



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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yukтайam  
Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiyayam Titau

Kathmandu, Nepal  
Sutra 1

Tula Rasi: 20.15 Tithi 17  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 3:37AM Tue  
Then Creative Work - Siddha Yoga

278345478

**Gulika** 1:26PM – 3:02PM  
Yama 10:12AM – 11:49AM  
**Rahu** 6:59AM – 8:36AM

**Vishakha Until 3:37AM Tue**  
Siddhi Until 8:21PM  
Taitila Until 8:46AM  
**Dvitiya Until 7:24PM**

**Ganesha:** Purple *Sunrise:* 5:23AM  
**Muruḡa:** White *Sunset:* 6:15PM  
**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 Yukтайam  
Anuradha Nakshatra Vyatipata/Variyan Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Kathmandu, Nepal  
Sun 1 Sutra 2

Virschika Rasi: 4.46 Tithi 18 – 19  
Creative Work Siddha Yoga

278345478

**Gulika** 11:49AM – 1:25PM  
Yama 8:35AM – 10:12AM  
**Rahu** 3:02PM – 4:39PM

**Anuradha Until 1:36AM Wed**  
Vyatipata\* Until 4:59PM  
Vanija Until 6:02AM  
**Tritiya Until 4:37PM**

**Ganesha:** Purple *Sunrise:* 5:22AM  
**Muruḡa:** White *Sunset:* 6:16PM  
**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 Yukтайam  
Jyeshtha\* Nakshatra Variyan/Parigha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Kathmandu, Nepal  
Sun 2 Sutra 3

Virschika Rasi: 19.19 Tithi 19 – 20  
Creative Work Siddha Yoga

278345478

**Gulika** 10:12AM – 11:48AM  
Yama 6:58AM – 8:35AM  
**Rahu** 11:48AM – 1:25PM

**Jyeshtha\* Until 11:30PM**  
Variyan Until 1:35PM  
Kaulava Until 12:31AM Thu  
**Chaturthi\* Until 1:51PM**

**Ganesha:** Purple *Sunrise:* 5:21AM  
**Muruḡa:** White *Sunset:* 6:16PM  
**Nataraja:** White  
Moon – Orange  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Bhuloka Day**

Then Routine Work - Marana Yoga

**3**

**Thursday, April 21, 2022**

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

Kathmandu, Nepal  
Sun 3 Sutra 4

Dhanus Rasi: 3.5 Tithi 20 – 21  
Creative Work Siddha Yoga

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**Gulika** 8:34AM – 10:11AM  
Yama 5:20AM – 6:57AM  
**Rahu** 1:25PM – 3:03PM

**Mula\* Until 9:49PM**  
Parigha\* Until 10:17AM  
Gara Until 9:55PM  
**Panchami Until 11:10AM**

**Ganesha:** Clear *Sunrise:* 5:20AM  
**Muruḡa:** White *Sunset:* 6:17PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 -  
1st 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 Yukтайam  
Purvashadha\* Nakshatra Shiva/Siddha Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Kathmandu, Nepal  
Sun 4 Sutra 5

Dhanus Rasi: 18.13 Tithi 21 – 22  
Routine Work Prabalarishta Yoga

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**Gulika** 6:56AM – 8:33AM  
Yama 3:03PM – 4:40PM  
**Rahu** 10:11AM – 11:48AM

**Purvashadha\* Until 8:13PM**  
Shiva Until 7:09AM  
Visti Until 7:33PM  
**Shashthi\* Until 8:41AM**

**Ganesha:** Purple *Sunrise:* 5:19AM  
**Muruḡa:** White *Sunset:* 6:17PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Devaloka Day**

Then Routine Work - Marana Yoga

**●**

**Saturday, April 23, 2022**

**Retreat Star**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yukтайam  
Uttarashadha Nakshatra Sadhya Yoga Bava/Kaulava Karana Saptami/Ashtamyam Titau

Kathmandu, Nepal  
Sun 5 Sutra 6

Makara Rasi: 2.26 Tithi 22 – 23  
Routine Work Marana Yoga

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**Gulika** 5:18AM – 6:55AM  
Yama 1:25PM – 3:03PM  
**Rahu** 8:33AM – 10:10AM

**Uttarashadha Until 6:45PM**  
Sadhya Until 1:30AM Sun  
Kaulava Until 4:32AM Sun  
**Saptami Until 6:27AM**

**Ganesha:** Purple *Sunrise:* 5:18AM  
**Muruḡa:** White *Sunset:* 6:18PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 -  
5 Ashtami

**Devaloka Day**

Then Creative Work - Siddha Yoga

**Sunday, April 24, 2022**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 6 Sutra 7

Makara Rasi: 16.27 Tithi 24  
Creative Work Amrita Yoga

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**Gulika** 3:03PM – 4:41PM  
Yama 11:48AM – 1:25PM  
**Rahu** 4:41PM – 6:19PM

**Shravana Until 5:54PM**  
Subha Until 11:05PM  
Taitila Until 3:42PM  
**Navami\* Until 2:56AM Mon**

**Ganesha:** Clear *Sunrise:* 5:17AM  
**Muruḡa:** White *Sunset:* 6:19PM  
**Nataraja:** White  
Moon – Purple  
Chaitra+Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 -  
6 Navami

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

Then Routine Work - Marana Yoga

<b>1</b>	<b>Monday, April 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 7 Sutra 8
	Kumbha Rasi: 0.16	Tithi 25	<b>Gulika</b> 1:25PM – 3:03PM	<b>Dhanishtha</b> Until 5:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:16AM	Subhakrit 5124
	<b>Family Home Evening</b>	299345479	Yama 10:10AM – 11:47AM	Sukla Until 8:56PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:19PM	Moon 4 - Phase 2 - 7
	Creative Work Siddha Yoga		<b>Rahu</b> 6:54AM – 8:32AM	Vanija Until 2:17PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami</b> Until 1:42AM Tue	Moon – Purple		<b>Devaloka Day</b>	
				Chaitra•Chaitra			

<b>2</b>	<b>Tuesday, April 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 8 Sutra 9
	Kumbha Rasi: 13.51	Tithi 26	<b>Gulika</b> 11:47AM – 1:25PM	<b>Shatabhishak</b> Until 4:49PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:15AM	Subhakrit 5124
		299345479	Yama 8:31AM – 10:09AM	Brahma Until 7:06PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:20PM	Moon 4 - Phase 2 - 8
	Routine Work Marana Yoga		<b>Rahu</b> 3:03PM – 4:42PM	Bava Until 1:15PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi*</b> Until 12:51AM Wed	Moon – Purple		<b>Devaloka Day</b>	
				Chaitra•Chaitra			

<b>3</b>	<b>Wednesday, April 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 10
	Kumbha Rasi: 27.13	Tithi 27	<b>Gulika</b> 10:09AM – 11:47AM	<b>Purvaproshtapada*</b> Until 5:06PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
		219345479	Yama 6:52AM – 8:31AM	Indra Until 5:37PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:20PM	Moon 4 - Phase 2 - 9
	Creative Work Amrita Yoga		<b>Rahu</b> 11:47AM – 1:25PM	Kaulava Until 12:37PM	<b>Nataraja:</b> Clear		2nd Phase
Until 5:06PM			<b>Dvadashi*</b> Until 12:26AM Thu	Moon – Clear		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Chaitra•Chaitra			

<b>4</b>	<b>Thursday, April 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 11
	Meena Rasi: 10.21	Tithi 28	<b>Gulika</b> 8:30AM – 10:09AM	<b>Uttaraproshtapada</b> Until 5:40PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:13AM	Subhakrit 5124
		219345479	Yama 5:13AM – 6:52AM	Vaidhriti* Until 4:27PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:21PM	Moon 4 - Phase 2 - 10
	Creative Work Siddha Yoga		<b>Rahu</b> 1:25PM – 3:04PM	Gara Until 12:24PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi*</b> Until 12:27AM Fri	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			
			<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>	<b>Friday, April 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 12
	Meena Rasi: 23.16	Tithi 29	<b>Gulika</b> 6:51AM – 8:30AM	<b>Revati</b> Until 6:32PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:12AM	Subhakrit 5124
		219445479	Yama 3:04PM – 4:43PM	Vishkambha* Until 3:41PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:21PM	Moon 4 - Phase 2 - 11
	Creative Work Siddha Yoga		<b>Rahu</b> 10:08AM – 11:47AM	Visti Until 12:40PM	<b>Nataraja:</b> Clear		2nd Phase
Until 6:32PM			<b>Chaturdashi*</b> Until 12:57AM Sat	Moon – Clear		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga				Chaitra•Chaitra		Devaloka Time: 6:PM to 9:PM	

<b>●</b>	<b>Saturday, April 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 13
	<b>Retreat Star</b>		<b>Gulika</b> 5:12AM – 6:50AM	<b>Ashvini</b> Until 8:11PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:12AM	Subhakrit 5124
	Mesha Rasi: 5.56	Tithi 30	Yama 1:26PM – 3:04PM	Priti Until 3:18PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 2 - 12
		221445479	<b>Rahu</b> 8:29AM – 10:08AM	Catuspada Until 1:25PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work Siddha Yoga			<b>Amavasya*</b> Until 1:57AM Sun	Moon – White		<b>Bhuloka Day</b>	
				Chaitra•Chaitra		Devaloka Time: 6:PM to 9:PM	

<b>●</b>	<b>Sunday, May 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 14
	<b>Retreat Star</b>		<b>Gulika</b> 3:05PM – 4:43PM	<b>Bharani</b> Until 10:10PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:11AM	Subhakrit 5124
	Mesha Rasi: 18.23	Tithi 1	Yama 11:47AM – 1:26PM	Ayushman Until 3:16PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:22PM	Moon 4 - Phase 2 - 13
		221445479	<b>Rahu</b> 4:43PM – 6:22PM	Kintughna Until 2:40PM	<b>Nataraja:</b> Clear		Prathama
Routine Work Prabalarishta Yoga			<b>Prathama*</b> Until 3:26AM Mon	Moon – White		<b>Bhuloka Day</b>	
Until 10:10PM				Vaisaka•Chaitra		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							

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

<b>Monday, May 2, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 14 Sutra 15 Subhakit 5124
<b>1</b>	Wrishabha Rasi: 0.38 Tithi 2 <b>Family Home Evening</b> Routine Work Marana Yoga Until 12:25AM Tue Then Creative Work - Amrita Yoga	<b>Gulika</b> 1:26PM – 3:05PM Yama 10:07AM – 11:46AM 231445479 <b>Rahu</b> 6:49AM – 8:28AM	<b>Krittika Until 12:25AM Tue</b> Saubhagya Until 3:37PM Balava Until 4:22PM <b>Dvitiya Until 5:21AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:10AM <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – White Vaisaka-Chaitra	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	Moon 4 - Phase 3 - 14 3rd Phase

<b>Tuesday, May 3, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila Karana Tritiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 16 Subhakit 5124
<b>2</b>	Wrishabha Rasi: 12.42 Tithi 3  Creative Work Amrita Yoga Until 3:20AM Wed Then Creative Work - Siddha Yoga	<b>Gulika</b> 11:46AM – 1:26PM Yama 8:28AM – 10:07AM 231445479 <b>Rahu</b> 3:05PM – 4:44PM	<b>Rohini Until 3:20AM Wed</b> Sobhana Until 4:17PM Taitila Until 6:28PM <b>Tritiya Until 7:36AM Wed</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:09AM <b>Muruqa:</b> White <i>Sunset:</i> 6:24PM <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	Moon 4 - Phase 3 - 15 3rd Phase

<b>Wednesday, May 4, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Kathmandu, Nepal Sun 16 Sutra 17 Subhakit 5124
<b>3</b>	Wrishabha Rasi: 24.38 Tithi 3 – 4  Creative Work Siddha Yoga Until 6:18AM Thu Then Routine Work - Marana Yoga	<b>Gulika</b> 10:07AM – 11:46AM Yama 6:48AM – 8:27AM 231445479 <b>Rahu</b> 11:46AM – 1:26PM	<b>Mrigashira Until 6:18AM Thu</b> Athiganda* Until 5:08PM Vanija Until 8:51PM <b>Tritiya Until 7:36AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:08AM <b>Muruqa:</b> White <i>Sunset:</i> 6:24PM <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	Moon 4 - Phase 3 - 16 3rd Phase

<b>Thursday, May 5, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 17 Sutra 18 Subhakit 5124
<b>4</b>	Mithuna Rasi: 6.3 Tithi 4 – 5  Routine Work Marana Yoga	<b>Gulika</b> 8:27AM – 10:07AM Yama 5:08AM – 6:47AM 231445479 <b>Rahu</b> 1:26PM – 3:05PM	<b>Mrigashira Until 6:18AM</b> Sukarma Until 6:07PM Bava Until 11:21PM <b>Chaturthi* Until 10:04AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:08AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	Moon 4 - Phase 3 - 17 3rd Phase

<b>Friday, May 6, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 18 Sutra 19 Subhakit 5124
<b>5</b>	Mithuna Rasi: 18.2 Tithi 5 – 6  Creative Work Siddha Yoga	<b>Gulika</b> 6:47AM – 8:26AM Yama 3:06PM – 4:45PM 231445479 <b>Rahu</b> 10:06AM – 11:46AM	<b>Ardra Until 9:10AM</b> Dhriti Until 7:06PM Kaulava Until 1:48AM Sat <b>Panchami Until 12:34PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 5:07AM <b>Muruqa:</b> White <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	Moon 4 - Phase 3 - 18 3rd Phase

<b>Saturday, May 7, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 19 Sutra 20 Subhakit 5124
<b>6</b>	Kataka Rasi: 0.13 Tithi 6 – 7  Creative Work Siddha Yoga	<b>Gulika</b> 5:06AM – 6:46AM Yama 1:26PM – 3:06PM 241445479 <b>Rahu</b> 8:26AM – 10:06AM	<b>Punarvasu Until 12:16PM</b> Shula* Until 7:56PM Gara Until 4:01AM Sun <b>Shashthi* Until 2:56PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:06AM <b>Muruqa:</b> White <i>Sunset:</i> 6:26PM <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Devaloka Day</b>	Moon 4 - Phase 3 - 19 3rd Phase

<b>Sunday, May 8, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 21 Subhakit 5124
<b>Retreat Star</b>		<b>Gulika</b> 3:06PM – 4:46PM Yama 11:46AM – 1:26PM 241445479 <b>Rahu</b> 4:46PM – 6:26PM	<b>Pushya Until 2:55PM</b> Ganda* Until 8:30PM Visti Until 5:50AM Mon <b>Saptami Until 4:58PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:05AM <b>Muruqa:</b> White <i>Sunset:</i> 6:26PM <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Devaloka Day</b>	Moon 4 - Phase 3 - 20 3rd Phase
		<b>Mother's Day</b>				

<b>Monday, May 9, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 21 Sutra 22 Subhakit 5124
<b>Retreat Star</b>		<b>Gulika</b> 1:26PM – 3:06PM Yama 10:06AM – 11:46AM 241445479 <b>Rahu</b> 6:45AM – 8:25AM	<b>Ashlesha* Until 4:55PM</b> Vriddhi Until 8:41PM Bava Until 6:30PM <b>Ashtami* Until 6:30PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:05AM <b>Muruqa:</b> White <i>Sunset:</i> 6:27PM <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Devaloka Day</b>	Moon 4 - Phase 3 - 21 Ashtami

<b>Tuesday, May 10, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 23 Subhakit 5124
<b>Retreat Star</b>		<b>Gulika</b> 11:46AM – 1:26PM Yama 8:25AM – 10:05AM 252445479 <b>Rahu</b> 3:07PM – 4:47PM	<b>Magha* Until 6:38PM</b> Dhruva Until 8:19PM Balava Until 7:03AM <b>Navami* Until 7:23PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:04AM <b>Muruqa:</b> White <i>Sunset:</i> 6:28PM <b>Nataraja:</b> Clear Moon – Red Vaisaka-Chaitra	<b>Devaloka Day</b>	Moon 4 - Phase 3 - 22 Navami

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

1	<b>Wednesday, May 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 24
	Simha Rasi: 19.23	Tithi 10	<b>Gulika</b> 10:05AM – 11:46AM	<b>Purvaphalguni</b> Until 7:27PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM	Subhakrit 5124
			Yama 6:44AM – 8:25AM	Vyaghata* Until 7:23PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:28PM	Moon 4 - Phase 4 - 23
	Creative Work	Amrita Yoga	252445479 <b>Rahu</b> 11:46AM – 1:26PM	Taitila Until 7:34AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> Until 7:31PM	Moon – Red		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

2	<b>Thursday, May 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 25
	Kanya Rasi: 2.27	Tithi 11	<b>Gulika</b> 8:24AM – 10:05AM	<b>Uttaraphalguni</b> Until 7:21PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:03AM	Subhakrit 5124
			Yama 5:03AM – 6:43AM	Harshana Until 5:51PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 4 - 24
			252445479 <b>Rahu</b> 1:26PM – 3:07PM	Vanija Until 7:19AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> Until 6:53PM	Moon – Red		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

3	<b>Friday, May 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 25 Sutra 26
	Kanya Rasi: 15.56	Tithi 12 – 13	<b>Gulika</b> 6:43AM – 8:24AM	<b>Hasta</b> Until 6:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:02AM	Subhakrit 5124
			Yama 3:08PM – 4:48PM	Vajra* Until 3:41PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:29PM	Moon 4 - Phase 4 - 25
			262445479 <b>Rahu</b> 10:05AM – 11:46AM	Bava Until 6:17AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Dvadashi</b> Until 5:28PM	Moon – Green		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			
				<i>Pradosha Vrata</i>			

4	<b>Saturday, May 14, 2022</b>		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				Kathmandu, Nepal Sun 26 Sutra 27
	Kanya Rasi: 29.52	Tithi 13 – 14	<b>Gulika</b> 5:02AM – 6:43AM	<b>Chitra</b> Until 5:28PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:02AM	Subhakrit 5124
			Yama 1:27PM – 3:08PM	Siddhi Until 12:58PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 4 - 26
			262445479 <b>Rahu</b> 8:24AM – 10:05AM	Gara Until 2:10AM Sun	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> Until 3:24PM	Moon – Green		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

○	<b>Sunday, May 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vratipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sun 27 Sutra 28
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:08PM – 4:49PM	<b>Svati</b> Until 3:26PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:01AM	Subhakrit 5124
	Tula Rasi: 14.11	Tithi 14 – 15	Yama 11:46AM – 1:27PM	Vyatipata* Until 9:49AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:30PM	Moon 4 - Phase 4 - 27
			262445479 <b>Rahu</b> 4:49PM – 6:30PM	Visti Until 11:19PM	<b>Nataraja:</b> Clear		Purnima
			<b>Chaturdashi*</b> Until 12:46PM	Moon – Green		<b>Sivaloka Day</b>	
				Vaisaka-Vaikasi			

○	<b>Monday, May 16, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sun 29 Sutra 29
	<b>Silver Retreat Star</b>		<b>Gulika</b> 1:27PM – 3:08PM	<b>Vishakha</b> Until 1:17PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:00AM	Subhakrit 5124
	Tula Rasi: 28.5	Tithi 15 – 16	Yama 10:04AM – 11:46AM	Variyan Until 6:16AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:31PM	Moon 4 - Phase 4 - Prathama
			272445479 <b>Rahu</b> 6:42AM – 8:23AM	Balava Until 8:07PM	<b>Nataraja:</b> Clear		
			<b>Purnima*</b> Until 9:44AM	Moon – Orange		<b>Devaloka Day</b>	
				Vaisaka-Vaikasi			

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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

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

Kathmandu, Nepal  
Sutra 30

Vrischika Rasi: 13.41 Tithi 16 – 17

272445479

**Gulika** 11:46AM – 1:27PM  
**Yama** 8:23AM – 10:04AM  
**Rahu** 3:09PM – 4:50PM

**Anuradha Until 10:45AM**  
Shiva Until 10:37PM  
Gara Until 3:01AM Wed  
**Prathama\* Until 6:26AM**

**Ganesha:** Yellow *Sunrise:* 5:00AM  
**Muruqa:** White *Sunset:* 6:32PM  
**Nataraja:** Clear  
Moon – Orange  
**Vaisaka-Vaikasi**

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 10:45AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

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

Kathmandu, Nepal  
Sun 1 Sutra 31

Vrischika Rasi: 28.39 Tithi 18

272445479

**Gulika** 10:04AM – 11:46AM  
**Yama** 6:41AM – 8:23AM  
**Rahu** 11:46AM – 1:27PM

**Jyeshtha\* Until 8:01AM**  
Siddha Until 6:43PM  
Vanija Until 1:19PM  
**Tritiya Until 11:38PM**

**Ganesha:** Yellow *Sunrise:* 4:59AM  
**Muruqa:** White *Sunset:* 6:32PM  
**Nataraja:** Clear  
Moon – Orange  
**Vaisaka-Vaikasi**

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 8:01AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**2**

**Thursday, May 19, 2022**

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

Kathmandu, Nepal  
Sun 2 Sutra 32

Dhanus Rasi: 13.34 Tithi 19

282445479

**Gulika** 8:22AM – 10:04AM  
**Yama** 4:59AM – 6:41AM  
**Rahu** 1:28PM – 3:09PM

**Purvashadha\* Until 3:17AM Fri**  
Sadhya Until 2:57PM  
Bava Until 10:00AM  
**Chaturthi\* Until 8:25PM**

**Ganesha:** Blue *Sunrise:* 4:59AM  
**Muruqa:** White *Sunset:* 6:33PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

Subhakrit 5124  
Moon 5 - Phase 5 -  
2 1st Phase

Creative Work Siddha Yoga

Until 3:17AM Fri

Then Routine Work - Marana Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

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

Kathmandu, Nepal  
Sun 3 Sutra 33

Dhanus Rasi: 28.19 Tithi 20 – 21

282445479

**Gulika** 6:40AM – 8:22AM  
**Yama** 3:10PM – 4:51PM  
**Rahu** 10:04AM – 11:46AM

**Uttarashadha Until 1:10AM Sat**  
Subha Until 11:25AM  
Kaulava Until 6:56AM  
**Panchami Until 5:31PM**

**Ganesha:** Blue *Sunrise:* 4:58AM  
**Muruqa:** White *Sunset:* 6:33PM  
**Nataraja:** Clear  
Moon – Light Blue  
**Vaisaka-Vaikasi**

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

Routine Work Marana Yoga

Until 1:10AM Sat

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

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

Kathmandu, Nepal  
Sun 4 Sutra 34

Makara Rasi: 12.47 Tithi 21 – 22

292445479

**Gulika** 4:58AM – 6:40AM  
**Yama** 1:28PM – 3:10PM  
**Rahu** 8:22AM – 10:04AM

**Shravana Until 11:47PM**  
Sukla Until 8:11AM  
Visti Until 1:58AM Sun  
**Shashthi\* Until 3:01PM**

**Ganesha:** Red *Sunrise:* 4:58AM  
**Muruqa:** White *Sunset:* 6:34PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

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

Creative Work Siddha Yoga

**Devaloka Day**

**5**

**Sunday, May 22, 2022**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 5 Sutra 35

Makara Rasi: 26.58 Tithi 22 – 23

292445479

**Gulika** 3:10PM – 4:52PM  
**Yama** 11:46AM – 1:28PM  
**Rahu** 4:52PM – 6:34PM

**Dhanishtha Until 10:47PM**  
Indra Until 2:59AM Mon  
Balava Until 12:15AM Mon  
**Saptami Until 1:01PM**

**Ganesha:** Red *Sunrise:* 4:58AM  
**Muruqa:** White *Sunset:* 6:34PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

Subhakrit 5124  
Moon 5 - Phase 5 -  
5 Ashtami

Routine Work Marana Yoga

Until 10:47PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 6 Sutra 36

Kumbha Rasi: 10.46 Tithi 23 – 24

292445479

**Gulika** 1:28PM – 3:11PM  
**Yama** 10:04AM – 11:46AM  
**Rahu** 6:39AM – 8:22AM

**Shatabhishak Until 10:13PM**  
Vaidhriti\* Until 1:04AM Tue  
Taitila Until 11:08PM  
**Ashtami\* Until 11:36AM**

**Ganesha:** Red *Sunrise:* 4:57AM  
**Muruqa:** White *Sunset:* 6:35PM  
**Nataraja:** Clear  
Moon – Purple  
**Vaisaka-Vaikasi**

Subhakrit 5124  
Moon 5 - Phase 5 -  
6 Navami

Creative Work Siddha Yoga

Until 10:13PM

Then Routine Work - Marana Yoga

**Devaloka Day**

<b>1</b>	<b>Tuesday, May 24, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 7 Sutra 37
	Kumbha Rasi: 24.14	Tithi 24 – 25	<b>Gulika</b> 11:46AM – 1:28PM <b>Yama</b> 8:21AM – 10:04AM <b>Rahu</b> 3:11PM – 4:53PM	<b>Purvaproshtapada* Until 10:33PM</b> Vishkambha* Until 11:39PM Vanija Until 10:36PM <b>Navami* Until 10:46AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 4:57AM <b>Sunset:</b> 6:36PM	Subhakra 5124 Moon 5 - Phase 6 - 7 2nd Phase
	Routine Work	Marana Yoga					<b>Devaloka Day</b>
		Until 10:33PM					
		Then Creative Work - Amrita Yoga					


<b>2</b>	<b>Wednesday, May 25, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 8 Sutra 38
	Meena Rasi: 7.22	Tithi 25 – 26	<b>Gulika</b> 10:04AM – 11:46AM <b>Yama</b> 6:39AM – 8:21AM <b>Rahu</b> 11:46AM – 1:29PM	<b>Uttaraproshtapada Until 11:18PM</b> Priti Until 10:43PM Bava Until 10:40PM <b>Dashami Until 10:32AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 4:56AM <b>Sunset:</b> 6:36PM	Subhakra 5124 Moon 5 - Phase 6 - 8 2nd Phase
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>
		Until 11:18PM					
		Then Routine Work - Marana Yoga					


<b>3</b>	<b>Thursday, May 26, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 39
	Meena Rasi: 20.13	Tithi 26 – 27	<b>Gulika</b> 8:21AM – 10:04AM <b>Yama</b> 4:56AM – 6:39AM <b>Rahu</b> 1:29PM – 3:11PM	<b>Revati Until 12:27AM Fri</b> Ayushman Until 10:12PM Kaulava Until 11:17PM <b>Ekadashi* Until 10:53AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear	<b>Sunrise:</b> 4:56AM <b>Sunset:</b> 6:37PM	Subhakra 5124 Moon 5 - Phase 6 - 9 2nd Phase
	Creative Work	Siddha Yoga					<b>Sivaloka Day</b>
		Until 12:27AM Fri					
		Then Creative Work - Amrita Yoga					

<b>4</b>	<b>Friday, May 27, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Titila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 40
	Mesha Rasi: 2.48	Tithi 27 – 28	<b>Gulika</b> 6:38AM – 8:21AM <b>Yama</b> 3:12PM – 4:54PM <b>Rahu</b> 10:04AM – 11:46AM	<b>Ashvini Until 2:24AM Sat</b> Saubhagya Until 10:05PM Gara Until 12:25AM Sat <b>Dvadashi* Until 11:47AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 4:56AM <b>Sunset:</b> 6:37PM	Subhakra 5124 Moon 5 - Phase 6 - 10 2nd Phase
	Creative Work	Amrita Yoga					<b>Devaloka Day</b>
		Until 2:24AM Sat					
		Then Creative Work - Siddha Yoga					
						<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>	<b>Saturday, May 28, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 41
	Mesha Rasi: 15.1	Tithi 28 – 29	<b>Gulika</b> 4:55AM – 6:38AM <b>Yama</b> 1:29PM – 3:12PM <b>Rahu</b> 8:21AM – 10:04AM	<b>Bharani Until 4:38AM Sun</b> Sobhana Until 10:21PM Visti Until 2:00AM Sun <b>Trayodashi* Until 1:09PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 4:55AM <b>Sunset:</b> 6:38PM	Subhakra 5124 Moon 5 - Phase 6 - 11 2nd Phase
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>
		Until 7:02AM Mon					
		Then Creative Work - Amrita Yoga					

<b>6</b>	<b>Sunday, May 29, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 42
	Mesha Rasi: 27.21	Tithi 29 – 30	<b>Gulika</b> 3:12PM – 4:55PM <b>Yama</b> 11:47AM – 1:30PM <b>Rahu</b> 4:55PM – 6:38PM	<b>Krittika Until 7:02AM Mon</b> Athiganda* Until 10:52PM Catuspada Until 3:58AM Mon <b>Chaturdashi* Until 2:55PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 4:55AM <b>Sunset:</b> 6:38PM	Subhakra 5124 Moon 5 - Phase 6 - 12 2nd Phase
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>
		Until 7:02AM Mon					
		Then Creative Work - Amrita Yoga					

	<b>Monday, May 30, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 43
	<b>Retreat Star</b>		<b>Gulika</b> 1:30PM – 3:13PM <b>Yama</b> 10:04AM – 11:47AM <b>Rahu</b> 6:38AM – 8:21AM	<b>Krittika Until 7:02AM</b> Sukarma Until 11:39PM Kintughna Until 6:12AM Tue <b>Amavasya* Until 5:02PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White	<b>Sunrise:</b> 4:55AM <b>Sunset:</b> 6:39PM	Subhakra 5124 Moon 5 - Phase 6 - 13 Amavasya
	Vrishabha Rasi: 9.23	Tithi 30 – 1					<b>Devaloka Day</b>
		Until 7:02AM					
		Then Creative Work - Amrita Yoga					

	<b>Tuesday, May 31, 2022</b>		Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 44
	<b>Retreat Star</b>		<b>Gulika</b> 11:47AM – 1:30PM <b>Yama</b> 8:21AM – 10:04AM <b>Rahu</b> 3:13PM – 4:56PM	<b>Rohini Until 10:03AM</b> Dhriti Until 12:36AM Wed Kintughna Until 6:12AM <b>Prathama* Until 7:22PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow	<b>Sunrise:</b> 4:55AM <b>Sunset:</b> 6:39PM	Subhakra 5124 Moon 5 - Phase 6 - 14 Prathama
	Vrishabha Rasi: 21.19	Tithi 1					<b>Devaloka Day</b>
		Until 10:03AM					
		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

<b>1</b>	<b>Wednesday, June 1, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 45
	Mithuna Rasi: 3.11	Tithi 2	<b>Gulika</b> 10:04AM – 11:47AM	<b>Mrigashira</b> Until 1:03PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	333545479	Rahu	Yama 6:38AM – 8:21AM	Shula* Until 1:35AM Thu	<b>Muruqa:</b> White <i>Sunset:</i> 6:40PM	Moon 5 - Phase 7 - 15	
Creative Work	Siddha Yoga		Balava Until 8:37AM	<b>Nataraja:</b> Clear	3rd Phase		
			<b>Dvitiya</b> Until 9:50PM	Moon – Yellow		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>2</b>	<b>Thursday, June 2, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 46
	Mithuna Rasi: 15.01	Tithi 3	<b>Gulika</b> 8:21AM – 10:04AM	<b>Ardra</b> Until 3:55PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	333545479	Rahu	Yama 4:54AM – 6:37AM	Ganda* Until 2:36AM Fri	<b>Muruqa:</b> White <i>Sunset:</i> 6:40PM	Moon 5 - Phase 7 - 16	
Routine Work	Marana Yoga		Taitila Until 11:06AM	<b>Nataraja:</b> Clear	3rd Phase		
Until 3:55PM			<b>Tritiya</b> Until 12:19AM Fri	Moon – Yellow		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				Jyeshtha-Vaikasi			

<b>3</b>	<b>Friday, June 3, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthayam Titau				Kathmandu, Nepal Sun 17 Sutra 47
	Mithuna Rasi: 26.51	Tithi 4	<b>Gulika</b> 6:37AM – 8:21AM	<b>Punarvasu</b> Until 7:05PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	343555479	Rahu	Yama 3:14PM – 4:57PM	Vriddhi Until 3:33AM Sat	<b>Muruqa:</b> Green <i>Sunset:</i> 6:41PM	Moon 5 - Phase 7 - 17	
Creative Work	Siddha Yoga		Vanija Until 1:33PM	<b>Nataraja:</b> Clear	3rd Phase		
Until 7:05PM			<b>Chaturthi*</b> Until 2:42AM Sat	Moon – Blue		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

<b>4</b>	<b>Saturday, June 4, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 18 Sutra 48
	Kataka Rasi: 8.44	Tithi 5	<b>Gulika</b> 4:54AM – 6:37AM	<b>Pushya</b> Until 9:53PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	343555479	Rahu	Yama 1:31PM – 3:14PM	Dhruva Until 4:17AM Sun	<b>Muruqa:</b> Green <i>Sunset:</i> 6:41PM	Moon 5 - Phase 7 - 18	
Creative Work	Siddha Yoga		Bava Until 3:50PM	<b>Nataraja:</b> Clear	3rd Phase		
Until 9:53PM			<b>Panchami</b> Until 4:51AM Sun	Moon – Blue		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

<b>5</b>	<b>Sunday, June 5, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 19 Sutra 49
	Kataka Rasi: 20.43	Tithi 6	<b>Gulika</b> 3:15PM – 4:58PM	<b>Ashlesha*</b> Until 12:12AM Mon	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	343555471	Rahu	Yama 11:48AM – 1:31PM	Vyaghata* Until 4:45AM Mon	<b>Muruqa:</b> Green <i>Sunset:</i> 6:42PM	Moon 5 - Phase 7 - 19	
Creative Work	Siddha Yoga		Kaulava Until 5:49PM	<b>Nataraja:</b> Yellow	3rd Phase		
Until 12:12AM Mon			<b>Shashthi*</b> Until 6:38AM Mon	Moon – Blue		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

<b>6</b>	<b>Monday, June 6, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Kathmandu, Nepal Sun 20 Sutra 50
	Simha Rasi: 2.51	Tithi 6 – 7	<b>Gulika</b> 1:31PM – 3:15PM	<b>Magha*</b> Until 2:23AM Tue	<b>Ganesha:</b> Purple <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	353555471	Rahu	Yama 10:04AM – 11:48AM	Harshana Until 4:51AM Tue	<b>Muruqa:</b> Green <i>Sunset:</i> 6:42PM	Moon 5 - Phase 7 - 20	
<b>Family Home Evening</b>			Gara Until 7:21PM	<b>Nataraja:</b> Yellow	3rd Phase		
Routine Work	Marana Yoga		<b>Shashthi*</b> Until 6:38AM	Moon – Red		<b>Sivaloka Day</b>	
Until 2:23AM Tue				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

<b>☾</b>	<b>Tuesday, June 7, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 21 Sutra 51
	<b>Retreat Star</b>		<b>Gulika</b> 11:48AM – 1:32PM	<b>Purvaphalguni</b> Until 3:48AM Wed	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	Simha Rasi: 15.12	Tithi 7 – 8	Yama 8:21AM – 10:04AM	Vajra* Until 4:25AM Wed	<b>Muruqa:</b> Green <i>Sunset:</i> 6:42PM	Moon 5 - Phase 7 - 21	
354555471	Rahu	3:15PM – 4:59PM	Visti Until 8:18PM	<b>Nataraja:</b> Yellow	Ashtami		
Creative Work	Siddha Yoga		<b>Saptami</b> Until 7:53AM	Moon – Red		<b>Devaloka Day</b>	
Until 3:48AM Wed				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

<b>☽</b>	<b>Wednesday, June 8, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 52
	<b>Retreat Star</b>		<b>Gulika</b> 10:05AM – 11:48AM	<b>Uttaraphalguni</b> Until 4:21AM Thu	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:54AM	Subhakit 5124	
	Simha Rasi: 27.5	Tithi 8 – 9	Yama 6:37AM – 8:21AM	Siddhi Until 3:25AM Thu	<b>Muruqa:</b> Green <i>Sunset:</i> 6:43PM	Moon 5 - Phase 7 - 22	
354555471	Rahu	11:48AM – 1:32PM	Balava Until 8:33PM	<b>Nataraja:</b> Yellow	Navami		
Creative Work	Amrita Yoga		<b>Ashtami*</b> Until 8:30AM	Moon – Red		<b>Devaloka Day</b>	
Until 4:21AM Thu				Jyeshtha-Vaikasi			
Then Routine Work - Marana Yoga							

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


<b>1</b>	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 53
	Kanya Rasi: 10.49	Tithi 9 – 10	<b>Gulika</b> 8:21AM – 10:05AM	<b>Hasta</b> <b>Until 4:25AM Fri</b>	<b>Ganesha:</b> White <i>Sunrise: 4:53AM</i>		Subhakrit 5124
			Yama 4:53AM – 6:37AM	Vyatipata* Until 1:49AM Fri	<b>Muruqa:</b> Green <i>Sunset: 6:43PM</i>		Moon 5 - Phase 8 - 23
		364555471	<b>Rahu</b> 1:32PM – 3:16PM	Taitila Until 8:01PM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Navami* Until 8:21AM</b>	Moon – Green	<b>Bhuloka Day</b>		
Until 4:25AM Fri				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Friday, June 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Varyian Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 54
	Kanya Rasi: 24.13	Tithi 10 – 11	<b>Gulika</b> 6:37AM – 8:21AM	<b>Chitra</b> <b>Until 3:35AM Sat</b>	<b>Ganesha:</b> White <i>Sunrise: 4:53AM</i>		Subhakrit 5124
			Yama 3:16PM – 5:00PM	Variyan Until 11:33PM	<b>Muruqa:</b> Green <i>Sunset: 6:44PM</i>		Moon 5 - Phase 8 - 24
		364555471	<b>Rahu</b> 10:05AM – 11:49AM	Vanija Until 6:42PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Dashami</b> <b>Until 7:26AM</b>	Moon – Green	<b>Bhuloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 6:PM to 9:PM		

<b>3</b>	<b>Saturday, June 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 55
	Tula Rasi: 8.04	Tithi 12	<b>Gulika</b> 4:53AM – 6:37AM	<b>Svati</b> <b>Until 1:54AM Sun</b>	<b>Ganesha:</b> White <i>Sunrise: 4:53AM</i>		Subhakrit 5124
			Yama 1:33PM – 3:16PM	Parigha* Until 8:43PM	<b>Muruqa:</b> Green <i>Sunset: 6:44PM</i>		Moon 5 - Phase 8 - 25
		364555471	<b>Rahu</b> 8:21AM – 10:05AM	Bava Until 4:38PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> <b>Until 3:21AM Sun</b>	Moon – Green	<b>Bhuloka Day</b>		
Until 1:54AM Sun				<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 6:PM to 9:PM		
Then Routine Work - Marana Yoga							

<b>4</b>	<b>Sunday, June 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 56
	Tula Rasi: 22.23	Tithi 13	<b>Gulika</b> 3:17PM – 5:01PM	<b>Vishakha</b> <b>Until 11:54PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 4:53AM</i>		Subhakrit 5124
			Yama 11:49AM – 1:33PM	Shiva Until 5:23PM	<b>Muruqa:</b> Green <i>Sunset: 6:44PM</i>		Moon 5 - Phase 8 - 26
		374555471	<b>Rahu</b> 5:01PM – 6:44PM	Kaulava Until 1:57PM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Trayodashi</b> <b>Until 12:23AM Mon</b>	Moon – Orange	<b>Devaloka Day</b>		
		<b>Vaikasi Visakam</b>		<b>Jyeshtha-Vaikasi</b>			
			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Monday, June 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 57
	Vrischika Rasi: 7.05	Tithi 14	<b>Gulika</b> 1:33PM – 3:17PM	<b>Anuradha</b> <b>Until 9:20PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 4:54AM</i>		Subhakrit 5124
	<b>Family Home Evening</b>		Yama 10:05AM – 11:49AM	Siddha Until 1:38PM	<b>Muruqa:</b> Green <i>Sunset: 6:45PM</i>		Moon 5 - Phase 8 - 27
		374555471	<b>Rahu</b> 6:37AM – 8:21AM	Gara Until 10:45AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi* Until 9:00PM</b>	Moon – Orange	<b>Devaloka Day</b>		
				<b>Jyeshtha-Vaikasi</b>			

	<b>Tuesday, June 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti/7/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sun 28 Sutra 58
	<b>Copper Retreat Star</b>		<b>Gulika</b> 11:49AM – 1:33PM	<b>Jyeshtha*</b> <b>Until 6:22PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 4:54AM</i>		Subhakrit 5124
	Vrischika Rasi: 22.06	Tithi 15 – 16	Yama 8:21AM – 10:05AM	Sadhya Until 9:36AM	<b>Muruqa:</b> Green <i>Sunset: 6:45PM</i>		Moon 5 - Phase 8 - Purnima
		374555471	<b>Rahu</b> 3:17PM – 5:01PM	Visti Until 7:12AM	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Purnima* Until 5:19PM</b>	Moon – Orange	<b>Devaloka Day</b>		
Until 6:22PM				<b>Jyeshtha-Vaikasi</b>			
Then Creative Work - Amrita Yoga							

<b>○</b>	<b>Wednesday, June 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Kathmandu, Nepal Sun 29 Sutra 59
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:06AM – 11:50AM	<b>Mula*</b> <b>Until 3:32PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 4:54AM</i>		Subhakrit 5124
	Dhanus Rasi: 7.17	Tithi 16 – 17	Yama 6:38AM – 8:22AM	Sukla Until 1:14AM Thu	<b>Muruqa:</b> Green <i>Sunset: 6:46PM</i>		Moon 5 - Phase 8 - Prathama
		384555471	<b>Rahu</b> 11:50AM – 1:34PM	Taitila Until 11:39PM	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Prathama* Until 1:32PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>		
Until 3:32PM				<b>Jyeshtha-Ani</b>	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Amrita Yoga							





Thursday, June 16, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Brahma Yoga Gara/Vanija Karana Dvilya/Tritiyayam Titau

Kathmandu, Nepal

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 22.28 Tithi 17 - 18

384555471

**Gulika** 8:22AM - 10:06AM  
Yama 4:54AM - 6:38AM  
**Rahu** 1:34PM - 3:18PM

**Purvashadha\* Until 12:38PM**  
Brahma Until 9:10PM  
Vanija Until 8:00PM  
**Dvitiya Until 9:47AM**

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

*Sunrise:* 4:54AM  
*Sunset:* 6:46PM

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

Creative Work Siddha Yoga

Until 12:38PM

Then Routine Work - Marana Yoga

1

Friday, June 17, 2022

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

Kathmandu, Nepal

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 7.31 Tithi 18 - 19

384555471

**Gulika** 6:38AM - 8:22AM  
Yama 3:18PM - 5:02PM  
**Rahu** 10:06AM - 11:50AM

**Uttarashadha Until 9:51AM**  
Indra Until 5:21PM  
Balava Until 3:04AM Sat  
**Tritiya Until 6:15AM**

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

*Sunrise:* 4:54AM  
*Sunset:* 6:46PM

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

Routine Work Marana Yoga

2

Saturday, June 18, 2022

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

Kathmandu, Nepal

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 22.17 Tithi 20

394655471

**Gulika** 4:54AM - 6:38AM  
Yama 1:34PM - 3:18PM  
**Rahu** 8:22AM - 10:06AM

**Shravana Until 7:43AM**  
Vaidhrili\* Until 1:53PM  
Kaulava Until 1:41PM  
**Panchami Until 12:24AM Sun**

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

*Sunrise:* 4:54AM  
*Sunset:* 6:46PM

**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

Kathmandu, Nepal

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 6.4 Tithi 21

395655471

**Gulika** 3:19PM - 5:03PM  
Yama 11:50AM - 1:34PM  
**Rahu** 5:03PM - 6:47PM

**Shatabhishak Until 4:46AM Mon**  
Vishkambha\* Until 10:54AM  
Gara Until 11:19AM  
**Shashthi\* Until 10:22PM**

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

*Sunrise:* 4:54AM  
*Sunset:* 6:47PM

**Devaloka Day**

Creative Work Siddha Yoga

Until 4:46AM Mon

Then Routine Work - Marana Yoga

Father's Day

4

Monday, June 20, 2022

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

Kathmandu, Nepal

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 20.37 Tithi 22

315655471

**Gulika** 1:35PM - 3:19PM  
Yama 10:07AM - 11:51AM  
**Rahu** 6:38AM - 8:23AM

**Purvaproshtapada\* Until 4:35AM Tue**  
Priti Until 8:30AM  
Visti Until 9:38AM  
**Saptami Until 9:03PM**

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

*Sunrise:* 4:54AM  
*Sunset:* 6:47PM

**Devaloka Day**

Family Home Evening  
Routine Work Marana Yoga

Until 4:35AM Tue

Then Creative Work - Amrita Yoga

●

Tuesday, June 21, 2022

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 4.06 Tithi 23

315655471

**Gulika** 11:51AM - 1:35PM  
Yama 8:23AM - 10:07AM  
**Rahu** 3:19PM - 5:03PM

**Uttaraproshtapada Until 5:02AM Wed**  
Ayushman Until 6:40AM  
Balava Until 8:42AM  
**Ashtami\* Until 8:31PM**

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

*Sunrise:* 4:55AM  
*Sunset:* 6:47PM

**Devaloka Day**

Creative Work Amrita Yoga

Until 5:02AM 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 Taitila/Gara Karana Navamyam Titau

Kathmandu, Nepal

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 17.11 Tithi 24

315655471

**Gulika** 10:07AM - 11:51AM  
Yama 6:39AM - 8:23AM  
**Rahu** 11:51AM - 1:35PM

**Revati Until 6:02AM Thu**  
Sobhana Until 4:54AM Thu  
Taitila Until 8:33AM  
**Navami\* Until 8:44PM**

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

*Sunrise:* 4:55AM  
*Sunset:* 6:47PM

**Devaloka Day**

Routine Work Marana Yoga

Until 6:02AM 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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

www.gurudeva.org/panchang

<b>1</b>		<b>Thursday, June 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Kathmandu, Nepal Sun 8      Sutra 67	
Meena Rasi: 29.53	Tithi 25	<b>Gulika</b> 8:23AM – 10:07AM	<b>Revati Until 6:02AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:55AM	Subhakrit 5124	
		Yama 4:55AM – 6:39AM	Athiganda* Until 4:49AM Fri	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 8	
		315655471 <b>Rahu</b> 1:35PM – 3:19PM	Vanija Until 9:08AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 9:40PM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 6:02AM				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, June 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Kathmandu, Nepal Sun 9      Sutra 68	
Mesha Rasi: 12.17	Tithi 26	<b>Gulika</b> 6:39AM – 8:23AM	<b>Ashvini Until 8:01AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:55AM	Subhakrit 5124	
		Yama 3:20PM – 5:04PM	Sukarma Until 5:11AM Sat	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 9	
		325655471 <b>Rahu</b> 10:07AM – 11:52AM	Bava Until 10:23AM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Ekadashi* Until 11:11PM</b>	Moon – White		<b>Bhuloka Day</b>	
Until 8:01AM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, June 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Kathmandu, Nepal Sun 10      Sutra 69	
Mesha Rasi: 24.28	Tithi 27	<b>Gulika</b> 4:56AM – 6:40AM	<b>Bharani Until 10:22AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:56AM	Subhakrit 5124	
		Yama 1:36PM – 3:20PM	Dhriti Until 5:53AM Sun	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 10	
		325655471 <b>Rahu</b> 8:24AM – 10:08AM	Kaulava Until 12:09PM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi* Until 1:10AM Sun</b>	Moon – White		<b>Bhuloka Day</b>	
Until 10:22AM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, June 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Kathmandu, Nepal Sun 11      Sutra 70	
Vrishabha Rasi: 6.28	Tithi 28	<b>Gulika</b> 3:20PM – 5:04PM	<b>Krittika Until 12:55PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:56AM	Subhakrit 5124	
		Yama 11:52AM – 1:36PM	Shula* Until 6:47AM Mon	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 11	
		325655471 <b>Rahu</b> 5:04PM – 6:48PM	Gara Until 2:18PM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi* Until 3:27AM Mon</b>	Moon – White		<b>Bhuloka Day</b>	
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Monday, June 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Shula*Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 12      Sutra 71	
Vrishabha Rasi: 18.22	Tithi 29	<b>Gulika</b> 1:36PM – 3:20PM	<b>Rohini Until 4:03PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:56AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:08AM – 11:52AM	Shula* Until 6:47AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 12	
		335655471 <b>Rahu</b> 6:40AM – 8:24AM	Visti Until 4:41PM	<b>Nataraja:</b> Yellow		2nd Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi* Until 5:55AM Tue</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	

<b>Retreat Star</b>		<b>Tuesday, June 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Catuspada* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 13      Sutra 72	
Mithuna Rasi: 0.12	Tithi 30	<b>Gulika</b> 11:52AM – 1:36PM	<b>Mrigashira Until 7:07PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:56AM	Subhakrit 5124	
		Yama 8:24AM – 10:08AM	Ganda* Until 7:48AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 13	
		335655471 <b>Rahu</b> 3:20PM – 5:04PM	Catuspada Until 7:11PM	<b>Nataraja:</b> Yellow		Amavasya	
Creative Work	Siddha Yoga		<b>Amavasya* Until 8:25AM Wed</b>	Moon – Yellow		<b>Bhuloka Day</b>	
Until 7:07PM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, June 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Kathmandu, Nepal Sun 14      Sutra 73	
Mithuna Rasi: 12.01	Tithi 30 – 1	<b>Gulika</b> 10:09AM – 11:53AM	<b>Ardra Until 10:00PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:57AM	Subhakrit 5124	
		Yama 6:41AM – 8:25AM	Vridhhi Until 8:52AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 10 - 14	
		336655471 <b>Rahu</b> 11:53AM – 1:36PM	Kintughna Until 9:40PM	<b>Nataraja:</b> Yellow		Prathama	
Creative Work	Siddha Yoga		<b>Amavasya* Until 8:25AM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada-Ani		Devaloka Time: 6:PM to 9:PM	

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Thursday, June 30, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Kathmandu, Nepal Sun 15 Sutra 74	
Mithuna Rasi: 23.51	Tithi 1 – 2	<b>Gulika</b> 8:25AM – 10:09AM	<b>Punarvasu</b> Until 1:08AM Fri	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:57AM	Subhakra 5124	
		Yama 4:57AM – 6:41AM	Dhruva Until 9:52AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 15	
		346655471 <b>Rahu</b> 1:37PM – 3:21PM	Balava Until 12:04AM Fri	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 10:52AM	Moon – Blue		<b>Bhuloka Day</b>	
Until 1:08AM Fri				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
<b>2</b>		<b>Friday, July 1, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Kathmandu, Nepal Sun 16 Sutra 75	
Kataka Rasi: 5.44	Tithi 2 – 3	<b>Gulika</b> 6:41AM – 8:25AM	<b>Pushya</b> Until 3:56AM Sat	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:57AM	Subhakra 5124	
		Yama 3:21PM – 5:05PM	Vyaghata* Until 10:46AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 16	
		346655471 <b>Rahu</b> 10:09AM – 11:53AM	Taitila Until 2:17AM Sat	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya</b> Until 1:11PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
<b>3</b>		<b>Saturday, July 2, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Kathmandu, Nepal Sun 17 Sutra 76	
Kataka Rasi: 17.41	Tithi 3 – 4	<b>Gulika</b> 4:58AM – 6:42AM	<b>Ashlesha*</b> Until 6:19AM Sun	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:58AM	Subhakra 5124	
		Yama 1:37PM – 3:21PM	Harshana Until 11:32AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 17	
		346655471 <b>Rahu</b> 8:25AM – 10:09AM	Vanija Until 4:15AM Sun	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Tritiya</b> Until 3:17PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
<b>4</b>		<b>Sunday, July 3, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Kathmandu, Nepal Sun 18 Sutra 77	
Kataka Rasi: 29.45	Tithi 4 – 5	<b>Gulika</b> 3:21PM – 5:05PM	<b>Ashlesha*</b> Until 6:19AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 4:58AM	Subhakra 5124	
		Yama 11:53AM – 1:37PM	Vajra* Until 12:04PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 18	
		346655471 <b>Rahu</b> 5:05PM – 6:48PM	Bava Until 5:53AM Mon	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 5:06PM	Moon – Blue		<b>Bhuloka Day</b>	
Until 6:19AM				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
<b>5</b>		<b>Monday, July 4, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Balava Karana Panchamyam Titau		Kathmandu, Nepal Sun 19 Sutra 78	
Simha Rasi: 11.56	Tithi 5	<b>Gulika</b> 1:37PM – 3:21PM	<b>Magha*</b> Until 8:42AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:59AM	Subhakra 5124	
<b>Family Home Evening</b>		Yama 10:10AM – 11:53AM	Siddhi Until 12:20PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 19	
		356655471 <b>Rahu</b> 6:42AM – 8:26AM	Balava Until 6:32PM	<b>Nataraja:</b> Yellow		3rd Phase	
Routine Work	Marana Yoga		<b>Panchami</b> Until 6:32PM	Moon – Red		<b>Devaloka Day</b>	
Until 8:42AM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
<b>6</b>		<b>Tuesday, July 5, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau		Kathmandu, Nepal Sun 20 Sutra 79	
Simha Rasi: 24.19	Tithi 6	<b>Gulika</b> 11:54AM – 1:37PM	<b>Purvaphalguni</b> Until 10:29AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:59AM	Subhakra 5124	
		Yama 8:26AM – 10:10AM	Vyatipata* Until 12:15PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 20	
		356655471 <b>Rahu</b> 3:21PM – 5:05PM	Kaulava Until 7:05AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 7:28PM	Moon – Red		<b>Devaloka Day</b>	
Until 10:29AM				Ashada*Ani			
Then Creative Work - Amrita Yoga		Chidambaram Abhishekam					
<b>Retreat Star</b>		<b>Wednesday, July 6, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau		Kathmandu, Nepal Sun 21 Sutra 80	
Kanya Rasi: 6.56	Tithi 7	<b>Gulika</b> 10:10AM – 11:54AM	<b>Uttaraphalguni</b> Until 11:34AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:59AM	Subhakra 5124	
		Yama 6:43AM – 8:27AM	Varyan Until 11:42AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 21	
		357655471 <b>Rahu</b> 11:54AM – 1:37PM	Gara Until 7:45AM	<b>Nataraja:</b> Yellow		3rd Phase	
Creative Work	Amrita Yoga		<b>Saptami</b> Until 7:49PM	Moon – Red		<b>Devaloka Day</b>	
Until 11:34AM				Ashada*Ani			
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Thursday, July 7, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 22 Sutra 81	
Kanya Rasi: 19.51	Tithi 8	<b>Gulika</b> 8:27AM – 10:10AM	<b>Hasta</b> Until 12:20PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:00AM	Subhakra 5124	
		Yama 5:00AM – 6:43AM	Parigha* Until 10:38AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 22	
		467655471 <b>Rahu</b> 1:38PM – 3:21PM	Visti Until 7:46AM	<b>Nataraja:</b> Yellow		Ashtami	
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 7:29PM	Moon – Green		<b>Devaloka Day</b>	
Until 12:20PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
<b>Retreat Star</b>		<b>Friday, July 8, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 23 Sutra 82	
Tula Rasi: 3.09	Tithi 9	<b>Gulika</b> 6:44AM – 8:27AM	<b>Chitra</b> Until 12:13PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:00AM	Subhakra 5124	
		Yama 3:21PM – 5:05PM	Shiva Until 9:01AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 23	
		467655471 <b>Rahu</b> 10:11AM – 11:54AM	Balava Until 7:03AM	<b>Nataraja:</b> Yellow		Navami	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 6:25PM	Moon – Green		<b>Devaloka Day</b>	
				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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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1	<b>Saturday, July 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 24      Sutra 83
	Tula Rasi: 16.52      Tithi 10 – 11	Gulika      5:01AM – 6:44AM	Svati Until 11:13AM	Ganesha: Clear      Sunrise: 5:01AM	Subhakrit 5124	
	467655471	Yama      1:38PM – 3:21PM	Siddha Until 6:46AM	Muruqa: Green      Sunset: 6:48PM	Moon 6 - Phase 12 - 24	
	Creative Work      Siddha Yoga	Rahu      8:27AM – 10:11AM	Vanija Until 3:28AM Sun	Nataraja: Yellow Moon – Green	4th Phase	
			<b>Dashami Until 4:37PM</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>	

2	<b>Sunday, July 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visi/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 25      Sutra 84
	Vrischika Rasi: 1.01      Tithi 11 – 12	Gulika      3:21PM – 5:04PM	Vishakha Until 9:50AM	Ganesha: White      Sunrise: 5:01AM	Subhakrit 5124	
	477655471	Yama      11:54AM – 1:38PM	Subha Until 12:39AM Mon	Muruqa: Green      Sunset: 6:48PM	Moon 6 - Phase 12 - 25	
	Routine Work      Marana Yoga	Rahu      5:04PM – 6:48PM	Bava Until 12:43AM Mon	Nataraja: Yellow Moon – Orange	4th Phase	
			<b>Ekadashi Until 2:09PM</b>	<b>Ashada*Ani</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

3	<b>Monday, July 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26      Sutra 85
	Vrischika Rasi: 16      Tithi 12 – 13	Gulika      1:38PM – 3:21PM	Anuradha Until 7:43AM	Ganesha: White      Sunrise: 5:02AM	Subhakrit 5124	
	477655471	Yama      10:11AM – 11:55AM	Sukla Until 8:54PM	Muruqa: Green      Sunset: 6:48PM	Moon 6 - Phase 12 - 26	
	Family Home Evening Creative Work      Siddha Yoga	Rahu      6:45AM – 8:28AM	Kaulava Until 9:27PM	Nataraja: Yellow Moon – Orange	4th Phase	
			<b>Dvadashi Until 11:07AM</b>	<b>Ashada*Ani</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	
<i>Pradosha Vrata</i>						

4	<b>Tuesday, July 12, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27      Sutra 86
	Dhanus Rasi: 0.32      Tithi 13 – 14	Gulika      11:55AM – 1:38PM	Mula* Until 2:16AM Wed	Ganesha: White      Sunrise: 5:02AM	Subhakrit 5124	
	488655471	Yama      8:28AM – 10:12AM	Brahma Until 4:52PM	Muruqa: Green      Sunset: 6:47PM	Moon 6 - Phase 12 - 27	
	Creative Work      Amrita Yoga	Rahu      3:21PM – 5:04PM	Vanija Until 3:56AM Wed	Nataraja: Yellow Moon – Light Blue	4th Phase	
			<b>Trayodashi Until 7:40AM</b>	<b>Ashada*Ani</b>	<b>Sivaloka Day</b>	

○	<b>Wednesday, July 13, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visi/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 87
	<b>Copper Retreat Star</b>	Gulika      10:12AM – 11:55AM	Purvashadha* Until 11:16PM	Ganesha: Yellow      Sunrise: 5:03AM	Subhakrit 5124	
	Dhanus Rasi: 15.41      Tithi 15	Yama      6:46AM – 8:29AM	Indra Until 12:41PM	Muruqa: Green      Sunset: 6:47PM	Moon 6 - Phase 12 -	
	488755471	Rahu      11:55AM – 1:38PM	Visti Until 2:02PM	Nataraja: Yellow Moon – Light Blue	Purnima	
Creative Work      Amrita Yoga	<b>Satguru Purnima</b>	<b>Purnima* Until 12:05AM Thu</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>		

○	<b>Thursday, July 14, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 88
	<b>Silver Retreat Star</b>	Gulika      8:29AM – 10:12AM	Uttarashadha Until 8:10PM	Ganesha: Yellow      Sunrise: 5:03AM	Subhakrit 5124	
	Makara Rasi: 0.56      Tithi 16	Yama      5:03AM – 6:46AM	Vaidhriti* Until 8:25AM	Muruqa: Green      Sunset: 6:47PM	Moon 6 - Phase 12 -	
	488755471	Rahu      1:38PM – 3:21PM	Balava Until 10:11AM	Nataraja: Yellow Moon – Light Blue	Prathama	
Routine Work      Marana Yoga Until 8:10PM Then Creative Work - Siddha Yoga			<b>Prathama* Until 8:17PM</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>	

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



**Friday, July 15, 2022**  
**Gold Retreat Star**

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

Kathmandu, Nepal  
Sun 1 Sutra 89

Makara Rasi: 16.05 Tithi 17 - 18

**Gulika** 6:46AM - 8:29AM  
Yama 3:21PM - 5:04PM  
498755471 **Rahu** 10:12AM - 11:55AM

**Shravana Until 5:34PM**  
Prithi Until 12:24AM Sat  
Taitila Until 6:29AM  
**Dvitiya Until 4:43PM**

**Ganesha:** Blue *Sunrise: 5:03AM*  
**Muruqa:** Green *Sunset: 6:47PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Ani**

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

Routine Work Marana Yoga  
Until 5:34PM  
Then Creative Work - Siddha Yoga

**1**

**Saturday, July 16, 2022**

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

Kathmandu, Nepal  
Sun 2 Sutra 90

Kumbha Rasi: 1.01 Tithi 18 - 19

**Gulika** 5:04AM - 6:47AM  
Yama 1:38PM - 3:21PM  
498755471 **Rahu** 8:30AM - 10:12AM

**Dhanishtha Until 3:14PM**  
Ayushman Until 8:52PM  
Bava Until 12:10AM Sun  
**Tritiya Until 1:32PM**

**Ganesha:** Blue *Sunrise: 5:04AM*  
**Muruqa:** Green *Sunset: 6:46PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Adi**

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

Creative Work Siddha Yoga  
Until 3:14PM  
Then Creative Work - Amrita Yoga

**2**

**Sunday, July 17, 2022**

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

Kathmandu, Nepal  
Sun 3 Sutra 91

Kumbha Rasi: 15.33 Tithi 19 - 20

**Gulika** 3:21PM - 5:03PM  
Yama 11:55AM - 1:38PM  
498755472 **Rahu** 5:03PM - 6:46PM

**Shatabhishak Until 1:20PM**  
Saubhagya Until 5:52PM  
Kaulava Until 9:52PM  
**Chaturthi\* Until 10:55AM**

**Ganesha:** Blue *Sunrise: 5:04AM*  
**Muruqa:** Green *Sunset: 6:46PM*  
**Nataraja:** White  
Moon - Purple  
**Ashada-Adi**

**Bhuloka Day**

Creative Work Siddha Yoga

**3**

**Monday, July 18, 2022**

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

Kathmandu, Nepal  
Sun 4 Sutra 92

Kumbha Rasi: 29.38 Tithi 20 - 21

**Gulika** 1:38PM - 3:20PM  
Yama 10:13AM - 11:55AM  
418755472 **Rahu** 6:48AM - 8:30AM

**Purvaprosarthapada\* Until 12:26PM**  
Sobhana Until 3:28PM  
Gara Until 8:20PM  
**Panchami Until 8:59AM**

**Ganesha:** White *Sunrise: 5:05AM*  
**Muruqa:** Green *Sunset: 6:46PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Bhuloka Day**

**Family Home Evening**  
Routine Work Marana Yoga  
Until 12:26PM  
Then Creative Work - Siddha Yoga

**4**

**Tuesday, July 19, 2022**

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

Kathmandu, Nepal  
Sun 5 Sutra 93

Meena Rasi: 13.13 Tithi 21 - 22

**Gulika** 11:55AM - 1:38PM  
Yama 8:30AM - 10:13AM  
419755472 **Rahu** 3:20PM - 5:03PM

**Uttaraprosarthapada Until 12:12PM**  
Athiganda\* Until 1:43PM  
Visti Until 7:39PM  
**Shashthi\* Until 7:52AM**

**Ganesha:** Clear *Sunrise: 5:06AM*  
**Muruqa:** Green *Sunset: 6:45PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

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

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

**Retreat Star**

**Wednesday, July 20, 2022**

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

Kathmandu, Nepal  
Sun 6 Sutra 94

Meena Rasi: 26.2 Tithi 22 - 23

**Gulika** 10:13AM - 11:55AM  
Yama 6:48AM - 8:31AM  
419755472 **Rahu** 11:55AM - 1:38PM

**Revati Until 12:40PM**  
Sukarma Until 12:41PM  
Balava Until 7:49PM  
**Saptami Until 7:36AM**

**Ganesha:** Clear *Sunrise: 5:06AM*  
**Muruqa:** Green *Sunset: 6:45PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

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

Routine Work Marana Yoga

**Thursday, July 21, 2022**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 7 Sutra 95

Mesha Rasi: 9.02 Tithi 23 - 24

**Gulika** 8:31AM - 10:13AM  
Yama 5:07AM - 6:49AM  
429755472 **Rahu** 1:38PM - 3:20PM

**Ashvini Until 2:16PM**  
Dhriti Until 12:19PM  
Taitila Until 8:49PM  
**Ashtami\* Until 8:12AM**

**Ganesha:** Purple *Sunrise: 5:07AM*  
**Muruqa:** Green *Sunset: 6:44PM*  
**Nataraja:** White  
Moon - White  
**Ashada-Adi**

**Devaloka Day**

Creative Work Amrita Yoga  
Until 2:16PM  
Then Creative Work - Siddha Yoga

<b>1</b>	<b>Friday, July 22, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam				Kathmandu, Nepal
	Mesha Rasi: 21.23	Tithi 24 – 25	Bharani Until 4:24PM		Sun 8	Sutra 96
	429755472	<b>Gulika</b> 6:49AM – 8:31AM <b>Yama</b> 3:20PM – 5:02PM <b>Rahu</b> 10:13AM – 11:56AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – White	<b>Sunrise:</b> 5:07AM <b>Sunset:</b> 6:44PM	Subhakrit 5124	Moon 7 - Phase 14 - 8 2nd Phase
	Creative Work	Siddha Yoga	<b>Navami* Until 9:33AM</b>	<b>Ashada-Adi</b>	<b>Devaloka Day</b>	


<b>2</b>	<b>Saturday, July 23, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam				Kathmandu, Nepal
	Vrishabha Rasi: 3.29	Tithi 25 – 26	Krittika Until 6:54PM		Sun 9	Sutra 97
	429755472	<b>Gulika</b> 5:08AM – 6:50AM <b>Yama</b> 1:38PM – 3:20PM <b>Rahu</b> 8:32AM – 10:14AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – White	<b>Sunrise:</b> 5:08AM <b>Sunset:</b> 6:44PM	Subhakrit 5124	Moon 7 - Phase 14 - 9 2nd Phase
	Creative Work	Amrita Yoga	<b>Dashami Until 11:29AM</b>	<b>Ashada-Adi</b>	<b>Devaloka Day</b>	


<b>3</b>	<b>Sunday, July 24, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam				Kathmandu, Nepal
	Vrishabha Rasi: 15.25	Tithi 26 – 27	Rohini Until 10:02PM		Sun 10	Sutra 98
	439755472	<b>Gulika</b> 3:19PM – 5:01PM <b>Yama</b> 11:56AM – 1:37PM <b>Rahu</b> 5:01PM – 6:43PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:08AM <b>Sunset:</b> 6:43PM	Subhakrit 5124	Moon 7 - Phase 14 - 10 2nd Phase
	Creative Work	Siddha Yoga	<b>Ekadashi* Until 1:48PM</b>	<b>Ashada-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>4</b>	<b>Monday, July 25, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam				Kathmandu, Nepal
	Vrishabha Rasi: 27.15	Tithi 27 – 28	Mrigashira Until 1:07AM Tue		Sun 11	Sutra 99
	439755472	<b>Gulika</b> 1:37PM – 3:19PM <b>Yama</b> 10:14AM – 11:56AM <b>Rahu</b> 6:50AM – 8:32AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:09AM <b>Sunset:</b> 6:43PM	Subhakrit 5124	Moon 7 - Phase 14 - 11 2nd Phase
	Family Home Evening	Creative Work	Amrita Yoga	<b>Dvadashti* Until 4:19PM</b>	<b>Ashada-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

<b>5</b>	<b>Tuesday, July 26, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam				Kathmandu, Nepal
	Mithuna Rasi: 9.04	Tithi 28	Ardra Until 4:00AM Wed		Sun 12	Sutra 100
	439755472	<b>Gulika</b> 11:56AM – 1:37PM <b>Yama</b> 8:32AM – 10:14AM <b>Rahu</b> 3:19PM – 5:00PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Yellow	<b>Sunrise:</b> 5:09AM <b>Sunset:</b> 6:42PM	Subhakrit 5124	Moon 7 - Phase 14 - 12 2nd Phase
	Routine Work	Marana Yoga	<b>Trayodashi* Until 6:50PM</b>	<b>Ashada-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>6</b>	<b>Wednesday, July 27, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam				Kathmandu, Nepal
	Mithuna Rasi: 20.53	Tithi 29	Punarvasu Until 7:05AM Thu		Sun 13	Sutra 101
	441755472	<b>Gulika</b> 10:14AM – 11:56AM <b>Yama</b> 6:51AM – 8:33AM <b>Rahu</b> 11:56AM – 1:37PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Blue	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 6:41PM	Subhakrit 5124	Moon 7 - Phase 14 - 13 2nd Phase
	Creative Work	Siddha Yoga	<b>Chaturdashi* Until 9:14PM</b>	<b>Ashada-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

	<b>Thursday, July 28, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam				Kathmandu, Nepal	
	<b>Retreat Star</b>	Kataka Rasi: 2.47	Tithi 30	Punarvasu Until 7:05AM		Sun 14	Sutra 102
	441755472	<b>Gulika</b> 8:33AM – 10:14AM <b>Yama</b> 5:10AM – 6:52AM <b>Rahu</b> 1:37PM – 3:18PM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Blue	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 6:41PM	Subhakrit 5124	Moon 7 - Phase 14 - 14 Amavasya	
	Creative Work	Amrita Yoga	<b>Amavasya* Until 11:25PM</b>	<b>Ashada-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM		

	<b>Friday, July 29, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam				Kathmandu, Nepal	
	<b>Retreat Star</b>	Kataka Rasi: 14.46	Tithi 1	Pushya Until 9:46AM		Sun 15	Sutra 103
	441755472	<b>Gulika</b> 6:52AM – 8:33AM <b>Yama</b> 3:18PM – 4:59PM <b>Rahu</b> 10:14AM – 11:56AM	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Green <b>Nataraja:</b> White Moon – Blue	<b>Sunrise:</b> 5:11AM <b>Sunset:</b> 6:40PM	Subhakrit 5124	Moon 7 - Phase 14 - 15 Prathama	
	Routine Work	Marana Yoga	<b>Prathama* Until 1:21AM Sat</b>	<b>Sravana-Adi</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM		

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

<b>1</b> Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 26.51	Tithi 2	<b>Gulika</b> 5:11AM – 6:52AM	<b>Ashlesha* Until 12:01PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:11AM	
		Yama 1:37PM – 3:18PM	Vyatipata* Until 7:00PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:40PM	Moon 7 - Phase 15 - 16
		441755472 <b>Rahu</b> 8:33AM – 10:14AM	Balava Until 2:14PM	<b>Nataraja:</b> White		3rd Phase
Routine Work	Marana Yoga		<b>Dvitiya Until 2:59AM Sun</b>	Moon – Blue		<b>Bhuloka Day</b>
Until 12:01PM				Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Amrita Yoga						

<b>2</b> Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Kathmandu, Nepal Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 9.04	Tithi 3	<b>Gulika</b> 3:17PM – 4:58PM	<b>Magha* Until 2:18PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:12AM	
		Yama 11:55AM – 1:36PM	Variyan Until 7:09PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:39PM	Moon 7 - Phase 15 - 17
		451755472 <b>Rahu</b> 4:58PM – 6:39PM	Taitila Until 3:42PM	<b>Nataraja:</b> White		3rd Phase
Routine Work	Marana Yoga		<b>Tritiya Until 4:17AM Mon</b>	Moon – Red		<b>Bhuloka Day</b>
Until 2:18PM				Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

<b>3</b> Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau				Kathmandu, Nepal Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 21.25	Tithi 4	<b>Gulika</b> 1:36PM – 3:17PM	<b>Purvaphalguni Until 4:05PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:12AM	
<b>Family Home Evening</b>		Yama 10:15AM – 11:55AM	Parigha* Until 7:02PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:38PM	Moon 7 - Phase 15 - 18
		451755472 <b>Rahu</b> 6:53AM – 8:34AM	Vanija Until 3:49PM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 5:13AM Tue</b>	Moon – Red		<b>Bhuloka Day</b>
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

<b>4</b> Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 3.56	Tithi 5	<b>Gulika</b> 11:55AM – 1:36PM	<b>Uttaraphalguni Until 5:18PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:13AM	
		Yama 8:34AM – 10:15AM	Shiva Until 6:36PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:38PM	Moon 7 - Phase 15 - 19
		451755472 <b>Rahu</b> 3:17PM – 4:57PM	Bava Until 5:32PM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami Until 5:42AM Wed</b>	Moon – Red		<b>Bhuloka Day</b>
Until 5:18PM		<b>Nag Panchami</b>		Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

<b>5</b> Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 16.4	Tithi 6	<b>Gulika</b> 10:15AM – 11:55AM	<b>Hasta Until 6:23PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:13AM	
		Yama 6:54AM – 8:34AM	Siddha Until 5:47PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:37PM	Moon 7 - Phase 15 - 20
		461755472 <b>Rahu</b> 11:55AM – 1:36PM	Kaulava Until 5:47PM	<b>Nataraja:</b> White		3rd Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 5:41AM Thu</b>	Moon – Green		<b>Devaloka Day</b>
Until 6:23PM				Sravana*Adi		
Then Creative Work - Siddha Yoga						

<b>6</b> Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Kathmandu, Nepal Sun 21 Sutra 109 Subhakrit 5124
Kanya Rasi: 29.38	Tithi 7	<b>Gulika</b> 8:35AM – 10:15AM	<b>Chitra Until 6:47PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:14AM	
		Yama 5:14AM – 6:54AM	Sadhya Until 4:33PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:36PM	Moon 7 - Phase 15 - 21
		461755472 <b>Rahu</b> 1:36PM – 3:16PM	Gara Until 5:30PM	<b>Nataraja:</b> White		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 5:07AM Fri</b>	Moon – Green		<b>Devaloka Day</b>
Until 6:47PM				Sravana*Adi		
Then Creative Work - Amrita Yoga						

<b>Friday, August 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 22 Sutra 110 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 6:55AM – 8:35AM	<b>Svati Until 6:28PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:14AM	
Tula Rasi: 12.53	Tithi 8	Yama 3:15PM – 4:56PM	Subha Until 2:52PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:36PM	Moon 7 - Phase 15 - 22
		461765472 <b>Rahu</b> 10:15AM – 11:55AM	Visti Until 4:37PM	<b>Nataraja:</b> White		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 3:56AM Sat</b>	Moon – Green		<b>Devaloka Day</b>
		<b>Varalakshmi Vratam</b>		Sravana*Adi		

<b>Saturday, August 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 23 Sutra 111 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 5:15AM – 6:55AM	<b>Vishakha Until 5:49PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:15AM	
Tula Rasi: 26.29	Tithi 9	Yama 1:35PM – 3:15PM	Sukla Until 12:39PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:35PM	Moon 7 - Phase 15 - 23
		472765472 <b>Rahu</b> 8:35AM – 10:15AM	Balava Until 3:08PM	<b>Nataraja:</b> White		Navami
Creative Work	Siddha Yoga		<b>Navami* Until 2:08AM Sun</b>	Moon – Orange		<b>Bhuloka Day</b>
				Sravana*Adi		

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.


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<b>1</b>	<b>Sunday, August 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 24 Sutra 112 Subhakrit 5124
	Vrischika Rasi: 10.28	Tithi 10	<b>Gulika</b> 3:15PM – 4:54PM	<b>Anuradha</b> Until 4:26PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:16AM	
			Yama 11:55AM – 1:35PM	Brahma Until 9:58AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:34PM	Moon 7 - Phase 16 - 24
	Routine Work	Marana Yoga	472865472 <b>Rahu</b> 4:54PM – 6:34PM	Taitila Until 1:02PM	<b>Nataraja:</b> White		4th Phase
			<b>Dashami</b> Until 11:46PM	Moon – Orange		<b>Bhuloka Day</b>	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

<b>2</b>	<b>Monday, August 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 113 Subhakrit 5124
	Vrischika Rasi: 24.49	Tithi 11	<b>Gulika</b> 1:34PM – 3:14PM	<b>Jyeshtha*</b> Until 2:23PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:16AM	
	<b>Family Home Evening</b>		Yama 10:15AM – 11:55AM	Indra Until 6:50AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 7 - Phase 16 - 25
	Creative Work	Siddha Yoga	472865472 <b>Rahu</b> 6:56AM – 8:35AM	Vanija Until 10:25AM	<b>Nataraja:</b> White		4th Phase
			<b>Ekadashi</b> Until 8:55PM	Moon – Orange		<b>Bhuloka Day</b>	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

<b>3</b>	<b>Tuesday, August 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 114 Subhakrit 5124
	Dhanus Rasi: 9.29	Tithi 12 – 13	<b>Gulika</b> 11:55AM – 1:34PM	<b>Mula*</b> Until 12:11PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:17AM	
			Yama 8:36AM – 10:15AM	Vishkambha* Until 11:29PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 7 - Phase 16 - 26
	Creative Work	Amrita Yoga	482865472 <b>Rahu</b> 3:14PM – 4:53PM	Bava Until 7:21AM	<b>Nataraja:</b> White		4th Phase
			<b>Dvadashi</b> Until 5:40PM	Moon – Light Blue		<b>Devaloka Day</b>	
				Sravana*Adi			
				<i>Pradosha Vrata</i>			

<b>4</b>	<b>Wednesday, August 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 115 Subhakrit 5124
	Dhanus Rasi: 24.25	Tithi 13 – 14	<b>Gulika</b> 10:15AM – 11:54AM	<b>Purvashadha*</b> Until 9:34AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:17AM	
			Yama 6:56AM – 8:36AM	Priti Until 7:31PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 7 - Phase 16 - 27
	Creative Work	Amrita Yoga	482865472 <b>Rahu</b> 11:54AM – 1:34PM	Gara Until 12:25AM Thu	<b>Nataraja:</b> White		4th Phase
			<b>Trayodashi</b> Until 2:11PM	Moon – Light Blue		<b>Devaloka Day</b>	
				Sravana*Adi			

	<b>Thursday, August 11, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sun 28 Sutra 116 Subhakrit 5124
	Makara Rasi: 9.28	Tithi 14 – 15	<b>Gulika</b> 8:36AM – 10:15AM	<b>Uttarashadha</b> Until 6:41AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:18AM	
			Yama 5:18AM – 6:57AM	Ayushman Until 3:29PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:31PM	Moon 7 - Phase 16 -
	Routine Work	Marana Yoga	482865472 <b>Rahu</b> 1:33PM – 3:13PM	Visti Until 8:50PM	<b>Nataraja:</b> White		Purnima
			<b>Chaturdashi*</b> Until 10:36AM	Moon – Light Blue		<b>Devaloka Day</b>	
			<b>Raksha Bandhan</b>	Sravana*Adi			

<b>5</b>	<b>Friday, August 12, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sun 29 Sutra 117 Subhakrit 5124
	Makara Rasi: 24.3	Tithi 15 – 16	<b>Gulika</b> 6:57AM – 8:36AM	<b>Dhanishtha</b> Until 1:36AM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:18AM	
			Yama 3:12PM – 4:51PM	Saubhagya Until 11:32AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:30PM	Moon 7 - Phase 16 -
	Creative Work	Siddha Yoga	492865472 <b>Rahu</b> 10:15AM – 11:54AM	Kaulava Until 3:48AM Sat	<b>Nataraja:</b> White		Prathama
			<b>Purnima*</b> Until 7:05AM	Moon – Purple		<b>Bhuloka Day</b>	
				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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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**Saturday, August 13, 2022**  
**Gold Retreat Star**

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

Kathmandu, Nepal  
Sutra 118

Kumbha Rasi: 9.21      Tithi 17

**Gulika** 5:19AM – 6:58AM  
Yama 1:33PM – 3:12PM  
492865472 **Rahu** 8:36AM – 10:15AM

**Shatabhishak** **Until 11:21PM**  
Sobhana **Until 7:50AM**  
Taitila **Until 2:20PM**  
**Dvitiya** **Until 12:56AM Sun**

**Ganesha:** Clear      *Sunrise: 5:19AM*  
**Muruqa:** White      *Sunset: 6:29PM*  
**Nataraja:** White  
Moon – Purple

Subhakit 5124  
Moon 8 - Phase 17 -  
1st Phase

Creative Work    Amrita Yoga  
Until 11:21PM  
Then Routine Work - Marana Yoga

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

**1**

**Sunday, August 14, 2022**

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

Kathmandu, Nepal  
Sun 1      Sutra 119

Kumbha Rasi: 23.53      Tithi 18

**Gulika** 3:11PM – 4:50PM  
Yama 11:54AM – 1:32PM  
412865472 **Rahu** 4:50PM – 6:28PM

**Purvaproshtapada\*** **Until 9:57PM**  
Sukarma **Until 1:38AM Mon**  
Vanija **Until 11:43AM**  
**Tritiya** **Until 10:38PM**

**Ganesha:** Yellow      *Sunrise: 5:19AM*  
**Muruqa:** White      *Sunset: 6:28PM*  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga  
Until 9:57PM  
Then Creative Work - Amrita Yoga

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

**2**

**Monday, August 15, 2022**

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

Kathmandu, Nepal  
Sun 2      Sutra 120

Meena Rasi: 8.01      Tithi 19

**Family Home Evening**      412865472

**Gulika** 1:32PM – 3:11PM  
Yama 10:15AM – 11:54AM  
**Rahu** 6:58AM – 8:37AM

**Uttaraproshtapada** **Until 9:07PM**  
Dhriti **Until 11:23PM**  
Bava **Until 9:46AM**  
**Chaturthi\*** **Until 9:03PM**

**Ganesha:** Yellow      *Sunrise: 5:20AM*  
**Muruqa:** White      *Sunset: 6:28PM*  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga

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

**3**

**Tuesday, August 16, 2022**

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

Kathmandu, Nepal  
Sun 3      Sutra 121

Meena Rasi: 21.39      Tithi 20

**Gulika** 11:53AM – 1:32PM  
Yama 8:37AM – 10:15AM  
412865472 **Rahu** 3:10PM – 4:48PM

**Revati** **Until 8:57PM**  
Shula\* **Until 9:48PM**  
Kaulava **Until 8:35AM**  
**Panchami** **Until 8:18PM**

**Ganesha:** Yellow      *Sunrise: 5:20AM*  
**Muruqa:** White      *Sunset: 6:27PM*  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga

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

**4**

**Wednesday, August 17, 2022**

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

Kathmandu, Nepal  
Sun 4      Sutra 122

Mesha Rasi: 4.49      Tithi 21

**Gulika** 10:15AM – 11:53AM  
Yama 6:59AM – 8:37AM  
422865472 **Rahu** 11:53AM – 1:31PM

**Ashvini** **Until 9:57PM**  
Ganda\* **Until 8:55PM**  
Gara **Until 8:16AM**  
**Shashthi\*** **Until 8:25PM**

**Ganesha:** Blue      *Sunrise: 5:21AM*  
**Muruqa:** White      *Sunset: 6:26PM*  
**Nataraja:** White  
Moon – White

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

Routine Work    Marana Yoga  
Until 9:57PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**5**

**Thursday, August 18, 2022**

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

Kathmandu, Nepal  
Sun 5      Sutra 123

Mesha Rasi: 17.33      Tithi 22

**Gulika** 8:37AM – 10:15AM  
Yama 5:21AM – 6:59AM  
522865472 **Rahu** 1:31PM – 3:09PM

**Bharani** **Until 11:36PM**  
Vriddhi **Until 8:42PM**  
Visti **Until 8:49AM**  
**Saptami** **Until 9:23PM**

**Ganesha:** Yellow      *Sunrise: 5:21AM*  
**Muruqa:** White      *Sunset: 6:25PM*  
**Nataraja:** White  
Moon – White

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

Creative Work    Siddha Yoga  
Until 11:36PM  
Then Routine Work - Marana Yoga

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

**D**

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

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

Kathmandu, Nepal  
Sun 6      Sutra 124

Mesha Rasi: 29.55      Tithi 23

**Gulika** 6:59AM – 8:37AM  
Yama 3:08PM – 4:46PM  
523865472 **Rahu** 10:15AM – 11:53AM

**Krittika** **Until 1:46AM Sat**  
Dhruva **Until 9:00PM**  
Balava **Until 10:10AM**  
**Ashtami\*** **Until 11:03PM**

**Ganesha:** White      *Sunrise: 5:22AM*  
**Muruqa:** White      *Sunset: 6:24PM*  
**Nataraja:** White  
Moon – White

Subhakit 5124  
Moon 8 - Phase 17 - 6  
Ashtami

Creative Work    Siddha Yoga  
Until 1:46AM Sat  
Then Creative Work - Amrita Yoga

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

**Saturday, August 20, 2022**

**Retreat Star**

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

Kathmandu, Nepal  
Sun 7      Sutra 125

Vrishabha Rasi: 12.02      Tithi 24

**Gulika** 5:22AM – 7:00AM  
Yama 1:30PM – 3:08PM  
533865472 **Rahu** 8:37AM – 10:15AM

**Rohini** **Until 4:43AM Sun**  
Vyaghata\* **Until 9:43PM**  
Taitila **Until 12:07PM**  
**Navami\*** **Until 1:14AM Sun**

**Ganesha:** Yellow      *Sunrise: 5:22AM*  
**Muruqa:** White      *Sunset: 6:23PM*  
**Nataraja:** White  
Moon – Yellow

Subhakit 5124  
Moon 8 - Phase 17 - 7  
Navami

Creative Work    Amrita Yoga  
Until 4:43AM Sun  
Then Creative Work - Siddha Yoga

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

<b>1 Sunday, August 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 126 Subhakrit 5124
Wishabha Rasi: 23.58	Tithi 25	<b>Gulika</b> 3:07PM – 4:45PM	<b>Mrigashira</b> Until 7:44AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:23AM	
		Yama 11:52AM – 1:30PM	Harshana Until 10:41PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:22PM	Moon 8 - Phase 18 - 8
		533865472 <b>Rahu</b> 4:45PM – 6:22PM	Vanija Until 2:27PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:40AM Mon	Moon – Yellow		
				<b>Sravana•Avani</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

<b>2 Monday, August 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 127 Subhakrit 5124
Mithuna Rasi: 5.48	Tithi 26	<b>Gulika</b> 1:29PM – 3:06PM	<b>Mrigashira</b> Until 7:44AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:23AM	
<b>Family Home Evening</b>		Yama 10:15AM – 11:52AM	Vajra* Until 11:41PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:21PM	Moon 8 - Phase 18 - 9
Creative Work	Amrita Yoga	533865472 <b>Rahu</b> 7:00AM – 8:38AM	Bava Until 4:57PM	<b>Nataraja:</b> White		2nd Phase
Until 7:44AM			<b>Ekadashi*</b> Until 6:10AM Tue	Moon – Yellow		
Then Creative Work - Siddha Yoga				<b>Sravana•Avani</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM

<b>3 Tuesday, August 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 128 Subhakrit 5124
Mithuna Rasi: 17.38	Tithi 26 – 27	<b>Gulika</b> 11:52AM – 1:29PM	<b>Ardra</b> Until 10:35AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:24AM	
		Yama 8:38AM – 10:15AM	Siddhi Until 12:37AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:20PM	Moon 8 - Phase 18 - 10
		533865472 <b>Rahu</b> 3:06PM – 4:43PM	Kaulava Until 7:24PM	<b>Nataraja:</b> White		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 6:10AM	Moon – Yellow		
Until 10:35AM				<b>Sravana•Avani</b>		<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

<b>4 Wednesday, August 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 129 Subhakrit 5124
Mithuna Rasi: 29.31	Tithi 27 – 28	<b>Gulika</b> 10:15AM – 11:52AM	<b>Punarvasu</b> Until 1:38PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:24AM	
		Yama 7:01AM – 8:38AM	Vyatipata* Until 1:24AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 6:19PM	Moon 8 - Phase 18 - 11
		533865472 <b>Rahu</b> 11:52AM – 1:28PM	Gara Until 9:38PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 8:32AM	Moon – Blue		
				<b>Sravana•Avani</b>		<b>Bhuloka Day</b>
						<i>Pradosha Vrata (Fasting)</i>

<b>5 Thursday, August 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 12 Sutra 130 Subhakrit 5124
Kataka Rasi: 11.3	Tithi 28 – 29	<b>Gulika</b> 8:38AM – 10:15AM	<b>Pushya</b> Until 4:15PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:25AM	
		Yama 5:25AM – 7:01AM	Variyan Until 1:54AM Fri	<b>Muruqa:</b> White	<i>Sunset:</i> 6:18PM	Moon 8 - Phase 18 - 12
		533865472 <b>Rahu</b> 1:28PM – 3:05PM	Visti Until 11:34PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Amrita Yoga		<b>Trayodashi*</b> Until 10:38AM	Moon – Blue		
Until 4:15PM				<b>Sravana•Avani</b>		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga						

<b>Friday, August 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 131 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 7:02AM – 8:38AM	<b>Ashlesha*</b> Until 6:21PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:25AM	
Kataka Rasi: 23.37	Tithi 29 – 30	Yama 3:04PM – 4:40PM	Parigha* Until 2:08AM Sat	<b>Muruqa:</b> White	<i>Sunset:</i> 6:17PM	Moon 8 - Phase 18 - 13
		533865472 <b>Rahu</b> 10:15AM – 11:51AM	Catuspada Until 1:08AM Sat	<b>Nataraja:</b> White		Amavasya
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 12:23PM	Moon – Blue		
				<b>Sravana•Avani</b>		<b>Bhuloka Day</b>

<b>Saturday, August 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 132 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 5:26AM – 7:02AM	<b>Magha*</b> Until 8:24PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:26AM	
Simha Rasi: 5.53	Tithi 30 – 1	Yama 1:27PM – 3:03PM	Shiva Until 2:05AM Sun	<b>Muruqa:</b> White	<i>Sunset:</i> 6:16PM	Moon 8 - Phase 18 - 14
		533865472 <b>Rahu</b> 8:38AM – 10:14AM	Kintughna Until 2:19AM Sun	<b>Nataraja:</b> White		Prathama
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 1:45PM	Moon – Red		
Until 8:24PM				<b>Bhadrapada•Avani</b>		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga						

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1 Sunday, August 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Kathmandu, Nepal		
Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau Sun 15 Sutra 133		Subhakrit 5124		
Simha Rasi: 18.19	Tithi 1 – 2	<b>Gulika</b> 3:03PM – 4:39PM	<b>Purvaphalguni Until 9:54PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:26AM
		Yama 11:50AM – 1:27PM	Siddha Until 1:41AM Mon	<b>Muruqa:</b> White <i>Sunset:</i> 6:15PM
	553865473	<b>Rahu</b> 4:39PM – 6:15PM	Balava Until 3:06AM Mon	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Prathama* Until 2:44PM	Moon – Red
Until 9:54PM				<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga				Devaloka Time: 6:PM to 9:PM

<b>2 Monday, August 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Kathmandu, Nepal		
Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau Sun 16 Sutra 134		Subhakrit 5124		
Kanya Rasi: 0.56	Tithi 2 – 3	<b>Gulika</b> 1:26PM – 3:02PM	<b>Uttaraphalguni Until 10:52PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:27AM
<b>Family Home Evening</b>		Yama 10:14AM – 11:50AM	Sadhya Until 1:00AM Tue	<b>Muruqa:</b> White <i>Sunset:</i> 6:14PM
	553865473	<b>Rahu</b> 7:02AM – 8:38AM	Taitila Until 3:29AM Tue	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Dvitiya Until 3:19PM	Moon – Red
				<b>Bhuloka Day</b>
				Devaloka Time: 6:PM to 9:PM

<b>3 Tuesday, August 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Kathmandu, Nepal		
Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtthyam Titau Sun 17 Sutra 135		Subhakrit 5124		
Kanya Rasi: 13.43	Tithi 3 – 4	<b>Gulika</b> 11:50AM – 1:26PM	<b>Hasta Until 11:47PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:27AM
		Yama 8:38AM – 10:14AM	Subha Until 12:02AM Wed	<b>Muruqa:</b> White <i>Sunset:</i> 6:13PM
	563865473	<b>Rahu</b> 3:01PM – 4:37PM	Vanija Until 3:30AM Wed	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Tritiya Until 3:31PM	Moon – Green
				<b>Bhuloka Day</b>
				Devaloka Time: 6:PM to 9:PM

<b>4 Wednesday, August 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Kathmandu, Nepal		
Chitra Nakshatra Sukla Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau Sun 18 Sutra 136		Subhakrit 5124		
Kanya Rasi: 26.42	Tithi 4 – 5	<b>Gulika</b> 10:14AM – 11:50AM	<b>Chitra Until 12:09AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:27AM
		Yama 7:03AM – 8:38AM	Sukla Until 10:44PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:12PM
	563865473	<b>Rahu</b> 11:50AM – 1:25PM	Bava Until 3:08AM Thu	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Chaturthi* Until 3:21PM	Moon – Green
Until 12:09AM Thu		<b>Ganesha Chaturthi</b>		<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga				Devaloka Time: 6:PM to 9:PM

<b>5 Thursday, September 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Kathmandu, Nepal		
Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashtyayam Titau Sun 19 Sutra 137		Subhakrit 5124		
Tula Rasi: 9.53	Tithi 5 – 6	<b>Gulika</b> 8:39AM – 10:14AM	<b>Svati Until 12:00AM Fri</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:28AM
		Yama 5:28AM – 7:03AM	Brahma Until 9:08PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:10PM
	563965473	<b>Rahu</b> 1:25PM – 3:00PM	Kaulava Until 2:22AM Fri	<b>Nataraja:</b> Clear
Creative Work Amrita Yoga			Panchami Until 2:47PM	Moon – Green
Until 12:00AM Fri				<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				

<b>6 Friday, September 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Kathmandu, Nepal		
Vishakha Nakshatra Indra Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau Sun 20 Sutra 138		Subhakrit 5124		
Tula Rasi: 23.17	Tithi 6 – 7	<b>Gulika</b> 7:03AM – 8:39AM	<b>Vishakha Until 11:44PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:28AM
		Yama 2:59PM – 4:34PM	Indra Until 7:13PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:09PM
	573965473	<b>Rahu</b> 10:14AM – 11:49AM	Gara Until 1:11AM Sat	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Shashthi* Until 1:48PM	Moon – Orange
				<b>Sivaloka Day</b>

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Kathmandu, Nepal		
<b>6 Saturday, September 3, 2022</b>		Anuradha Nakshatra Vaidhriti/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau Sun 21 Sutra 139		
Vrischika Rasi: 6.55	Tithi 7 – 8	<b>Gulika</b> 5:29AM – 7:04AM	<b>Anuradha Until 10:54PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:29AM
		Yama 1:23PM – 2:58PM	Vaidhriti* Until 4:56PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:08PM
	574965473	<b>Rahu</b> 8:39AM – 10:14AM	Visti Until 11:35PM	<b>Nataraja:</b> Clear
Creative Work Siddha Yoga			Saptami Until 12:25PM	Moon – Orange
				<b>Devaloka Day</b>

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Kathmandu, Nepal		
<b>7 Sunday, September 4, 2022</b>		Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau Sun 22 Sutra 140		
Vrischika Rasi: 20.47	Tithi 8 – 9	<b>Gulika</b> 2:58PM – 4:32PM	<b>Jyeshtha* Until 9:31PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:29AM
		Yama 11:48AM – 1:23PM	Vishkambha* Until 2:19PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:07PM
	574965473	<b>Rahu</b> 4:32PM – 6:07PM	Balava Until 9:35PM	<b>Nataraja:</b> Clear
Routine Work Marana Yoga			Ashtami* Until 10:37AM	Moon – Orange
Until 9:31PM				<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				

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

<b>1</b>		<b>Monday, September 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 141 Subhakrit 5124	
Dhanus Rasi: 4.56	Tithi 9 – 10	<b>Gulika</b>	1:22PM – 2:57PM	<b>Mula* Until 8:02PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:30AM			
<b>Family Home Evening</b>	584965473	Yama	10:13AM – 11:48AM	Priti Until 11:25AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 20 - 23		
Creative Work Siddha Yoga		<b>Rahu</b>	7:04AM – 8:39AM	Taitila Until 7:12PM	<b>Nataraja:</b> Clear		4th Phase		
Until 8:02PM				<b>Navami* Until 8:25AM</b>	Moon – Light Blue		<b>Bhuloka Day</b>		
Then Routine Work - Marana Yoga					<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM		


<b>2</b>		<b>Tuesday, September 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistil* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 142 Subhakrit 5124	
Dhanus Rasi: 19.19	Tithi 11	<b>Gulika</b>	11:48AM – 1:22PM	<b>Purvashadha* Until 6:06PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:30AM			
	584965473	Yama	8:39AM – 10:13AM	Ayushman Until 8:12AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:05PM	Moon 8 - Phase 20 - 24		
Creative Work Siddha Yoga		<b>Rahu</b>	2:56PM – 4:31PM	Vanija Until 4:30PM	<b>Nataraja:</b> Clear		4th Phase		
Until 6:06PM				<b>Ekadashi Until 3:03AM Wed</b>	Moon – Light Blue		<b>Bhuloka Day</b>		
Then Routine Work - Prabararishta Yoga					<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM		

<b>3</b>		<b>Wednesday, September 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 143 Subhakrit 5124	
Makara Rasi: 3.53	Tithi 12	<b>Gulika</b>	10:13AM – 11:47AM	<b>Uttarashadha Until 3:50PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:31AM			
	584965473	Yama	7:05AM – 8:39AM	Sobhana Until 1:14AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 6:04PM	Moon 8 - Phase 20 - 25		
Creative Work Amrita Yoga		<b>Rahu</b>	11:47AM – 1:21PM	Bava Until 1:35PM	<b>Nataraja:</b> Clear		4th Phase		
Until 3:50PM				<b>Dvadashi Until 12:04AM Thu</b>	Moon – Light Blue		<b>Bhuloka Day</b>		
Then Creative Work - Siddha Yoga					<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM		

<b>4</b>		<b>Thursday, September 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 144 Subhakrit 5124	
Makara Rasi: 18.35	Tithi 13	<b>Gulika</b>	8:39AM – 10:13AM	<b>Shravana Until 1:45PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:31AM			
	594965473	Yama	5:31AM – 7:05AM	Athiganda* Until 9:39PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 8 - Phase 20 - 26		
Creative Work Siddha Yoga		<b>Rahu</b>	1:21PM – 2:55PM	Kaulava Until 10:34AM	<b>Nataraja:</b> Clear		4th Phase		
		<b>Avani Avittam</b>		<b>Trayodashi Until 9:03PM</b>	Moon – Purple		<b>Devaloka Day</b>		
					<b>Bhadrapada*Avani</b>				

*Pradosha Vrata*

<b>5</b>		<b>Friday, September 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 145 Subhakrit 5124	
Kumbha Rasi: 3.16	Tithi 14	<b>Gulika</b>	7:05AM – 8:39AM	<b>Dhanishtha Until 11:34AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM			
	594965473	Yama	2:54PM – 4:28PM	Sukarma Until 6:10PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 20 - 27		
Creative Work Siddha Yoga		<b>Rahu</b>	10:13AM – 11:47AM	Gara Until 7:35AM	<b>Nataraja:</b> Clear		4th Phase		
		<b>Chidambaram Abhishekam</b>		<b>Chaturdashi* Until 6:08PM</b>	Moon – Purple		<b>Devaloka Day</b>		
					<b>Bhadrapada*Avani</b>				

		<b>Saturday, September 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sun 28 Sutra 146 Subhakrit 5124	
Kumbha Rasi: 17.49	Tithi 15 – 16	<b>Gulika</b>	5:32AM – 7:06AM	<b>Shatabhishak Until 9:28AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM			
	594965473	Yama	1:20PM – 2:53PM	Dhriti Until 2:55PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:00PM	Moon 8 - Phase 20 - Purnima		
Creative Work Amrita Yoga		<b>Rahu</b>	8:39AM – 10:13AM	Balava Until 2:19AM Sun	<b>Nataraja:</b> Clear				
Until 9:28AM				<b>Purnima* Until 3:29PM</b>	Moon – Purple		<b>Devaloka Day</b>		
Then Routine Work - Marana Yoga					<b>Bhadrapada*Avani</b>				

<b>Sunday, September 11, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Kathmandu, Nepal Sun 29 Sutra 147 Subhakrit 5124			
<b>Silver Retreat Star</b>		<b>Gulika</b>	2:53PM – 4:26PM	<b>Purvaproshtapada* Until 8:01AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM			
Meena Rasi: 2.08	Tithi 16 – 17	Yama	11:46AM – 1:19PM	Shula* Until 11:58AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:59PM	Moon 8 - Phase 20 - Prathama		
	514965473	<b>Rahu</b>	4:26PM – 5:59PM	Taitila Until 12:21AM Mon	<b>Nataraja:</b> Clear				
Creative Work Siddha Yoga		<b>Grandparent's Day</b>		<b>Prathama* Until 1:15PM</b>	Moon – Clear		<b>Devaloka Day</b>		
Until 8:01AM					<b>Bhadrapada*Avani</b>				
Then Creative Work - Amrita Yoga									

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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Monday, September 12, 2022

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 16.06 Tithi 17 - 18

Family Home Evening

514965473

Gulika 1:19PM - 2:52PM

Yama 10:12AM - 11:45AM

Rahu 7:06AM - 8:39AM

Uttaraproshtapada Until 6:57AM

Ganda\* Until 9:29AM

Vanija Until 11:01PM

Dvitiya Until 11:35AM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Sunrise: 5:33AM

Sunset: 5:58PM

Devaloka Day

Moon 9 - Phase 21 - 1

1st Phase

Creative Work Siddha Yoga

Tuesday, September 13, 2022

1

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

Kathmandu, Nepal

Sun 2 Sutra 149

Subhakrit 5124

Meena Rasi: 29.41 Tithi 18 - 19

Creative Work Siddha Yoga

514965473

Gulika 11:45AM - 1:18PM

Yama 8:39AM - 10:12AM

Rahu 2:51PM - 4:24PM

Revati Until 6:25AM

Vridhhi Until 7:34AM

Bava Until 10:26PM

Tritiya Until 10:36AM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Sunrise: 5:33AM

Sunset: 5:57PM

Devaloka Day

Moon 9 - Phase 21 - 2

1st Phase

Wednesday, September 14, 2022

2

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

Kathmandu, Nepal

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 12.49 Tithi 19 - 20

Routine Work Marana Yoga

Until 6:55AM

Then Creative Work - Siddha Yoga

524965473

Gulika 10:12AM - 11:45AM

Yama 7:07AM - 8:39AM

Rahu 11:45AM - 1:18PM

Ashvini Until 6:55AM

Dhruva Until 6:14AM

Kaulava Until 10:39PM

Chaturthi\* Until 10:25AM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 5:34AM

Sunset: 5:56PM

Devaloka Time: 6:PM to 9:PM

Moon 9 - Phase 21 - 3

1st Phase

Thursday, September 15, 2022

3

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

Kathmandu, Nepal

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 25.34 Tithi 20 - 21

Creative Work Siddha Yoga

Until 8:04AM

Then Routine Work - Marana Yoga

525965473

Gulika 8:39AM - 10:12AM

Yama 5:34AM - 7:07AM

Rahu 1:17PM - 2:50PM

Bharani Until 8:04AM

Harshana Until 5:29AM Fri

Gara Until 11:38PM

Panchami Until 11:02AM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 5:34AM

Sunset: 5:55PM

Devaloka Day

Moon 9 - Phase 21 - 4

1st Phase

Friday, September 16, 2022

4

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

Kathmandu, Nepal

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 7.58 Tithi 21 - 22

Creative Work Siddha Yoga

Until 9:47AM

Then Routine Work - Marana Yoga

525965473

Gulika 7:07AM - 8:39AM

Yama 2:49PM - 4:21PM

Rahu 10:12AM - 11:44AM

Krittika Until 9:47AM

Vajra\* Until 5:52AM Sat

Visti Until 1:19AM Sat

Shashthi\* Until 12:23PM

Ganesha: Clear

Muruqa: White

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Sunrise: 5:35AM

Sunset: 5:53PM

Devaloka Day

Moon 9 - Phase 21 - 5

1st Phase

Saturday, September 17, 2022

●

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 20.07 Tithi 22 - 23

Creative Work Amrita Yoga

Until 12:25PM

Then Creative Work - Siddha Yoga

535965473

Gulika 5:35AM - 7:07AM

Yama 1:16PM - 2:48PM

Rahu 8:39AM - 10:12AM

Rohini Until 12:25PM

Siddhi Until 6:36AM Sun

Balava Until 3:28AM Sun

Saptami Until 2:20PM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sunrise: 5:35AM

Sunset: 5:52PM

Sivaloka Day

Moon 9 - Phase 21 - 6

Ashtami

Sunday, September 18, 2022

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 2.05 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika 2:47PM - 4:19PM

Yama 11:43AM - 1:15PM

Rahu 4:19PM - 5:51PM

Mrigashira Until 3:14PM

Siddhi Until 6:36AM

Taitila Until 5:53AM Mon

Ashtami\* Until 4:39PM

Ganesha: White

Muruqa: White

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sunrise: 5:36AM

Sunset: 5:51PM

Sivaloka Day

Moon 9 - Phase 21 - 7

Navami

With earnest effort hold the senses in check. Controlling the breath, regulate the vital activities. As a charioteer holds back his restive horses, so does a persevering aspirant restrain his mind. Krishna Yajur Veda

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>	<b>Monday, September 19, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vyalipata/Variyan Yoga Gara Karana Navamyam Titau				Kathmandu, Nepal Sun 8 Sutra 155 Subhakit 5124
	Mithuna Rasi: 13.57	Tithi 24	<b>Gulika</b> 1:15PM – 2:46PM	<b>Ardra</b> Until 6:03PM	<b>Ganesha:</b> White	<b>Sunrise:</b> 5:36AM	
	<b>Family Home Evening</b>	535965473	<b>Yama</b> 10:11AM – 11:43AM	Vyatipata* Until 7:31AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:50PM	Moon 9 - Phase 22 - 8
	Creative Work Siddha Yoga		<b>Rahu</b> 7:08AM – 8:40AM	Gara Until 7:06PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Navami*</b> Until 7:06PM	<b>Moon – Yellow</b>		<b>Sivaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			


<b>2</b>	<b>Tuesday, September 20, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 9 Sutra 156 Subhakit 5124
	Mithuna Rasi: 25.49	Tithi 25	<b>Gulika</b> 11:43AM – 1:14PM	<b>Punarvasu</b> Until 9:06PM	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 5:36AM	
		545965473	<b>Yama</b> 8:40AM – 10:11AM	Variyan Until 8:24AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:49PM	Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga		<b>Rahu</b> 2:46PM – 4:17PM	Vanija Until 8:19AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami</b> Until 9:28PM	<b>Moon – Blue</b>		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>3</b>	<b>Wednesday, September 21, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 157 Subhakit 5124
	Kataka Rasi: 7.45	Tithi 26	<b>Gulika</b> 10:11AM – 11:42AM	<b>Pushya</b> Until 11:45PM	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 5:37AM	
		545965473	<b>Yama</b> 7:08AM – 8:40AM	Parigha* Until 9:10AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:48PM	Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga		<b>Rahu</b> 11:42AM – 1:14PM	Bava Until 10:35AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi*</b> Until 11:34PM	<b>Moon – Blue</b>		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>4</b>	<b>Thursday, September 22, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 11 Sutra 158 Subhakit 5124
	Kataka Rasi: 19.49	Tithi 27	<b>Gulika</b> 8:40AM – 10:11AM	<b>Ashlesha*</b> Until 1:50AM Fri	<b>Ganesha:</b> Yellow	<b>Sunrise:</b> 5:37AM	
		545965473	<b>Yama</b> 5:37AM – 7:09AM	Shiva Until 9:42AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:46PM	Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga		<b>Rahu</b> 1:13PM – 2:44PM	Kaulava Until 12:29PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dvadashi*</b> Until 1:16AM Fri	<b>Moon – Blue</b>		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>5</b>	<b>Friday, September 23, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 12 Sutra 159 Subhakit 5124
	Simha Rasi: 2.02	Tithi 28	<b>Gulika</b> 7:09AM – 8:40AM	<b>Magha*</b> Until 3:48AM Sat	<b>Ganesha:</b> Red	<b>Sunrise:</b> 5:38AM	
		555965473	<b>Yama</b> 2:43PM – 4:14PM	Siddha Until 9:51AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:45PM	Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga		<b>Rahu</b> 10:11AM – 11:42AM	Gara Until 1:57PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi*</b> Until 2:29AM Sat	<b>Moon – Red</b>		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</b>	<b>Saturday, September 24, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 13 Sutra 160 Subhakit 5124
	Simha Rasi: 14.28	Tithi 29	<b>Gulika</b> 5:38AM – 7:09AM	<b>Purvaphalguni</b> Until 5:06AM Sun	<b>Ganesha:</b> Red	<b>Sunrise:</b> 5:38AM	
		555965473	<b>Yama</b> 1:12PM – 2:43PM	Sadhya Until 9:39AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:44PM	Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga		<b>Rahu</b> 8:40AM – 10:10AM	Visti* Until 2:56PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Chaturdashi*</b> Until 3:12AM Sun	<b>Moon – Red</b>		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

	<b>Sunday, September 25, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Kathmandu, Nepal Sun 14 Sutra 161 Subhakit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 2:42PM – 4:12PM	<b>Uttaraphalguni</b> Until 5:45AM Mon	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 5:39AM	
	Simha Rasi: 27.08	Tithi 30	<b>Yama</b> 11:41AM – 1:11PM	Subha Until 9:04AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:43PM	Moon 9 - Phase 22 - 14
		556165473	<b>Rahu</b> 4:12PM – 5:43PM	Catuspada Until 3:23PM	<b>Nataraja:</b> Clear		Amavasya
			<b>Amavasya*</b> Until 3:24AM Mon	<b>Moon – Red</b>		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Puratasi</b>		<b>Devaloka Time: 6:PM to 9:PM</b>	
				<b>Mahalaya Amavasai (Tamil Nadu)</b>			

<b>Retreat Star</b>	<b>Monday, September 26, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Kathmandu, Nepal Sun 15 Sutra 162 Subhakit 5124
	Kanya Rasi: 10.02	Tithi 1	<b>Gulika</b> 1:11PM – 2:41PM	<b>Hasta</b> Until 6:15AM Tue	<b>Ganesha:</b> Blue	<b>Sunrise:</b> 5:39AM	
		566165473	<b>Yama</b> 10:10AM – 11:41AM	Sukla Until 8:03AM	<b>Muruqa:</b> White	<b>Sunset:</b> 5:42PM	Moon 9 - Phase 22 - 15
	<b>Family Home Evening</b>		<b>Rahu</b> 7:10AM – 8:40AM	Kintughna Until 3:20PM	<b>Nataraja:</b> Clear		Prathama
			<b>Prathama*</b> Until 3:08AM Tue	<b>Moon – Green</b>		<b>Bhuloka Day</b>	
				<b>Ashvina-Puratasi</b>		<b>Devaloka Time: 6:PM to 9:PM</b>	
			<b>Navaratri Begins</b>				

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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1	<b>Tuesday, September 27, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau				Kathmandu, Nepal Sun 16 Sutra 163 Subhakarit 5124
	Kanya Rasi: 23.11	Tithi 2	<b>Gulika</b> 11:40AM – 1:10PM	<b>Hasta</b> Until 6:15AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:40AM	
			Yama 8:40AM – 10:10AM	Brahma Until 6:41AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:41PM	Moon 9 - Phase 23 - 16
	Creative Work Siddha Yoga	566165473	<b>Rahu</b> 2:40PM – 4:11PM	Balava Until 2:51PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> Until 2:27AM Wed	Ashvina+Puratasi	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

2	<b>Wednesday, September 28, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau				Kathmandu, Nepal Sun 17 Sutra 164 Subhakarit 5124
	Tula Rasi: 6.33	Tithi 3	<b>Gulika</b> 10:10AM – 11:40AM	<b>Chitra</b> Until 6:11AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:40AM	
			Yama 7:10AM – 8:40AM	Vaidhriti* Until 3:02AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 23 - 17
	Creative Work Siddha Yoga	666165473	<b>Rahu</b> 11:40AM – 1:10PM	Taitila Until 1:59PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> Until 1:24AM Thu	Ashvina+Puratasi	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

3	<b>Thursday, September 29, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthiyam Titau				Kathmandu, Nepal Sun 18 Sutra 165 Subhakarit 5124
	Tula Rasi: 20.07	Tithi 4	<b>Gulika</b> 8:40AM – 10:10AM	<b>Vishakha</b> Until 5:07AM Fri	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:41AM	
			Yama 5:41AM – 7:10AM	Vishkambha* Until 12:49AM Fri	<b>Muruqa:</b> White	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 23 - 18
	Creative Work Siddha Yoga	676165473	<b>Rahu</b> 1:09PM – 2:39PM	Vanija Until 12:47PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi</b> Until 12:04AM Fri	Ashvina+Puratasi	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

4	<b>Friday, September 30, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 19 Sutra 166 Subhakarit 5124
	Vrischika Rasi: 3.5	Tithi 5	<b>Gulika</b> 7:11AM – 8:40AM	<b>Anuradha</b> Until 4:11AM Sat	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:41AM	
			Yama 2:38PM – 4:08PM	Priti Until 10:26PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 23 - 19
	Creative Work Siddha Yoga	676165473	<b>Rahu</b> 10:10AM – 11:39AM	Bava Until 11:19AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> Until 10:28PM	Ashvina+Puratasi	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

5	<b>Saturday, October 1, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau				Kathmandu, Nepal Sun 20 Sutra 167 Subhakarit 5124
	Vrischika Rasi: 17.42	Tithi 6	<b>Gulika</b> 5:42AM – 7:11AM	<b>Jyeshtha*</b> Until 2:56AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:42AM	
			Yama 1:08PM – 2:38PM	Ayushman Until 7:51PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:36PM	Moon 9 - Phase 23 - 20
	Creative Work Siddha Yoga Until 2:56AM Sun Then Creative Work - Amrita Yoga	676165473	<b>Rahu</b> 8:40AM – 10:10AM	Kaulava Until 9:37AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Shashthi*</b> Until 8:40PM	Ashvina+Puratasi	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

6	<b>Sunday, October 2, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau				Kathmandu, Nepal Sun 21 Sutra 168 Subhakarit 5124
	Dhanus Rasi: 1.42	Tithi 7	<b>Gulika</b> 2:37PM – 4:06PM	<b>Mula*</b> Until 1:47AM Mon	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:42AM	
			Yama 11:39AM – 1:08PM	Saubhagya Until 5:08PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:35PM	Moon 9 - Phase 23 - 21
	Creative Work Amrita Yoga Until 1:47AM Mon Then Routine Work - Marana Yoga	687166473	<b>Rahu</b> 4:06PM – 5:35PM	Gara Until 7:43AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Saptami</b> Until 6:42PM	Moon - Light Blue Ashvina+Puratasi	<b>Sivaloka Day</b>		

D	<b>Monday, October 3, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 169 Subhakarit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 1:07PM – 2:36PM	<b>Purvashadha*</b> Until 12:22AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:43AM	
	Dhanus Rasi: 15.48	Tithi 8 – 9	Yama 10:09AM – 11:38AM	Sobhana Until 2:18PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:34PM	Moon 9 - Phase 23 - 22
	<b>Family Home Evening</b>	687166473	<b>Rahu</b> 7:11AM – 8:40AM	Balava Until 3:29AM Tue	<b>Nataraja:</b> Clear		Ashtami
			<b>Durga Ashtami</b>	<b>Ashtami*</b> Until 4:35PM	<b>Sivaloka Day</b> Ashvina+Puratasi		

D	<b>Tuesday, October 4, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 170 Subhakarit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 11:38AM – 1:07PM	<b>Uttarashadha</b> Until 10:42PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:43AM	
	Dhanus Rasi: 29.59	Tithi 9 – 10	Yama 8:40AM – 10:09AM	Athiganda* Until 11:21AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:33PM	Moon 9 - Phase 23 - 23
	Routine Work Prabalarishta Yoga Until 10:42PM Then Creative Work - Siddha Yoga	687166473	<b>Rahu</b> 2:35PM – 4:04PM	Taitila Until 1:13AM Wed	<b>Nataraja:</b> Clear		Navami
			<b>Saraswathi Puja (Tamil Nadu)</b>	<b>Navami*</b> Until 2:20PM	<b>Sivaloka Day</b> Moon - Light Blue 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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.


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<b>1</b>	<b>Wednesday, October 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 171
	Makara Rasi: 14.14	Tithi 10 - 11	<b>Gulika</b> 10:09AM - 11:38AM	<b>Shravana Until 9:16PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 5:44AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:32PM</i>	Subhakrit 5124
		697166473 <b>Rahu</b> 11:38AM - 1:06PM	Yama 7:12AM - 8:41AM	Sukarma Until 8:20AM			Moon 9 - Phase 24 - 24 4th Phase
			Vijaya Dasami	Vanija Until 10:54PM	<b>Nataraja:</b> Clear		
				<b>Dashami Until 12:02PM</b>	Moon - Purple		<b>Devaloka Day</b>
					Ashvina+Puratasi		

<b>2</b>	<b>Thursday, October 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 172
	Makara Rasi: 28.31	Tithi 11 - 12	<b>Gulika</b> 8:41AM - 10:09AM	<b>Dhanishtha Until 7:44PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 5:44AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:31PM</i>	Subhakrit 5124
		697166473 <b>Rahu</b> 1:06PM - 2:34PM	Yama 5:44AM - 7:12AM	Shula* Until 2:21AM Fri			Moon 9 - Phase 24 - 25 4th Phase
				Bava Until 8:37PM	<b>Nataraja:</b> Clear		
				<b>Ekadashi Until 9:44AM</b>	Moon - Purple		<b>Devaloka Day</b>
					Ashvina+Puratasi		

<b>3</b>	<b>Friday, October 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 173
	Kumbha Rasi: 12.44	Tithi 12 - 13	<b>Gulika</b> 7:13AM - 8:41AM	<b>Shatabhishak Until 6:11PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 5:45AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:29PM</i>	Subhakrit 5124
		697166473 <b>Rahu</b> 10:09AM - 11:37AM	Yama 2:33PM - 4:01PM	Ganda* Until 11:31PM			Moon 9 - Phase 24 - 26 4th Phase
				Kaulava Until 6:28PM	<b>Nataraja:</b> Clear		
			<b>Kadaitswami Mahasamadhi</b>	<b>Dvadashi Until 7:30AM</b>	Moon - Purple		<b>Devaloka Day</b>
					Ashvina+Puratasi		
					<i>Pradosha Vrata</i>		

<b>4</b>	<b>Saturday, October 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 174
	Kumbha Rasi: 26.5	Tithi 14	<b>Gulika</b> 5:45AM - 7:13AM	<b>Purvaproshtapada* Until 5:09PM</b>	<b>Ganesha:</b> White <i>Sunrise: 5:45AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:28PM</i>	Subhakrit 5124
		618166474 <b>Rahu</b> 8:41AM - 10:09AM	Yama 1:05PM - 2:33PM	Vriddhi Until 8:55PM			Moon 9 - Phase 24 - 27 4th Phase
				Gara Until 4:34PM	<b>Nataraja:</b> Purple		
			<b>Chidambaram Abhishekam</b>	<b>Chaturdashi* Until 3:43AM Sun</b>	Moon - Clear		<b>Bhuloka Day</b>
					Ashvina+Puratasi		

	<b>Sunday, October 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sutra 175
	<b>Copper Retreat Star</b>		<b>Gulika</b> 2:32PM - 4:00PM	<b>Uttaraproshtapada Until 4:20PM</b>	<b>Ganesha:</b> White <i>Sunrise: 5:46AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:27PM</i>	Subhakrit 5124
Meena Rasi: 10.44	Tithi 15	618166474 <b>Rahu</b> 4:00PM - 5:27PM	Yama 11:36AM - 1:04PM	Dhruva Until 6:35PM			Moon 9 - Phase 24 - Purnima
				Visti Until 3:01PM	<b>Nataraja:</b> Purple		
				<b>Purnima* Until 2:24AM Mon</b>	Moon - Clear		<b>Bhuloka Day</b>
					Ashvina+Puratasi		

<b>Monday, October 10, 2022</b>	<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sutra 176
	Meena Rasi: 24.23	Tithi 16	<b>Gulika</b> 1:04PM - 2:31PM	<b>Revati Until 3:51PM</b>	<b>Ganesha:</b> White <i>Sunrise: 5:46AM</i>	<b>Muruqa:</b> Green <i>Sunset: 5:26PM</i>	Subhakrit 5124
<b>Family Home Evening</b>		618166474 <b>Rahu</b> 7:14AM - 8:41AM	Yama 10:09AM - 11:36AM	Vyaghata* Until 4:40PM			Moon 9 - Phase 24 - Prathama
				Balava Until 1:58PM	<b>Nataraja:</b> Purple		
				<b>Prathama* Until 1:37AM Tue</b>	Moon - Clear		<b>Bhuloka Day</b>
					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

Kathmandu, Nepal

Sutra 177

Mesha Rasi: 7.44 Tithi 17

628176474

**Gulika** 11:36AM – 1:03PM  
Yama 8:41AM – 10:09AM  
**Rahu** 2:31PM – 3:58PM

**Ashvini Until 4:15PM**

Harshana Until 3:14PM

Taitila Until 1:29PM

**Dvitiya Until 1:28AM Wed**

**Ganesha:** Yellow *Sunrise:* 5:47AM

**Muruqa:** White *Sunset:* 5:25PM

**Nataraja:** Purple

Moon – White

**Ashvina+Puratasi**

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

**1** Wednesday, October 12, 2022

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

Kathmandu, Nepal

Sun 1 Sutra 178

Mesha Rasi: 20.44 Tithi 18

628176474

**Gulika** 10:09AM – 11:36AM  
Yama 7:14AM – 8:41AM  
**Rahu** 11:36AM – 1:03PM

**Bharani Until 5:08PM**

Vajra\* Until 2:17PM

Vanija Until 1:40PM

**Tritiya Until 2:00AM Thu**

**Ganesha:** Yellow *Sunrise:* 5:47AM

**Muruqa:** White *Sunset:* 5:24PM

**Nataraja:** Purple

Moon – White

**Ashvina+Puratasi**

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 5:08PM

Then Creative Work - Amrita Yoga

**2** Thursday, October 13, 2022

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

Kathmandu, Nepal

Sun 2 Sutra 179

Wrishabha Rasi: 3.25 Tithi 19

628176474

**Gulika** 8:42AM – 10:08AM  
Yama 5:48AM – 7:15AM  
**Rahu** 1:02PM – 2:29PM

**Krittika Until 6:31PM**

Siddhi Until 1:53PM

Bava Until 2:32PM

**Chaturthi\* Until 3:11AM Fri**

**Ganesha:** Yellow *Sunrise:* 5:48AM

**Muruqa:** White *Sunset:* 5:23PM

**Nataraja:** Purple

Moon – White

**Ashvina+Puratasi**

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

**3** Friday, October 14, 2022

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

Kathmandu, Nepal

Sun 3 Sutra 180

Wrishabha Rasi: 15.47 Tithi 20

638176474

**Gulika** 7:15AM – 8:42AM  
Yama 2:29PM – 3:55PM  
**Rahu** 10:08AM – 11:35AM

**Rohini Until 8:49PM**

Vyatipata\* Until 1:58PM

Kaulava Until 4:02PM

**Panchami Until 4:57AM Sat**

**Ganesha:** Blue *Sunrise:* 5:48AM

**Muruqa:** White *Sunset:* 5:22PM

**Nataraja:** Purple

Moon – Yellow

**Ashvina+Puratasi**

**Bhuloka Day**

Routine Work Marana Yoga

Until 8:49PM

Then Creative Work - Siddha Yoga

**4** Saturday, October 15, 2022

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

Kathmandu, Nepal

Sun 4 Sutra 181

Wrishabha Rasi: 27.57 Tithi 21

639176474

**Gulika** 5:49AM – 7:15AM  
Yama 1:01PM – 2:28PM  
**Rahu** 8:42AM – 10:08AM

**Mrigashira Until 11:25PM**

Variyan Until 2:26PM

Gara Until 6:02PM

**Shashthi\* Until 7:09AM Sun**

**Ganesha:** Red *Sunrise:* 5:49AM

**Muruqa:** White *Sunset:* 5:21PM

**Nataraja:** Purple

Moon – Yellow

**Ashvina+Puratasi**

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

**5** Sunday, October 16, 2022

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

Kathmandu, Nepal

Sun 5 Sutra 182

Mithuna Rasi: 9.56 Tithi 21 – 22

639176474

**Gulika** 2:27PM – 3:54PM  
Yama 11:35AM – 1:01PM  
**Rahu** 3:54PM – 5:20PM

**Ardra Until 2:07AM Mon**

Parigha\* Until 3:10PM

Visti Until 8:22PM

**Shashthi\* Until 7:09AM**

**Ganesha:** Red *Sunrise:* 5:49AM

**Muruqa:** White *Sunset:* 5:20PM

**Nataraja:** Purple

Moon – Yellow

**Ashvina+Puratasi**

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 2:07AM Mon

Then Creative Work - Amrita Yoga

**Monday, October 17, 2022**

Retreat Star

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

Kathmandu, Nepal

Sun 6 Sutra 183

Mithuna Rasi: 21.5 Tithi 22 – 23

649176474

**Gulika** 1:01PM – 2:27PM  
Yama 10:08AM – 11:35AM  
**Rahu** 7:16AM – 8:42AM

**Punarvasu Until 5:12AM Tue**

Shiva Until 4:02PM

Balava Until 10:48PM

**Saptami Until 9:34AM**

**Ganesha:** Green *Sunrise:* 5:50AM

**Muruqa:** White *Sunset:* 5:19PM

**Nataraja:** Purple

Moon – Blue

**Ashvina+Puratsi**

**Devaloka Day**

Creative Work Amrita Yoga

Until 5:12AM Tue

Then Creative Work - Siddha Yoga

**Tuesday, October 18, 2022**

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 184

Kataka Rasi: 3.43 Tithi 23 – 24

649176474

**Gulika** 11:34AM – 1:00PM  
Yama 8:42AM – 10:08AM  
**Rahu** 2:26PM – 3:52PM

**Pushya Until 7:59AM Wed**

Siddha Until 4:50PM

Taitila Until 1:09AM Wed

**Ashtami\* Until 11:59AM**

**Ganesha:** Green *Sunrise:* 5:51AM

**Muruqa:** White *Sunset:* 5:18PM

**Nataraja:** Purple

Moon – Blue

**Ashvina+Puratsi**

**Devaloka Day**

Creative Work Siddha Yoga

When a person comes to weakness, be it through old age or disease, he frees himself from these limbs just as a mango, a fig or a berry releases itself from its stalk. Shukla Yajur Veda

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

www.gurudeva.org/panchang

<b>1</b>	<b>Wednesday, October 19, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 185
	Kataka Rasi: 15.4	Tithi 24 – 25	<b>Gulika</b> 10:08AM – 11:34AM	<b>Pushya</b> Until 7:59AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:51AM	Subhakarit 5124
			Yama 7:17AM – 8:43AM	Sadhya Until 5:28PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:17PM	Moon 10 - Phase 26 - 8
	Creative Work Siddha Yoga	649176474	<b>Rahu</b> 11:34AM – 1:00PM	Vanija Until 3:12AM Thu	<b>Nataraja:</b> Purple		2nd Phase
			<b>Navami*</b> Until 2:12PM	Moon – Blue		<b>Devaloka Day</b>	
				Ashvina•Aipasi			


<b>2</b>	<b>Thursday, October 20, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 186
	Kataka Rasi: 27.44	Tithi 25 – 26	<b>Gulika</b> 8:43AM – 10:08AM	<b>Ashlesha*</b> Until 10:17AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:52AM	Subhakarit 5124
			Yama 5:52AM – 7:17AM	Subha Until 5:49PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:16PM	Moon 10 - Phase 26 - 9
	Creative Work Siddha Yoga	649276474	<b>Rahu</b> 1:00PM – 2:25PM	Bava Until 4:47AM Fri	<b>Nataraja:</b> Purple		2nd Phase
			<b>Dashami</b> Until 4:02PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashvina•Aipasi		Devaloka Time: 6:AM to 9:AM	

<b>3</b>	<b>Friday, October 21, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 187
	Simha Rasi: 10	Tithi 26 – 27	<b>Gulika</b> 7:18AM – 8:43AM	<b>Magha*</b> Until 12:25PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:52AM	Subhakarit 5124
			Yama 2:25PM – 3:50PM	Sukla Until 5:43PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:15PM	Moon 10 - Phase 26 - 10
	Routine Work Marana Yoga	659276474	<b>Rahu</b> 10:08AM – 11:34AM	Kaulava Until 5:48AM Sat	<b>Nataraja:</b> Purple		2nd Phase
			<b>Ekadashi*</b> Until 5:21PM	Moon – Red		<b>Bhuloka Day</b>	
				Ashvina•Aipasi			

<b>4</b>	<b>Saturday, October 22, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Taitila Karana Dvodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 188
	Simha Rasi: 22.31	Tithi 27	<b>Gulika</b> 5:53AM – 7:18AM	<b>Purvaphalguni</b> Until 1:48PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:53AM	Subhakarit 5124
			Yama 12:59PM – 2:24PM	Brahma Until 5:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:14PM	Moon 10 - Phase 26 - 11
	Creative Work Siddha Yoga	659276474	<b>Rahu</b> 8:43AM – 10:08AM	Taitila Until 6:03PM	<b>Nataraja:</b> Purple		2nd Phase
			<b>Dvodashi*</b> Until 6:03PM	Moon – Red		<b>Bhuloka Day</b>	
				Ashvina•Aipasi			

<b>5</b>	<b>Sunday, October 23, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 12 Sutra 189
	Kanya Rasi: 5.2	Tithi 28	<b>Gulika</b> 2:23PM – 3:48PM	<b>Uttaraphalguni</b> Until 2:25PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:53AM	Subhakarit 5124
			Yama 11:33AM – 12:58PM	Indra Until 4:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:13PM	Moon 10 - Phase 26 - 12
	Creative Work Amrita Yoga	651276474	<b>Rahu</b> 3:48PM – 5:13PM	Gara Until 6:10AM	<b>Nataraja:</b> Purple		2nd Phase
			<b>Trayodashi*</b> Until 6:05PM	Moon – Red		<b>Bhuloka Day</b>	
				Ashvina•Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</b>	<b>Monday, October 24, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 13 Sutra 190
	Kanya Rasi: 18.28	Tithi 29 – 30	<b>Gulika</b> 12:58PM – 2:23PM	<b>Hasta</b> Until 2:43PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:54AM	Subhakarit 5124
	<b>Family Home Evening</b>		Yama 10:09AM – 11:33AM	Vaidhriti* Until 2:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:13PM	Moon 10 - Phase 26 - 13
	Creative Work Siddha Yoga	661276474	<b>Rahu</b> 7:19AM – 8:44AM	Catuspada Until 5:00AM Tue	<b>Nataraja:</b> Purple		2nd Phase
			<b>Chaturdashi*</b> Until 5:30PM	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina•Aipasi			
				<b>Subramuniyaswami Mahasamadhi Deepavali Hindu Solidarity Day</b>			

	<b>Tuesday, October 25, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 14 Sutra 191
	<b>Retreat Star</b>		<b>Gulika</b> 11:33AM – 12:58PM	<b>Chitra</b> Until 2:17PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:55AM	Subhakarit 5124
	Tula Rasi: 1.56	Tithi 30 – 1	Yama 8:44AM – 10:09AM	Vishkambha* Until 12:31PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:12PM	Moon 10 - Phase 26 - 14
	Creative Work Siddha Yoga	661276474	<b>Rahu</b> 2:22PM – 3:47PM	Kintughna Until 3:36AM Wed	<b>Nataraja:</b> Purple		Amavasya
			<b>Amavasya*</b> Until 4:20PM	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina•Aipasi			

<b>Retreat Star</b>	<b>Wednesday, October 26, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 192
	Tula Rasi: 15.42	Tithi 1 – 2	<b>Gulika</b> 10:09AM – 11:33AM	<b>Svati</b> Until 1:15PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:55AM	Subhakarit 5124
			Yama 7:20AM – 8:44AM	Priti Until 10:07AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:11PM	Moon 10 - Phase 26 - 15
	Creative Work Siddha Yoga	661276574	<b>Rahu</b> 11:33AM – 12:58PM	Balava Until 1:46AM Thu	<b>Nataraja:</b> Clear		Prathama
			<b>Prathama*</b> Until 2:43PM	Moon – Green		<b>Bhuloka Day</b>	
				Karttika•Aipasi		Devaloka Time: 3:PM to 6:PM	

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

<b>1</b>		<b>Thursday, October 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dviliya/Tritiyayam Titau		Kathmandu, Nepal Sun 16 Sutra 193 Subhakrit 5124	
Tula Rasi: 29.43	Tithi 2 - 3	Gulika 8:44AM - 10:09AM	Vishakha Until 12:08PM	Ganesha: Purple	Sunrise: 5:56AM	Moon 10 - Phase 27 - 16	3rd Phase
		Yama 5:56AM - 7:20AM	Ayushman Until 7:24AM	Muruqa: Clear	Sunset: 5:10PM		
		671276574 Rahu 12:57PM - 2:22PM	Taitila Until 11:39PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Dvitiya Until 12:43PM	Moon - Orange		<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
				Karttika-Aipasi			
<b>2</b>		<b>Friday, October 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Kathmandu, Nepal Sun 17 Sutra 194 Subhakrit 5124	
Vrischika Rasi: 13.54	Tithi 3 - 4	Gulika 7:21AM - 8:45AM	Anuradha Until 10:37AM	Ganesha: Purple	Sunrise: 5:57AM	Moon 10 - Phase 27 - 17	3rd Phase
		Yama 2:21PM - 3:45PM	Sobhana Until 1:24AM Sat	Muruqa: Clear	Sunset: 5:09PM		
		671276574 Rahu 10:09AM - 11:33AM	Vanija Until 9:20PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Tritiya Until 10:30AM	Moon - Orange		<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Until 10:37AM				Karttika-Aipasi			
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Saturday, October 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Kathmandu, Nepal Sun 18 Sutra 195 Subhakrit 5124	
Vrischika Rasi: 28.13	Tithi 4 - 5	Gulika 5:57AM - 7:21AM	Jyeshtha* Until 8:51AM	Ganesha: Purple	Sunrise: 5:57AM	Moon 10 - Phase 27 - 18	3rd Phase
		Yama 12:57PM - 2:21PM	Athiganda* Until 10:15PM	Muruqa: Clear	Sunset: 5:08PM		
		671276574 Rahu 8:45AM - 10:09AM	Bava Until 6:57PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Chaturthi* Until 8:08AM	Moon - Orange		<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
				Karttika-Aipasi			
<b>4</b>		<b>Sunday, October 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukarma Yoga Kaulava/Taitila Karana Shashthiyam Titau		Kathmandu, Nepal Sun 19 Sutra 196 Subhakrit 5124	
Dhanus Rasi: 12.32	Tithi 6	Gulika 2:20PM - 3:44PM	Mula* Until 7:19AM	Ganesha: Clear	Sunrise: 5:58AM	Moon 10 - Phase 27 - 19	3rd Phase
		Yama 11:33AM - 12:56PM	Sukarma Until 7:09PM	Muruqa: Clear	Sunset: 5:08PM		
		681276574 Rahu 3:44PM - 5:08PM	Kaulava Until 4:33PM	Nataraja: Clear			
Creative Work	Amrita Yoga		Shashthi* Until 3:22AM Mon	Moon - Light Blue		<b>Devaloka Day</b>	
Until 7:19AM		Skanda Shasthi		Karttika-Aipasi			
Then Creative Work - Siddha Yoga							
<b>5</b>		<b>Monday, October 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau		Kathmandu, Nepal Sun 20 Sutra 197 Subhakrit 5124	
Dhanus Rasi: 26.5	Tithi 7	Gulika 12:56PM - 2:20PM	Uttarashadha Until 4:03AM Tue	Ganesha: Clear	Sunrise: 5:59AM	Moon 10 - Phase 27 - 20	3rd Phase
Family Home Evening		Yama 10:09AM - 11:33AM	Dhriti Until 4:07PM	Muruqa: Clear	Sunset: 5:07PM		
Routine Work	Marana Yoga	681276574 Rahu 7:22AM - 8:46AM	Gara Until 2:15PM	Nataraja: Clear			
Until 4:03AM Tue			Saptami Until 1:08AM Tue	Moon - Light Blue		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Karttika-Aipasi			
<b>Retreat Star</b>		<b>Tuesday, November 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 21 Sutra 198 Subhakrit 5124	
Makara Rasi: 11.04	Tithi 8	Gulika 11:33AM - 12:56PM	Shravana Until 2:51AM Wed	Ganesha: White	Sunrise: 5:59AM	Moon 10 - Phase 27 - 21	Ashtami
		Yama 8:46AM - 10:09AM	Shula* Until 1:11PM	Muruqa: Clear	Sunset: 5:06PM		
		691276574 Rahu 2:19PM - 3:43PM	Visti Until 12:05PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Ashtami* Until 11:03PM	Moon - Purple		<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Until 2:51AM Wed				Karttika-Aipasi			
Then Routine Work - Prabalarishta Yoga							
<b>Retreat Star</b>		<b>Wednesday, November 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 199 Subhakrit 5124	
Makara Rasi: 25.1	Tithi 9	Gulika 10:09AM - 11:33AM	Dhanishtha Until 1:44AM Thu	Ganesha: Green	Sunrise: 6:00AM	Moon 10 - Phase 27 - 22	Navami
		Yama 7:23AM - 8:46AM	Ganda* Until 10:25AM	Muruqa: Clear	Sunset: 5:05PM		
		692276574 Rahu 11:33AM - 12:56PM	Balava Until 10:07AM	Nataraja: Clear			
Routine Work	Prabalarishta Yoga		Navami* Until 9:11PM	Moon - Purple		<b>Bhuloka Day</b>	Devaloka Time: 3:PM to 6:PM
Until 1:44AM Thu				Karttika-Aipasi			
Then Creative Work - Siddha Yoga							

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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1	<b>Thursday, November 3, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shalabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau			Kathmandu, Nepal Sun 23 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 9.08      Tithi 10	<b>Gulika</b> <b>8:47AM – 10:10AM</b>	<b>Shatabhishak</b> <b>Until 12:42AM Fri</b>	<b>Ganesha:</b> Green <i>Sunrise: 6:01AM</i>	Moon 10 - Phase 28 - 23
	692276574	Yama      6:01AM – 7:24AM	Vriddhi      Until 7:50AM	<b>Muruqa:</b> Clear <i>Sunset: 5:05PM</i>	4th Phase
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>12:56PM – 2:19PM</b>	Taitila      Until 8:21AM	Moon – Purple	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

2	<b>Friday, November 4, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 22.56      Tithi 11	<b>Gulika</b> <b>7:24AM – 8:47AM</b>	<b>Purvaproshtapada*</b> <b>Until 12:14AM Sat</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:01AM</i>	Moon 10 - Phase 28 - 24
	612276574	Yama      2:18PM – 3:41PM	Vyaghata*      Until 3:16AM Sat	<b>Muruqa:</b> Clear <i>Sunset: 5:04PM</i>	4th Phase
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>10:10AM – 11:33AM</b>	Vanija      Until 6:52AM	Moon – Clear	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

3	<b>Saturday, November 5, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Kathmandu, Nepal Sun 25 Sutra 202 Subhakrit 5124
	Meena Rasi: 6.34      Tithi 12 – 13	<b>Gulika</b> <b>6:02AM – 7:25AM</b>	<b>Uttaraproshtapada</b> <b>Until 11:58PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:02AM</i>	Moon 10 - Phase 28 - 25
	612276574	Yama      12:55PM – 2:18PM	Harshana      Until 1:24AM Sun	<b>Muruqa:</b> Clear <i>Sunset: 5:03PM</i>	4th Phase
	Creative Work      Siddha Yoga Until 11:58PM Then Routine Work - Prabararishta Yoga	<b>Rahu</b> <b>8:47AM – 10:10AM</b>	Kaulava      Until 4:49AM Sun	Moon – Clear	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

4	<b>Sunday, November 6, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Kathmandu, Nepal Sun 26 Sutra 203 Subhakrit 5124
	Meena Rasi: 20.01      Tithi 13 – 14	<b>Gulika</b> <b>2:18PM – 3:40PM</b>	<b>Revati</b> <b>Until 11:55PM</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:03AM</i>	Moon 10 - Phase 28 - 26
	612276574	Yama      11:33AM – 12:55PM	Vajra*      Until 11:48PM	<b>Muruqa:</b> Clear <i>Sunset: 5:03PM</i>	4th Phase
	Creative Work      Amrita Yoga Until 11:55PM Then Creative Work - Siddha Yoga	<b>Rahu</b> <b>3:40PM – 5:03PM</b>	Gara      Until 4:22AM Mon	Moon – Clear	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

5	<b>Monday, November 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Kathmandu, Nepal Sun 27 Sutra 204 Subhakrit 5124
	Mesha Rasi: 3.14      Tithi 14 – 15	<b>Gulika</b> <b>12:55PM – 2:17PM</b>	<b>Ashvini</b> <b>Until 12:37AM Tue</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:03AM</i>	Moon 10 - Phase 28 - 27
	722276574	Yama      10:10AM – 11:33AM	Siddhi      Until 10:35PM	<b>Muruqa:</b> Clear <i>Sunset: 5:02PM</i>	4th Phase
	Creative Work      Siddha Yoga	<b>Rahu</b> <b>7:26AM – 8:48AM</b>	Visti      Until 4:22AM Tue	Moon – White	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

○	<b>Tuesday, November 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Kathmandu, Nepal Sutra 205 Subhakrit 5124
	<b>Copper Retreat Star</b>	<b>Gulika</b> <b>11:33AM – 12:55PM</b>	<b>Bharani</b> <b>Until 1:38AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:04AM</i>	Moon 10 - Phase 28 - Purnima
	Mesha Rasi: 16.13      Tithi 15 – 16	Yama      8:49AM – 10:11AM	Vyatipata*      Until 9:44PM	<b>Muruqa:</b> Clear <i>Sunset: 5:01PM</i>	4th Phase
	722276574	<b>Rahu</b> <b>2:17PM – 3:39PM</b>	Balava      Until 4:53AM Wed	Moon – White	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

○	<b>Wednesday, November 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau			Kathmandu, Nepal Sutra 206 Subhakrit 5124
	<b>Silver Retreat Star</b>	<b>Gulika</b> <b>10:11AM – 11:33AM</b>	<b>Krittika</b> <b>Until 2:59AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise: 6:05AM</i>	Moon 10 - Phase 28 - Prathama
	Mesha Rasi: 28.57      Tithi 16 – 17	Yama      7:27AM – 8:49AM	Variyan      Until 9:16PM	<b>Muruqa:</b> Clear <i>Sunset: 5:01PM</i>	4th Phase
	722276574	<b>Rahu</b> <b>11:33AM – 12:55PM</b>	Taitila      Until 5:55AM Thu	Moon – White	<b>Bhuloka Day</b> 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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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Thursday, November 10, 2022

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 207

Subhakit 5124

Virshabha Rasi: 11.28 Tithi 17

732276574

**Gulika** 8:49AM – 10:11AM  
**Yama** 6:06AM – 7:27AM  
**Rahu** 12:55PM – 2:17PM

**Rohini Until 5:09AM Fri**  
Parigha\* Until 9:12PM  
Gara Until 6:36PM  
**Dvitiya Until 6:36PM**

**Ganesha:** Red *Sunrise:* 6:06AM  
**Muruqa:** Clear *Sunset:* 5:00PM  
**Nataraja:** Clear  
Moon – Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 1  
1st Phase

**Devaloka Day**

Routine Work Marana Yoga

Until 5:09AM Fri

Then Creative Work - Siddha Yoga

1

Friday, November 11, 2022

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

Kathmandu, Nepal

Sun 2 Sutra 208

Subhakit 5124

Virshabha Rasi: 23.45 Tithi 18

732276574

**Gulika** 7:28AM – 8:50AM  
**Yama** 2:16PM – 3:38PM  
**Rahu** 10:11AM – 11:33AM

**Mrigashira Until 7:35AM Sat**  
Shiva Until 9:30PM  
Vanija Until 7:26AM  
**Tritiya Until 8:21PM**

**Ganesha:** Red *Sunrise:* 6:06AM  
**Muruqa:** Clear *Sunset:* 5:00PM  
**Nataraja:** Clear  
Moon – Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 2  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

2

Saturday, November 12, 2022

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

Kathmandu, Nepal

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 5.52 Tithi 19

732276574

**Gulika** 6:07AM – 7:29AM  
**Yama** 12:55PM – 2:16PM  
**Rahu** 8:50AM – 10:12AM

**Mrigashira Until 7:35AM**  
Siddha Until 10:04PM  
Bava Until 9:25AM  
**Chaturthi\* Until 10:30PM**

**Ganesha:** Red *Sunrise:* 6:07AM  
**Muruqa:** Clear *Sunset:* 4:59PM  
**Nataraja:** Clear  
Moon – Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 3  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

3

Sunday, November 13, 2022

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

Kathmandu, Nepal

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 17.5 Tithi 20

732276574

**Gulika** 2:16PM – 3:37PM  
**Yama** 11:33AM – 12:55PM  
**Rahu** 3:37PM – 4:59PM

**Ardra Until 10:09AM**  
Sadhya Until 10:49PM  
Kaulava Until 11:42AM  
**Panchami Until 12:54AM Mon**

**Ganesha:** Red *Sunrise:* 6:08AM  
**Muruqa:** Clear *Sunset:* 4:59PM  
**Nataraja:** Clear  
Moon – Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 4  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

4

Monday, November 14, 2022

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

Kathmandu, Nepal

Sun 5 Sutra 211

Subhakit 5124

Mithuna Rasi: 29.44 Tithi 21

742376574

**Gulika** 12:55PM – 2:16PM  
**Yama** 10:12AM – 11:33AM  
**Rahu** 7:30AM – 8:51AM

**Punarvasu Until 1:15PM**  
Subha Until 11:41PM  
Gara Until 2:11PM  
**Shashthi\* Until 3:24AM Tue**

**Ganesha:** White *Sunrise:* 6:09AM  
**Muruqa:** Clear *Sunset:* 4:58PM  
**Nataraja:** Clear  
Moon – Blue  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 5  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 1:15PM

Then Creative Work - Siddha Yoga

5

Tuesday, November 15, 2022

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

Kathmandu, Nepal

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 11.37 Tithi 22

743376574

**Gulika** 11:34AM – 12:55PM  
**Yama** 8:52AM – 10:13AM  
**Rahu** 2:16PM – 3:37PM

**Pushya Until 4:10PM**  
Sukla Until 12:27AM Wed  
Visti\* Until 4:39PM  
**Saptami Until 5:48AM Wed**

**Ganesha:** Green *Sunrise:* 6:09AM  
**Muruqa:** Clear *Sunset:* 4:58PM  
**Nataraja:** Clear  
Moon – Blue  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 6  
1st 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 Yuktayam  
Ashlesha\* Nakshatra Brahma Yoga Balava Karana Ashtamyam Titau

Kathmandu, Nepal

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 23.32 Tithi 23

743376574

**Gulika** 10:13AM – 11:34AM  
**Yama** 7:31AM – 8:52AM  
**Rahu** 11:34AM – 12:55PM

**Ashlesha\* Until 6:45PM**  
Brahma Until 1:03AM Thu  
Balava Until 6:56PM  
**Ashtami\* Until 7:54AM Thu**

**Ganesha:** Green *Sunrise:* 6:10AM  
**Muruqa:** Clear *Sunset:* 4:57PM  
**Nataraja:** Clear  
Moon – Blue  
**Kartika-Kartikai**

Moon 11 - Phase 29 - 7  
Ashtami

**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 Yuktayam  
Magha\* Nakshatra Indra Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Kathmandu, Nepal

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 5.34 Tithi 23 – 24

753376575

**Gulika** 8:52AM – 10:13AM  
**Yama** 6:11AM – 7:32AM  
**Rahu** 12:55PM – 2:16PM

**Magha\* Until 9:17PM**  
Indra Until 1:19AM Fri  
Taitila Until 8:49PM  
**Ashtami\* Until 7:54AM**

**Ganesha:** Orange *Sunrise:* 6:11AM  
**Muruqa:** Clear *Sunset:* 4:57PM  
**Nataraja:** Purple  
Moon – Red  
**Kartika-Kartikai**

Moon 11 - Phase 29 - 8  
Navami

**Sivaloka Day**

Creative Work Amrita Yoga

Until 9:17PM

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Friday, November 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Kathmandu, Nepal Sun 9 Sutra 215	
Simha Rasi: 17.47	Tithi 24 – 25	753376575	<b>Gulika</b> 7:32AM – 8:53AM <b>Yama</b> 2:15PM – 3:36PM <b>Rahu</b> 10:14AM – 11:34AM	<b>Purvaphalguni</b> Until 11:05PM Vaidhrili* Until 1:07AM Sat Vanija Until 10:07PM Navami* Until 9:31AM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:12AM <b>Sunset:</b> 4:57PM	Moon 11 - Phase 30 - 9 2nd Phase	<b>Sivaloka Day</b> Karttika-Karttikai
Creative Work Siddha Yoga								

<b>2</b>		<b>Saturday, November 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Kathmandu, Nepal Sun 10 Sutra 216	
Kanya Rasi: 0.17	Tithi 25 – 26	753376575	<b>Gulika</b> 6:12AM – 7:33AM <b>Yama</b> 12:55PM – 2:15PM <b>Rahu</b> 8:53AM – 10:14AM	<b>Uttaraphalguni</b> Until 12:04AM Sun Vishkambha* Until 12:23AM Sun Bava Until 10:43PM Dashami Until 10:30AM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:12AM <b>Sunset:</b> 4:56PM	Moon 11 - Phase 30 - 10 2nd Phase	<b>Sivaloka Day</b> Karttika-Karttikai
Routine Work Marana Yoga Until 12:04AM Sun Then Creative Work - Amrita Yoga								

<b>3</b>		<b>Sunday, November 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Kathmandu, Nepal Sun 11 Sutra 217	
Kanya Rasi: 13.07	Tithi 26 – 27	763376575	<b>Gulika</b> 2:15PM – 3:36PM <b>Yama</b> 11:35AM – 12:55PM <b>Rahu</b> 3:36PM – 4:56PM	<b>Hasta</b> Until 12:37AM Mon Priti Until 11:03PM Kaulava Until 10:33PM Ekadashi* Until 10:43AM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:13AM <b>Sunset:</b> 4:56PM	Moon 11 - Phase 30 - 11 2nd Phase	<b>Devaloka Day</b> Karttika-Karttikai
Creative Work Amrita Yoga Until 12:37AM Mon Then Routine Work - Prabalarishta Yoga								

<b>4</b>		<b>Monday, November 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Tailala/Gara Karana Dvadashi/Trayodashyam Titau			Kathmandu, Nepal Sun 12 Sutra 218	
Kanya Rasi: 26.19	Tithi 27 – 28	763376575	<b>Gulika</b> 12:55PM – 2:15PM <b>Yama</b> 10:15AM – 11:35AM <b>Rahu</b> 7:34AM – 8:54AM	<b>Chitra</b> Until 12:15AM Tue Ayushman Until 9:06PM Gara Until 9:37PM Dvadashi* Until 10:10AM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 4:56PM	Moon 11 - Phase 30 - 12 2nd Phase	<b>Devaloka Day</b> Karttika-Karttikai
Family Home Evening Routine Work Prabalarishta Yoga Until 12:15AM Tue Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Tuesday, November 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Kathmandu, Nepal Sun 13 Sutra 219	
Tula Rasi: 9.58	Tithi 28 – 29	763376575	<b>Gulika</b> 11:35AM – 12:55PM <b>Yama</b> 8:55AM – 10:15AM <b>Rahu</b> 2:15PM – 3:35PM	<b>Svati</b> Until 11:04PM Saubhagya Until 6:37PM Visti Until 8:00PM Trayodashi* Until 8:52AM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:15AM <b>Sunset:</b> 4:56PM	Moon 11 - Phase 30 - 13 2nd Phase	<b>Devaloka Day</b> Karttika-Karttikai
Creative Work Siddha Yoga Until 11:04PM Then Routine Work - Marana Yoga								

		<b>Wednesday, November 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau			Kathmandu, Nepal Sun 14 Sutra 220			
<b>Retreat Star</b>		Tula Rasi: 23.59	Tithi 29 – 30	773376575	<b>Gulika</b> 10:15AM – 11:35AM <b>Yama</b> 7:35AM – 8:55AM <b>Rahu</b> 11:35AM – 12:55PM	<b>Vishakha</b> Until 9:37PM Sobhana Until 3:39PM Naga Until 4:28AM Thu Chaturdashi* Until 6:56AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 6:16AM <b>Sunset:</b> 4:55PM	Moon 11 - Phase 30 - 14 Amavasya	<b>Devaloka Day</b> Karttika-Karttikai
Creative Work Siddha Yoga										

<b>Retreat Star</b>		<b>Thursday, November 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau			Kathmandu, Nepal Sun 15 Sutra 221	
Vrischika Rasi: 8.23	Tithi 1	773376575	<b>Gulika</b> 8:56AM – 10:16AM <b>Yama</b> 6:16AM – 7:36AM <b>Rahu</b> 12:56PM – 2:15PM	<b>Anuradha</b> Until 7:36PM Athiganda* Until 12:18PM Kintughna Until 3:06PM Prathama* Until 1:38AM Fri	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 6:16AM <b>Sunset:</b> 4:55PM	Moon 11 - Phase 30 - 15 Prathama	<b>Devaloka Day</b> Margasira-Karttikai
Creative Work Siddha Yoga Until 7:36PM 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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Friday, November 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau		Kathmandu, Nepal Sun 16 Sutra 222		
Vrischika Rasi: 23.01	Tithi 2	<b>Gulika</b> 7:37AM – 8:57AM	<b>Jyeshtha* Until 5:11PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:17AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 31 - 16 3rd Phase
Routine Work	Marana Yoga	Yama 2:15PM – 3:35PM	Sukarma Until 8:41AM	<b>Nataraja:</b> Purple		Moon – Orange		<b>Devaloka Day</b>
Until 5:11PM		<b>Rahu</b> 10:16AM – 11:36AM	Balava Until 12:09PM			Margasira-Karttikai		
Then Creative Work - Amrita Yoga			<b>Dvitiya Until 10:35PM</b>					
<b>2</b>		<b>Saturday, November 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Taitila/Gara Karana Tritiyayam Titau		Kathmandu, Nepal Sun 17 Sutra 223		
Dhanus Rasi: 7.48	Tithi 3	<b>Gulika</b> 6:18AM – 7:37AM	<b>Mula* Until 2:56PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:18AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 31 - 17 3rd Phase
Routine Work	Marana Yoga	Yama 12:56PM – 2:16PM	Shula* Until 1:11AM Sun	<b>Nataraja:</b> Purple		Moon – Light Blue		<b>Devaloka Day</b>
Until 5:11PM		<b>Rahu</b> 8:57AM – 10:17AM	Taitila Until 9:02AM			Margasira-Karttikai		
Then Creative Work - Amrita Yoga			<b>Tritiya Until 7:27PM</b>					
<b>3</b>		<b>Sunday, November 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda* Yoga Vistil*/Bava Karana Chaturthi/Panchamyam Titau		Kathmandu, Nepal Sun 18 Sutra 224		
Dhanus Rasi: 22.36	Tithi 4 – 5	<b>Gulika</b> 2:16PM – 3:35PM	<b>Purvashadha* Until 12:36PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:19AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 31 - 18 3rd Phase
Routine Work	Marana Yoga	Yama 11:37AM – 12:56PM	Ganda* Until 9:30PM	<b>Nataraja:</b> Purple		Moon – Light Blue		<b>Devaloka Day</b>
Until 12:36PM		<b>Rahu</b> 3:35PM – 4:55PM	Bava Until 2:59AM Mon			Margasira-Karttikai		
Then Creative Work - Amrita Yoga			<b>Chaturthi* Until 4:25PM</b>					
<b>4</b>		<b>Monday, November 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau		Kathmandu, Nepal Sun 19 Sutra 225		
Makara Rasi: 7.17	Tithi 5 – 6	<b>Gulika</b> 12:56PM – 2:16PM	<b>Uttarashadha Until 10:19AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:19AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 31 - 19 3rd Phase
<b>Family Home Evening</b>		Yama 10:18AM – 11:37AM	Vriddhi Until 6:02PM	<b>Nataraja:</b> Purple		Moon – Light Blue		<b>Devaloka Day</b>
Routine Work	Marana Yoga	<b>Rahu</b> 7:39AM – 8:58AM	Kaulava Until 12:17AM Tue			Margasira-Karttikai		
Until 10:19AM			<b>Panchami Until 1:34PM</b>					
Then Creative Work - Amrita Yoga								
<b>5</b>		<b>Tuesday, November 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Kathmandu, Nepal Sun 20 Sutra 226		
Makara Rasi: 21.46	Tithi 6 – 7	<b>Gulika</b> 11:37AM – 12:57PM	<b>Shravana Until 8:36AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:20AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 31 - 20 3rd Phase
Routine Work	Marana Yoga	Yama 8:59AM – 10:18AM	Dhruva Until 2:50PM	<b>Nataraja:</b> Purple		Moon – Purple		<b>Sivaloka Day</b>
Until 7:09AM		<b>Rahu</b> 2:16PM – 3:35PM	Gara Until 9:58PM			Margasira-Karttikai		
Then Creative Work - Siddha Yoga			<b>Shashthi* Until 11:04AM</b>					
<b>Retreat Star</b>		<b>Wednesday, November 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau		Kathmandu, Nepal Sun 21 Sutra 227		
Kumbha Rasi: 5.59	Tithi 7 – 8	<b>Gulika</b> 10:18AM – 11:38AM	<b>Dhanishtha Until 7:09AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:21AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 31 - 21 Ashtami
Routine Work	Prabalarishta Yoga	Yama 7:40AM – 8:59AM	Vyaghata* Until 11:59AM	<b>Nataraja:</b> Purple		Moon – Purple		<b>Sivaloka Day</b>
Until 7:09AM		<b>Rahu</b> 11:38AM – 12:57PM	Visti Until 8:07PM			Margasira-Karttikai		
Then Creative Work - Siddha Yoga			<b>Saptami Until 8:58AM</b>					
<b>Retreat Star</b>		<b>Thursday, December 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak*/Purvaprosithapada* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 228		
Kumbha Rasi: 19.53	Tithi 8 – 9	<b>Gulika</b> 9:00AM – 10:19AM	<b>Shatabhishak Until 6:02AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:22AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 31 - 22 Navami
Routine Work	Marana Yoga	Yama 6:22AM – 7:41AM	Harshana Until 9:32AM	<b>Nataraja:</b> Purple		Moon – Purple		<b>Sivaloka Day</b>
Until 7:09AM		<b>Rahu</b> 12:57PM – 2:16PM	Balava Until 6:45PM			Margasira-Karttikai		
Then Creative Work - Siddha Yoga			<b>Ashtami* Until 7:21AM</b>					

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Friday, December 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Vajra/Siddhi Yoga Kaulava/Gara Karana Navami/Dashmyam Titau		Kathmandu, Nepal Sun 23 Sutra 229	
Meena Rasi: 3.29	Tithi 9 – 10	<b>Gulika</b> 7:41AM – 9:00AM	<b>Uttaraproshtapada</b> Until 5:44AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:22AM	Subhakrit 5124	
		Yama 2:16PM – 3:35PM	Vajra* Until 7:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 32 - 23	
		714376575 <b>Rahu</b> 10:19AM – 11:38AM	Gara Until 5:40AM Sat	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Navami*</b> Until 6:15AM	Moon – Clear		<b>Sivaloka Day</b>	
Until 5:44AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							


<b>2</b>		<b>Saturday, December 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Kathmandu, Nepal Sun 24 Sutra 230	
Meena Rasi: 16.48	Tithi 11	<b>Gulika</b> 6:23AM – 7:42AM	<b>Revati</b> Until 6:07AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:23AM	Subhakrit 5124	
		Yama 12:58PM – 2:17PM	Vyatipata* Until 4:34AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 32 - 24	
		714376575 <b>Rahu</b> 9:01AM – 10:20AM	Vanija Until 5:35PM	<b>Nataraja:</b> Purple		4th Phase	
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 5:36AM Sun	Moon – Clear		<b>Sivaloka Day</b>	
Until 6:07AM Sun				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Sunday, December 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Variyan Yoga Bava/Balava Karana Dvadashyam Titau		Kathmandu, Nepal Sun 25 Sutra 231	
Meena Rasi: 29.5	Tithi 12	<b>Gulika</b> 2:17PM – 3:36PM	<b>Revati</b> Until 6:07AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:24AM	Subhakrit 5124	
		Yama 11:39AM – 12:58PM	Variyan Until 3:40AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 32 - 25	
		714376575 <b>Rahu</b> 3:36PM – 4:55PM	Bava Until 5:45PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Amrita Yoga		<b>Dvadashi</b> Until 6:00AM Mon	Moon – Clear		<b>Sivaloka Day</b>	
Until 6:07AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, December 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 26 Sutra 232	
Mesha Rasi: 12.4	Tithi 12 – 13	<b>Gulika</b> 12:58PM – 2:17PM	<b>Ashvini</b> Until 7:15AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:21AM – 11:40AM	Parigha* Until 3:07AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 32 - 26	
		724376575 <b>Rahu</b> 7:43AM – 9:02AM	Kaulava Until 6:23PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 6:00AM	Moon – White		<b>Devaloka Day</b>	
				Margasira-Karttikai			

*Pradosha Vrata*

<b>5</b>		<b>Tuesday, December 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Tatila/Gara Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 27 Sutra 233	
Mesha Rasi: 25.16	Tithi 13 – 14	<b>Gulika</b> 11:40AM – 12:59PM	<b>Bharani</b> Until 8:39AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
		Yama 9:03AM – 10:21AM	Shiva Until 2:53AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 32 - 27	
		724376575 <b>Rahu</b> 2:17PM – 3:36PM	Gara Until 7:26PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 6:50AM	Moon – White		<b>Devaloka Day</b>	
		<b>Krittika Deepam</b>		Margasira-Karttikai			

		<b>Wednesday, December 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Kathmandu, Nepal Sutra 234	
Vrishabha Rasi: 7.42	Tithi 14 – 15	<b>Gulika</b> 10:22AM – 11:40AM	<b>Krittika</b> Until 10:17AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:26AM	Subhakrit 5124	
		Yama 7:45AM – 9:03AM	Siddha Until 2:55AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 32 - Purnima	
		724376575 <b>Rahu</b> 11:40AM – 12:59PM	Visti Until 8:52PM	<b>Nataraja:</b> Purple			
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 8:05AM	Moon – White		<b>Devaloka Day</b>	
Until 10:17AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

<b>Thursday, December 8, 2022</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Kathmandu, Nepal Sutra 235	
Vrishabha Rasi: 19.59	Tithi 15 – 16	<b>Gulika</b> 9:04AM – 10:22AM	<b>Rohini</b> Until 12:35PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:27AM	Subhakrit 5124	
		Yama 6:27AM – 7:45AM	Sadhya Until 3:13AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 32 - Prathama	
		734376575 <b>Rahu</b> 12:59PM – 2:18PM	Balava Until 10:40PM	<b>Nataraja:</b> Purple			
Routine Work	Marana Yoga		<b>Purnima*</b> Until 9:42AM	Moon – Yellow		<b>Sivaloka Day</b>	
				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

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Friday, December 9, 2022

Gold Retreat Star

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

Kathmandu, Nepal

Sutra 236

Mithuna Rasi: 2.07 Tithi 16 - 17

Gulika 7:46AM - 9:04AM  
Yama 2:18PM - 3:37PM  
Rahu 10:23AM - 11:41AM

Mrigashira Until 3:02PM  
Subha Until 3:44AM Sat  
Taitila Until 12:45AM Sat  
Prathama\* Until 11:39AM

Ganesha: Red Sunrise: 6:27AM  
Muruqa: Clear Sunset: 4:55PM  
Nataraja: Purple  
Moon - Yellow  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 -  
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Kathmandu, Nepal

Sun 1 Sutra 237

Mithuna Rasi: 14.09 Tithi 17 - 18

Gulika 6:28AM - 7:47AM  
Yama 1:00PM - 2:19PM  
Rahu 9:05AM - 10:23AM

Ardra Until 5:33PM  
Sukla Until 4:24AM Sun  
Vanija Until 3:05AM Sun  
Dvitiya Until 1:52PM

Ganesha: Red Sunrise: 6:28AM  
Muruqa: Clear Sunset: 4:55PM  
Nataraja: Purple  
Moon - Yellow  
Margasira-Karttikai

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

Sivaloka Day

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Kathmandu, Nepal

Sun 2 Sutra 238

Mithuna Rasi: 26.05 Tithi 18 - 19

Gulika 2:19PM - 3:37PM  
Yama 11:42AM - 1:01PM  
Rahu 3:37PM - 4:56PM

Punarvasu Until 8:36PM  
Brahma Until 5:12AM Mon  
Bava Until 5:34AM Mon  
Tritiya Until 4:17PM

Ganesha: Green Sunrise: 6:29AM  
Muruqa: Clear Sunset: 4:56PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

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

Devaloka Day

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Kathmandu, Nepal

Sun 3 Sutra 239

Kataka Rasi: 7.58 Tithi 19

Family Home Evening

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Gulika 1:01PM - 2:19PM  
Yama 10:24AM - 11:43AM  
Rahu 7:48AM - 9:06AM

Pushya Until 11:33PM  
Indra Until 6:03AM Tue  
Balava Until 6:49PM  
Chaturthi\* Until 6:49PM

Ganesha: White Sunrise: 6:29AM  
Muruqa: Clear Sunset: 4:56PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

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

Devaloka Day

Creative Work Siddha Yoga

4

Tuesday, December 13, 2022

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

Kathmandu, Nepal

Sun 4 Sutra 240

Kataka Rasi: 19.5 Tithi 20

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Gulika 11:43AM - 1:01PM  
Yama 9:07AM - 10:25AM  
Rahu 2:20PM - 3:38PM

Ashlesha\* Until 2:18AM Wed  
Indra Until 6:03AM  
Kaulava Until 8:06AM  
Panchami Until 9:19PM

Ganesha: White Sunrise: 6:30AM  
Muruqa: Clear Sunset: 4:56PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

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

Devaloka Day

Creative Work Siddha Yoga

5

Wednesday, December 14, 2022

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

Kathmandu, Nepal

Sun 5 Sutra 241

Simha Rasi: 1.44 Tithi 21

755476575

Gulika 10:25AM - 11:44AM  
Yama 7:49AM - 9:07AM  
Rahu 11:44AM - 1:02PM

Magha\* Until 5:12AM Thu  
Vaidhriti\* Until 6:49AM  
Gara Until 10:33AM  
Shashthi\* Until 11:40PM

Ganesha: Clear Sunrise: 6:31AM  
Muruqa: Clear Sunset: 4:57PM  
Nataraja: Purple  
Moon - Red  
Margasira-Karttikai

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

Sivaloka Day

Creative Work Siddha Yoga

6

Thursday, December 15, 2022

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

Kathmandu, Nepal

Sun 6 Sutra 242

Simha Rasi: 13.43 Tithi 22

755476575

Gulika 9:08AM - 10:26AM  
Yama 6:31AM - 7:50AM  
Rahu 1:02PM - 2:21PM

Purvaphalguni Until 7:32AM Fri  
Vishkambha\* Until 7:25AM  
Visti Until 12:44PM  
Saptami Until 1:38AM Fri

Ganesha: Clear Sunrise: 6:31AM  
Muruqa: Clear Sunset: 4:57PM  
Nataraja: Purple  
Moon - Red  
Margasira-Karttikai

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

Sivaloka Day

Creative Work Siddha Yoga

D

Friday, December 16, 2022

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 243

Simha Rasi: 25.52 Tithi 23

755476575

Gulika 7:50AM - 9:08AM  
Yama 2:21PM - 3:39PM  
Rahu 10:26AM - 11:45AM

Purvaphalguni Until 7:32AM  
Priti Until 7:43AM  
Balava Until 2:27PM  
Ashtami\* Until 3:03AM Sat

Ganesha: Clear Sunrise: 6:32AM  
Muruqa: Clear Sunset: 4:57PM  
Nataraja: Purple  
Moon - Red  
Margasira-Markali

Subhakrit 5124  
Moon 12 - Phase 33 - 7  
Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Markali Pillaiyar

Saturday, December 17, 2022

Retreat Star

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

Kathmandu, Nepal

Sun 8 Sutra 244

Kanya Rasi: 8.16 Tithi 24

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Gulika 6:33AM - 7:51AM  
Yama 1:03PM - 2:21PM  
Rahu 9:09AM - 10:27AM

Uttaraphalguni Until 9:08AM  
Ayushman Until 7:32AM  
Taitila Until 3:31PM  
Navami\* Until 3:44AM Sun

Ganesha: White Sunrise: 6:33AM  
Muruqa: Clear Sunset: 4:58PM  
Nataraja: Purple  
Moon - Red  
Margasira-Markali

Subhakrit 5124  
Moon 12 - Phase 33 - 8  
Navami

Devaloka Day

Routine Work Marana Yoga

As oil in sesame seeds, as butter in cream, as water in river beds, as fire in friction sticks, so is the atman grasped in one's own self when one searches for Him with truthfulness and austerity. Krishna Yajur Veda

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1 Sunday, December 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau			Kathmandu, Nepal Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 20.59	Tithi 25	<b>Gulika</b> 2:22PM – 3:40PM	<b>Hasta</b> <b>Until 10:19AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM	
		Yama 11:46AM – 1:04PM	Saubhagya <b>Until 6:47AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:58PM	Moon 12 - Phase 34 - 9
		865476575 <b>Rahu</b> 3:40PM – 4:58PM	Vanija <b>Until 3:47PM</b>	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> <b>Until 3:35AM Mon</b>	Moon – Green		<b>Sivaloka Day</b>
Until 10:19AM				Margasira*Markali		
Then Creative Work - Siddha Yoga						

<b>2 Monday, December 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau			Kathmandu, Nepal Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 4.08	Tithi 26	<b>Gulika</b> 1:04PM – 2:22PM	<b>Chitra</b> <b>Until 10:31AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:34AM	
<b>Family Home Evening</b>		Yama 10:28AM – 11:46AM	Athiganda* <b>Until 3:19AM Tue</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:58PM	Moon 12 - Phase 34 - 10
Routine Work	Prabalarishta Yoga	865476575 <b>Rahu</b> 7:52AM – 9:10AM	Bava <b>Until 3:12PM</b>	<b>Nataraja:</b> Purple		2nd Phase
Until 10:31AM			<b>Ekadashi*</b> <b>Until 2:34AM Tue</b>	Moon – Green		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga				Margasira*Markali		

<b>3 Tuesday, December 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau			Kathmandu, Nepal Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 17.44	Tithi 27	<b>Gulika</b> 11:47AM – 1:05PM	<b>Svati</b> <b>Until 9:45AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:34AM	
		Yama 9:10AM – 10:29AM	Sukarma <b>Until 12:37AM Wed</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 34 - 11
		865476575 <b>Rahu</b> 2:23PM – 3:41PM	Kaulava <b>Until 1:47PM</b>	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> <b>Until 12:45AM Wed</b>	Moon – Green		<b>Sivaloka Day</b>
Until 9:45AM				Margasira*Markali		
Then Routine Work - Marana Yoga						

<b>4 Wednesday, December 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau			Kathmandu, Nepal Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 1.49	Tithi 28	<b>Gulika</b> 10:29AM – 11:47AM	<b>Vishakha</b> <b>Until 8:31AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:35AM	
		Yama 7:53AM – 9:11AM	Dhriti <b>Until 9:22PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 34 - 12
		875476575 <b>Rahu</b> 11:47AM – 1:05PM	Gara <b>Until 11:36AM</b>	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> <b>Until 10:15PM</b>	Moon – Orange		<b>Devaloka Day</b>
		<b>Day 1 of Pancha Ganapati</b>		Margasira*Markali		
			<i>Pradosha Vrata (Fasting)</i>			

<b>5 Thursday, December 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Kathmandu, Nepal Sun 13 Sutra 249 Subhakrit 5124	
Vrischika Rasi: 16.21	Tithi 29	<b>Gulika</b> 9:11AM – 10:30AM	<b>Anuradha</b> <b>Until 6:30AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:35AM	
		Yama 6:35AM – 7:53AM	Shula* <b>Until 5:39PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:00PM	Moon 12 - Phase 34 - 13
		876476575 <b>Rahu</b> 1:06PM – 2:24PM	Visti <b>Until 8:48AM</b>	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> <b>Until 7:12PM</b>	Moon – Orange		<b>Sivaloka Day</b>
Until 6:30AM		<b>Day 2 of Pancha Ganapati</b>		Margasira*Markali		
Then Routine Work - Prabalarishta Yoga						

<b>Friday, December 23, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Kathmandu, Nepal Sun 14 Sutra 250 Subhakrit 5124	
<b>Retreat Star</b>		<b>Gulika</b> 7:54AM – 9:12AM	<b>Mula*</b> <b>Until 1:12AM Sat</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM	
Dhanus Rasi: 1.14	Tithi 30 – 1	Yama 2:24PM – 3:42PM	Ganda* <b>Until 1:38PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:00PM	Moon 12 - Phase 34 - 14
		886476575 <b>Rahu</b> 10:30AM – 11:48AM	Kintughna <b>Until 1:59AM Sat</b>	<b>Nataraja:</b> Purple		Amavasya
Creative Work	Amrita Yoga		<b>Amavasya*</b> <b>Until 3:46PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>
Until 1:12AM Sat		<b>Day 3 of Pancha Ganapati</b>		Margasira*Markali		
Then Creative Work - Siddha Yoga						

<b>Saturday, December 24, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Kathmandu, Nepal Sun 15 Sutra 251 Subhakrit 5124	
<b>Retreat Star</b>		<b>Gulika</b> 6:36AM – 7:54AM	<b>Purvashadha*</b> <b>Until 10:16PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:36AM	
Dhanus Rasi: 16.22	Tithi 1 – 2	Yama 1:07PM – 2:25PM	Vridhhi <b>Until 9:26AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:01PM	Moon 12 - Phase 34 - 15
		886476575 <b>Rahu</b> 9:12AM – 10:31AM	Balava <b>Until 10:19PM</b>	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> <b>Until 12:08PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>
Until 10:16PM		<b>Day 4 of Pancha Ganapati</b>		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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Sunday, December 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Kathmandu, Nepal Sun 16 Sutra 252 Subhakrit 5124	
Makara Rasi: 1.32	Tithi 2 - 3	<b>Gulika</b> 2:25PM - 3:43PM	<b>Uttarashadha</b> Until 7:16PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:01PM
		Yama 11:49AM - 1:07PM	Vyaghata* Until 1:00AM Mon	<b>Nataraja:</b> Purple			Moon 12 - Phase 35 - 16
		886486575 <b>Rahu</b> 3:43PM - 5:01PM	Taitila Until 6:41PM	Moon - Light Blue			3rd Phase
Creative Work	Amrita Yoga		<b>Day 5 of Pancha Ganapati</b>	<b>Dvitiya</b> Until 8:28AM		<b>Pausha-Markali</b>	<b>Subha Sivaloka Day</b>

<b>2</b>		<b>Monday, December 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visli* Karana Chaturthyam Titau		Kathmandu, Nepal Sun 17 Sutra 253 Subhakrit 5124	
Makara Rasi: 16.38	Tithi 4	<b>Gulika</b> 1:08PM - 2:26PM	<b>Shravana</b> Until 4:45PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:02PM
<b>Family Home Evening</b>		Yama 10:32AM - 11:50AM	Harshana Until 9:05PM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 17
Creative Work	Amrita Yoga	896486576 <b>Rahu</b> 7:55AM - 9:13AM	Vanija Until 3:18PM	Moon - Purple			3rd Phase
Until 4:45PM			<b>Chaturthi*</b> Until 1:43AM Tue	<b>Pausha-Markali</b>			<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Tuesday, December 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Kathmandu, Nepal Sun 18 Sutra 254 Subhakrit 5124	
Kumbha Rasi: 1.29	Tithi 5	<b>Gulika</b> 11:50AM - 1:08PM	<b>Dhanishtha</b> Until 2:30PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:38AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:03PM
		Yama 9:14AM - 10:32AM	Vajra* Until 5:28PM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 18
		896486576 <b>Rahu</b> 2:26PM - 3:45PM	Bava Until 12:17PM	Moon - Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Panchami</b> Until 10:57PM	<b>Pausha-Markali</b>			<b>Sivaloka Day</b>
Until 2:30PM							
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Wednesday, December 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Kathmandu, Nepal Sun 19 Sutra 255 Subhakrit 5124	
Kumbha Rasi: 15.58	Tithi 6	<b>Gulika</b> 10:32AM - 11:51AM	<b>Shatabhishak</b> Until 12:38PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:38AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:03PM
		Yama 7:56AM - 9:14AM	Siddhi Until 2:20PM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 19
		896486576 <b>Rahu</b> 11:51AM - 1:09PM	Kaulava Until 9:48AM	Moon - Purple			3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 8:46PM	<b>Pausha-Markali</b>			<b>Sivaloka Day</b>
Until 12:38PM							
Then Creative Work - Amrita Yoga		<b>Vinayaga Viratam Ends</b>					

<b>5</b>		<b>Thursday, December 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Vyalipata*/Variyan Yoga Gara/Vanija Karana Saptamyam Titau		Kathmandu, Nepal Sun 20 Sutra 256 Subhakrit 5124	
Meena Rasi: 0.02	Tithi 7	<b>Gulika</b> 9:15AM - 10:33AM	<b>Purvaprosarthapada*</b> Until 11:42AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:04PM
		Yama 6:38AM - 7:57AM	Vyatipata* Until 11:44AM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 20
		817486576 <b>Rahu</b> 1:09PM - 2:27PM	Gara Until 7:57AM	Moon - Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Saptami</b> Until 7:17PM	<b>Pausha-Markali</b>			<b>Devaloka Day</b>

<b>Retreat Star</b>		<b>Friday, December 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthapada*/Revati Nakshatra Variyan/Parigha* Yoga Visli*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 21 Sutra 257 Subhakrit 5124	
Meena Rasi: 13.4	Tithi 8	<b>Gulika</b> 7:57AM - 9:15AM	<b>Uttaraprosarthapada</b> Until 11:21AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:05PM
		Yama 2:28PM - 3:46PM	Variyan Until 9:41AM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 21
		817486576 <b>Rahu</b> 10:33AM - 11:52AM	Visli Until 6:50AM	Moon - Clear			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 6:32PM	<b>Pausha-Markali</b>			<b>Devaloka Day</b>

<b>Retreat Star</b>		<b>Saturday, December 31, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 258 Subhakrit 5124	
Meena Rasi: 26.53	Tithi 9	<b>Gulika</b> 6:39AM - 7:57AM	<b>Revati</b> Until 11:34AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:05PM
		Yama 1:10PM - 2:29PM	Parigha* Until 8:14AM	<b>Nataraja:</b> Clear			Moon 12 - Phase 35 - 22
		817486576 <b>Rahu</b> 9:16AM - 10:34AM	Balava Until 6:27AM	Moon - Clear			Navami
Routine Work	Prabalarishta Yoga		<b>Navami*</b> Until 6:31PM	<b>Pausha-Markali</b>			<b>Devaloka Day</b>
Until 11:34AM							
Then Creative Work - Siddha Yoga							

<b>1</b>	<b>Sunday, January 1, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam				Kathmandu, Nepal	
	Ashvini/Bharani Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23		Sutra 259		Subhakrit 5124	
	Mesha Rasi: 9.45	Tithi 10	<b>Gulika</b> 2:29PM – 3:48PM	<b>Ashvini</b> Until 12:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Moon 12 - Phase 36 - 23	
	827486576	<b>Rahu</b> 3:48PM – 5:06PM	Yama 11:53AM – 1:11PM	Shiva Until 7:21AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:06PM	4th Phase	
Creative Work Siddha Yoga		Taitila Until 6:47AM				Moon – White		<b>Sivaloka Day</b>
Until 12:46PM		<b>Dashami</b> Until 7:11PM				Pausha-Markali		
Then Routine Work - Prabalarishta Yoga								

<b>2</b>	<b>Monday, January 2, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam				Kathmandu, Nepal	
	Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24		Sutra 260		Subhakrit 5124	
	Mesha Rasi: 22.19	Tithi 11	<b>Gulika</b> 1:11PM – 2:30PM	<b>Bharani</b> Until 2:23PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:40AM	Moon 12 - Phase 36 - 24	
	827486576	<b>Rahu</b> 7:58AM – 9:16AM	Yama 10:35AM – 11:53AM	Siddha Until 6:54AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:07PM	4th Phase	
<b>Family Home Evening</b>		Vanija Until 7:46AM				Moon – White		<b>Sivaloka Day</b>
Creative Work Siddha Yoga		<b>Ekadashi</b> Until 8:25PM				Pausha-Markali		
Until 2:23PM		Vaikuntha Ekadasi						
Then Routine Work - Marana Yoga								

<b>3</b>	<b>Tuesday, January 3, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam				Kathmandu, Nepal	
	Krittika/Rohini Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25		Sutra 261		Subhakrit 5124	
	Vrishabha Rasi: 4.4	Tithi 12	<b>Gulika</b> 11:54AM – 1:12PM	<b>Krittika</b> Until 4:17PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:40AM	Moon 12 - Phase 36 - 25	
	827486576	<b>Rahu</b> 2:30PM – 3:49PM	Yama 9:17AM – 10:35AM	Sadhya Until 6:52AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:07PM	4th Phase	
Creative Work Siddha Yoga		Bava Until 9:14AM				Moon – White		<b>Sivaloka Day</b>
Until 4:17PM		<b>Dvadashi</b> Until 10:06PM				Pausha-Markali		
Then Creative Work - Amrita Yoga								

<b>4</b>	<b>Wednesday, January 4, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam				Kathmandu, Nepal	
	Rohini Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26		Sutra 262		Subhakrit 5124	
	Vrishabha Rasi: 16.51	Tithi 13	<b>Gulika</b> 10:35AM – 11:54AM	<b>Rohini</b> Until 6:51PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:40AM	Moon 12 - Phase 36 - 26	
	838586576	<b>Rahu</b> 11:54AM – 1:12PM	Yama 7:59AM – 9:17AM	Subha Until 7:08AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:08PM	4th Phase	
Creative Work Siddha Yoga		Kaulava Until 11:05AM				Moon – Yellow		<b>Devaloka Day</b>
		<b>Trayodashi</b> Until 12:06AM Thu				Pausha-Markali		
		<i>Pradosha Vrata</i>						

<b>5</b>	<b>Thursday, January 5, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam				Kathmandu, Nepal	
	Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27		Sutra 263		Subhakrit 5124	
	Vrishabha Rasi: 28.55	Tithi 14	<b>Gulika</b> 9:17AM – 10:36AM	<b>Mrigashira</b> Until 9:29PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:40AM	Moon 12 - Phase 36 - 27	
	838586576	<b>Rahu</b> 1:13PM – 2:32PM	Yama 6:40AM – 7:59AM	Sukla Until 7:35AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:09PM	4th Phase	
Routine Work Marana Yoga		Gara Until 1:13PM				Moon – Yellow		<b>Devaloka Day</b>
		<b>Subramuniyaswami Jayanti</b>				Pausha-Markali		
		<b>Chaturdashi*</b> Until 2:20AM Fri						

	<b>Friday, January 6, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam				Kathmandu, Nepal	
	Ardra Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28		Sutra 264		Subhakrit 5124	
	Mithuna Rasi: 10.54	Tithi 15	<b>Gulika</b> 7:59AM – 9:18AM	<b>Ardra</b> Until 12:06AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:40AM	Moon 12 - Phase 36 - Purnima	
	838586576	<b>Rahu</b> 10:36AM – 11:55AM	Yama 2:32PM – 3:51PM	Brahma Until 8:12AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:09PM	4th Phase	
Creative Work Siddha Yoga		Visti* Until 3:31PM				Moon – Yellow		<b>Devaloka Day</b>
		<b>Purnima*</b> Until 4:42AM Sat				Pausha-Markali		
		<b>Ardra Darshanam</b>						

<b>6</b>	<b>Saturday, January 7, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam				Kathmandu, Nepal	
	Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Sun 29		Sutra 265		Subhakrit 5124	
	Mithuna Rasi: 22.5	Tithi 16	<b>Gulika</b> 6:41AM – 7:59AM	<b>Punarvasu</b> Until 3:08AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:41AM	Moon 12 - Phase 36 - Prathama	
	848586576	<b>Rahu</b> 9:18AM – 10:37AM	Yama 1:14PM – 2:33PM	Indra Until 8:55AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:10PM	4th Phase	
Creative Work Siddha Yoga		Balava Until 5:56PM				Moon – Blue		<b>Sivaloka Day</b>
		<b>Prathama*</b> Until 7:09AM Sun				Pausha-Markali		

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



**Sunday, January 8, 2023**  
**Gold Retreat Star**

Kataka Rasi: 4.44    Tithi 16 – 17

848586576

Creative Work    Siddha Yoga

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

**Gulika** 2:33PM – 3:52PM  
**Yama** 11:56AM – 1:15PM  
**Rahu** 3:52PM – 5:11PM

**Pushya Until 6:03AM Mon**  
Vaidhriti\* Until 9:40AM  
Taitila Until 8:25PM  
**Prathama\* Until 7:09AM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:11PM

Kathmandu, Nepal  
Sutra 266  
Subhakrit 5124  
Moon 1 - Phase 37 -  
1st Phase

**Sivaloka Day**

**1**

**Monday, January 9, 2023**

Kataka Rasi: 16.38    Tithi 17 – 18

848586576

**Family Home Evening**  
Creative Work    Siddha Yoga

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

**Gulika** 1:15PM – 2:34PM  
**Yama** 10:37AM – 11:56AM  
**Rahu** 8:00AM – 9:18AM

**Pushya Until 6:03AM**  
Vishkambha\* Until 10:27AM  
Vanija Until 10:55PM  
**Dvitiya Until 9:39AM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:12PM

Kathmandu, Nepal  
Sun 1    Sutra 267  
Subhakrit 5124  
Moon 1 - Phase 37 - 1  
1st Phase

**Sivaloka Day**

**2**

**Tuesday, January 10, 2023**

Kataka Rasi: 28.31    Tithi 18 – 19

848586576

Creative Work    Siddha Yoga

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

**Gulika** 11:57AM – 1:16PM  
**Yama** 9:19AM – 10:38AM  
**Rahu** 2:34PM – 3:53PM

**Ashlesha\* Until 8:47AM**  
Priti Until 11:15AM  
Bava Until 1:21AM Wed  
**Tritiya Until 12:07PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:12PM

Kathmandu, Nepal  
Sun 2    Sutra 268  
Subhakrit 5124  
Moon 1 - Phase 37 - 2  
1st Phase

**Sivaloka Day**

**3**

**Wednesday, January 11, 2023**

Simha Rasi: 10.27    Tithi 19 – 20

859586576

Creative Work    Siddha Yoga  
Until 11:46AM  
Then Creative Work - Amrita Yoga

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

**Gulika** 10:38AM – 11:57AM  
**Yama** 8:00AM – 9:19AM  
**Rahu** 11:57AM – 1:16PM

**Magha\* Until 11:46AM**  
Ayushman Until 11:56AM  
Kaulava Until 3:37AM Thu  
**Chaturthi\* Until 2:29PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:13PM

Kathmandu, Nepal  
Sun 3    Sutra 269  
Subhakrit 5124  
Moon 1 - Phase 37 - 3  
1st Phase

**Sivaloka Day**

**4**

**Thursday, January 12, 2023**

Simha Rasi: 22.27    Tithi 20 – 21

859586576

Creative Work    Siddha Yoga

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

**Gulika** 9:19AM – 10:38AM  
**Yama** 6:41AM – 8:00AM  
**Rahu** 1:17PM – 2:36PM

**Purvaphalguni Until 2:21PM**  
Saubhagya Until 12:28PM  
Gara Until 5:33AM Fri  
**Panchami Until 4:37PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:14PM

Kathmandu, Nepal  
Sun 4    Sutra 270  
Subhakrit 5124  
Moon 1 - Phase 37 - 4  
1st Phase

**Sivaloka Day**

**5**

**Friday, January 13, 2023**

Kanya Rasi: 4.35    Tithi 21

859586576

Creative Work    Siddha Yoga  
Until 4:25PM  
Then Creative Work - Amrita Yoga

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

**Gulika** 8:00AM – 9:19AM  
**Yama** 2:36PM – 3:55PM  
**Rahu** 10:39AM – 11:58AM

**Uttaraphalguni Until 4:25PM**  
Sobhana Until 12:43PM  
Vanija Until 6:20PM  
**Shashthi\* Until 6:20PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:15PM

Kathmandu, Nepal  
Sun 5    Sutra 271  
Subhakrit 5124  
Moon 1 - Phase 37 - 5  
1st Phase

**Sivaloka Day**

**6**

**Saturday, January 14, 2023**

Kanya Rasi: 16.55    Tithi 22

869586576

Routine Work    Marana Yoga

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

**Gulika** 6:41AM – 8:00AM  
**Yama** 1:18PM – 2:37PM  
**Rahu** 9:20AM – 10:39AM

**Hasta Until 6:16PM**  
Athiganda\* Until 12:33PM  
Visti Until 7:00AM  
**Saptami Until 7:28PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:15PM

Kathmandu, Nepal  
Sun 6    Sutra 272  
Subhakrit 5124  
Moon 1 - Phase 37 - 6  
1st Phase

**Subha Sivaloka Day**

**Thai Pongal**

**Retreat Star**

**Sunday, January 15, 2023**

Kanya Rasi: 29.32    Tithi 23

869586576

Creative Work    Siddha Yoga

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

**Gulika** 2:37PM – 3:57PM  
**Yama** 11:59AM – 1:18PM  
**Rahu** 3:57PM – 5:16PM

**Chitra Until 7:15PM**  
Sukarma Until 11:51AM  
Balava Until 7:47AM  
**Ashtami\* Until 7:51PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:16PM

Kathmandu, Nepal  
Sun 7    Sutra 273  
Subhakrit 5124  
Moon 1 - Phase 37 - 7  
Ashtami

**Subha Sivaloka Day**

**Monday, January 16, 2023**

**Retreat Star**

Tula Rasi: 12.32    Tithi 24

869586576

**Family Home Evening**  
Creative Work    Amrita Yoga  
Until 7:16PM  
Then Routine Work - Marana Yoga

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

**Gulika** 1:18PM – 2:38PM  
**Yama** 10:39AM – 11:59AM  
**Rahu** 8:00AM – 9:20AM

**Svati Until 7:16PM**  
Dhriti Until 10:33AM  
Taitila Until 7:45AM  
**Navami\* Until 7:24PM**

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

**Sunrise:** 6:41AM  
**Sunset:** 5:17PM

Kathmandu, Nepal  
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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.


www.gurudeva.org/panchang

<b>1</b>	<b>Tuesday, January 17, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam				Kathmandu, Nepal
			Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 9 Sutra 275
	Tula Rasi: 25.59	Tithi 25	<b>Gulika</b> 11:59AM – 1:19PM	<b>Vishakha</b> Until 6:45PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:41AM	Subhakrit 5124
			Yama 9:20AM – 10:40AM	Shula* Until 8:33AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 38 - 9
		879586576 <b>Rahu</b> 2:39PM – 3:58PM	Shulja Until 6:53AM	<b>Nataraja:</b> Clear		2nd Phase	
Routine Work Marana Yoga			<b>Dashami</b> Until 6:06PM	Moon – Orange		<b>Sivaloka Day</b>	
Until 6:45PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Wednesday, January 18, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam				Kathmandu, Nepal
			Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Sun 10 Sutra 276
	Vrischika Rasi: 9.55	Tithi 26 – 27	<b>Gulika</b> 10:40AM – 12:00PM	<b>Anuradha</b> Until 5:18PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:41AM	Subhakrit 5124
			Yama 8:00AM – 9:20AM	Vriddhi Until 2:41AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM	Moon 1 - Phase 38 - 10
		879586576 <b>Rahu</b> 12:00PM – 1:19PM	Kaulava Until 2:43AM Thu	<b>Nataraja:</b> Clear		2nd Phase	
Creative Work Siddha Yoga			<b>Ekadashi*</b> Until 4:00PM	Moon – Orange		<b>Sivaloka Day</b>	
				Pausha*Thai			

<b>3</b>	<b>Thursday, January 19, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam				Kathmandu, Nepal
			Jyeshtha*/Mula* Nakshatra Dhruva Yoga Taila/Gara Karana Dvadashti/Trayodashyam Titau				Sun 11 Sutra 277
	Vrischika Rasi: 24.2	Tithi 27 – 28	<b>Gulika</b> 9:20AM – 10:40AM	<b>Jyeshtha*</b> Until 3:03PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:40AM	Subhakrit 5124
			Yama 6:40AM – 8:00AM	Dhruva Until 10:56PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:19PM	Moon 1 - Phase 38 - 11
		871586576 <b>Rahu</b> 1:20PM – 2:40PM	Gara Until 11:39PM	<b>Nataraja:</b> Clear		2nd Phase	
Routine Work Prabalarishta Yoga			<b>Dvadashti*</b> Until 1:14PM	Moon – Orange		<b>Sivaloka Day</b>	
Until 3:03PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Friday, January 20, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam				Kathmandu, Nepal
			Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 278
	Dhanus Rasi: 9.12	Tithi 28 – 29	<b>Gulika</b> 8:00AM – 9:20AM	<b>Mula*</b> Until 12:34PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM	Subhakrit 5124
			Yama 2:40PM – 4:00PM	Vyaghata* Until 6:50PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 38 - 12
		881586576 <b>Rahu</b> 10:40AM – 12:00PM	Visti Until 8:08PM	<b>Nataraja:</b> Clear		2nd Phase	
Creative Work Amrita Yoga			<b>Trayodashi*</b> Until 9:55AM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 12:34PM				Pausha*Thai			
Then Routine Work - Prabalarishta Yoga							

	<b>Saturday, January 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam				Kathmandu, Nepal
			Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 279
	Dhanus Rasi: 24.22	Tithi 29 – 30	<b>Gulika</b> 6:40AM – 8:00AM	<b>Purvashadha*</b> Until 9:36AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM	Subhakrit 5124
			Yama 1:21PM – 2:41PM	Harshana Until 2:31PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 38 - 13
		881586576 <b>Rahu</b> 9:20AM – 10:40AM	Naga Until 2:23AM Sun	<b>Nataraja:</b> Clear		Amavasya	
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 6:14AM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 9:36AM				Pausha*Thai			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Sunday, January 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Kathmandu, Nepal
			Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 280
	Makara Rasi: 9.41	Tithi 1	<b>Gulika</b> 2:41PM – 4:02PM	<b>Uttarashadha</b> Until 6:21AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM	Subhakrit 5124
			Yama 12:01PM – 1:21PM	Vajra* Until 10:04AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:22PM	Moon 1 - Phase 38 - 14
		881586576 <b>Rahu</b> 4:02PM – 5:22PM	Kintughna Until 12:27PM	<b>Nataraja:</b> Clear		Prathama	
Creative Work Amrita Yoga			<b>Prathama*</b> Until 10:31PM	Moon – Light Blue		<b>Sivaloka Day</b>	
				Magha*Thai			

<b>Monday, January 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau			Kathmandu, Nepal Sun 15 Sutra 281	
<b>1</b>		<b>Gulika</b> 1:21PM – 2:42PM	<b>Dhanishtha Until 12:30AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
Makara Rasi: 24.59	Tithi 2	Yama 10:41AM – 12:01PM	Vyatipata* Until 1:31AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 39 - 15
<b>Family Home Evening</b>	891586576	<b>Rahu</b> 8:00AM – 9:20AM	Balava Until 8:39AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Dvitiya Until 6:49PM</b>	Moon – Purple		<b>Sivaloka Day</b>
Until 12:30AM Tue				Magha*Thai		
Then Routine Work - Marana Yoga						

<b>Tuesday, January 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau			Kathmandu, Nepal Sun 16 Sutra 282	
<b>2</b>		<b>Gulika</b> 12:01PM – 1:22PM	<b>Shatabhishak Until 9:54PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
Kumbha Rasi: 10.05	Tithi 3 – 4	Yama 9:20AM – 10:41AM	Variyan Until 9:39PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 39 - 16
	891586576	<b>Rahu</b> 2:42PM – 4:03PM	Vanija Until 2:01AM Wed	<b>Nataraja:</b> Clear		3rd Phase
Routine Work Marana Yoga			<b>Tritiya Until 3:29PM</b>	Moon – Purple		<b>Sivaloka Day</b>
				Magha*Thai		

<b>Wednesday, January 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha* Yoga Visti*/Bava Karana Chalurthi/Panchamyam Titau			Kathmandu, Nepal Sun 17 Sutra 283	
<b>3</b>		<b>Gulika</b> 10:41AM – 12:02PM	<b>Purvaproshtapada* Until 8:08PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
Kumbha Rasi: 24.5	Tithi 4 – 5	Yama 8:00AM – 9:20AM	Parigha* Until 6:16PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:24PM	Moon 1 - Phase 39 - 17
	911586576	<b>Rahu</b> 12:02PM – 1:22PM	Bava Until 11:31PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Amrita Yoga			<b>Chaturthi* Until 12:39PM</b>	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 8:08PM				Magha*Thai		
Then Creative Work - Siddha Yoga						

<b>Thursday, January 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Kathmandu, Nepal Sun 18 Sutra 284	
<b>4</b>		<b>Gulika</b> 9:20AM – 10:41AM	<b>Uttaraproshtapada Until 6:56PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
Meena Rasi: 9.09	Tithi 5 – 6	Yama 6:39AM – 7:59AM	Shiva Until 3:29PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:25PM	Moon 1 - Phase 39 - 18
	911586576	<b>Rahu</b> 1:23PM – 2:43PM	Kaulava Until 9:45PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Panchami Until 10:31AM</b>	Moon – Clear		<b>Subha Sivaloka Day</b>
				Magha*Thai		

<b>Friday, January 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Kathmandu, Nepal Sun 19 Sutra 285	
<b>5</b>		<b>Gulika</b> 7:59AM – 9:20AM	<b>Revati Until 6:25PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
Meena Rasi: 22.57	Tithi 6 – 7	Yama 2:44PM – 4:05PM	Siddha Until 1:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:26PM	Moon 1 - Phase 39 - 19
	911586576	<b>Rahu</b> 10:41AM – 12:02PM	Gara Until 8:50PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi* Until 9:10AM</b>	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 6:25PM				Magha*Thai		
Then Creative Work - Amrita Yoga						

<b>Saturday, January 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Kathmandu, Nepal Sun 20 Sutra 286	
<b>Retreat Star</b>		<b>Gulika</b> 6:38AM – 7:59AM	<b>Ashvini Until 7:02PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
Mesha Rasi: 6.16	Tithi 7 – 8	Yama 1:23PM – 2:44PM	Sadhya Until 11:50AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:27PM	Moon 1 - Phase 39 - 20
	921586576	<b>Rahu</b> 9:20AM – 10:41AM	Visti Until 8:48PM	<b>Nataraja:</b> Clear		Ashtami
Creative Work Siddha Yoga			<b>Saptami Until 8:41AM</b>	Moon – White		<b>Sivaloka Day</b>
				Magha*Thai		

<b>Sunday, January 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Kathmandu, Nepal Sun 21 Sutra 287	
<b>Retreat Star</b>		<b>Gulika</b> 2:45PM – 4:06PM	<b>Bharani Until 8:18PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:37AM	Subhakrit 5124
Mesha Rasi: 19.09	Tithi 8 – 9	Yama 12:02PM – 1:24PM	Subha Until 11:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:27PM	Moon 1 - Phase 39 - 21
	922686576	<b>Rahu</b> 4:06PM – 5:27PM	Balava Until 9:34PM	<b>Nataraja:</b> Clear		Navami
Routine Work Prabalarishta Yoga			<b>Ashtami* Until 9:04AM</b>	Moon – White		<b>Sivaloka Day</b>
Until 8:18PM				Magha*Thai		
Then Creative Work - Siddha Yoga						

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

<b>Monday, January 30, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Kathmandu, Nepal Sun 22 Sutra 288 Subhakit 5124	
<b>1</b>	922686576	<b>Gulika</b> 1:24PM – 2:45PM Yama 10:41AM – 12:03PM <b>Rahu</b> 7:58AM – 9:20AM	<b>Krittika Until 10:05PM</b> Sukla Until 10:46AM Taitila Until 11:02PM <b>Navami* Until 10:12AM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White Magha-Thai	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 5:28PM	Moon 1 - Phase 40 - 22 4th Phase <b>Sivaloka Day</b>
Vrishabha Rasi: 1.4 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 10:05PM Then Creative Work - Amrita Yoga						

<b>Tuesday, January 31, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Kathmandu, Nepal Sun 23 Sutra 289 Subhakit 5124	
<b>2</b>	932686576	<b>Gulika</b> 12:03PM – 1:24PM Yama 9:20AM – 10:41AM <b>Rahu</b> 2:46PM – 4:07PM	<b>Rohini Until 12:41AM Wed</b> Brahma Until 10:58AM Vanija Until 1:01AM Wed <b>Dashami Until 11:57AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow Magha-Thai	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 5:29PM	Moon 1 - Phase 40 - 23 4th Phase <b>Subha Sivaloka Day</b>
Vrishabha Rasi: 13.55 Tithi 10 – 11 Creative Work Amrita Yoga Until 12:41AM Wed Then Creative Work - Siddha Yoga						

<b>Wednesday, February 1, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Kathmandu, Nepal Sun 24 Sutra 290 Subhakit 5124	
<b>3</b>	932686576	<b>Gulika</b> 10:41AM – 12:03PM Yama 7:58AM – 9:20AM <b>Rahu</b> 12:03PM – 1:24PM	<b>Mrigashira Until 3:26AM Thu</b> Indra Until 11:31AM Bava Until 3:20AM Thu <b>Ekadashi Until 2:07PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow Magha-Thai	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 5:29PM	Moon 1 - Phase 40 - 24 4th Phase <b>Subha Sivaloka Day</b>
Vrishabha Rasi: 25.59 Tithi 11 – 12 Creative Work Siddha Yoga Until 3:26AM Thu Then Routine Work - Marana Yoga						

<b>Thursday, February 2, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Kathmandu, Nepal Sun 25 Sutra 291 Subhakit 5124	
<b>4</b>	932686576	<b>Gulika</b> 9:19AM – 10:41AM Yama 6:36AM – 7:58AM <b>Rahu</b> 1:25PM – 2:46PM	<b>Ardra Until 6:10AM Fri</b> Vaidhriti* Until 12:13PM Kaulava Until 5:48AM Fri <b>Dvadashi Until 4:32PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow Magha-Thai	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 5:30PM	Moon 1 - Phase 40 - 25 4th Phase <b>Subha Sivaloka Day</b>
Mithuna Rasi: 7.56 Tithi 12 – 13 Routine Work Marana Yoga Until 6:10AM Fri Then Creative Work - Siddha Yoga <i>Pradosha Vrata</i>						

<b>Friday, February 3, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila Karana Trayodashyam Titau			Kathmandu, Nepal Sun 26 Sutra 292 Subhakit 5124	
<b>5</b>	932686576	<b>Gulika</b> 7:57AM – 9:19AM Yama 2:47PM – 4:09PM <b>Rahu</b> 10:41AM – 12:03PM	<b>Ardra Until 6:10AM</b> Vishkambha* Until 1:02PM Taitila Until 7:02PM <b>Trayodashi Until 7:02PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow Magha-Thai	<b>Sunrise:</b> 6:35AM <b>Sunset:</b> 5:31PM	Moon 1 - Phase 40 - 26 4th Phase <b>Subha Sivaloka Day</b>
Mithuna Rasi: 19.49 Tithi 13 Creative Work Siddha Yoga						

<b>Saturday, February 4, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau			Kathmandu, Nepal Sun 27 Sutra 293 Subhakit 5124	
<b>6</b>	942686577	<b>Gulika</b> 6:35AM – 7:57AM Yama 1:25PM – 2:47PM <b>Rahu</b> 9:19AM – 10:41AM	<b>Punarvasu Until 9:17AM</b> Priti Until 1:52PM Gara Until 8:19AM <b>Chaturdashi* Until 9:32PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue Magha-Thai	<b>Sunrise:</b> 6:35AM <b>Sunset:</b> 5:31PM	Moon 1 - Phase 40 - 27 4th Phase <b>Sivaloka Day</b>
Kataka Rasi: 1.42 Tithi 14 Creative Work Siddha Yoga Thai Pusam						

<b>Sunday, February 5, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau			Kathmandu, Nepal Sutra 294 Subhakit 5124	
<b>○</b>	942686577	<b>Gulika</b> 2:48PM – 4:10PM Yama 12:03PM – 1:26PM <b>Rahu</b> 4:10PM – 5:32PM	<b>Pushya Until 12:11PM</b> Ayushman Until 2:38PM Visti Until 10:47AM <b>Purnima* Until 11:57PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue Magha-Thai	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:32PM	Moon 1 - Phase 40 - Purnima <b>Sivaloka Day</b>
Kataka Rasi: 13.35 Tithi 15 Creative Work Siddha Yoga						

<b>Monday, February 6, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Kathmandu, Nepal Sutra 295 Subhakit 5124	
<b>○</b>	942686577	<b>Gulika</b> 1:26PM – 2:48PM Yama 10:41AM – 12:03PM <b>Rahu</b> 7:56AM – 9:19AM	<b>Ashlesha* Until 2:49PM</b> Saubhagya Until 3:20PM Balava Until 1:09PM <b>Prathama* Until 2:16AM Tue</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue Magha-Thai	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:33PM	Moon 1 - Phase 40 - Prathama <b>Sivaloka Day</b>
Kataka Rasi: 25.31 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 2:49PM Then Routine Work - Marana Yoga						





Tuesday, February 7, 2023

Gold Retreat Star

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

Kathmandu, Nepal

Sutra 296

Simha Rasi: 7.29 Tithi 17

952686577

**Gulika** 12:03PM – 1:26PM  
**Yama** 9:18AM – 10:41AM  
**Rahu** 2:49PM – 4:11PM

**Magha\* Until 5:40PM**  
Sobhana Until 3:57PM  
Taitila Until 3:24PM  
**Dvitiya Until 4:25AM Wed**

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

**Sunrise:** 6:33AM  
**Sunset:** 5:34PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Subha Sivaloka Day**

Creative Work Siddha Yoga

1

Wednesday, February 8, 2023

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

Kathmandu, Nepal

Sutra 297

Simha Rasi: 19.31 Tithi 18

952686577

**Gulika** 10:41AM – 12:04PM  
**Yama** 7:55AM – 9:18AM  
**Rahu** 12:04PM – 1:26PM

**Purvaphalguni Until 8:10PM**  
Athiganda\* Until 4:24PM  
Vanija Until 5:27PM  
**Tritiya Until 6:22AM Thu**

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

**Sunrise:** 6:33AM  
**Sunset:** 5:34PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Subha Sivaloka Day**

Creative Work Amrita Yoga

2

Thursday, February 9, 2023

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

Kathmandu, Nepal

Sutra 298

Kanya Rasi: 1.38 Tithi 18 – 19

952686577

**Gulika** 9:18AM – 10:41AM  
**Yama** 6:32AM – 7:55AM  
**Rahu** 1:26PM – 2:49PM

**Uttaraphalguni Until 10:15PM**  
Sukarma Until 4:41PM  
Bava Until 7:14PM  
**Tritiya Until 6:22AM**

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

**Sunrise:** 6:32AM  
**Sunset:** 5:35PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Subha Sivaloka Day**

Until 10:15PM  
Then Routine Work - Marana Yoga

**Maha Sankatahara Chaturthi**

3

Friday, February 10, 2023

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

Kathmandu, Nepal

Sutra 299

Kanya Rasi: 13.52 Tithi 19 – 20

962686577

**Gulika** 7:54AM – 9:17AM  
**Yama** 2:50PM – 4:13PM  
**Rahu** 10:41AM – 12:04PM

**Hasta Until 12:18AM Sat**  
Dhriti Until 4:43PM  
Kaulava Until 8:41PM  
**Chaturthi\* Until 7:59AM**

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

**Sunrise:** 6:31AM  
**Sunset:** 5:36PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Sivaloka Day**

Creative Work Amrita Yoga

Until 12:18AM Sat  
Then Routine Work - Marana Yoga

4

Saturday, February 11, 2023

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

Kathmandu, Nepal

Sutra 300

Kanya Rasi: 26.17 Tithi 20 – 21

963686577

**Gulika** 6:31AM – 7:54AM  
**Yama** 1:27PM – 2:50PM  
**Rahu** 9:17AM – 10:40AM

**Chitra Until 1:43AM Sun**  
Shula\* Until 4:22PM  
Gara Until 9:38PM  
**Panchami Until 9:12AM**

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

**Sunrise:** 6:31AM  
**Sunset:** 5:37PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Devaloka Day**

Routine Work Marana Yoga

Until 1:43AM Sun

Then Creative Work - Siddha Yoga

5

Sunday, February 12, 2023

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

Kathmandu, Nepal

Sutra 301

Tula Rasi: 8.56 Tithi 21 – 22

963686577

**Gulika** 2:51PM – 4:14PM  
**Yama** 12:04PM – 1:27PM  
**Rahu** 4:14PM – 5:37PM

**Svati Until 2:22AM Mon**  
Ganda\* Until 3:36PM  
Visti Until 9:59PM  
**Shashthi\* Until 9:52AM**

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

**Sunrise:** 6:30AM  
**Sunset:** 5:37PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Until 2:22AM Mon

Then Routine Work - Marana Yoga

☾

Monday, February 13, 2023

Retreat Star

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

Kathmandu, Nepal

Sutra 302

Tula Rasi: 21.53 Tithi 22 – 23

973686577

**Gulika** 1:27PM – 2:51PM  
**Yama** 10:40AM – 12:04PM  
**Rahu** 7:53AM – 9:16AM

**Vishakha Until 2:38AM Tue**  
Vridhhi Until 2:19PM  
Balava Until 9:37PM  
**Saptami Until 9:52AM**

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

**Sunrise:** 6:29AM  
**Sunset:** 5:38PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
6 Ashtami

**Sivaloka Day**

Routine Work Marana Yoga

Until 2:38AM Tue

Then Creative Work - Siddha Yoga

Tuesday, February 14, 2023

Retreat Star

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

Kathmandu, Nepal

Sutra 303

Vrischika Rasi: 5.13 Tithi 23 – 24

973686577

**Gulika** 12:04PM – 1:27PM  
**Yama** 9:16AM – 10:40AM  
**Rahu** 2:51PM – 4:15PM

**Anuradha Until 2:02AM Wed**  
Dhruva Until 12:26PM  
Taitila Until 8:32PM  
**Ashtami\* Until 9:09AM**

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

**Sunrise:** 6:28AM  
**Sunset:** 5:39PM

Subhakrit 5124  
Moon 2 - Phase 41 -  
7 Navami

**Sivaloka Day**

Creative Work Siddha Yoga

1	<b>Wednesday, February 15, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 304	
	Wrischika Rasi: 18.57	Tithi 24 – 25	Gulika 10:40AM – 12:04PM	Yama 7:52AM – 9:16AM	Rahu 12:04PM – 1:28PM	Jyeshtha* Until 12:35AM Thu Vyaghata* Until 9:59AM Vanija Until 6:43PM Navami* Until 7:41AM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Orange Magha-Masi	Sunrise: 6:28AM Sunset: 5:40PM Moon 2 - Phase 42 - 8 2nd Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga		973686577					

2	<b>Thursday, February 16, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 305	
	Dhanus Rasi: 3.08	Tithi 26	Gulika 9:15AM – 10:39AM	Yama 6:27AM – 7:51AM	Rahu 1:28PM – 2:52PM	Mula* Until 10:48PM Harshana Until 6:59AM Bava Until 4:14PM Ekadashi* Until 2:46AM Fri	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:27AM Sunset: 5:40PM Moon 2 - Phase 42 - 9 2nd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga		983686577					

3	<b>Friday, February 17, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Kathmandu, Nepal Sun 10 Sutra 306	
	Dhanus Rasi: 17.44	Tithi 27	Gulika 7:51AM – 9:15AM	Yama 2:52PM – 4:17PM	Rahu 10:39AM – 12:04PM	Purvashadha* Until 8:23PM Siddhi Until 11:38PM Kaulava Until 1:13PM Dvadashi* Until 11:32PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:26AM Sunset: 5:41PM Moon 2 - Phase 42 - 10 2nd Phase <b>Devaloka Day</b>
	Routine Work Prabalarishta Yoga Until 8:23PM Then Routine Work - Marana Yoga		983686577					

4	<b>Saturday, February 18, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau				Kathmandu, Nepal Sun 11 Sutra 307	
	Makara Rasi: 2.4	Tithi 28	Gulika 6:25AM – 7:50AM	Yama 1:28PM – 2:53PM	Rahu 9:14AM – 10:39AM	Uttarashadha Until 5:29PM Vyatipata* Until 7:31PM Gara Until 9:49AM Trayodashi* Until 7:59PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:25AM Sunset: 5:42PM Moon 2 - Phase 42 - 11 2nd Phase <b>Devaloka Day</b>
	Routine Work Marana Yoga Until 5:29PM Then Creative Work - Siddha Yoga		983686577					

5	<b>Sunday, February 19, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Varyani/Parigtha* Yoga Visti/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 308	
	Makara Rasi: 17.49	Tithi 29 – 30	Gulika 2:53PM – 4:18PM	Yama 12:03PM – 1:28PM	Rahu 4:18PM – 5:42PM	Shravana Until 2:41PM Variyan Until 3:15PM Visti Until 6:10AM Chaturdashi* Until 4:17PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:25AM Sunset: 5:42PM Moon 2 - Phase 42 - 12 2nd Phase <b>Devaloka Day</b>
	Creative Work Amrita Yoga Until 2:41PM Then Routine Work - Marana Yoga		993686577					

●	<b>Monday, February 20, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigtha/Shiva Yoga Naga/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 309		
	<b>Retreat Star</b>		Kumbha Rasi: 3.01	Tithi 30 – 1	Family Home Evening	Gulika 1:28PM – 2:53PM Yama 10:38AM – 12:03PM Rahu 7:49AM – 9:14AM	Dhanishtha Until 11:46AM Parigtha* Until 11:01AM Kintughna Until 10:51PM Amavasya* Until 12:37PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:24AM Sunset: 5:43PM Moon 2 - Phase 42 - 13 Amavasya <b>Devaloka Day</b>
	Creative Work Siddha Yoga		993686577						

●	<b>Tuesday, February 21, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Kathmandu, Nepal Sun 14 Sutra 310		
	<b>Retreat Star</b>		Kumbha Rasi: 18.06	Tithi 1 – 2	Routine Work Marana Yoga	Gulika 12:03PM – 1:28PM Yama 9:13AM – 10:38AM Rahu 2:53PM – 4:19PM	Shatabhishak Until 8:53AM Shiva Until 6:57AM Balava Until 7:32PM Prathama* Until 9:08AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Phalgun-Masi	Sunrise: 6:23AM Sunset: 5:44PM Moon 2 - Phase 42 - 14 Prathama <b>Devaloka Day</b>
	Creative Work Siddha Yoga		993686577						

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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1	<b>Wednesday, February 22, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Gara Karana Dviliya/Trityayam Titau				Kathmandu, Nepal Sun 15 Sutra 311
	Meena Rasi: 2.55	Tithi 2 - 3	<b>Gulika</b> 10:38AM - 12:03PM	<b>Purvaproshtapada* Until 6:40AM</b>	<b>Ganesha: Red</b> Sunrise: 6:22AM	<b>Muruqa: Purple</b> Sunset: 5:44PM	Subhakrit 5124 Moon 2 - Phase 43 - 15 3rd Phase
	913686577	<b>Rahu</b> 12:03PM - 1:28PM	Yama 7:47AM - 9:13AM	Sadhya Until 11:46PM	<b>Nataraja: Orange</b> Moon - Clear		<b>Sivaloka Day</b>
	Creative Work Amrita Yoga		<b>Dvitiya Until 6:01AM</b>		<b>Phalguna-Masi</b>		
	Until 6:40AM Then Creative Work - Siddha Yoga						

2	<b>Thursday, February 23, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau				Kathmandu, Nepal Sun 16 Sutra 312
	Meena Rasi: 17.2	Tithi 4	<b>Gulika</b> 9:12AM - 10:38AM	<b>Revati Until 3:35AM Fri</b>	<b>Ganesha: Blue</b> Sunrise: 6:21AM	<b>Muruqa: Purple</b> Sunset: 5:45PM	Subhakrit 5124 Moon 2 - Phase 43 - 16 3rd Phase
	913786577	<b>Rahu</b> 1:29PM - 2:54PM	Yama 6:21AM - 7:47AM	Subha Until 8:57PM	<b>Nataraja: Orange</b> Moon - Clear		<b>Subha Sivaloka Day</b>
	Creative Work Siddha Yoga		<b>Chaturthi* Until 1:35AM Fri</b>		<b>Phalguna-Masi</b>		
	Until 3:35AM Fri Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Siva Vision Day</b>				

3	<b>Friday, February 24, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla Yoga Bava/Balava Karana Panchamyam Titau				Kathmandu, Nepal Sun 17 Sutra 313
	Mesha Rasi: 1.17	Tithi 5	<b>Gulika</b> 7:46AM - 9:12AM	<b>Ashvini Until 3:25AM Sat</b>	<b>Ganesha: Yellow</b> Sunrise: 6:20AM	<b>Muruqa: Purple</b> Sunset: 5:46PM	Subhakrit 5124 Moon 2 - Phase 43 - 17 3rd Phase
	923786577	<b>Rahu</b> 10:37AM - 12:03PM	Yama 2:54PM - 4:20PM	Sukla Until 6:45PM	<b>Nataraja: Orange</b> Moon - White		<b>Sivaloka Day</b>
	Creative Work Amrita Yoga		<b>Panchami Until 12:32AM Sat</b>		<b>Phalguna-Masi</b>		
	Until 3:25AM Sat Then Creative Work - Siddha Yoga						

4	<b>Saturday, February 25, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau				Kathmandu, Nepal Sun 18 Sutra 314
	Mesha Rasi: 14.45	Tithi 6	<b>Gulika</b> 6:19AM - 7:45AM	<b>Bharani Until 3:57AM Sun</b>	<b>Ganesha: Yellow</b> Sunrise: 6:19AM	<b>Muruqa: Purple</b> Sunset: 5:46PM	Subhakrit 5124 Moon 2 - Phase 43 - 18 3rd Phase
	923786577	<b>Rahu</b> 9:11AM - 10:37AM	Yama 1:29PM - 2:55PM	Brahma Until 5:14PM	<b>Nataraja: Orange</b> Moon - White		<b>Sivaloka Day</b>
	Creative Work Siddha Yoga		<b>Shashthi* Until 12:20AM Sun</b>		<b>Phalguna-Masi</b>		

5	<b>Sunday, February 26, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Kathmandu, Nepal Sun 19 Sutra 315
	Mesha Rasi: 27.45	Tithi 7	<b>Gulika</b> 2:55PM - 4:21PM	<b>Krittika Until 5:09AM Mon</b>	<b>Ganesha: Blue</b> Sunrise: 6:18AM	<b>Muruqa: Purple</b> Sunset: 5:47PM	Subhakrit 5124 Moon 2 - Phase 43 - 19 3rd Phase
	924786577	<b>Rahu</b> 4:21PM - 5:47PM	Yama 12:03PM - 1:29PM	Indra Until 4:25PM	<b>Nataraja: Orange</b> Moon - White		<b>Devaloka Day</b>
	Creative Work Siddha Yoga		<b>Saptami Until 1:00AM Mon</b>		<b>Phalguna-Masi</b>		
	Until 5:09AM Mon Then Creative Work - Amrita Yoga						

D	<b>Monday, February 27, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 316
	<b>Retreat Star</b>		<b>Gulika</b> 1:29PM - 2:55PM	<b>Rohini Until 7:21AM Tue</b>	<b>Ganesha: Yellow</b> Sunrise: 6:17AM	<b>Muruqa: Purple</b> Sunset: 5:48PM	Subhakrit 5124 Moon 2 - Phase 43 - 20 Ashtami
	Vrishabha Rasi: 10.21	Tithi 8	Yama 10:36AM - 12:02PM	Vaidhriti* Until 4:11PM	<b>Nataraja: Orange</b> Moon - Yellow		<b>Sivaloka Day</b>
	Family Home Evening		<b>Rahu</b> 7:44AM - 9:10AM	Visti Until 1:39PM	<b>Phalguna-Masi</b>		
	Creative Work Amrita Yoga Until 7:21AM Tue Then Creative Work - Siddha Yoga		<b>Ashtami* Until 2:25AM Tue</b>				

D	<b>Tuesday, February 28, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 21 Sutra 317
	<b>Retreat Star</b>		<b>Gulika</b> 12:02PM - 1:29PM	<b>Rohini Until 7:21AM</b>	<b>Ganesha: Yellow</b> Sunrise: 6:16AM	<b>Muruqa: Purple</b> Sunset: 5:48PM	Subhakrit 5124 Moon 2 - Phase 43 - 21 Navami
	Vrishabha Rasi: 22.38	Tithi 9	Yama 9:09AM - 10:36AM	Vishkambha* Until 4:27PM	<b>Nataraja: Orange</b> Moon - Yellow		<b>Sivaloka Day</b>
	Creative Work Amrita Yoga		<b>Rahu</b> 2:55PM - 4:22PM	Balava Until 3:22PM	<b>Phalguna-Masi</b>		
	Until 7:21AM Then Creative Work - Siddha Yoga		<b>Navami* Until 4:24AM Wed</b>				

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

<b>1</b>		<b>Wednesday, March 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Kathmandu, Nepal Sun 22 Sutra 318	
Mithuna Rasi: 4.42	Tithi 10	<b>Gulika</b> 10:35AM – 12:02PM	<b>Mrigashira</b> Until 9:54AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:14AM	Subhakrit 5124	
		Yama 7:41AM – 9:08AM	Priti Until 5:04PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 44 - 22	
	934786577	<b>Rahu</b> 12:02PM – 1:29PM	Taitila Until 5:34PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:45AM Thu	Moon – Yellow		<b>Sivaloka Day</b>	
				Phalguna-Masi			
<b>2</b>		<b>Thursday, March 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Kathmandu, Nepal Sun 23 Sutra 319	
Mithuna Rasi: 16.38	Tithi 10 – 11	<b>Gulika</b> 9:08AM – 10:35AM	<b>Ardra</b> Until 12:36PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:13AM	Subhakrit 5124	
		Yama 6:13AM – 7:41AM	Ayushman Until 5:52PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:50PM	Moon 2 - Phase 44 - 23	
	934786577	<b>Rahu</b> 1:29PM – 2:56PM	Vanija Until 8:01PM	<b>Nataraja:</b> Orange		4th Phase	
Routine Work	Marana Yoga		<b>Dashami</b> Until 6:45AM	Moon – Yellow		<b>Sivaloka Day</b>	
Until 12:36PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Friday, March 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Kathmandu, Nepal Sun 24 Sutra 320	
Mithuna Rasi: 28.31	Tithi 11 – 12	<b>Gulika</b> 7:40AM – 9:07AM	<b>Punarvasu</b> Until 3:44PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:12AM	Subhakrit 5124	
		Yama 2:56PM – 4:23PM	Saubhagya Until 6:44PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 44 - 24	
	944786577	<b>Rahu</b> 10:34AM – 12:02PM	Bava Until 10:32PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 9:15AM	Moon – Blue		<b>Devaloka Day</b>	
Until 3:44PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
<b>4</b>		<b>Saturday, March 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 25 Sutra 321	
Kataka Rasi: 10.23	Tithi 12 – 13	<b>Gulika</b> 6:11AM – 7:39AM	<b>Pushya</b> Until 6:40PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:11AM	Subhakrit 5124	
		Yama 1:29PM – 2:56PM	Sobhana Until 7:35PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:51PM	Moon 2 - Phase 44 - 25	
	944786577	<b>Rahu</b> 9:06AM – 10:34AM	Kaulava Until 12:58AM Sun	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 11:45AM	Moon – Blue		<b>Devaloka Day</b>	
Until 6:40PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			
<b>5</b>		<b>Sunday, March 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Kathmandu, Nepal Sun 26 Sutra 322	
Kataka Rasi: 22.17	Tithi 13 – 14	<b>Gulika</b> 2:56PM – 4:24PM	<b>Ashlesha*</b> Until 9:17PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:10AM	Subhakrit 5124	
		Yama 12:01PM – 1:29PM	Athiganda* Until 8:17PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 44 - 26	
	944786577	<b>Rahu</b> 4:24PM – 5:52PM	Gara Until 3:14AM Mon	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 2:07PM	Moon – Blue		<b>Devaloka Day</b>	
Until 9:17PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
<b>6</b>		<b>Monday, March 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visiti* Karana Chaturdashi/Purnimayam Titau		Kathmandu, Nepal Sun 27 Sutra 323	
Simha Rasi: 4.16	Tithi 14 – 15	<b>Gulika</b> 1:29PM – 2:57PM	<b>Magha*</b> Until 12:01AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:09AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:33AM – 12:01PM	Sukarma Until 8:49PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 44 - 27	
Routine Work	Marana Yoga	<b>Rahu</b> 7:37AM – 9:05AM	Visiti Until 5:15AM Tue	<b>Nataraja:</b> Orange		4th Phase	
Until 12:01AM Tue			<b>Chaturdashi*</b> Until 4:15PM	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Chidambaram Abhishekam</b>		Phalguna-Masi			
<b>○</b>		<b>Tuesday, March 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava Karana Purnimayam Titau		Kathmandu, Nepal Sutra 324	
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:01PM – 1:29PM	<b>Purvaphalguni</b> Until 2:18AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:08AM	Subhakrit 5124	
Simha Rasi: 16.2	Tithi 15	Yama 9:05AM – 10:33AM	Dhriti Until 9:10PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:53PM	Moon 2 - Phase 44 -	
	154786577	<b>Rahu</b> 2:57PM – 4:25PM	Bava Until 6:08PM	<b>Nataraja:</b> Orange		Purnima	
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 6:08PM	Moon – Red		<b>Sivaloka Day</b>	
Until 2:18AM Wed		<b>Holi</b>		Phalguna-Masi			
Then Creative Work - Amrita Yoga							
<b>Wednesday, March 8, 2023</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau		Kathmandu, Nepal Sutra 325	
Simha Rasi: 28.32	Tithi 16	<b>Gulika</b> 10:32AM – 12:00PM	<b>Uttaraphalguni</b> Until 4:07AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:07AM	Subhakrit 5124	
		Yama 7:36AM – 9:04AM	Shula* Until 9:14PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:54PM	Moon 2 - Phase 44 -	
	154786577	<b>Rahu</b> 12:00PM – 1:29PM	Balava Until 6:58AM	<b>Nataraja:</b> Orange		Prathama	
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 7:41PM	Moon – Red		<b>Sivaloka Day</b>	
Until 4:07AM Thu				Phalguna-Masi			
Then Routine Work - Marana Yoga							

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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Thursday, March 9, 2023

Gold Retreat Star

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

Kathmandu, Nepal

Sun 1 Sutra 326

Subhakrit 5124

Moon 3 - Phase 45 - 1

1st Phase

Kanya Rasi: 10.53 Tithi 17

164786577

**Gulika** 9:03AM – 10:32AM  
Yama 6:06AM – 7:35AM  
**Rahu** 1:29PM – 2:57PM

**Hasta** **Until 5:55AM Fri**  
Ganda\* Until 9:04PM  
Taitila Until 8:22AM  
**Dvitiya** **Until 8:54PM**

**Ganesha:** White *Sunrise:* 6:06AM  
**Muruqa:** Purple *Sunset:* 5:54PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

**Devaloka Day**

Routine Work Marana Yoga  
Until 5:55AM Fri  
Then Creative Work - Siddha Yoga

Friday, March 10, 2023

1

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

Kathmandu, Nepal

Sun 2 Sutra 327

Subhakrit 5124

Moon 3 - Phase 45 - 2

1st Phase

Kanya Rasi: 23.22 Tithi 18

165786577

**Gulika** 7:34AM – 9:03AM  
Yama 2:57PM – 4:26PM  
**Rahu** 10:31AM – 12:00PM

**Chitra** **Until 7:10AM Sat**  
Vriddhi Until 8:37PM  
Vanija Until 9:23AM  
**Tritiya** **Until 9:43PM**

**Ganesha:** Yellow *Sunrise:* 6:05AM  
**Muruqa:** Purple *Sunset:* 5:55PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

**Sivaloka Day**

Creative Work Siddha Yoga

Saturday, March 11, 2023

2

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

Kathmandu, Nepal

Sun 3 Sutra 328

Subhakrit 5124

Moon 3 - Phase 45 - 3

1st Phase

Tula Rasi: 6.02 Tithi 19

165786577

**Gulika** 6:04AM – 7:33AM  
Yama 1:29PM – 2:57PM  
**Rahu** 9:02AM – 10:31AM

**Chitra** **Until 7:10AM**  
Dhruva Until 7:49PM  
Bava Until 10:00AM  
**Chaturthi\*** **Until 10:08PM**

**Ganesha:** Yellow *Sunrise:* 6:04AM  
**Muruqa:** Purple *Sunset:* 5:55PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

**Sivaloka Day**

Routine Work Marana Yoga  
Until 7:10AM  
Then Creative Work - Siddha Yoga

Sunday, March 12, 2023

3

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

Kathmandu, Nepal

Sun 4 Sutra 329

Subhakrit 5124

Moon 3 - Phase 45 - 4

1st Phase

Tula Rasi: 18.54 Tithi 20

165786577

**Gulika** 2:58PM – 4:27PM  
Yama 11:59AM – 1:29PM  
**Rahu** 4:27PM – 5:56PM

**Svati** **Until 7:51AM**  
Vyaghata\* Until 6:41PM  
Kaulava Until 10:11AM  
**Panchami** **Until 10:04PM**

**Ganesha:** Yellow *Sunrise:* 6:03AM  
**Muruqa:** Purple *Sunset:* 5:56PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

**Sivaloka Day**

Creative Work Siddha Yoga  
Until 7:51AM  
Then Routine Work - Marana Yoga

Monday, March 13, 2023

4

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

Kathmandu, Nepal

Sun 5 Sutra 330

Subhakrit 5124

Moon 3 - Phase 45 - 5

1st Phase

Vrischika Rasi: 2.01 Tithi 21

175786577

**Family Home Evening**

**Gulika** 1:28PM – 2:58PM  
Yama 10:30AM – 11:59AM  
**Rahu** 7:31AM – 9:01AM

**Vishakha** **Until 8:22AM**  
Harshana Until 5:10PM  
Gara Until 9:53AM  
**Shashthi\*** **Until 9:31PM**

**Ganesha:** Blue *Sunrise:* 6:02AM  
**Muruqa:** Purple *Sunset:* 5:56PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

**Subha Sivaloka Day**

Routine Work Marana Yoga  
Until 8:22AM  
Then Creative Work - Siddha Yoga

Tuesday, March 14, 2023

5

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

Kathmandu, Nepal

Sun 6 Sutra 331

Subhakrit 5124

Moon 3 - Phase 45 - 6

1st Phase

Vrischika Rasi: 15.23 Tithi 22

175786577

**Gulika** 11:59AM – 1:28PM  
Yama 9:00AM – 10:29AM  
**Rahu** 2:58PM – 4:27PM

**Anuradha** **Until 8:14AM**  
Vajra\* Until 3:13PM  
Visti Until 9:03AM  
**Saptami** **Until 8:26PM**

**Ganesha:** Blue *Sunrise:* 6:01AM  
**Muruqa:** Purple *Sunset:* 5:57PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

**Subha Sivaloka Day**

Creative Work Siddha Yoga  
Until 8:14AM  
Then Routine Work - Marana Yoga

Wednesday, March 15, 2023

D

Retreat Star

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

Kathmandu, Nepal

Sun 7 Sutra 332

Subhakrit 5124

Moon 3 - Phase 45 - 7

Ashtami

Vrischika Rasi: 29.04 Tithi 23

175786577

**Gulika** 10:29AM – 11:59AM  
Yama 7:29AM – 8:59AM  
**Rahu** 11:59AM – 1:28PM

**Jyeshtha\*** **Until 7:26AM**  
Siddhi Until 12:52PM  
Balava Until 7:42AM  
**Ashtami\*** **Until 6:49PM**

**Ganesha:** Blue *Sunrise:* 6:00AM  
**Muruqa:** Purple *Sunset:* 5:57PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Panguni

**Subha Sivaloka Day**

Creative Work Siddha Yoga  
Until 7:26AM  
Then Routine Work - Marana Yoga

Thursday, March 16, 2023

Retreat Star

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

Kathmandu, Nepal

Sun 8 Sutra 333

Subhakrit 5124

Moon 3 - Phase 45 - 8

Navami

Dhanus Rasi: 13.04 Tithi 24 – 25

185786578

**Gulika** 8:58AM – 10:28AM  
Yama 5:59AM – 7:29AM  
**Rahu** 1:28PM – 2:58PM

**Mula\*** **Until 6:25AM**  
Vyatipata\* Until 10:07AM  
Vanija Until 3:30AM Fri  
**Navami\*** **Until 4:42PM**

**Ganesha:** Red *Sunrise:* 5:59AM  
**Muruqa:** Purple *Sunset:* 5:58PM  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

**Sivaloka Day**


Creative Work Siddha Yoga

<b>1</b>		<b>Friday, March 17, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Kathmandu, Nepal Sun 9 Sutra 334	
Dhanus Rasi: 27.23	Tithi 25 – 26	<b>Gulika</b>	7:28AM – 8:58AM	<b>Uttarashadha Until 2:38AM Sat</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:58AM		Subhakrit 5124	
		Yama	2:58PM – 4:28PM	Variyan Until 6:58AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:58PM	Moon 3 - Phase 46 - 9		
		185786578 <b>Rahu</b>	10:28AM – 11:58AM	Bava Until 12:46AM Sat	<b>Nataraja:</b> Clear		2nd Phase		
Routine Work	Marana Yoga			<b>Dashami Until 2:09PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>		
Until 2:38AM Sat					Phalgun-Panguni				
Then Creative Work - Siddha Yoga									

<b>2</b>		<b>Saturday, March 18, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau		Kathmandu, Nepal Sun 10 Sutra 335	
Makara Rasi: 11.58	Tithi 26 – 27	<b>Gulika</b>	5:56AM – 7:27AM	<b>Shravana Until 12:29AM Sun</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:56AM		Subhakrit 5124	
		Yama	1:28PM – 2:58PM	Shiva Until 11:53PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:59PM	Moon 3 - Phase 46 - 10		
		195786578 <b>Rahu</b>	8:57AM – 10:27AM	Kaulava Until 9:45PM	<b>Nataraja:</b> Clear		2nd Phase		
Creative Work	Siddha Yoga			<b>Ekadashi* Until 11:16AM</b>	Moon – Purple		<b>Subha Sivaloka Day</b>		
Until 12:29AM Sun					Phalgun-Panguni				
Then Routine Work - Marana Yoga									

<b>3</b>		<b>Sunday, March 19, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau		Kathmandu, Nepal Sun 11 Sutra 336	
Makara Rasi: 26.43	Tithi 27 – 28	<b>Gulika</b>	2:58PM – 4:29PM	<b>Dhanishtha Until 10:04PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:55AM		Subhakrit 5124	
		Yama	11:57AM – 1:28PM	Siddha Until 8:05PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Moon 3 - Phase 46 - 11		
		195796578 <b>Rahu</b>	4:29PM – 6:00PM	Gara Until 6:34PM	<b>Nataraja:</b> Clear		2nd Phase		
Routine Work	Marana Yoga			<b>Dvadashi* Until 8:09AM</b>	Moon – Purple		<b>Sivaloka Day</b>		
Until 10:04PM					Phalgun-Panguni				
Then Creative Work - Siddha Yoga									

<b>4</b>		<b>Monday, March 20, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Kathmandu, Nepal Sun 12 Sutra 337	
Kumbha Rasi: 11.34	Tithi 29	<b>Gulika</b>	1:28PM – 2:59PM	<b>Shatabhishak Until 7:31PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:54AM		Subhakrit 5124	
<b>Family Home Evening</b>		Yama	10:26AM – 11:57AM	Sadhya Until 4:19PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Moon 3 - Phase 46 - 12		
Creative Work	Siddha Yoga	196896578 <b>Rahu</b>	7:25AM – 8:56AM	Visti Until 3:23PM	<b>Nataraja:</b> Clear		2nd Phase		
Until 7:31PM				<b>Chaturdashi* Until 1:49AM Tue</b>	Moon – Purple		<b>Sivaloka Day</b>		
Then Routine Work - Marana Yoga					Phalgun-Panguni				

		<b>Tuesday, March 21, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Kathmandu, Nepal Sun 13 Sutra 338	
<b>Retreat Star</b>		<b>Gulika</b>	11:57AM – 1:28PM	<b>Purvaproshtapada* Until 5:25PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:53AM		Subhakrit 5124	
Kumbha Rasi: 26.2	Tithi 30	Yama	8:55AM – 10:26AM	Subha Until 12:41PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:01PM	Moon 3 - Phase 46 - 13		
		116896578 <b>Rahu</b>	2:59PM – 4:30PM	Catuspada Until 12:20PM	<b>Nataraja:</b> Clear		Amavasya		
Routine Work	Marana Yoga			<b>Amavasya* Until 10:54PM</b>	Moon – Clear		<b>Devaloka Day</b>		
Until 5:25PM					Phalgun-Panguni				
Then Creative Work - Amrita Yoga									

<b>Retreat Star</b>		<b>Wednesday, March 22, 2023</b>				Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Kathmandu, Nepal Sun 14 Sutra 339	
<b>Retreat Star</b>		<b>Gulika</b>	10:25AM – 11:57AM	<b>Uttaraproshtapada Until 3:31PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:52AM		Subhakrit 5124	
Meena Rasi: 10.56	Tithi 1	Yama	7:23AM – 8:54AM	Sukla Until 9:15AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:01PM	Moon 3 - Phase 46 - 14		
		116896578 <b>Rahu</b>	11:57AM – 1:28PM	Kintughna Until 9:36AM	<b>Nataraja:</b> Clear		Prathama		
Creative Work	Siddha Yoga			<b>Prathama* Until 8:22PM</b>	Moon – Clear		<b>Devaloka Day</b>		
Until 3:31PM		<b>Yugadhi</b>			Chaitra-Panguni				
Then Routine Work - Marana Yoga									

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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<b>1</b>		<b>Thursday, March 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau		Kathmandu, Nepal Sun 15 Sutra 340	
Meena Rasi: 25.14	Tithi 2	<b>Gulika</b> 8:54AM – 10:25AM	<b>Revati Until 1:58PM</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 5:51AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:02PM
		Yama 5:51AM – 7:22AM	Brahma Until 6:13AM	Moon – Clear			
		116896578 <b>Rahu</b> 1:28PM – 2:59PM	Balava Until 7:18AM	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 15 3rd Phase
Creative Work Siddha Yoga			<b>Dvitiya Until 6:21PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>
Until 1:58PM		<b>Chellappaswami Mahasamadhi</b>					
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, March 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Kathmandu, Nepal Sun 16 Sutra 341	
Mesha Rasi: 9.09	Tithi 3 – 4	<b>Gulika</b> 7:21AM – 8:53AM	<b>Ashvini Until 1:20PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:50AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:02PM
		Yama 2:59PM – 4:31PM	Vaidhriti* Until 1:40AM Sat	Moon – White			
		126896578 <b>Rahu</b> 10:24AM – 11:56AM	Vanija Until 4:37AM Sat	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 16 3rd Phase
Creative Work Amrita Yoga			<b>Tritiya Until 5:00PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>
Until 1:20PM							
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, March 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Kathmandu, Nepal Sun 17 Sutra 342	
Mesha Rasi: 22.38	Tithi 4 – 5	<b>Gulika</b> 5:49AM – 7:20AM	<b>Bharani Until 1:18PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:49AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:03PM
		Yama 1:27PM – 2:59PM	Vishkamba* Until 12:18AM Sun	Moon – White			
		126896578 <b>Rahu</b> 8:52AM – 10:24AM	Bava Until 4:25AM Sun	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 17 3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi* Until 4:24PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>
Until 1:18PM							
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, March 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Kathmandu, Nepal Sun 18 Sutra 343	
Vrishabha Rasi: 5.43	Tithi 5 – 6	<b>Gulika</b> 2:59PM – 4:31PM	<b>Krittika Until 1:52PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:48AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:03PM
		Yama 11:55AM – 1:27PM	Priti Until 11:33PM	Moon – White			
		126896578 <b>Rahu</b> 4:31PM – 6:03PM	Kaulava Until 5:00AM Mon	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 18 3rd Phase
Creative Work Siddha Yoga			<b>Panchami Until 4:35PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>

<b>5</b>		<b>Monday, March 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ayushman Yoga Taila/Gara Karana Shashthi/Saptamyam Titau		Kathmandu, Nepal Sun 19 Sutra 344	
Vrishabha Rasi: 18.23	Tithi 6 – 7	<b>Gulika</b> 1:27PM – 2:59PM	<b>Rohini Until 3:29PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:46AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:04PM
<b>Family Home Evening</b>		Yama 10:23AM – 11:55AM	Ayushman Until 11:20PM	Moon – Yellow			
		137896578 <b>Rahu</b> 7:19AM – 8:51AM	Gara Until 6:17AM Tue	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 19 3rd Phase
Creative Work Amrita Yoga			<b>Shashthi* Until 5:32PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>

<b>6</b>		<b>Tuesday, March 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Kathmandu, Nepal Sun 20 Sutra 345	
Mithuna Rasi: 0.46	Tithi 7	<b>Gulika</b> 11:55AM – 1:27PM	<b>Mrigashira Until 5:35PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:45AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:04PM
		Yama 8:50AM – 10:22AM	Saubhagya Until 11:37PM	Moon – Yellow			
		137896578 <b>Rahu</b> 2:59PM – 4:32PM	Gara Until 6:17AM	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 20 3rd Phase
Creative Work Siddha Yoga			<b>Saptami Until 7:08PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>
Until 5:35PM							
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, March 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Kathmandu, Nepal Sun 21 Sutra 346	
Mithuna Rasi: 12.54	Tithi 8	<b>Gulika</b> 10:22AM – 11:54AM	<b>Ardra Until 8:00PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:44AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:05PM
		Yama 7:17AM – 8:49AM	Sobhana Until 12:15AM Thu	Moon – Yellow			
		137896578 <b>Rahu</b> 11:54AM – 1:27PM	Visti Until 8:09AM	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 21 Ashtami
Creative Work Siddha Yoga			<b>Ashtami* Until 9:12PM</b>	<b>Chaitra-Panguni</b>			<b>Devaloka Day</b>

<b>Retreat Star</b>		<b>Thursday, March 30, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Kathmandu, Nepal Sun 22 Sutra 347	
Mithuna Rasi: 24.53	Tithi 9	<b>Gulika</b> 8:49AM – 10:21AM	<b>Punarvasu Until 11:00PM</b>	<b>Ganesha:</b> White	<b>Sunrise:</b> 5:43AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 6:05PM
		Yama 5:43AM – 7:16AM	Athiganda* Until 1:02AM Fri	Moon – Blue			
		147896578 <b>Rahu</b> 1:27PM – 3:00PM	Balava Until 10:23AM	<b>Nataraja:</b> Clear			Moon 3 - Phase 47 - 22 Navami
Creative Work Amrita Yoga			<b>Navami* Until 11:33PM</b>	<b>Chaitra-Panguni</b>			<b>Bhuloka Day</b>
		<b>Sri Rama Navami</b>					<b>Devaloka Time: 3:PM to 6:PM</b>

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

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1	<b>Friday, March 31, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 348 Subhakrit 5124
	Kataka Rasi: 6.47	Tithi 10	<b>Gulika</b> 7:15AM – 8:48AM	<b>Pushya</b> Until 1:56AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:42AM	
			Yama 3:00PM – 4:33PM	Sukarma Until 1:53AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:06PM	Moon 3 - Phase 48 - 23
	147896578	<b>Rahu</b> 10:21AM – 11:54AM		Taitila Until 12:47PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 1:59AM Sat	Moon – Blue		<b>Bhuloka Day</b>	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2	<b>Saturday, April 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 349 Subhakrit 5124
	Kataka Rasi: 18.4	Tithi 11	<b>Gulika</b> 5:42AM – 7:15AM	<b>Ashlesha*</b> Until 4:35AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:42AM	
			Yama 1:27PM – 3:00PM	Dhriti Until 2:41AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:06PM	Moon 3 - Phase 48 - 24
	147896578	<b>Rahu</b> 8:48AM – 10:21AM		Vanija Until 3:11PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Ekadashi</b> Until 4:18AM Sun	Moon – Blue		<b>Bhuloka Day</b>	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3	<b>Sunday, April 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 350 Subhakrit 5124
	Simha Rasi: 0.37	Tithi 12	<b>Gulika</b> 3:00PM – 4:33PM	<b>Magha*</b> Until 7:20AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:41AM	
			Yama 11:54AM – 1:27PM	Shula* Until 3:16AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:06PM	Moon 3 - Phase 48 - 25
	158896578	<b>Rahu</b> 4:33PM – 6:06PM		Bava Until 5:24PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 6:22AM Mon	Moon – Red		<b>Devaloka Day</b>	
Until 7:20AM Mon				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

4	<b>Monday, April 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 351 Subhakrit 5124
	Simha Rasi: 12.39	Tithi 12 – 13	<b>Gulika</b> 1:27PM – 3:00PM	<b>Magha*</b> Until 7:20AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:40AM	
	<b>Family Home Evening</b>		Yama 10:20AM – 11:53AM	Ganda* Until 3:36AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:07PM	Moon 3 - Phase 48 - 26
	158896578	<b>Rahu</b> 7:13AM – 8:46AM		Kaulava Until 7:18PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 6:22AM	Moon – Red		<b>Devaloka Day</b>	
Until 7:20AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				

5	<b>Tuesday, April 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 352 Subhakrit 5124
	Simha Rasi: 24.5	Tithi 13 – 14	<b>Gulika</b> 11:53AM – 1:27PM	<b>Purvaphalguni</b> Until 9:34AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:39AM	
			Yama 8:46AM – 10:19AM	Vriddhi Until 3:37AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:07PM	Moon 3 - Phase 48 - 27
	158896578	<b>Rahu</b> 3:00PM – 4:34PM		Gara Until 8:47PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 8:04AM	Moon – Red		<b>Devaloka Day</b>	
Until 9:34AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

○	<b>Wednesday, April 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Kathmandu, Nepal Sutra 353 Subhakrit 5124
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:19AM – 11:53AM	<b>Uttaraphalguni</b> Until 11:12AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:37AM	
	Kanya Rasi: 7.12	Tithi 14 – 15	Yama 7:11AM – 8:45AM	Dhruva Until 3:14AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 48 - Purnima
	158896578	<b>Rahu</b> 11:53AM – 1:26PM		Visti Until 9:47PM	<b>Nataraja:</b> Clear		
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 9:20AM	Moon – Red		<b>Devaloka Day</b>	
Until 11:12AM				Chaitra•Panguni			
Then Routine Work - Marana Yoga		<b>Panguni Uttiram</b> <b>Hanuman Jayanti</b>					

○	<b>Thursday, April 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Kathmandu, Nepal Sutra 354 Subhakrit 5124
	<b>Silver Retreat Star</b>		<b>Gulika</b> 8:44AM – 10:18AM	<b>Hasta</b> Until 12:41PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:36AM	
	Kanya Rasi: 19.47	Tithi 15 – 16	Yama 5:36AM – 7:10AM	Vyaghata* Until 2:30AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 48 - Prathama
	168896578	<b>Rahu</b> 1:26PM – 3:00PM		Balava Until 10:19PM	<b>Nataraja:</b> Clear		
Routine Work	Marana Yoga		<b>Purnima*</b> Until 10:06AM	Moon – Green		<b>Bhuloka Day</b>	
Until 12:41PM				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**

Tula Rasi: 2.35      Tithi 16 – 17

Creative Work      Siddha Yoga

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

**Gulika**      7:09AM – 8:44AM  
Yama      3:00PM – 4:35PM  
**Rahu**      10:18AM – 11:52AM

**Chitra** **Until 1:33PM**  
Harshana Until 1:24AM Sat  
Taitila Until 10:21PM  
**Prathama\* Until 10:22AM**

**Ganesha:** Blue      *Sunrise:* 5:35AM  
**Muruqa:** Clear      *Sunset:* 6:09PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra+Panguni

Kathmandu, Nepal  
Sutra 355  
Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

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

**1**

**Saturday, April 8, 2023**

Tula Rasi: 15.37      Tithi 17 – 18

Creative Work      Siddha Yoga

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

**Gulika**      5:34AM – 7:09AM  
Yama      1:26PM – 3:01PM  
**Rahu**      8:43AM – 10:17AM

**Svati** **Until 1:48PM**  
Vajra\* Until 11:56PM  
Vanija Until 9:57PM  
**Dvitiya** **Until 10:11AM**

**Ganesha:** Blue      *Sunrise:* 5:34AM  
**Muruqa:** Clear      *Sunset:* 6:09PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 1      Sutra 356  
Subhakrit 5124  
Moon 4 - Phase 49 - 1  
1st Phase

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

**2**

**Sunday, April 9, 2023**

Tula Rasi: 28.52      Tithi 18 – 19

Routine Work      Marana Yoga

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

**Gulika**      3:01PM – 4:35PM  
Yama      11:51AM – 1:26PM  
**Rahu**      4:35PM – 6:10PM

**Vishakha** **Until 1:58PM**  
Siddhi Until 10:10PM  
Bava Until 9:10PM  
**Tritiya** **Until 9:35AM**

**Ganesha:** Red      *Sunrise:* 5:33AM  
**Muruqa:** Clear      *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 2      Sutra 357  
Subhakrit 5124  
Moon 4 - Phase 49 - 2  
1st Phase

**Devaloka Day**

**3**

**Monday, April 10, 2023**

Vrischika Rasi: 12.2      Tithi 19 – 20

**Family Home Evening**  
Creative Work      Siddha Yoga

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

**Gulika**      1:26PM – 3:01PM  
Yama      10:16AM – 11:51AM  
**Rahu**      7:07AM – 8:42AM

**Anuradha** **Until 1:37PM**  
Vyatipata\* Until 8:08PM  
Kaulava Until 8:00PM  
**Chaturthi\* Until 8:36AM**

**Ganesha:** Red      *Sunrise:* 5:32AM  
**Muruqa:** Clear      *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 3      Sutra 358  
Subhakrit 5124  
Moon 4 - Phase 49 - 3  
1st Phase

**Devaloka Day**

**4**

**Tuesday, April 11, 2023**

Vrischika Rasi: 26.01      Tithi 20 – 21

Routine Work      Marana Yoga  
Until 12:47PM  
Then Creative Work - Amrita Yoga

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

**Gulika**      11:51AM – 1:26PM  
Yama      8:41AM – 10:16AM  
**Rahu**      3:01PM – 4:36PM

**Jyeshtha\* Until 12:47PM**  
Varyani Until 5:49PM  
Gara Until 6:32PM  
**Panchami** **Until 7:17AM**

**Ganesha:** Red      *Sunrise:* 5:31AM  
**Muruqa:** Clear      *Sunset:* 6:11PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 4      Sutra 359  
Subhakrit 5124  
Moon 4 - Phase 49 - 4  
1st Phase

**Devaloka Day**

**5**

**Wednesday, April 12, 2023**

Dhanus Rasi: 9.51      Tithi 22

Routine Work      Marana Yoga  
Until 11:58AM  
Then Creative Work - Amrita Yoga

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

**Gulika**      10:15AM – 11:51AM  
Yama      7:05AM – 8:40AM  
**Rahu**      11:51AM – 1:26PM

**Mula\* Until 11:58AM**  
Parigha\* Until 3:17PM  
Visti Until 4:46PM  
**Saptami** **Until 3:46AM Thu**

**Ganesha:** Green      *Sunrise:* 5:30AM  
**Muruqa:** Clear      *Sunset:* 6:11PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 5      Sutra 360  
Subhakrit 5124  
Moon 4 - Phase 49 - 5  
1st Phase

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

**D**

**Thursday, April 13, 2023**  
**Retreat Star**

Dhanus Rasi: 23.52      Tithi 23

Creative Work      Siddha Yoga  
Until 10:44AM  
Then Routine Work - Marana Yoga

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

**Gulika**      8:40AM – 10:15AM  
Yama      5:29AM – 7:04AM  
**Rahu**      1:26PM – 3:01PM

**Purvashadha\* Until 10:44AM**  
Shiva Until 12:34PM  
Balava Until 2:45PM  
**Ashtami\* Until 1:39AM Fri**

**Ganesha:** White      *Sunrise:* 5:29AM  
**Muruqa:** Clear      *Sunset:* 6:12PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra+Panguni

Kathmandu, Nepal  
Sun 6      Sutra 361  
Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

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

**Friday, April 14, 2023**

**Retreat Star**

Makara Rasi: 8.02      Tithi 24

Routine Work      Marana Yoga

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

**Gulika**      7:03AM – 8:39AM  
Yama      3:01PM – 4:37PM  
**Rahu**      10:15AM – 11:50AM

Chidambaram Abhishekam  
Tamil New Year

**Uttarashadha** **Until 9:09AM**  
Siddha Until 9:38AM  
Taitila Until 12:31PM  
**Navami\* Until 11:19PM**

**Ganesha:** White      *Sunrise:* 5:28AM  
**Muruqa:** Clear      *Sunset:* 6:12PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra+Chaitra

Kathmandu, Nepal  
Sun 7      Sutra 362  
Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami


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


<b>1</b>	<b>Saturday, April 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Kathmandu, Nepal Sun 8 Sutra 363
	Makara Rasi: 22.19	Tithi 25	<b>Gulika</b> 5:27AM – 7:03AM	<b>Shravana Until 7:40AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:27AM	Sobhana 5125
			Yama 1:26PM – 3:01PM	Sadhya Until 6:35AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 1 - 8
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 8:38AM – 10:14AM	Vanija Until 10:08AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami Until 8:52PM</b>	Moon – Purple		<b>Bhuloka Day</b>	
				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Sunday, April 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Kathmandu, Nepal Sun 9 Sutra 364
	Kumbha Rasi: 6.41	Tithi 26	<b>Gulika</b> 3:02PM – 4:38PM	<b>Shatabhishak Until 4:03AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:26AM	Sobhana 5125
			Yama 11:50AM – 1:26PM	Sukla Until 12:16AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 4 - Phase 1 - 9
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 4:38PM – 6:13PM	Bava Until 7:38AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi* Until 6:21PM</b>	Moon – Purple		<b>Bhuloka Day</b>	
				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	
						Then Routine Work - Marana Yoga	

<b>3</b>	<b>Monday, April 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Tailala/Gara Karana Dvadashi/Trayodashyam Titau				Kathmandu, Nepal Sun 10 Sutra 1
	Kumbha Rasi: 21.04	Tithi 27 – 28	<b>Gulika</b> 1:26PM – 3:02PM	<b>Purvaproshtapada* Until 2:31AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:25AM	Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:13AM – 11:49AM	Brahma Until 9:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:14PM	Moon 4 - Phase 1 - 10
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 7:01AM – 8:37AM	Gara Until 2:41AM Tue	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dvadashi* Until 3:52PM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra*Chaitra			
						Then Creative Work - Amrita Yoga	
						<i>Pradosha Vrata (Fasting)</i>	

<b>4</b>	<b>Tuesday, April 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Kathmandu, Nepal Sun 11 Sutra 2
	Meena Rasi: 5.23	Tithi 28 – 29	<b>Gulika</b> 11:49AM – 1:25PM	<b>Uttaraproshtapada Until 1:02AM Wed</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:24AM	Sobhana 5125
			Yama 8:36AM – 10:13AM	Indra Until 6:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 1 - 11
	Creative Work	Amrita Yoga	211996578 <b>Rahu</b> 3:02PM – 4:38PM	Visti Until 12:27AM Wed	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi* Until 1:31PM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra*Chaitra			
						Then Routine Work - Marana Yoga	

	<b>Wednesday, April 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Kathmandu, Nepal Sun 12 Sutra 3
	<b>Retreat Star</b>		<b>Gulika</b> 10:12AM – 11:49AM	<b>Revati Until 11:44PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:23AM	Sobhana 5125
	Meena Rasi: 19.34	Tithi 29 – 30	Yama 6:59AM – 8:36AM	Vaidhriti* Until 3:24PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 4 - Phase 1 - 12
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 11:49AM – 1:25PM	Catuspada Until 10:32PM	<b>Nataraja:</b> Clear		Amavasya
			<b>Chaturdashi* Until 11:25AM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra*Chaitra			

	<b>Thursday, April 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Kathmandu, Nepal Sun 13 Sutra 4
	<b>Retreat Star</b>		<b>Gulika</b> 8:35AM – 10:12AM	<b>Ashvini Until 11:09PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:22AM	Sobhana 5125
	Mesha Rasi: 3.32	Tithi 30 – 1	Yama 5:22AM – 6:58AM	Vishkambha* Until 12:58PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 4 - Phase 1 - 13
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 1:25PM – 3:02PM	Kintughna Until 9:02PM	<b>Nataraja:</b> Clear		Prathama
			<b>Amavasya* Until 9:42AM</b>	Moon – White		<b>Devaloka Day</b>	
				Vaisaka*Chaitra			
						Then Creative Work - Siddha Yoga	

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

times are standard time. Calculated for Kathmandu, Nepal on 5/1.

www.gurudeva.org/panchang

<b>1</b>	<b>Friday, April 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Kathmandu, Nepal Sun 14 Sutra 5 Sobhana 5125
	Mesha Rasi: 17.11	Tithi 1 – 2	<b>Gulika</b> 6:58AM – 8:35AM	<b>Bharani Until 10:58PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:21AM	
			Yama 3:02PM – 4:39PM	Priti Until 10:57AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 <b>Rahu</b> 10:12AM – 11:48AM	Balava Until 8:05PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Prathama* Until 8:28AM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>2</b>	<b>Saturday, April 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Kathmandu, Nepal Sun 15 Sutra 6 Sobhana 5125
	Vrishabha Rasi: 0.32	Tithi 2 – 3	<b>Gulika</b> 5:20AM – 6:57AM	<b>Krittika Until 11:14PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:20AM	
			Yama 1:25PM – 3:02PM	Ayushman Until 9:23AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 8:34AM – 10:11AM	Taitila Until 7:45PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya Until 7:49AM</b>	Moon – White		<b>Devaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>3</b>	<b>Sunday, April 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Kathmandu, Nepal Sun 16 Sutra 7 Sobhana 5125
	Vrishabha Rasi: 13.32	Tithi 3 – 4	<b>Gulika</b> 3:03PM – 4:40PM	<b>Rohini Until 12:28AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:19AM	
			Yama 11:48AM – 1:25PM	Saubhagya Until 8:21AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 <b>Rahu</b> 4:40PM – 6:17PM	Vanija Until 8:05PM	<b>Nataraja:</b> Clear		3rd Phase
Until 12:28AM Mon			<b>Tritiya Until 7:49AM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga		<b>Akshaya Tritiya</b>		<b>Vaisaka-Chaitra</b>			

<b>4</b>	<b>Monday, April 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Kathmandu, Nepal Sun 17 Sutra 8 Sobhana 5125
	Vrishabha Rasi: 26.13	Tithi 4 – 5	<b>Gulika</b> 1:25PM – 3:03PM	<b>Mrigashira Until 2:10AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:18AM	
	<b>Family Home Evening</b>		Yama 10:10AM – 11:48AM	Sobhana Until 7:50AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 <b>Rahu</b> 6:55AM – 8:33AM	Bava Until 9:04PM	<b>Nataraja:</b> Clear		3rd Phase
Until 2:10AM Tue			<b>Chaturthi* Until 8:29AM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Adi Sankara Jayanthi</b>		<b>Vaisaka-Chaitra</b>			

<b>5</b>	<b>Tuesday, April 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Kathmandu, Nepal Sun 18 Sutra 9 Sobhana 5125
	Mithuna Rasi: 8.37	Tithi 5 – 6	<b>Gulika</b> 11:48AM – 1:25PM	<b>Ardra Until 4:14AM Wed</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:17AM	
			Yama 8:32AM – 10:10AM	Athiganda* Until 7:47AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 <b>Rahu</b> 3:03PM – 4:41PM	Kaulava Until 10:37PM	<b>Nataraja:</b> Purple		3rd Phase
Until 4:14AM Wed			<b>Panchami Until 9:45AM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Vaisaka-Chaitra</b>			

<b>6</b>	<b>Wednesday, April 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Kathmandu, Nepal Sun 19 Sutra 10 Sobhana 5125
	Mithuna Rasi: 20.48	Tithi 6 – 7	<b>Gulika</b> 10:10AM – 11:47AM	<b>Punarvasu Until 7:01AM Thu</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:16AM	
			Yama 6:54AM – 8:32AM	Sukarma Until 8:08AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:19PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 <b>Rahu</b> 11:47AM – 1:25PM	Gara Until 12:36AM Thu	<b>Nataraja:</b> Purple		3rd Phase
Until 7:01AM Thu			<b>Shashthi* Until 11:32AM</b>	Moon – Blue		<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Vaisaka-Chaitra</b>			

<b>☾</b>	<b>Thursday, April 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Kathmandu, Nepal Sun 20 Sutra 11 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 8:31AM – 10:09AM	<b>Punarvasu Until 7:01AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:15AM	
	Kataka Rasi: 2.49	Tithi 7 – 8	Yama 5:15AM – 6:53AM	Dhriti Until 8:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:19PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 <b>Rahu</b> 1:25PM – 3:03PM	Visti Until 2:51AM Fri	<b>Nataraja:</b> Purple		Ashtami
			<b>Saptami Until 1:41PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

<b>☽</b>	<b>Friday, April 28, 2023</b>		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				Kathmandu, Nepal Sun 21 Sutra 12 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 6:52AM – 8:31AM	<b>Pushya Until 9:51AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:14AM	
	Kataka Rasi: 14.44	Tithi 8 – 9	Yama 3:04PM – 4:42PM	Shula* Until 9:36AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:20PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 <b>Rahu</b> 10:09AM – 11:47AM	Balava Until 5:12AM Sat	<b>Nataraja:</b> Purple		Navami
			<b>Ashtami* Until 4:00PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Vaisaka-Chaitra</b>			

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

<b>1</b>	<b>Saturday, April 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vriddhi Yoga Kaulava Karana Navamyam Titau				Kathmandu, Nepal Sun 22 Sutra 13
	Kataka Rasi: 26.39	Tithi 9	Gulika 5:13AM – 6:52AM Yama 1:25PM – 3:04PM Rahu 8:30AM – 10:09AM	Ashlesha* Until 12:33PM Ganda* Until 10:27AM Kaulava Until 6:19PM Navami* Until 6:19PM	Ganesha: Red Muruḡa: Clear Nataraja: Purple Moon – Blue	Sunrise: 5:13AM Sunset: 6:21PM	Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase
Routine Work Marana Yoga Until 12:33PM Then Creative Work - Amrita Yoga			Sivaloka Day				


<b>2</b>	<b>Sunday, April 30, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Kathmandu, Nepal Sun 23 Sutra 14
	Simha Rasi: 9	Tithi 10	Gulika 3:04PM – 4:43PM Yama 11:47AM – 1:25PM Rahu 4:43PM – 6:21PM	Magha* Until 3:26PM Vriddhi Until 11:12AM Taitila Until 7:25AM Dashami Until 8:25PM	Ganesha: Blue Muruḡa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:13AM Sunset: 6:21PM	Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase
Routine Work Marana Yoga Until 3:26PM Then Creative Work - Siddha Yoga			Devaloka Day				

<b>3</b>	<b>Monday, May 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Kathmandu, Nepal Sun 24 Sutra 15
	Simha Rasi: 20.4	Tithi 11	Gulika 1:25PM – 3:04PM Yama 10:08AM – 11:47AM Rahu 6:50AM – 8:29AM	Purvaphalguni Until 5:47PM Dhruva Until 11:40AM Vanija Until 9:21AM Ekadashi Until 10:08PM	Ganesha: Blue Muruḡa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:11AM Sunset: 6:22PM	Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase
Family Home Evening Creative Work Siddha Yoga			Devaloka Day				

<b>4</b>	<b>Tuesday, May 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Kathmandu, Nepal Sun 25 Sutra 16
	Kanya Rasi: 2.55	Tithi 12	Gulika 11:46AM – 1:26PM Yama 8:28AM – 10:07AM Rahu 3:05PM – 4:44PM	Uttaraphalguni Until 7:30PM Vyaghata* Until 11:47AM Bava Until 10:49AM Dvadashi Until 11:18PM	Ganesha: Blue Muruḡa: Clear Nataraja: Purple Moon – Red	Sunrise: 5:10AM Sunset: 6:23PM	Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase
Creative Work Amrita Yoga Until 7:30PM Then Creative Work - Siddha Yoga			Devaloka Day				

<b>5</b>	<b>Wednesday, May 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Kathmandu, Nepal Sun 26 Sutra 17
	Kanya Rasi: 15.24	Tithi 13	Gulika 10:07AM – 11:46AM Yama 6:49AM – 8:28AM Rahu 11:46AM – 1:26PM	Hasta Until 8:57PM Harshana Until 11:28AM Kaulava Until 11:41AM Trayodashi Until 11:52PM	Ganesha: Yellow Muruḡa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:09AM Sunset: 6:23PM	Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase
Routine Work Marana Yoga Until 8:57PM Then Creative Work - Siddha Yoga			Sivaloka Day <i>Pradosha Vrata</i>				

<b>6</b>	<b>Thursday, May 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Kathmandu, Nepal Sun 27 Sutra 18
	Kanya Rasi: 28.1	Tithi 14	Gulika 8:27AM – 10:07AM Yama 5:08AM – 6:48AM Rahu 1:26PM – 3:05PM	Chitra Until 9:37PM Vajra* Until 10:37AM Gara Until 11:56AM Chaturdashi* Until 11:48PM	Ganesha: Yellow Muruḡa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:08AM Sunset: 6:24PM	Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase
Creative Work Siddha Yoga Until 9:37PM Then Creative Work - Amrita Yoga			Sivaloka Day				

	<b>Friday, May 5, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Kathmandu, Nepal Sun 28 Sutra 19
	Tula Rasi: 11.16	Tithi 15	Gulika 6:47AM – 8:27AM Yama 3:05PM – 4:45PM Rahu 10:06AM – 11:46AM	Svati Until 9:32PM Siddhi Until 9:18AM Visti Until 11:33AM Purnima* Until 11:07PM	Ganesha: Yellow Muruḡa: Clear Nataraja: Purple Moon – Green	Sunrise: 5:08AM Sunset: 6:24PM	Sobhana 5125 Moon 4 - Phase 3 - Purnima
Creative Work Siddha Yoga Budha Purnima (Tamil Nadu)			Sivaloka Day				

<b>Silver Retreat Star</b>	<b>Saturday, May 6, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Meshā Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Kathmandu, Nepal Sun 29 Sutra 20
	Tula Rasi: 24.4	Tithi 16	Gulika 5:07AM – 6:47AM Yama 1:26PM – 3:06PM Rahu 8:26AM – 10:06AM	Vishakha Until 9:13PM Vyatipata* Until 7:31AM Balava Until 10:35AM Prathama* Until 9:54PM	Ganesha: White Muruḡa: Clear Nataraja: Purple Moon – Orange	Sunrise: 5:07AM Sunset: 6:25PM	Sobhana 5125 Moon 4 - Phase 3 - Prathama
Creative Work Siddha Yoga			Devaloka Day				