yama 12:03PM – 1:47PM 252996579 Rahu 5:15PM – 6:59PM	Magha* Until 11:56AM Vriddhi Until 7:42AM Vanija Until 5:51AM Mon Dashami Until 4:55PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:07AM Sunset: 6:59PM	Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase
Routine Work Marana Yoga Until 11:56AM Then Creative Work - Siddha Yoga			Devaloka Day				

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti* Karana Ekadashyam Titau				Istanbul, Turkey Sun 24
	Simha Rasi: 22.26	Tithi 11	Gulika 1:48PM – 3:32PM Yama 10:18AM – 12:03PM 252996579 Rahu 6:49AM – 8:34AM	Purvaphalguni Until 2:17PM Dhruva Until 8:10AM Visti Until 6:38PM Ekadashi Until 6:38PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:05AM Sunset: 7:02PM	Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase
Family Home Evening Creative Work Siddha Yoga			Devaloka Day				

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Istanbul, Turkey Sun 25
	Kanya Rasi: 4.43	Tithi 12	Gulika 12:03PM – 1:48PM Yama 8:33AM – 10:18AM 252996579 Rahu 3:33PM – 5:18PM	Uttaraphalguni Until 4:00PM Vyaghata* Until 8:17AM Bava Until 7:19AM Dvadashi Until 7:48PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:03AM Sunset: 7:03PM	Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase
Creative Work Amrita Yoga Until 4:00PM Then Creative Work - Siddha Yoga			Devaloka Day				

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Istanbul, Turkey Sun 26
	Kanya Rasi: 17.14	Tithi 13	Gulika 10:18AM – 12:03PM Yama 6:47AM – 8:32AM 262996579 Rahu 12:03PM – 1:48PM	Hasta Until 5:27PM Harshana Until 7:58AM Kaulava Until 8:11AM Trayodashi Until 8:22PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:02AM Sunset: 7:04PM	Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase
Routine Work Marana Yoga Until 5:27PM Then Creative Work - Siddha Yoga			Sivaloka Day <i>Pradosha Vrata</i>				

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				Istanbul, Turkey Sun 27
	Tula Rasi: 0.04	Tithi 14	Gulika 8:32AM – 10:17AM Yama 5:01AM – 6:46AM 262996579 Rahu 1:48PM – 3:34PM	Chitra Until 6:07PM Vajra* Until 7:07AM Gara Until 8:26AM Chaturdashi* Until 8:18PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:01AM Sunset: 7:05PM	Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase
Creative Work Siddha Yoga Until 6:07PM Then Creative Work - Amrita Yoga			Sivaloka Day				

	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Istanbul, Turkey Sun 28
	Tula Rasi: 13.12	Tithi 15	Gulika 6:45AM – 8:31AM Yama 3:34PM – 5:20PM 262996579 Rahu 10:17AM – 12:03PM	Svati Until 6:02PM Vyatipata* Until 4:01AM Sat Visti Until 8:03AM Purnima* Until 7:37PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:00AM Sunset: 7:06PM	Sobhana 5125 Moon 4 - Phase 3 - Purnima
Creative Work Siddha Yoga Budha Purnima (Tamil Nadu)			Sivaloka Day				

7	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Istanbul, Turkey Sun 29
	Tula Rasi: 26.39	Tithi 16	Gulika 4:58AM – 6:44AM Yama 1:49PM – 3:35PM 272996579 Rahu 8:30AM – 10:17AM	Vishakha Until 5:43PM Variyan Until 1:50AM Sun Balava Until 7:05AM Prathama* Until 6:24PM	Ganesha: White Muruqa: Clear Nataraja: Purple Moon – Orange	Sunrise: 4:58AM Sunset: 7:07PM	Sobhana 5125 Moon 4 - Phase 3 - Prathama
Creative Work Siddha Yoga			Devaloka Day				