



Monday, April 18, 2022
Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiyayam Titau

Lucknow, India
Sutra 1

Tula Rasi: 20.15 Tithi 17
Family Home Evening 278345478
Routine Work Marana Yoga
Until 3:37AM Tue
Then Creative Work - Siddha Yoga

Gulika 1:44PM – 3:20PM
Yama 10:31AM – 12:07PM
Rahu 7:18AM – 8:55AM

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

Ganesha: Purple *Sunrise:* 5:42AM
Muruqa: White *Sunset:* 6:33PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam
Anuradha Nakshatra Vyatipata/Variyan Yoga Vanija/Bava Karana Tritiya/Chaturthyam Titau

Lucknow, India
Sun 1 Sutra 2

Vrischika Rasi: 4.46 Tithi 18 – 19
278345478
Creative Work Siddha Yoga

Gulika 12:07PM – 1:44PM
Yama 8:54AM – 10:31AM
Rahu 3:20PM – 4:57PM

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

Ganesha: Purple *Sunrise:* 5:41AM
Muruqa: White *Sunset:* 6:33PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

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

Lucknow, India
Sun 2 Sutra 3

Vrischika Rasi: 19.19 Tithi 19 – 20
278345478
Creative Work Siddha Yoga
Until 11:30PM
Then Routine Work - Marana Yoga

Gulika 10:30AM – 12:07PM
Yama 7:17AM – 8:54AM
Rahu 12:07PM – 1:44PM

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

Ganesha: Purple *Sunrise:* 5:40AM
Muruqa: White *Sunset:* 6:34PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

3

Thursday, April 21, 2022

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

Lucknow, India
Sun 3 Sutra 4

Dhanus Rasi: 3.5 Tithi 20 – 21
288345478
Creative Work Siddha Yoga

Gulika 8:53AM – 10:30AM
Yama 5:39AM – 7:16AM
Rahu 1:44PM – 3:21PM

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

Ganesha: Clear *Sunrise:* 5:39AM
Muruqa: White *Sunset:* 6:34PM
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 Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Lucknow, India
Sun 4 Sutra 5

Dhanus Rasi: 18.13 Tithi 21 – 22
289345478
Routine Work Prabalarishta Yoga
Until 8:13PM
Then Routine Work - Marana Yoga

Gulika 7:15AM – 8:52AM
Yama 3:21PM – 4:58PM
Rahu 10:30AM – 12:07PM

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

Ganesha: Purple *Sunrise:* 5:38AM
Muruqa: White *Sunset:* 6:35PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Devaloka Day

●

Saturday, April 23, 2022
Retreat Star

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

Lucknow, India
Sun 5 Sutra 6

Makara Rasi: 2.26 Tithi 22 – 23
289345478
Routine Work Marana Yoga
Until 6:45PM
Then Creative Work - Siddha Yoga

Gulika 5:37AM – 7:15AM
Yama 1:44PM – 3:21PM
Rahu 8:52AM – 10:29AM

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

Ganesha: Purple *Sunrise:* 5:37AM
Muruqa: White *Sunset:* 6:35PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
5 Ashtami

Devaloka Day

Sunday, April 24, 2022
Retreat Star

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

Lucknow, India
Sun 6 Sutra 7

Makara Rasi: 16.27 Tithi 24
299345478
Creative Work Amrita Yoga
Until 5:54PM
Then Routine Work - Marana Yoga

Gulika 3:21PM – 4:59PM
Yama 12:06PM – 1:44PM
Rahu 4:59PM – 6:36PM

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

Ganesha: Clear *Sunrise:* 5:36AM
Muruqa: White *Sunset:* 6:36PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
Navami

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

1	Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Lucknow, India Sun 7
	Kumbha Rasi: 0.16	Tithi 25	Gulika 1:44PM – 3:21PM	Dhanishtha Until 5:15PM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	Subhakrit 5124
	Family Home Evening	299345479	Rahu 7:13AM – 8:51AM	Sukla Until 8:56PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 7
	Creative Work	Siddha Yoga		Vanija Until 2:17PM	Nataraja: Clear		2nd Phase
			Dashami Until 1:42AM Tue	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

2	Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma Yoga Bava/Balava Karana Ekadashyam Titau				Lucknow, India Sun 8
	Kumbha Rasi: 13.51	Tithi 26	Gulika 12:06PM – 1:44PM	Shatabhishak Until 4:49PM	Ganesha: Clear	<i>Sunrise:</i> 5:35AM	Subhakrit 5124
		299345479	Rahu 3:21PM – 4:59PM	Brahma Until 7:06PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 8
	Routine Work	Marana Yoga		Bava Until 1:15PM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 12:51AM Wed	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lucknow, India Sun 9
	Kumbha Rasi: 27.13	Tithi 27	Gulika 10:28AM – 12:06PM	Purvaproshtapada* Until 5:06PM	Ganesha: Red	<i>Sunrise:</i> 5:34AM	Subhakrit 5124
		219345479	Rahu 12:06PM – 1:44PM	Indra Until 5:37PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 2 - 9
	Creative Work	Amrita Yoga		Kaulava Until 12:37PM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 12:26AM Thu	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Lucknow, India Sun 10
	Meena Rasi: 10.21	Tithi 28	Gulika 8:49AM – 10:27AM	Uttaraproshtapada Until 5:40PM	Ganesha: Red	<i>Sunrise:</i> 5:33AM	Subhakrit 5124
		219345479	Rahu 1:44PM – 3:22PM	Vaidhriti* Until 4:27PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 2 - 10
	Creative Work	Siddha Yoga		Gara Until 12:24PM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 12:27AM Fri	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

5	Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lucknow, India Sun 11
	Meena Rasi: 23.16	Tithi 29	Gulika 7:10AM – 8:49AM	Revati Until 6:32PM	Ganesha: Blue	<i>Sunrise:</i> 5:32AM	Subhakrit 5124
		219445479	Rahu 10:27AM – 12:05PM	Vishkambha* Until 3:41PM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 2 - 11
	Creative Work	Siddha Yoga		Visti Until 12:40PM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 12:57AM Sat	Moon – Clear		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

●	Saturday, April 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lucknow, India Sun 12
	Retreat Star		Gulika 5:31AM – 7:10AM	Ashvini Until 8:11PM	Ganesha: Green	<i>Sunrise:</i> 5:31AM	Subhakrit 5124
	Mesha Rasi: 5.56	Tithi 30	Rahu 8:48AM – 10:27AM	Priti Until 3:18PM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 2 - 12
	Creative Work	Siddha Yoga		Catuspada Until 1:25PM	Nataraja: Clear		Amavasya
			Amavasya* Until 1:57AM Sun	Moon – White		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

●	Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India Sun 13
	Retreat Star		Gulika 3:22PM – 5:01PM	Bharani Until 10:10PM	Ganesha: Green	<i>Sunrise:</i> 5:31AM	Subhakrit 5124
	Mesha Rasi: 18.23	Tithi 1	Rahu 5:01PM – 6:40PM	Ayushman Until 3:16PM	Muruqa: White	<i>Sunset:</i> 6:40PM	Moon 4 - Phase 2 - 13
	Routine Work	Prabalarishta Yoga		Kintughna Until 2:40PM	Nataraja: Clear		Prathama
			Prathama* Until 3:26AM Mon	Moon – White		Bhuloka Day	
				Vaisaka*Chaitra		Devaloka Time: 6:PM to 9:PM	

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

Monday, May 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lucknow, India Sun 14 Sutra 15 Subhakit 5124
1	231445479	Gulika Yama Rahu	1:44PM – 3:23PM 10:26AM – 12:05PM 7:09AM – 8:47AM	Krittika Until 12:25AM Tue Saubhagya Until 3:37PM Balava Until 4:22PM Dvitiya Until 5:21AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:30AM Sunset: 6:40PM Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 0.38 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 12:25AM Tue Then Creative Work - Amrita Yoga						

Tuesday, May 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila Karana Tritiyayam Titau				Lucknow, India Sun 15 Sutra 16 Subhakit 5124
2	231445479	Gulika Yama Rahu	12:05PM – 1:44PM 8:47AM – 10:26AM 3:23PM – 5:02PM	Rohini Until 3:20AM Wed Sobhana Until 4:17PM Taitila Until 6:28PM Tritiya Until 7:36AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:29AM Sunset: 6:41PM Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 12.42 Tithi 3 Creative Work Amrita Yoga Until 3:20AM Wed Then Creative Work - Siddha Yoga						

Wednesday, May 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Lucknow, India Sun 16 Sutra 17 Subhakit 5124
3	231445479	Gulika Yama Rahu	10:26AM – 12:05PM 7:07AM – 8:47AM 12:05PM – 1:44PM	Mrigashira Until 6:18AM Thu Athiganda* Until 5:08PM Vanija Until 8:51PM Tritiya Until 7:36AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:28AM Sunset: 6:41PM Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 24.38 Tithi 3 – 4 Creative Work Siddha Yoga Until 6:18AM Thu Then Routine Work - Marana Yoga						

Thursday, May 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lucknow, India Sun 17 Sutra 18 Subhakit 5124
4	231445479	Gulika Yama Rahu	8:46AM – 10:25AM 5:28AM – 7:07AM 1:44PM – 3:23PM	Mrigashira Until 6:18AM Sukarma Until 6:07PM Bava Until 11:21PM Chaturthi* Until 10:04AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:28AM Sunset: 6:42PM Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 6.3 Tithi 4 – 5 Routine Work Marana Yoga						

Friday, May 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lucknow, India Sun 18 Sutra 19 Subhakit 5124
5	231445479	Gulika Yama Rahu	7:06AM – 8:46AM 3:24PM – 5:03PM 10:25AM – 12:05PM	Ardra Until 9:10AM Dhriti Until 7:06PM Kaulava Until 1:48AM Sat Panchami Until 12:34PM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:27AM Sunset: 6:42PM Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 18.2 Tithi 5 – 6 Creative Work Siddha Yoga						

Saturday, May 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lucknow, India Sun 19 Sutra 20 Subhakit 5124
6	241445479	Gulika Yama Rahu	5:26AM – 7:06AM 1:44PM – 3:24PM 8:45AM – 10:25AM	Punarvasu Until 12:16PM Shula* Until 7:56PM Gara Until 4:01AM Sun Shashthi* Until 2:56PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:26AM Sunset: 6:43PM Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day
Kataka Rasi: 0.13 Tithi 6 – 7 Creative Work Siddha Yoga						

Sunday, May 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lucknow, India Sun 20 Sutra 21 Subhakit 5124
Retreat Star		Gulika Yama Rahu	3:24PM – 5:04PM 12:04PM – 1:44PM 5:04PM – 6:44PM	Pushya Until 2:55PM Ganda* Until 8:30PM Visti Until 5:50AM Mon Saptami Until 4:58PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:25AM Sunset: 6:44PM Moon 4 - Phase 3 - 20 3rd Phase Devaloka Day
Kataka Rasi: 12.1 Tithi 7 – 8 Creative Work Siddha Yoga						

Monday, May 9, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava Karana Ashtamyam Titau				Lucknow, India Sun 21 Sutra 22 Subhakit 5124
Retreat Star		Gulika Yama Rahu	1:44PM – 3:24PM 10:24AM – 12:04PM 7:05AM – 8:45AM	Ashlesha* Until 4:55PM Vriddhi Until 8:41PM Bava Until 6:30PM Ashtami* Until 6:30PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:25AM Sunset: 6:44PM Moon 4 - Phase 3 - 21 Ashtami Devaloka Day
Kataka Rasi: 24.19 Tithi 8 Family Home Evening Creative Work Siddha Yoga Until 4:55PM Then Routine Work - Marana Yoga						

Tuesday, May 10, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Balava/Kaulava Karana Navamyam Titau				Lucknow, India Sun 22 Sutra 23 Subhakit 5124
Retreat Star		Gulika Yama Rahu	12:04PM – 1:44PM 8:44AM – 10:24AM 3:24PM – 5:05PM	Magha* Until 6:38PM Dhruva Until 8:19PM Balava Until 7:03AM Navami* Until 7:23PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sunrise: 5:24AM Sunset: 6:45PM Moon 4 - Phase 3 - 22 Navami Devaloka Day
Simha Rasi: 6.41 Tithi 9 Creative Work Siddha Yoga						

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

1	Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau				Lucknow, India Sun 23
	Simha Rasi: 19.23	Tithi 10	Gulika 10:24AM – 12:04PM	Purvaphalguni Until 7:27PM	Ganesha: Clear	<i>Sunrise:</i> 5:23AM	Subhakrit 5124
			Yama 7:04AM – 8:44AM	Vyaghata* Until 7:23PM	Muruqa: White	<i>Sunset:</i> 6:45PM	Moon 4 - Phase 4 - 23
	Creative Work	Amrita Yoga	252445479 Rahu 12:04PM – 1:45PM	Taitila Until 7:34AM	Nataraja: Clear		4th Phase
			Dashami Until 7:31PM	Moon – Red		Devaloka Day	
				Vaisaka-Chaitra			

2	Thursday, May 12, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Ekadashyam Titau				Lucknow, India Sun 24
	Kanya Rasi: 2.27	Tithi 11	Gulika 8:44AM – 10:24AM	Uttaraphalguni Until 7:21PM	Ganesha: Clear	<i>Sunrise:</i> 5:23AM	Subhakrit 5124
			Yama 5:23AM – 7:03AM	Harshana Until 5:51PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 4 - 24
			252445479 Rahu 1:45PM – 3:25PM	Vanija Until 7:19AM	Nataraja: Clear		4th Phase
			Ekadashi Until 6:53PM	Moon – Red		Devaloka Day	
				Vaisaka-Chaitra			

3	Friday, May 13, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lucknow, India Sun 25
	Kanya Rasi: 15.56	Tithi 12 – 13	Gulika 7:03AM – 8:43AM	Hasta Until 6:49PM	Ganesha: White	<i>Sunrise:</i> 5:22AM	Subhakrit 5124
			Yama 3:25PM – 5:06PM	Vajra* Until 3:41PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 4 - 25
			262445479 Rahu 10:24AM – 12:04PM	Bava Until 6:17AM	Nataraja: Clear		4th Phase
			Dvadashi Until 5:28PM	Moon – Green		Sivaloka Day	
				Vaisaka-Chaitra			
				<i>Pradosha Vrata</i>			

4	Saturday, May 14, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lucknow, India Sun 26
	Kanya Rasi: 29.52	Tithi 13 – 14	Gulika 5:22AM – 7:02AM	Chitra Until 5:28PM	Ganesha: White	<i>Sunrise:</i> 5:22AM	Subhakrit 5124
			Yama 1:45PM – 3:26PM	Siddhi Until 12:58PM	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 4 - 26
			262445479 Rahu 8:43AM – 10:24AM	Gara Until 2:10AM Sun	Nataraja: Clear		4th Phase
			Trayodashi Until 3:24PM	Moon – Green		Sivaloka Day	
				Vaisaka-Chaitra			

○	Sunday, May 15, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Lucknow, India Sun 27
	Copper Retreat Star		Gulika 3:26PM – 5:07PM	Svati Until 3:26PM	Ganesha: White	<i>Sunrise:</i> 5:21AM	Subhakrit 5124
	Tula Rasi: 14.11	Tithi 14 – 15	Yama 12:04PM – 1:45PM	Vyatipata* Until 9:49AM	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 4 - 27
			262445479 Rahu 5:07PM – 6:47PM	Visti Until 11:19PM	Nataraja: Clear		Purnima
			Chaturdashi* Until 12:46PM	Moon – Green		Sivaloka Day	
				Vaisaka-Vaikasi			

○	Monday, May 16, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lucknow, India Sun 29
	Silver Retreat Star		Gulika 1:45PM – 3:26PM	Vishakha Until 1:17PM	Ganesha: Yellow	<i>Sunrise:</i> 5:21AM	Subhakrit 5124
	Tula Rasi: 28.5	Tithi 15 – 16	Yama 10:23AM – 12:04PM	Variyan Until 6:16AM	Muruqa: White	<i>Sunset:</i> 6:48PM	Moon 4 - Phase 4 - Prathama
			272445479 Rahu 7:02AM – 8:42AM	Balava Until 8:07PM	Nataraja: Clear		
			Purnima* Until 9:44AM	Moon – Orange		Devaloka Day	
				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

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Tuesday, May 17, 2022
Gold Retreat Star

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

Lucknow, India
Sutra 30

Vrischika Rasi: 13.41 Tithi 16 – 17

272445479

Gulika 12:04PM – 1:45PM
Yama 8:42AM – 10:23AM
Rahu 3:26PM – 5:07PM

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

Ganesha: Yellow *Sunrise:* 5:20AM
Muruqa: White *Sunset:* 6:48PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakra 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

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

Lucknow, India
Sun 1 Sutra 31

Vrischika Rasi: 28.39 Tithi 18

272445479

Gulika 10:23AM – 12:04PM
Yama 7:01AM – 8:42AM
Rahu 12:04PM – 1:45PM

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

Ganesha: Yellow *Sunrise:* 5:20AM
Muruqa: White *Sunset:* 6:49PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakra 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

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

Lucknow, India
Sun 2 Sutra 32

Dhanus Rasi: 13.34 Tithi 19

282445479

Gulika 8:42AM – 10:23AM
Yama 5:19AM – 7:00AM
Rahu 1:46PM – 3:27PM

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

Ganesha: Blue *Sunrise:* 5:19AM
Muruqa: White *Sunset:* 6:50PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakra 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 3:17AM Fri

Then Routine Work - Marana Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Lucknow, India
Sun 3 Sutra 33

Dhanus Rasi: 28.19 Tithi 20 – 21

282445479

Gulika 7:00AM – 8:42AM
Yama 3:27PM – 5:09PM
Rahu 10:23AM – 12:04PM

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

Ganesha: Blue *Sunrise:* 5:19AM
Muruqa: White *Sunset:* 6:50PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakra 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Until 1:10AM Sat

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Lucknow, India
Sun 4 Sutra 34

Makara Rasi: 12.47 Tithi 21 – 22

292445479

Gulika 5:18AM – 7:00AM
Yama 1:46PM – 3:28PM
Rahu 8:41AM – 10:23AM

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

Ganesha: Red *Sunrise:* 5:18AM
Muruqa: White *Sunset:* 6:51PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakra 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Devaloka Day

5

Sunday, May 22, 2022
Retreat Star

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

Lucknow, India
Sun 5 Sutra 35

Makara Rasi: 26.58 Tithi 22 – 23

292445479

Gulika 3:28PM – 5:10PM
Yama 12:05PM – 1:46PM
Rahu 5:10PM – 6:51PM

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

Ganesha: Red *Sunrise:* 5:18AM
Muruqa: White *Sunset:* 6:51PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakra 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga

Until 10:47PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022
Retreat Star

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

Lucknow, India
Sun 6 Sutra 36

Kumbha Rasi: 10.46 Tithi 23 – 24

292445479

Gulika 1:46PM – 3:28PM
Yama 10:23AM – 12:05PM
Rahu 6:59AM – 8:41AM

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

Ganesha: Red *Sunrise:* 5:17AM
Muruqa: White *Sunset:* 6:52PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakra 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 10:13PM

Then Routine Work - Marana Yoga

Devaloka Day

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

..ll times are standard time. Calculated for Lucknow, India on 5/1/2

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1		Tuesday, May 24, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Lucknow, India Sun 7 Sutra 37	
Kumbha Rasi: 24.14	Tithi 24 – 25	Gulika	12:05PM – 1:47PM	Purvaproshtapada* Until 10:33PM	Ganesha: Clear	<i>Sunrise:</i> 5:17AM	Subhakra 5124		
		Yama	8:41AM – 10:23AM	Vishkambha* Until 11:39PM	Muruqa: White	<i>Sunset:</i> 6:52PM	Moon 5 - Phase 6 - 7		
		213545479 Rahu	3:28PM – 5:10PM	Vanija Until 10:36PM	Nataraja: Clear		2nd Phase		
Routine Work	Marana Yoga			Navami* Until 10:46AM	Moon – Clear		Devaloka Day		
Until 10:33PM							Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga									

2		Wednesday, May 25, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Lucknow, India Sun 8 Sutra 38	
Meena Rasi: 7.22	Tithi 25 – 26	Gulika	10:23AM – 12:05PM	Uttaraproshtapada Until 11:18PM	Ganesha: Clear	<i>Sunrise:</i> 5:17AM	Subhakra 5124		
		Yama	6:59AM – 8:41AM	Priti Until 10:43PM	Muruqa: White	<i>Sunset:</i> 6:53PM	Moon 5 - Phase 6 - 8		
		213545479 Rahu	12:05PM – 1:47PM	Bava Until 10:40PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Dashami Until 10:32AM	Moon – Clear		Devaloka Day		
Until 11:18PM							Vaisaka-Vaikasi		
Then Routine Work - Marana Yoga									

3		Thursday, May 26, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Lucknow, India Sun 9 Sutra 39	
Meena Rasi: 20.13	Tithi 26 – 27	Gulika	8:41AM – 10:23AM	Revati Until 12:27AM Fri	Ganesha: Purple	<i>Sunrise:</i> 5:16AM	Subhakra 5124		
		Yama	5:16AM – 6:59AM	Ayushman Until 10:12PM	Muruqa: White	<i>Sunset:</i> 6:53PM	Moon 5 - Phase 6 - 9		
		313545479 Rahu	1:47PM – 3:29PM	Kaulava Until 11:17PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Ekadashi* Until 10:53AM	Moon – Clear		Sivaloka Day		
Until 12:27AM Fri							Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga									

4		Friday, May 27, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Titila/Gara Karana Dvadashi/Trayodashyam Titau		Lucknow, India Sun 10 Sutra 40	
Mesha Rasi: 2.48	Tithi 27 – 28	Gulika	6:58AM – 8:41AM	Ashvini Until 2:24AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:16AM	Subhakra 5124		
		Yama	3:29PM – 5:12PM	Saubhagya Until 10:05PM	Muruqa: White	<i>Sunset:</i> 6:54PM	Moon 5 - Phase 6 - 10		
		323545479 Rahu	10:23AM – 12:05PM	Gara Until 12:25AM Sat	Nataraja: Clear		2nd Phase		
Creative Work	Amrita Yoga			Dvadashi* Until 11:47AM	Moon – White		Devaloka Day		
Until 2:24AM Sat							Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							Pradosha Vrata (Fasting)		

5		Saturday, May 28, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Lucknow, India Sun 11 Sutra 41	
Mesha Rasi: 15.1	Tithi 28 – 29	Gulika	5:16AM – 6:58AM	Bharani Until 4:38AM Sun	Ganesha: Clear	<i>Sunrise:</i> 5:16AM	Subhakra 5124		
		Yama	1:47PM – 3:30PM	Sobhana Until 10:21PM	Muruqa: White	<i>Sunset:</i> 6:54PM	Moon 5 - Phase 6 - 11		
		323545479 Rahu	8:40AM – 10:23AM	Visti Until 2:00AM Sun	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Trayodashi* Until 1:09PM	Moon – White		Devaloka Day		
Until 7:02AM Mon							Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga									

6		Sunday, May 29, 2022				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Lucknow, India Sun 12 Sutra 42	
Mesha Rasi: 27.21	Tithi 29 – 30	Gulika	3:30PM – 5:12PM	Krittika Until 7:02AM Mon	Ganesha: Clear	<i>Sunrise:</i> 5:16AM	Subhakra 5124		
		Yama	12:05PM – 1:48PM	Athiganda* Until 10:52PM	Muruqa: White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 6 - 12		
		323545479 Rahu	5:12PM – 6:55PM	Catuspada Until 3:58AM Mon	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Chaturdashi* Until 2:55PM	Moon – White		Devaloka Day		
Until 7:02AM Mon							Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga									

Monday, May 30, 2022		Retreat Star				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Lucknow, India Sun 13 Sutra 43	
Vrshabha Rasi: 9.23	Tithi 30 – 1	Gulika	1:48PM – 3:30PM	Krittika Until 7:02AM	Ganesha: Clear	<i>Sunrise:</i> 5:15AM	Subhakra 5124		
Family Home Evening		Yama	10:23AM – 12:05PM	Sukarma Until 11:39PM	Muruqa: White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 6 - 13		
Routine Work	Marana Yoga	323545479 Rahu	6:58AM – 8:40AM	Kintughna Until 6:12AM Tue	Nataraja: Clear		Amavasya		
Until 7:02AM				Amavasya* Until 5:02PM	Moon – White		Devaloka Day		
Then Creative Work - Amrita Yoga							Vaisaka-Vaikasi		

Tuesday, May 31, 2022		Retreat Star				Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau		Lucknow, India Sun 14 Sutra 44	
Vrshabha Rasi: 21.19	Tithi 1	Gulika	12:05PM – 1:48PM	Rohini Until 10:03AM	Ganesha: Orange	<i>Sunrise:</i> 5:15AM	Subhakra 5124		
		Yama	8:40AM – 10:23AM	Dhriti Until 12:36AM Wed	Muruqa: White	<i>Sunset:</i> 6:56PM	Moon 5 - Phase 6 - 14		
		333545479 Rahu	3:31PM – 5:13PM	Kintughna Until 6:12AM	Nataraja: Clear		Prathama		
Creative Work	Amrita Yoga			Prathama* Until 7:22PM	Moon – Yellow		Devaloka Day		
Until 10:03AM							Jyeshtha-Vaikasi		
Then Creative Work - Siddha Yoga									

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

1	Wednesday, June 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lucknow, India
	Mithuna Rasi: 3.11	Tithi 2	Gulika 10:23AM – 12:06PM	Mrigashira Until 1:03PM	Ganesha: Orange <i>Sunrise:</i> 5:15AM	Sun 15	Sutra 45
			Yama 6:58AM – 8:40AM	Shula* Until 1:35AM Thu	Muruqa: White <i>Sunset:</i> 6:56PM		Subhakrit 5124
	333545479	Rahu 12:06PM – 1:48PM	Balava Until 8:37AM	Nataraja: Clear		Moon 5 - Phase 7 - 15	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 9:50PM	Moon – Yellow		Devaloka Day	
				Jyeshtha-Vaikasi			

2	Thursday, June 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Lucknow, India
	Mithuna Rasi: 15.01	Tithi 3	Gulika 8:40AM – 10:23AM	Ardra Until 3:55PM	Ganesha: Orange <i>Sunrise:</i> 5:15AM	Sun 16	Sutra 46
			Yama 5:15AM – 6:57AM	Ganda* Until 2:36AM Fri	Muruqa: White <i>Sunset:</i> 6:57PM		Subhakrit 5124
	333545479	Rahu 1:49PM – 3:31PM	Taitila Until 11:06AM	Nataraja: Clear		Moon 5 - Phase 7 - 16	3rd Phase
Routine Work	Marana Yoga		Tritiya Until 12:19AM Fri	Moon – Yellow		Devaloka Day	
Until 3:55PM				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

3	Friday, June 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthayam Titau				Lucknow, India
	Mithuna Rasi: 26.51	Tithi 4	Gulika 6:57AM – 8:40AM	Punarvasu Until 7:05PM	Ganesha: Clear <i>Sunrise:</i> 5:15AM	Sun 17	Sutra 47
			Yama 3:32PM – 5:14PM	Vriddhi Until 3:33AM Sat	Muruqa: Green <i>Sunset:</i> 6:57PM		Subhakrit 5124
	343555479	Rahu 10:23AM – 12:06PM	Vanija Until 1:33PM	Nataraja: Clear		Moon 5 - Phase 7 - 17	3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 2:42AM Sat	Moon – Blue		Devaloka Day	
Until 7:05PM				Jyeshtha-Vaikasi			
Then Routine Work - Marana Yoga							

4	Saturday, June 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Lucknow, India
	Kataka Rasi: 8.44	Tithi 5	Gulika 5:14AM – 6:57AM	Pushya Until 9:53PM	Ganesha: Clear <i>Sunrise:</i> 5:14AM	Sun 18	Sutra 48
			Yama 1:49PM – 3:32PM	Dhruva Until 4:17AM Sun	Muruqa: Green <i>Sunset:</i> 6:58PM		Subhakrit 5124
	343555479	Rahu 8:40AM – 10:23AM	Bava Until 3:50PM	Nataraja: Clear		Moon 5 - Phase 7 - 18	3rd Phase
Creative Work	Siddha Yoga		Panchami Until 4:51AM Sun	Moon – Blue		Devaloka Day	
Until 9:53PM				Jyeshtha-Vaikasi			
Then Routine Work - Marana Yoga							

5	Sunday, June 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Lucknow, India
	Kataka Rasi: 20.43	Tithi 6	Gulika 3:32PM – 5:15PM	Ashlesha* Until 12:12AM Mon	Ganesha: Clear <i>Sunrise:</i> 5:14AM	Sun 19	Sutra 49
			Yama 12:06PM – 1:49PM	Vyaghata* Until 4:45AM Mon	Muruqa: Green <i>Sunset:</i> 6:58PM		Subhakrit 5124
	343555471	Rahu 5:15PM – 6:58PM	Kaulava Until 5:49PM	Nataraja: Yellow		Moon 5 - Phase 7 - 19	3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 6:38AM Mon	Moon – Blue		Devaloka Day	
Until 12:12AM Mon				Jyeshtha-Vaikasi			
Then Routine Work - Marana Yoga							

6	Monday, June 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Lucknow, India
	Simha Rasi: 2.51	Tithi 6 – 7	Gulika 1:49PM – 3:32PM	Magha* Until 2:23AM Tue	Ganesha: Purple <i>Sunrise:</i> 5:14AM	Sun 20	Sutra 50
	Family Home Evening		Yama 10:23AM – 12:06PM	Harshana Until 4:51AM Tue	Muruqa: Green <i>Sunset:</i> 6:59PM		Subhakrit 5124
	353555471	Rahu 6:57AM – 8:40AM	Gara Until 7:21PM	Nataraja: Yellow		Moon 5 - Phase 7 - 20	3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 6:38AM	Moon – Red		Sivaloka Day	
Until 2:23AM Tue				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

☾	Tuesday, June 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lucknow, India
	Retreat Star		Gulika 12:07PM – 1:50PM	Purvaphalguni Until 3:48AM Wed	Ganesha: Clear <i>Sunrise:</i> 5:14AM	Sun 21	Sutra 51
	Simha Rasi: 15.12	Tithi 7 – 8	Yama 8:40AM – 10:23AM	Vajra* Until 4:25AM Wed	Muruqa: Green <i>Sunset:</i> 6:59PM		Subhakrit 5124
	354555471	Rahu 3:33PM – 5:16PM	Visti Until 8:18PM	Nataraja: Yellow		Moon 5 - Phase 7 - 21	Ashtami
Creative Work	Siddha Yoga		Saptami Until 7:53AM	Moon – Red		Devaloka Day	
Until 3:48AM Wed				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

☽	Wednesday, June 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lucknow, India
	Retreat Star		Gulika 10:24AM – 12:07PM	Uttaraphalguni Until 4:21AM Thu	Ganesha: Clear <i>Sunrise:</i> 5:14AM	Sun 22	Sutra 52
	Simha Rasi: 27.5	Tithi 8 – 9	Yama 6:57AM – 8:40AM	Siddhi Until 3:25AM Thu	Muruqa: Green <i>Sunset:</i> 6:59PM		Subhakrit 5124
	354555471	Rahu 12:07PM – 1:50PM	Balava Until 8:33PM	Nataraja: Yellow		Moon 5 - Phase 7 - 22	Navami
Creative Work	Amrita Yoga		Ashtami* Until 8:30AM	Moon – Red		Devaloka Day	
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

1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Lucknow, India Sun 23 Sutra 53
	Kanya Rasi: 10.49	Tithi 9 – 10	Gulika 8:41AM – 10:24AM	Hasta Until 4:25AM Fri	Ganesha: White	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
			Yama 5:14AM – 6:57AM	Vyatipata* Until 1:49AM Fri	Muruqa: Green	<i>Sunset:</i> 7:00PM	Moon 5 - Phase 8 - 23
		364555471	Rahu 1:50PM – 3:33PM	Taitila Until 8:01PM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga				Bhuloka Day			
Until 4:25AM Fri				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Lucknow, India Sun 24 Sutra 54
	Kanya Rasi: 24.13	Tithi 10 – 11	Gulika 6:57AM – 8:41AM	Chitra Until 3:35AM Sat	Ganesha: White	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
			Yama 3:34PM – 5:17PM	Variyan Until 11:33PM	Muruqa: Green	<i>Sunset:</i> 7:00PM	Moon 5 - Phase 8 - 24
		364555471	Rahu 10:24AM – 12:07PM	Vanija Until 6:42PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga				Bhuloka Day			
				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Lucknow, India Sun 25 Sutra 55
	Tula Rasi: 8.04	Tithi 12	Gulika 5:14AM – 6:57AM	Svati Until 1:54AM Sun	Ganesha: White	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
			Yama 1:51PM – 3:34PM	Parigha* Until 8:43PM	Muruqa: Green	<i>Sunset:</i> 7:01PM	Moon 5 - Phase 8 - 25
		364555471	Rahu 8:41AM – 10:24AM	Bava Until 4:38PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga				Bhuloka Day			
Until 1:54AM Sun				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Lucknow, India Sun 26 Sutra 56
	Tula Rasi: 22.23	Tithi 13	Gulika 3:34PM – 5:18PM	Vishakha Until 11:54PM	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
			Yama 12:08PM – 1:51PM	Shiva Until 5:23PM	Muruqa: Green	<i>Sunset:</i> 7:01PM	Moon 5 - Phase 8 - 26
		374555471	Rahu 5:18PM – 7:01PM	Kaulava Until 1:57PM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga				Devaloka Day			
		Vaikasi Visakam		Trayodashi Until 12:23AM Mon			
				Pradosha Vrata			

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Lucknow, India Sun 27 Sutra 57
	Vrischika Rasi: 7.05	Tithi 14	Gulika 1:51PM – 3:35PM	Anuradha Until 9:20PM	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
	Family Home Evening		Yama 10:24AM – 12:08PM	Siddha Until 1:38PM	Muruqa: Green	<i>Sunset:</i> 7:01PM	Moon 5 - Phase 8 - 27
		374555471	Rahu 6:58AM – 8:41AM	Gara Until 10:45AM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga				Devaloka Day			
				Jyeshtha-Vaikasi			

○	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Balava Karana Purnima/Prathamayam Titau				Lucknow, India Sun 27 Sutra 58
	Copper Retreat Star		Gulika 12:08PM – 1:51PM	Jyeshtha* Until 6:22PM	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
	Vrischika Rasi: 22.06	Tithi 15 – 16	Yama 8:41AM – 10:25AM	Sadhya Until 9:36AM	Muruqa: Green	<i>Sunset:</i> 7:02PM	Moon 5 - Phase 8 - Purnima
		374555471	Rahu 3:35PM – 5:18PM	Visti Until 7:12AM	Nataraja: Yellow		
Routine Work Marana Yoga				Devaloka Day			
Until 6:22PM				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

○	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Lucknow, India Sun 28 Sutra 59
	Silver Retreat Star		Gulika 10:25AM – 12:08PM	Mula* Until 3:32PM	Ganesha: Blue	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
	Dhanu Rasi: 7.17	Tithi 16 – 17	Yama 6:58AM – 8:41AM	Sukla Until 1:14AM Thu	Muruqa: Green	<i>Sunset:</i> 7:02PM	Moon 5 - Phase 8 - Prathama
		384555471	Rahu 12:08PM – 1:52PM	Taitila Until 11:39PM	Nataraja: Yellow		
Routine Work Marana Yoga				Bhuloka Day			
Until 3:32PM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							



Thursday, June 16, 2022

Gold Retreat Star

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

Lucknow, India

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 22.28 Tithi 17 - 18

384555471

Gulika 8:41AM - 10:25AM
Yama 5:14AM - 6:58AM
Rahu 1:52PM - 3:35PM

Purvashadha* Until 12:38PM

Brahma Until 9:10PM

Vanija Until 8:00PM

Dvitiya Until 9:47AM

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

Sunrise: 5:14AM
Sunset: 7:02PM

Moon 6 - Phase 9 - 1
1st Phase

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

Lucknow, India

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 7.31 Tithi 18 - 19

384555471

Gulika 6:58AM - 8:42AM
Yama 3:36PM - 5:19PM
Rahu 10:25AM - 12:09PM

Uttarashadha Until 9:51AM

Indra Until 5:21PM

Balava Until 3:04AM Sat

Tritiya Until 6:15AM

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

Sunrise: 5:15AM
Sunset: 7:03PM

Moon 6 - Phase 9 - 2
1st Phase

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

Lucknow, India

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 22.17 Tithi 20

394655471

Gulika 5:15AM - 6:58AM
Yama 1:52PM - 3:36PM
Rahu 8:42AM - 10:25AM

Shravana Until 7:43AM

Vaidhrili* Until 1:53PM

Kaulava Until 1:41PM

Panchami Until 12:24AM Sun

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

Sunrise: 5:15AM
Sunset: 7:03PM

Moon 6 - Phase 9 - 3
1st Phase

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

Lucknow, India

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 6.4 Tithi 21

395655471

Gulika 3:36PM - 5:20PM
Yama 12:09PM - 1:53PM
Rahu 5:20PM - 7:03PM

Shatabhishak Until 4:46AM Mon

Vishkambha* Until 10:54AM

Gara Until 11:19AM

Shashthi* Until 10:22PM

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

Sunrise: 5:15AM
Sunset: 7:03PM

Moon 6 - Phase 9 - 4
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 4:46AM Mon

Then Routine Work - Marana Yoga

4

Monday, June 20, 2022

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

Lucknow, India

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 20.37 Tithi 22

315655471

Gulika 1:53PM - 3:36PM
Yama 10:26AM - 12:09PM
Rahu 6:59AM - 8:42AM

Purvaprossthapada* Until 4:35AM Tue

Priti Until 8:30AM

Visti Until 9:38AM

Saptami Until 9:03PM

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

Sunrise: 5:15AM
Sunset: 7:03PM

Moon 6 - Phase 9 - 5
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 4:35AM Tue

Then Creative Work - Amrita Yoga

5

Tuesday, June 21, 2022

Retreat Star

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

Lucknow, India

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 4.06 Tithi 23

315655471

Gulika 12:09PM - 1:53PM
Yama 8:42AM - 10:26AM
Rahu 3:37PM - 5:20PM

Uttaraprossthapada Until 5:02AM Wed

Ayushman Until 6:40AM

Balava Until 8:42AM

Ashtami* Until 8:31PM

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

Sunrise: 5:15AM
Sunset: 7:04PM

Moon 6 - Phase 9 - 6
Ashtami

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

Lucknow, India

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 17.11 Tithi 24

315655471

Gulika 10:26AM - 12:10PM
Yama 6:59AM - 8:43AM
Rahu 12:10PM - 1:53PM

Revati Until 6:02AM Thu

Sobhana Until 4:54AM Thu

Taitila Until 8:33AM

Navami* Until 8:44PM

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

Sunrise: 5:15AM
Sunset: 7:04PM

Moon 6 - Phase 9 - 7
Navami

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

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Lucknow, India Sun 8 Sutra 67
Meena Rasi: 29.53	Tithi 25	Gulika 8:43AM – 10:26AM	Revati Until 6:02AM	Ganesha: Clear	<i>Sunrise:</i> 5:16AM		Subhakrit 5124	
		Yama 5:16AM – 6:59AM	Athiganda* Until 4:49AM Fri	Muruqa: Green	<i>Sunset:</i> 7:04PM	Moon 6 - Phase 10 - 8	2nd Phase	
		315655471 Rahu 1:53PM – 3:37PM	Vanija Until 9:08AM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Dashami Until 9:40PM	Moon – Clear		Devaloka Day		
Until 6:02AM				Jyeshtha-Ani				
Then Creative Work - Amrita Yoga								

2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau				Lucknow, India Sun 9 Sutra 68
Mesha Rasi: 12.17	Tithi 26	Gulika 6:59AM – 8:43AM	Ashvini Until 8:01AM	Ganesha: Purple	<i>Sunrise:</i> 5:16AM		Subhakrit 5124	
		Yama 3:37PM – 5:21PM	Sukarma Until 5:11AM Sat	Muruqa: Green	<i>Sunset:</i> 7:04PM	Moon 6 - Phase 10 - 9	2nd Phase	
		325655471 Rahu 10:27AM – 12:10PM	Bava Until 10:23AM	Nataraja: Yellow				
Creative Work	Amrita Yoga		Ekadashi* Until 11:11PM	Moon – White		Bhuloka Day		
Until 8:01AM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Siddha Yoga								

3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lucknow, India Sun 10 Sutra 69
Mesha Rasi: 24.28	Tithi 27	Gulika 5:16AM – 7:00AM	Bharani Until 10:22AM	Ganesha: Purple	<i>Sunrise:</i> 5:16AM		Subhakrit 5124	
		Yama 1:54PM – 3:37PM	Dhriti Until 5:53AM Sun	Muruqa: Green	<i>Sunset:</i> 7:04PM	Moon 6 - Phase 10 - 10	2nd Phase	
		325655471 Rahu 8:43AM – 10:27AM	Kaulava Until 12:09PM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Dvadashi* Until 1:10AM Sun	Moon – White		Bhuloka Day		
Until 10:22AM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Amrita Yoga								

4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau				Lucknow, India Sun 11 Sutra 70
Vrishabha Rasi: 6.28	Tithi 28	Gulika 3:37PM – 5:21PM	Krittika Until 12:55PM	Ganesha: Purple	<i>Sunrise:</i> 5:16AM		Subhakrit 5124	
		Yama 12:10PM – 1:54PM	Shula* Until 6:47AM Mon	Muruqa: Green	<i>Sunset:</i> 7:04PM	Moon 6 - Phase 10 - 11	2nd Phase	
		325655471 Rahu 5:21PM – 7:04PM	Gara Until 2:18PM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Trayodashi* Until 3:27AM Mon	Moon – White		Bhuloka Day		
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM		

Pradosha Vrata (Fasting)

5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Shula*Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lucknow, India Sun 12 Sutra 71
Vrishabha Rasi: 18.22	Tithi 29	Gulika 1:54PM – 3:38PM	Rohini Until 4:03PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:17AM		Subhakrit 5124	
Family Home Evening		Yama 10:27AM – 12:11PM	Shula* Until 6:47AM	Muruqa: Green	<i>Sunset:</i> 7:05PM	Moon 6 - Phase 10 - 12	2nd Phase	
		335655471 Rahu 7:00AM – 8:44AM	Visti Until 4:41PM	Nataraja: Yellow				
Creative Work	Amrita Yoga		Chaturdashi* Until 5:55AM Tue	Moon – Yellow		Bhuloka Day		
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM		

Retreat Star		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhhi Yoga Catuspada* Karana Amavasyayam Titau				Lucknow, India Sun 13 Sutra 72
Mithuna Rasi: 0.12	Tithi 30	Gulika 12:11PM – 1:54PM	Mrigashira Until 7:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:17AM		Subhakrit 5124	
		Yama 8:44AM – 10:27AM	Ganda* Until 7:48AM	Muruqa: Green	<i>Sunset:</i> 7:05PM	Moon 6 - Phase 10 - 13	Amavasya	
		335655471 Rahu 3:38PM – 5:21PM	Catuspada Until 7:11PM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Amavasya* Until 8:25AM Wed	Moon – Yellow		Bhuloka Day		
Until 7:07PM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM		
Then Routine Work - Marana Yoga								

Retreat Star		Wednesday, June 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vridhhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Lucknow, India Sun 14 Sutra 73
Mithuna Rasi: 12.01	Tithi 30 – 1	Gulika 10:28AM – 12:11PM	Ardra Until 10:00PM	Ganesha: Purple	<i>Sunrise:</i> 5:17AM		Subhakrit 5124	
		Yama 7:01AM – 8:44AM	Vridhhi Until 8:52AM	Muruqa: Green	<i>Sunset:</i> 7:05PM	Moon 6 - Phase 10 - 14	Prathama	
		336655471 Rahu 12:11PM – 1:55PM	Kintughna Until 9:40PM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Amavasya* Until 8:25AM	Moon – Yellow		Bhuloka Day		
				Ashada-Ani		Devaloka Time: 6:PM to 9:PM		

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

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1		Thursday, June 30, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Lucknow, India Sun 15 Sutra 74 Subhakit 5124	
Mithuna Rasi: 23.51	Tithi 1 – 2	Gulika 8:45AM – 10:28AM	Punarvasu Until 1:08AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 5:18AM	Moon 6 - Phase 11 - 15 3rd Phase	
Creative Work	Amrita Yoga	Yama 5:18AM – 7:01AM	Dhruva Until 9:52AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Until 1:08AM Fri		346655471 Rahu 1:55PM – 3:38PM	Balava Until 12:04AM Fri	Nataraja: Yellow			
Then Routine Work - Marana Yoga			Prathama* Until 10:52AM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
2		Friday, July 1, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Lucknow, India Sun 16 Sutra 75 Subhakit 5124	
Kataka Rasi: 5.44	Tithi 2 – 3	Gulika 7:01AM – 8:45AM	Pushya Until 3:56AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 5:18AM	Moon 6 - Phase 11 - 16 3rd Phase	
Routine Work	Marana Yoga	Yama 3:38PM – 5:22PM	Vyaghata* Until 10:46AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
		346655471 Rahu 10:28AM – 12:11PM	Taitila Until 2:17AM Sat	Nataraja: Yellow			
			Dvitiya Until 1:11PM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
3		Saturday, July 2, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Lucknow, India Sun 17 Sutra 76 Subhakit 5124	
Kataka Rasi: 17.41	Tithi 3 – 4	Gulika 5:18AM – 7:02AM	Ashlesha* Until 6:19AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 5:18AM	Moon 6 - Phase 11 - 17 3rd Phase	
Routine Work	Marana Yoga	Yama 1:55PM – 3:38PM	Harshana Until 11:32AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
		346655471 Rahu 8:45AM – 10:28AM	Vanija Until 4:15AM Sun	Nataraja: Yellow			
			Tritiya Until 3:17PM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
4		Sunday, July 3, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Lucknow, India Sun 18 Sutra 77 Subhakit 5124	
Kataka Rasi: 29.45	Tithi 4 – 5	Gulika 3:38PM – 5:22PM	Ashlesha* Until 6:19AM	Ganesha: Light Blue	<i>Sunrise:</i> 5:19AM	Moon 6 - Phase 11 - 18 3rd Phase	
Creative Work	Siddha Yoga	Yama 12:12PM – 1:55PM	Vajra* Until 12:04PM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Until 6:19AM		346655471 Rahu 5:22PM – 7:05PM	Bava Until 5:53AM Mon	Nataraja: Yellow			
Then Routine Work - Marana Yoga			Chaturthi* Until 5:06PM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
5		Monday, July 4, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Balava Karana Panchamyam Titau		Lucknow, India Sun 19 Sutra 78 Subhakit 5124	
Simha Rasi: 11.56	Tithi 5	Gulika 1:55PM – 3:38PM	Magha* Until 8:42AM	Ganesha: Orange	<i>Sunrise:</i> 5:19AM	Moon 6 - Phase 11 - 19 3rd Phase	
Family Home Evening		Yama 10:29AM – 12:12PM	Siddhi Until 12:20PM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Routine Work	Marana Yoga	356655471 Rahu 7:02AM – 8:46AM	Balava Until 6:32PM	Nataraja: Yellow			
Until 8:42AM			Panchami Until 6:32PM	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Ashada* Ani			
6		Tuesday, July 5, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau		Lucknow, India Sun 20 Sutra 79 Subhakit 5124	
Simha Rasi: 24.19	Tithi 6	Gulika 12:12PM – 1:55PM	Purvaphalguni Until 10:29AM	Ganesha: Orange	<i>Sunrise:</i> 5:20AM	Moon 6 - Phase 11 - 20 3rd Phase	
Creative Work	Siddha Yoga	Yama 8:46AM – 10:29AM	Vyatipata* Until 12:15PM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Until 10:29AM		356655471 Rahu 3:39PM – 5:22PM	Kaulava Until 7:05AM	Nataraja: Yellow			
Then Creative Work - Amrita Yoga			Shashthi* Until 7:28PM	Moon – Red		Devaloka Day	
Retreat Star		Chidambaram Abhishekam		Ashada* Ani			
7		Wednesday, July 6, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau		Lucknow, India Sun 21 Sutra 80 Subhakit 5124	
Kanya Rasi: 6.56	Tithi 7	Gulika 10:29AM – 12:12PM	Uttaraphalguni Until 11:34AM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM	Moon 6 - Phase 11 - 21 3rd Phase	
Creative Work	Amrita Yoga	Yama 7:03AM – 8:46AM	Variyan Until 11:42AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Until 11:34AM		357655471 Rahu 12:12PM – 1:55PM	Gara Until 7:45AM	Nataraja: Yellow			
Then Routine Work - Marana Yoga			Saptami Until 7:49PM	Moon – Red		Devaloka Day	
Retreat Star		Ashada* Ani					
8		Thursday, July 7, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau		Lucknow, India Sun 22 Sutra 81 Subhakit 5124	
Kanya Rasi: 19.51	Tithi 8	Gulika 8:46AM – 10:29AM	Hasta Until 12:20PM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM	Moon 6 - Phase 11 - 22 Ashtami	
Routine Work	Marana Yoga	Yama 5:20AM – 7:03AM	Parigha* Until 10:38AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
Until 12:20PM		467655471 Rahu 1:56PM – 3:39PM	Visti Until 7:46AM	Nataraja: Yellow			
Then Creative Work - Siddha Yoga			Ashtami* Until 7:29PM	Moon – Green		Devaloka Day	
Retreat Star		Ashada* Ani					
9		Friday, July 8, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau		Lucknow, India Sun 23 Sutra 82 Subhakit 5124	
Tula Rasi: 3.09	Tithi 9	Gulika 7:04AM – 8:47AM	Chitra Until 12:13PM	Ganesha: Clear	<i>Sunrise:</i> 5:21AM	Moon 6 - Phase 11 - 23 Navami	
Creative Work	Siddha Yoga	Yama 3:39PM – 5:22PM	Shiva Until 9:01AM	Muruqa: Green	<i>Sunset:</i> 7:05PM		
		467655471 Rahu 10:30AM – 12:13PM	Balava Until 7:03AM	Nataraja: Yellow			
			Navami* Until 6:25PM	Moon – Green		Devaloka Day	
				Ashada* Ani			

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

1	Saturday, July 9, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Lucknow, India Sun 24 Sutra 83
	Tula Rasi: 16.52	Tithi 10 - 11	Gulika 5:21AM - 7:04AM	Svati Until 11:13AM	Ganesha: Clear <i>Sunrise: 5:21AM</i>	Subhakarit 5124
			Yama 1:56PM - 3:39PM	Siddha Until 6:46AM	Muruqa: Green <i>Sunset: 7:04PM</i>	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:47AM - 10:30AM	Vanija Until 3:28AM Sun	Nataraja: Yellow Moon - Green	4th Phase Devaloka Day
Dashami Until 4:37PM						

2	Sunday, July 10, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Lucknow, India Sun 25 Sutra 84
	Vrischika Rasi: 1.01	Tithi 11 - 12	Gulika 3:39PM - 5:21PM	Vishakha Until 9:50AM	Ganesha: White <i>Sunrise: 5:22AM</i>	Subhakarit 5124
			Yama 12:13PM - 1:56PM	Subha Until 12:39AM Mon	Muruqa: Green <i>Sunset: 7:04PM</i>	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 5:21PM - 7:04PM	Bava Until 12:43AM Mon	Nataraja: Yellow Moon - Orange	4th Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Ekadashi Until 2:09PM						

3	Monday, July 11, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lucknow, India Sun 26 Sutra 85
	Vrischika Rasi: 16	Tithi 12 - 13	Gulika 1:56PM - 3:39PM	Anuradha Until 7:43AM	Ganesha: White <i>Sunrise: 5:22AM</i>	Subhakarit 5124
	Family Home Evening		Yama 10:30AM - 12:13PM	Sukla Until 8:54PM	Muruqa: Green <i>Sunset: 7:04PM</i>	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 7:05AM - 8:48AM	Kaulava Until 9:27PM	Nataraja: Yellow Moon - Orange	4th Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Dvadashi Until 11:07AM						
<i>Pradosha Vrata</i>						

4	Tuesday, July 12, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula Nakshatra Brahma/Indra Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Lucknow, India Sun 27 Sutra 86
	Dhanus Rasi: 0.32	Tithi 13 - 14	Gulika 12:13PM - 1:56PM	Mula* Until 2:16AM Wed	Ganesha: White <i>Sunrise: 5:23AM</i>	Subhakarit 5124
			Yama 8:48AM - 10:31AM	Brahma Until 4:52PM	Muruqa: Green <i>Sunset: 7:04PM</i>	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 3:39PM - 5:21PM	Vanija Until 3:56AM Wed	Nataraja: Yellow Moon - Light Blue	4th Phase Sivaloka Day
Trayodashi Until 7:40AM						

○	Wednesday, July 13, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha Nakshatra Indra/Vaidhriti Yoga Visti/Bava Karana Purnimayam Titau				Lucknow, India Sutra 87
	Copper Retreat Star		Gulika 10:31AM - 12:13PM	Purvashadha* Until 11:16PM	Ganesha: Yellow <i>Sunrise: 5:23AM</i>	Subhakarit 5124
	Dhanus Rasi: 15.41	Tithi 15	Yama 7:06AM - 8:48AM	Indra Until 12:41PM	Muruqa: Green <i>Sunset: 7:04PM</i>	Moon 6 - Phase 12 -
	Creative Work	Amrita Yoga	488755471 Rahu 12:13PM - 1:56PM	Visti Until 2:02PM	Nataraja: Yellow Moon - Light Blue	Purnima Devaloka Day
Satguru Purnima						
Purnima* Until 12:05AM Thu						

○	Thursday, July 14, 2022	Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti/Vishkambha Yoga Balava/Kaulava Karana Prathamayam Titau				Lucknow, India Sutra 88
	Silver Retreat Star		Gulika 8:48AM - 10:31AM	Uttarashadha Until 8:10PM	Ganesha: Yellow <i>Sunrise: 5:24AM</i>	Subhakarit 5124
	Makara Rasi: 0.56	Tithi 16	Yama 5:24AM - 7:06AM	Vaidhriti* Until 8:25AM	Muruqa: Green <i>Sunset: 7:03PM</i>	Moon 6 - Phase 12 -
	Routine Work	Marana Yoga	488755471 Rahu 1:56PM - 3:38PM	Balava Until 10:11AM	Nataraja: Yellow Moon - Light Blue	Prathama Devaloka Day
Prathama* Until 8:17PM						

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

All times are standard time. Calculated for Lucknow, India on 5/1/2

www.gurudeva.org/panchang



Friday, July 15, 2022
Gold Retreat Star

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

Lucknow, India

Sun 1 Sutra 89

Subhakrit 5124

Moon 7 - Phase 13 - 1

1st Phase

Makara Rasi: 16.05 Tithi 17 - 18

498755471

Gulika 7:06AM - 8:49AM
Yama 3:38PM - 5:21PM
Rahu 10:31AM - 12:14PM

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

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

Sunrise: 5:24AM
Sunset: 7:03PM

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

Lucknow, India

Sun 2 Sutra 90

Subhakrit 5124

Moon 7 - Phase 13 - 2

1st Phase

Kumbha Rasi: 1.01 Tithi 18 - 19

498755471

Gulika 5:24AM - 7:07AM
Yama 1:56PM - 3:38PM
Rahu 8:49AM - 10:31AM

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

Ganesha: Blue
Muruqa: Green
Nataraja: Yellow
Moon - Purple
Ashada*Adi

Sunrise: 5:24AM
Sunset: 7:03PM

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/Purvaprossthapada Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Lucknow, India

Sun 3 Sutra 91

Subhakrit 5124

Moon 7 - Phase 13 - 3

1st Phase

Kumbha Rasi: 15.33 Tithi 19 - 20

498755472

Gulika 3:38PM - 5:20PM
Yama 12:14PM - 1:56PM
Rahu 5:20PM - 7:03PM

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

Ganesha: Blue
Muruqa: Green
Nataraja: White
Moon - Purple
Ashada*Adi

Sunrise: 5:25AM
Sunset: 7:03PM

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

Creative Work Siddha Yoga

3

Monday, July 18, 2022

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

Lucknow, India

Sun 4 Sutra 92

Subhakrit 5124

Moon 7 - Phase 13 - 4

1st Phase

Kumbha Rasi: 29.38 Tithi 20 - 21

418755472

Gulika 1:56PM - 3:38PM
Yama 10:32AM - 12:14PM
Rahu 7:08AM - 8:50AM

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

Ganesha: White
Muruqa: Green
Nataraja: White
Moon - Clear
Ashada*Adi

Sunrise: 5:25AM
Sunset: 7:02PM

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

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
Uttaraprossthapada/Revati Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Lucknow, India

Sun 5 Sutra 93

Subhakrit 5124

Moon 7 - Phase 13 - 5

1st Phase

Meena Rasi: 13.13 Tithi 21 - 22

419755472

Gulika 12:14PM - 1:56PM
Yama 8:50AM - 10:32AM
Rahu 3:38PM - 5:20PM

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

Ganesha: Clear
Muruqa: Green
Nataraja: White
Moon - Clear
Ashada*Adi

Sunrise: 5:26AM
Sunset: 7:02PM

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

Lucknow, India

Sun 6 Sutra 94

Subhakrit 5124

Moon 7 - Phase 13 - 6

Ashtami

Meena Rasi: 26.2 Tithi 22 - 23

419755472

Gulika 10:32AM - 12:14PM
Yama 7:08AM - 8:50AM
Rahu 12:14PM - 1:56PM

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

Ganesha: Clear
Muruqa: Green
Nataraja: White
Moon - Clear
Ashada*Adi

Sunrise: 5:26AM
Sunset: 7:02PM

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

Lucknow, India

Sun 7 Sutra 95

Subhakrit 5124

Moon 7 - Phase 13 - 7

Navami

Mesha Rasi: 9.02 Tithi 23 - 24

429755472

Gulika 8:50AM - 10:32AM
Yama 5:27AM - 7:09AM
Rahu 1:56PM - 3:38PM

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

Ganesha: Purple
Muruqa: Green
Nataraja: White
Moon - White
Ashada*Adi

Sunrise: 5:27AM
Sunset: 7:01PM

Devaloka Day

Creative Work Amrita Yoga

Until 2:16PM

Then Creative Work - Siddha Yoga

1	Friday, July 22, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Lucknow, India Sun 8 Sutra 96
	Mesha Rasi: 21.23 Tithi 24 – 25	Gulika 7:09AM – 8:51AM	Bharani Until 4:24PM	Ganesha: Purple <i>Sunrise:</i> 5:27AM	Subhakrit 5124	
	429755472	Yama 3:37PM – 5:19PM	Shula* Until 12:29PM	Muruqa: Green <i>Sunset:</i> 7:01PM	Moon 7 - Phase 14 - 8	
	Rahu 10:32AM – 12:14PM	Vanija Until 10:29PM	Nataraja: White	2nd Phase		Devaloka Day
Creative Work Siddha Yoga		Navami* Until 9:33AM	Moon – White	Ashada*Adi		

2	Saturday, July 23, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ganda*/Vridhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lucknow, India Sun 9 Sutra 97
	Vrishabha Rasi: 3.29 Tithi 25 – 26	Gulika 5:28AM – 7:09AM	Krittika Until 6:54PM	Ganesha: Purple <i>Sunrise:</i> 5:28AM	Subhakrit 5124	
	429755472	Yama 1:56PM – 3:37PM	Ganda* Until 1:07PM	Muruqa: Green <i>Sunset:</i> 7:00PM	Moon 7 - Phase 14 - 9	
	Rahu 8:51AM – 10:33AM	Bava Until 12:38AM Sun	Nataraja: White	2nd Phase		Devaloka Day
Creative Work Amrita Yoga		Dashami Until 11:29AM	Moon – White	Ashada*Adi		

3	Sunday, July 24, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Lucknow, India Sun 10 Sutra 98
	Vrishabha Rasi: 15.25 Tithi 26 – 27	Gulika 3:37PM – 5:18PM	Rohini Until 10:02PM	Ganesha: Clear <i>Sunrise:</i> 5:28AM	Subhakrit 5124	
	439755472	Yama 12:14PM – 1:56PM	Vriddhi Until 2:02PM	Muruqa: Green <i>Sunset:</i> 7:00PM	Moon 7 - Phase 14 - 10	
	Rahu 5:18PM – 7:00PM	Kaulava Until 3:04AM Mon	Nataraja: White	2nd Phase		Bhuloka Day
Creative Work Siddha Yoga		Ekadashi* Until 1:48PM	Moon – Yellow	Ashada*Adi	Devaloka Time: 9:AM to 12:PM	

4	Monday, July 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailla/Gara Karana Dvadoshi/Trayodashyam Titau				Lucknow, India Sun 11 Sutra 99
	Vrishabha Rasi: 27.15 Tithi 27 – 28	Gulika 1:55PM – 3:37PM	Mrigashira Until 1:07AM Tue	Ganesha: Clear <i>Sunrise:</i> 5:29AM	Subhakrit 5124	
	439755472	Yama 10:33AM – 12:14PM	Dhruva Until 3:04PM	Muruqa: Green <i>Sunset:</i> 6:59PM	Moon 7 - Phase 14 - 11	
	Rahu 7:10AM – 8:52AM	Gara Until 5:36AM Tue	Nataraja: White	2nd Phase		Bhuloka Day
Creative Work Amrita Yoga		Dvadoshi* Until 4:19PM	Moon – Yellow	Ashada*Adi	Devaloka Time: 9:AM to 12:PM	
Until 1:07AM Tue						<i>Pradosha Vrata (Fasting)</i>
Then Routine Work - Marana Yoga						

5	Tuesday, July 26, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija Karana Trayodashyam Titau				Lucknow, India Sun 12 Sutra 100
	Mithuna Rasi: 9.04 Tithi 28	Gulika 12:14PM – 1:55PM	Ardra Until 4:00AM Wed	Ganesha: Clear <i>Sunrise:</i> 5:29AM	Subhakrit 5124	
	439755472	Yama 8:52AM – 10:33AM	Vyaghata* Until 4:08PM	Muruqa: Green <i>Sunset:</i> 6:59PM	Moon 7 - Phase 14 - 12	
	Rahu 3:37PM – 5:18PM	Vanija Until 6:50PM	Nataraja: White	2nd Phase		Bhuloka Day
Routine Work Marana Yoga		Trayodashi* Until 6:50PM	Moon – Yellow	Ashada*Adi	Devaloka Time: 9:AM to 12:PM	
Until 4:00AM Wed						
Then Creative Work - Siddha Yoga						

6	Wednesday, July 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lucknow, India Sun 13 Sutra 101
	Mithuna Rasi: 20.53 Tithi 29	Gulika 10:33AM – 12:14PM	Punarvasu Until 7:05AM Thu	Ganesha: Yellow <i>Sunrise:</i> 5:30AM	Subhakrit 5124	
	441755472	Yama 7:11AM – 8:52AM	Harshana Until 5:07PM	Muruqa: Green <i>Sunset:</i> 6:58PM	Moon 7 - Phase 14 - 13	
	Rahu 12:14PM – 1:55PM	Visti Until 8:04AM	Nataraja: White	2nd Phase		Bhuloka Day
Creative Work Siddha Yoga		Chaturdashi* Until 9:14PM	Moon – Blue	Ashada*Adi	Devaloka Time: 9:AM to 12:PM	
Until 7:05AM Thu						
Then Creative Work - Amrita Yoga						

	Thursday, July 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lucknow, India Sun 14 Sutra 102
	Retreat Star	Gulika 8:52AM – 10:33AM	Punarvasu Until 7:05AM	Ganesha: Yellow <i>Sunrise:</i> 5:30AM	Subhakrit 5124	
	Kataka Rasi: 2.47 Tithi 30	Yama 5:30AM – 7:11AM	Vajra* Until 5:56PM	Muruqa: Green <i>Sunset:</i> 6:58PM	Moon 7 - Phase 14 - 14	
	441755472	Rahu 1:55PM – 3:36PM	Catuspada Until 10:22AM	Nataraja: White	Amavasya	
Creative Work Amrita Yoga		Amavasya* Until 11:25PM	Moon – Blue	Ashada*Adi	Bhuloka Day	Devaloka Time: 9:AM to 12:PM

	Friday, July 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India Sun 15 Sutra 103
	Retreat Star	Gulika 7:12AM – 8:53AM	Pushya Until 9:46AM	Ganesha: Yellow <i>Sunrise:</i> 5:31AM	Subhakrit 5124	
	Kataka Rasi: 14.46 Tithi 1	Yama 3:36PM – 5:16PM	Siddhi Until 6:34PM	Muruqa: Green <i>Sunset:</i> 6:57PM	Moon 7 - Phase 14 - 15	
	441755472	Rahu 10:33AM – 12:14PM	Kintughna Until 12:27PM	Nataraja: White	Prathama	
Routine Work Marana Yoga		Prathama* Until 1:21AM Sat	Moon – Blue	Sravana*Adi	Bhuloka Day	Devaloka Time: 9:AM to 12:PM

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

1		Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lucknow, India Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 26.51	Tithi 2	Gulika 5:31AM – 7:12AM	Ashlesha* Until 12:01PM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM			
		Yama 1:55PM – 3:35PM	Vyatipata* Until 7:00PM	Muruqa: Green	<i>Sunset:</i> 6:57PM		Moon 7 - Phase 15 - 16	
		441755472 Rahu 8:53AM – 10:33AM	Balava Until 2:14PM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 2:59AM Sun	Moon – Blue			Bhuloka Day	
Until 12:01PM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Amrita Yoga				Sravana*Adi				

2		Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*Purvaphalguni Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau				Lucknow, India Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 9.04	Tithi 3	Gulika 3:35PM – 5:16PM	Magha* Until 2:18PM	Ganesha: Red	<i>Sunrise:</i> 5:32AM			
		Yama 12:14PM – 1:55PM	Variyan Until 7:09PM	Muruqa: Green	<i>Sunset:</i> 6:56PM		Moon 7 - Phase 15 - 17	
		451755472 Rahu 5:16PM – 6:56PM	Taitila Until 3:42PM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 4:17AM Mon	Moon – Red			Bhuloka Day	
Until 2:18PM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga				Sravana*Adi				

3		Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau				Lucknow, India Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 21.25	Tithi 4	Gulika 1:54PM – 3:35PM	Purvaphalguni Until 4:05PM	Ganesha: Red	<i>Sunrise:</i> 5:33AM			
Family Home Evening		Yama 10:34AM – 12:14PM	Parigha* Until 7:02PM	Muruqa: Green	<i>Sunset:</i> 6:55PM		Moon 7 - Phase 15 - 18	
		451755472 Rahu 7:13AM – 8:53AM	Vanija Until 3:49PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 5:13AM Tue	Moon – Red			Bhuloka Day	
							Devaloka Time: 9:AM to12:PM	
				Sravana*Adi				

4		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				Lucknow, India Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 3.56	Tithi 5	Gulika 12:14PM – 1:54PM	Uttaraphalguni Until 5:18PM	Ganesha: Red	<i>Sunrise:</i> 5:33AM			
		Yama 8:53AM – 10:34AM	Shiva Until 6:36PM	Muruqa: Green	<i>Sunset:</i> 6:55PM		Moon 7 - Phase 15 - 19	
		451755472 Rahu 3:34PM – 5:15PM	Bava Until 5:32PM	Nataraja: White			3rd Phase	
Creative Work	Amrita Yoga		Panchami Until 5:42AM Wed	Moon – Red			Bhuloka Day	
Until 5:18PM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga				Sravana*Adi				

5		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				Lucknow, India Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 16.4	Tithi 6	Gulika 10:34AM – 12:14PM	Hasta Until 6:23PM	Ganesha: Blue	<i>Sunrise:</i> 5:34AM			
		Yama 7:14AM – 8:54AM	Siddha Until 5:47PM	Muruqa: Green	<i>Sunset:</i> 6:54PM		Moon 7 - Phase 15 - 20	
		461755472 Rahu 12:14PM – 1:54PM	Kaulava Until 5:47PM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 5:41AM Thu	Moon – Green			Devaloka Day	
Until 6:23PM								
Then Creative Work - Siddha Yoga				Sravana*Adi				

6		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				Lucknow, India Sun 21 Sutra 109 Subhakrit 5124
Kanya Rasi: 29.38	Tithi 7	Gulika 8:54AM – 10:34AM	Chitra Until 6:47PM	Ganesha: Blue	<i>Sunrise:</i> 5:34AM			
		Yama 5:34AM – 7:14AM	Sadhya Until 4:33PM	Muruqa: Green	<i>Sunset:</i> 6:53PM		Moon 7 - Phase 15 - 21	
		461755472 Rahu 1:54PM – 3:34PM	Gara Until 5:30PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 5:07AM Fri	Moon – Green			Devaloka Day	
Until 6:47PM								
Then Creative Work - Amrita Yoga				Sravana*Adi				

☾		Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Lucknow, India Sun 22 Sutra 110 Subhakrit 5124
Retreat Star		Gulika 7:14AM – 8:54AM	Svati Until 6:28PM	Ganesha: Blue	<i>Sunrise:</i> 5:35AM			
Tula Rasi: 12.53	Tithi 8	Yama 3:33PM – 5:13PM	Subha Until 2:52PM	Muruqa: White	<i>Sunset:</i> 6:53PM		Moon 7 - Phase 15 - 22	
		461765472 Rahu 10:34AM – 12:14PM	Visti Until 4:37PM	Nataraja: White			Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 3:56AM Sat	Moon – Green			Devaloka Day	
				Sravana*Adi				

☽		Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Lucknow, India Sun 23 Sutra 111 Subhakrit 5124
Retreat Star		Gulika 5:35AM – 7:15AM	Vishakha Until 5:49PM	Ganesha: White	<i>Sunrise:</i> 5:35AM			
Tula Rasi: 26.29	Tithi 9	Yama 1:53PM – 3:33PM	Sukla Until 12:39PM	Muruqa: White	<i>Sunset:</i> 6:52PM		Moon 7 - Phase 15 - 23	
		472765472 Rahu 8:54AM – 10:34AM	Balava Until 3:08PM	Nataraja: White			Navami	
Creative Work	Siddha Yoga		Navami* Until 2:08AM Sun	Moon – Orange			Bhuloka Day	
				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

11 times are standard time. Calculated for Lucknow, India on 5/1/2


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1	Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Lucknow, India
	Vrischika Rasi: 10.28	Tithi 10	Gulika 3:32PM – 5:12PM	Anuradha Until 4:26PM	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM	Sun 24 Sutra 112
			Yama 12:13PM – 1:53PM	Brahma Until 9:58AM	Muruqa: White	<i>Sunset:</i> 6:51PM	Subhakrit 5124
	Routine Work	Marana Yoga	472865472 Rahu 5:12PM – 6:51PM	Taitila Until 1:02PM	Nataraja: White		Moon 7 - Phase 16 - 24 4th Phase
			Dashami Until 11:46PM	Moon – Orange		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

2	Monday, August 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Ekadashyam Titau				Lucknow, India
	Vrischika Rasi: 24.49	Tithi 11	Gulika 1:53PM – 3:32PM	Jyeshtha* Until 2:23PM	Ganesha: Yellow	<i>Sunrise:</i> 5:36AM	Sun 25 Sutra 113
	Family Home Evening		Yama 10:34AM – 12:13PM	Indra Until 6:50AM	Muruqa: White	<i>Sunset:</i> 6:51PM	Subhakrit 5124
	Creative Work	Siddha Yoga	472865472 Rahu 7:15AM – 8:55AM	Vanija Until 10:25AM	Nataraja: White		Moon 7 - Phase 16 - 25 4th Phase
			Ekadashi Until 8:55PM	Moon – Orange		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

3	Tuesday, August 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lucknow, India
	Dhanus Rasi: 9.29	Tithi 12 – 13	Gulika 12:13PM – 1:52PM	Mula* Until 12:11PM	Ganesha: White	<i>Sunrise:</i> 5:37AM	Sun 26 Sutra 114
			Yama 8:55AM – 10:34AM	Vishkambha* Until 11:29PM	Muruqa: White	<i>Sunset:</i> 6:50PM	Subhakrit 5124
	Creative Work	Amrita Yoga	482865472 Rahu 3:32PM – 5:11PM	Bava Until 7:21AM	Nataraja: White		Moon 7 - Phase 16 - 26 4th Phase
			Dvadashi Until 5:40PM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			
				<i>Pradosha Vrata</i>			

4	Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lucknow, India
	Dhanus Rasi: 24.25	Tithi 13 – 14	Gulika 10:34AM – 12:13PM	Purvashadha* Until 9:34AM	Ganesha: White	<i>Sunrise:</i> 5:37AM	Sun 27 Sutra 115
			Yama 7:16AM – 8:55AM	Priti Until 7:31PM	Muruqa: White	<i>Sunset:</i> 6:49PM	Subhakrit 5124
	Creative Work	Amrita Yoga	482865472 Rahu 12:13PM – 1:52PM	Gara Until 12:25AM Thu	Nataraja: White		Moon 7 - Phase 16 - 27 4th Phase
			Trayodashi Until 2:11PM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			

	Thursday, August 11, 2022		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				Lucknow, India
	Copper Retreat Star		Gulika 8:55AM – 10:34AM	Uttarashadha Until 6:41AM	Ganesha: White	<i>Sunrise:</i> 5:38AM	Sutra 116
	Makara Rasi: 9.28	Tithi 14 – 15	Yama 5:38AM – 7:16AM	Ayushman Until 3:29PM	Muruqa: White	<i>Sunset:</i> 6:48PM	Subhakrit 5124
	Routine Work	Marana Yoga	482865472 Rahu 1:52PM – 3:31PM	Visti Until 8:50PM	Nataraja: White		Moon 7 - Phase 16 - Purnima
			Chaturdashi* Until 10:36AM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			
			Raksha Bandhan				

5	Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Lucknow, India
	Silver Retreat Star		Gulika 7:17AM – 8:55AM	Dhanishtha Until 1:36AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Sutra 117
	Makara Rasi: 24.3	Tithi 15 – 16	Yama 3:30PM – 5:09PM	Saubhagya Until 11:32AM	Muruqa: White	<i>Sunset:</i> 6:47PM	Subhakrit 5124
	Creative Work	Siddha Yoga	492865472 Rahu 10:34AM – 12:13PM	Kaulava Until 3:48AM Sat	Nataraja: White		Moon 7 - Phase 16 - Prathama
			Purnima* Until 7:05AM	Moon – Purple		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

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

1		Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Lucknow, India Sun 8 Sutra 126 Subhakrit 5124	
Wishabha Rasi: 23.58	Tithi 25	Gulika 3:25PM – 5:02PM	Mrigashira Until 7:44AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:42AM	Muruqa: White	<i>Sunset:</i> 6:39PM
		Yama 12:11PM – 1:48PM	Harshana Until 10:41PM	Nataraja: White			
		533865472 Rahu 5:02PM – 6:39PM	Vanija Until 2:27PM	Moon – Yellow			Moon 8 - Phase 18 - 8 2nd Phase
Creative Work	Siddha Yoga		Dashami Until 3:40AM Mon	Sravana•Avani		Bhuloka Day	Devaloka Time: 6:AM to 9:AM

2		Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Lucknow, India Sun 9 Sutra 127 Subhakrit 5124	
Mithuna Rasi: 5.48	Tithi 26	Gulika 1:48PM – 3:25PM	Mrigashira Until 7:44AM	Ganesha: Yellow	<i>Sunrise:</i> 5:43AM	Muruqa: White	<i>Sunset:</i> 6:38PM
Family Home Evening		Yama 10:34AM – 12:11PM	Vajra* Until 11:41PM	Nataraja: White			Moon 8 - Phase 18 - 9 2nd Phase
Creative Work	Amrita Yoga	533865472 Rahu 7:20AM – 8:57AM	Bava Until 4:57PM	Moon – Yellow			
Until 7:44AM			Ekadashi* Until 6:10AM Tue	Sravana•Avani		Bhuloka Day	Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga							

3		Tuesday, August 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Lucknow, India Sun 10 Sutra 128 Subhakrit 5124	
Mithuna Rasi: 17.38	Tithi 26 – 27	Gulika 12:10PM – 1:47PM	Ardra Until 10:35AM	Ganesha: Yellow	<i>Sunrise:</i> 5:43AM	Muruqa: White	<i>Sunset:</i> 6:37PM
		Yama 8:57AM – 10:34AM	Siddhi Until 12:37AM Wed	Nataraja: White			Moon 8 - Phase 18 - 10 2nd Phase
		533865472 Rahu 3:24PM – 5:01PM	Kaulava Until 7:24PM	Moon – Yellow			
Routine Work	Marana Yoga		Ekadashi* Until 6:10AM	Sravana•Avani		Bhuloka Day	Devaloka Time: 6:AM to 9:AM
Until 10:35AM							
Then Creative Work - Siddha Yoga							

4		Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau		Lucknow, India Sun 11 Sutra 129 Subhakrit 5124	
Mithuna Rasi: 29.31	Tithi 27 – 28	Gulika 10:33AM – 12:10PM	Punarvasu Until 1:38PM	Ganesha: Blue	<i>Sunrise:</i> 5:44AM	Muruqa: White	<i>Sunset:</i> 6:37PM
		Yama 7:20AM – 8:57AM	Vyatipata* Until 1:24AM Thu	Nataraja: White			Moon 8 - Phase 18 - 11 2nd Phase
		533865472 Rahu 12:10PM – 1:47PM	Gara Until 9:38PM	Moon – Blue			
Creative Work	Siddha Yoga		Dvadashi* Until 8:32AM	Sravana•Avani		Bhuloka Day	
			<i>Pradosha Vrata (Fasting)</i>				

5		Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Lucknow, India Sun 12 Sutra 130 Subhakrit 5124	
Kataka Rasi: 11.3	Tithi 28 – 29	Gulika 8:57AM – 10:33AM	Pushya Until 4:15PM	Ganesha: Blue	<i>Sunrise:</i> 5:44AM	Muruqa: White	<i>Sunset:</i> 6:36PM
		Yama 5:44AM – 7:21AM	Variyan Until 1:54AM Fri	Nataraja: White			Moon 8 - Phase 18 - 12 2nd Phase
		533865472 Rahu 1:46PM – 3:23PM	Visti Until 11:34PM	Moon – Blue			
Creative Work	Amrita Yoga		Trayodashi* Until 10:38AM	Sravana•Avani		Bhuloka Day	
Until 4:15PM							
Then Creative Work - Siddha Yoga							

Retreat Star		Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Lucknow, India Sun 13 Sutra 131 Subhakrit 5124	
Kataka Rasi: 23.37	Tithi 29 – 30	Gulika 7:21AM – 8:57AM	Ashlesha* Until 6:21PM	Ganesha: Blue	<i>Sunrise:</i> 5:45AM	Muruqa: White	<i>Sunset:</i> 6:35PM
		Yama 3:22PM – 4:58PM	Parigha* Until 2:08AM Sat	Nataraja: White			Moon 8 - Phase 18 - 13 Amavasya
		533865472 Rahu 10:33AM – 12:10PM	Catuspada Until 1:08AM Sat	Moon – Blue			
Routine Work	Marana Yoga		Chaturdashi* Until 12:23PM	Sravana•Avani		Bhuloka Day	

Retreat Star		Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Lucknow, India Sun 14 Sutra 132 Subhakrit 5124	
Simha Rasi: 5.53	Tithi 30 – 1	Gulika 5:45AM – 7:21AM	Magha* Until 8:24PM	Ganesha: Blue	<i>Sunrise:</i> 5:45AM	Muruqa: White	<i>Sunset:</i> 6:34PM
		Yama 1:45PM – 3:21PM	Shiva Until 2:05AM Sun	Nataraja: White			Moon 8 - Phase 18 - 14 Prathama
		533865472 Rahu 8:57AM – 10:33AM	Kintughna Until 2:19AM Sun	Moon – Red			
Creative Work	Amrita Yoga		Amavasya* Until 1:45PM	Bhadrapada•Avani		Bhuloka Day	
Until 8:24PM							
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 Lucknow, India on 5/1/2

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1	Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Lucknow, India Sun 15 Sutra 133 Subhakrit 5124
	Simha Rasi: 18.19	Tithi 1 – 2	Gulika 3:21PM – 4:57PM	Purvaphalguni Until 9:54PM	Ganesha: Blue <i>Sunrise:</i> 5:45AM	<i>Sunset:</i> 6:32PM	Moon 8 - Phase 19 - 15 3rd Phase
		553865473	Yama 12:09PM – 1:45PM	Siddha Until 1:41AM Mon	Muruqa: White		
	Creative Work Siddha Yoga Until 9:54PM Then Creative Work - Amrita Yoga		Rahu 4:57PM – 6:32PM	Balava Until 3:06AM Mon	Nataraja: Clear Moon – Red		Bhuloka Day Devaloka Time: 6:PM to 9:PM

2	Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Lucknow, India Sun 16 Sutra 134 Subhakrit 5124
	Kanya Rasi: 0.56	Tithi 2 – 3	Gulika 1:44PM – 3:20PM	Uttaraphalguni Until 10:52PM	Ganesha: Blue <i>Sunrise:</i> 5:46AM	<i>Sunset:</i> 6:31PM	Moon 8 - Phase 19 - 16 3rd Phase
	Family Home Evening	553865473	Yama 10:33AM – 12:09PM	Sadhya Until 1:00AM Tue	Muruqa: White		
	Creative Work Siddha Yoga		Rahu 7:22AM – 8:57AM	Taitila Until 3:29AM Tue	Nataraja: Clear Moon – Red		Bhuloka Day Devaloka Time: 6:PM to 9:PM

3	Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtayam Titau				Lucknow, India Sun 17 Sutra 135 Subhakrit 5124
	Kanya Rasi: 13.43	Tithi 3 – 4	Gulika 12:08PM – 1:44PM	Hasta Until 11:47PM	Ganesha: Blue <i>Sunrise:</i> 5:46AM	<i>Sunset:</i> 6:30PM	Moon 8 - Phase 19 - 17 3rd Phase
		563865473	Yama 8:57AM – 10:33AM	Subha Until 12:02AM Wed	Muruqa: White		
	Creative Work Siddha Yoga		Rahu 3:19PM – 4:55PM	Vanija Until 3:30AM Wed	Nataraja: Clear Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM

4	Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Lucknow, India Sun 18 Sutra 136 Subhakrit 5124
	Kanya Rasi: 26.42	Tithi 4 – 5	Gulika 10:33AM – 12:08PM	Chitra Until 12:09AM Thu	Ganesha: Blue <i>Sunrise:</i> 5:47AM	<i>Sunset:</i> 6:29PM	Moon 8 - Phase 19 - 18 3rd Phase
		563865473	Yama 7:22AM – 8:57AM	Sukla Until 10:44PM	Muruqa: White		
	Creative Work Siddha Yoga Until 12:09AM Thu Then Creative Work - Amrita Yoga		Rahu 12:08PM – 1:43PM	Bava Until 3:08AM Thu	Nataraja: Clear Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM

5	Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lucknow, India Sun 19 Sutra 137 Subhakrit 5124
	Tula Rasi: 9.53	Tithi 5 – 6	Gulika 8:57AM – 10:33AM	Svati Until 12:00AM Fri	Ganesha: Red <i>Sunrise:</i> 5:47AM	<i>Sunset:</i> 6:28PM	Moon 8 - Phase 19 - 19 3rd Phase
		563965473	Yama 5:47AM – 7:22AM	Brahma Until 9:08PM	Muruqa: White		
	Creative Work Amrita Yoga Until 12:00AM Fri Then Creative Work - Siddha Yoga		Rahu 1:43PM – 3:18PM	Kaulava Until 2:22AM Fri	Nataraja: Clear Moon – Green		Devaloka Day Bhadrapada-Avani

6	Friday, September 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lucknow, India Sun 20 Sutra 138 Subhakrit 5124
	Tula Rasi: 23.17	Tithi 6 – 7	Gulika 7:23AM – 8:58AM	Vishakha Until 11:44PM	Ganesha: Blue <i>Sunrise:</i> 5:48AM	<i>Sunset:</i> 6:27PM	Moon 8 - Phase 19 - 20 3rd Phase
		573965473	Yama 3:17PM – 4:52PM	Indra Until 7:13PM	Muruqa: White		
	Creative Work Siddha Yoga		Rahu 10:32AM – 12:07PM	Gara Until 1:11AM Sat	Nataraja: Clear Moon – Orange		Sivaloka Day Bhadrapada-Avani

☾	Saturday, September 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lucknow, India Sun 21 Sutra 139 Subhakrit 5124
	Retreat Star		Gulika 5:48AM – 7:23AM	Anuradha Until 10:54PM	Ganesha: Yellow <i>Sunrise:</i> 5:48AM	<i>Sunset:</i> 6:26PM	Moon 8 - Phase 19 - 21 Ashtami
	Vrischika Rasi: 6.55	Tithi 7 – 8	Yama 1:42PM – 3:17PM	Vaidhriti* Until 4:56PM	Muruqa: White		
	Creative Work Siddha Yoga	574965473	Rahu 8:58AM – 10:32AM	Visti Until 11:35PM	Nataraja: Clear Moon – Orange		Devaloka Day Bhadrapada-Avani

☾	Sunday, September 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lucknow, India Sun 22 Sutra 140 Subhakrit 5124
	Retreat Star		Gulika 3:16PM – 4:51PM	Jyeshtha* Until 9:31PM	Ganesha: Yellow <i>Sunrise:</i> 5:48AM	<i>Sunset:</i> 6:25PM	Moon 8 - Phase 19 - 22 Navami
	Vrischika Rasi: 20.47	Tithi 8 – 9	Yama 12:07PM – 1:41PM	Vishkambha* Until 2:19PM	Muruqa: White		
	Routine Work Marana Yoga Until 9:31PM Then Creative Work - Amrita Yoga	574965473	Rahu 4:51PM – 6:25PM	Balava Until 9:35PM	Nataraja: Clear Moon – Orange		Devaloka Day Bhadrapada-Avani

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


1	Monday, September 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Lucknow, India
	Dhanus Rasi: 4.56 Tilthi 9 – 10	Gulika 1:41PM – 3:15PM	Mula* Until 8:02PM	Ganesha: White <i>Sunrise:</i> 5:49AM	Sun 23	Sutra 141
Family Home Evening	584965473	Rahu 7:23AM – 8:58AM	Priti Until 11:25AM	Muruqa: White <i>Sunset:</i> 6:24PM	Subhakrit 5124	
Creative Work Siddha Yoga			Taitila Until 7:12PM	Nataraja: Clear	Moon 8 - Phase 20 - 23	
Until 8:02PM			Navami* Until 8:25AM	Moon – Light Blue	4th Phase	
Then Routine Work - Marana Yoga				Bhadrapada*Avani	Bhuloka Day Devaloka Time: 6:PM to 9:PM	

2	Tuesday, September 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Vanija/Vistil* Karana Ekadashyam Titau				Lucknow, India
	Dhanus Rasi: 19.19 Tilthi 11	Gulika 12:06PM – 1:40PM	Purvashadha* Until 6:06PM	Ganesha: White <i>Sunrise:</i> 5:49AM	Sun 24	Sutra 142
584965473	Rahu 3:15PM – 4:49PM	Ayushman Until 8:12AM	Muruqa: White <i>Sunset:</i> 6:23PM	Moon 8 - Phase 20 - 24		
Creative Work Siddha Yoga		Vanija Until 4:30PM	Nataraja: Clear	4th Phase		
Until 6:06PM		Ekadashi Until 3:03AM Wed	Moon – Light Blue	Bhuloka Day Devaloka Time: 6:PM to 9:PM		
Then Routine Work - Prabararishta Yoga			Bhadrapada*Avani			

3	Wednesday, September 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Lucknow, India
	Makara Rasi: 3.53 Tilthi 12	Gulika 10:32AM – 12:06PM	Uttarashadha Until 3:50PM	Ganesha: White <i>Sunrise:</i> 5:50AM	Sun 25	Sutra 143
584965473	Rahu 12:06PM – 1:40PM	Sobhana Until 1:14AM Thu	Muruqa: White <i>Sunset:</i> 6:22PM	Moon 8 - Phase 20 - 25		
Creative Work Amrita Yoga		Bava Until 1:35PM	Nataraja: Clear	4th Phase		
Until 3:50PM		Dvadashi Until 12:04AM Thu	Moon – Light Blue	Bhuloka Day Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Siddha Yoga			Bhadrapada*Avani			

4	Thursday, September 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Lucknow, India
	Makara Rasi: 18.35 Tilthi 13	Gulika 8:58AM – 10:32AM	Shravana Until 1:45PM	Ganesha: Clear <i>Sunrise:</i> 5:50AM	Sun 26	Sutra 144
594965473	Rahu 1:39PM – 3:13PM	Athiganda* Until 9:39PM	Muruqa: White <i>Sunset:</i> 6:21PM	Moon 8 - Phase 20 - 26		
Creative Work Siddha Yoga		Kaulava Until 10:34AM	Nataraja: Clear	4th Phase		
		Trayodashi Until 9:03PM	Moon – Purple	Devaloka Day		
		Avani Avittam	Bhadrapada*Avani			
		<i>Pradosha Vrata</i>				

5	Friday, September 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau				Lucknow, India
	Kumbha Rasi: 3.16 Tilthi 14	Gulika 7:24AM – 8:58AM	Dhanishtha Until 11:34AM	Ganesha: Clear <i>Sunrise:</i> 5:51AM	Sun 27	Sutra 145
594965473	Rahu 10:31AM – 12:05PM	Sukarma Until 6:10PM	Muruqa: White <i>Sunset:</i> 6:20PM	Moon 8 - Phase 20 - 27		
Creative Work Siddha Yoga		Gara Until 7:35AM	Nataraja: Clear	4th Phase		
		Chaturdashi* Until 6:08PM	Moon – Purple	Devaloka Day		
		Chidambaram Abhishekam	Bhadrapada*Avani			

	Saturday, September 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lucknow, India
	Copper Retreat Star	Gulika 5:51AM – 7:24AM	Shatabhishak Until 9:28AM	Ganesha: Clear <i>Sunrise:</i> 5:51AM	Sutra 146	Subhakrit 5124
Kumbha Rasi: 17.49 Tilthi 15 – 16	594965473	Rahu 8:58AM – 10:31AM	Dhriti Until 2:55PM	Muruqa: White <i>Sunset:</i> 6:18PM	Moon 8 - Phase 20 - Purnima	
Creative Work Amrita Yoga			Balava Until 2:19AM Sun	Nataraja: Clear		
Until 9:28AM			Purnima* Until 3:29PM	Moon – Purple	Devaloka Day	
Then Routine Work - Marana Yoga			Bhadrapada*Avani			

Silver Retreat Star	Sunday, September 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Lucknow, India
	Silver Retreat Star	Gulika 3:11PM – 4:44PM	Purvaprosarthapada* Until 8:01AM	Ganesha: Clear <i>Sunrise:</i> 5:51AM	Sutra 147	Subhakrit 5124
Meena Rasi: 2.08 Tilthi 16 – 17	514965473	Rahu 4:44PM – 6:17PM	Shula* Until 11:58AM	Muruqa: White <i>Sunset:</i> 6:17PM	Moon 8 - Phase 20 - Prathama	
Creative Work Siddha Yoga			Taitila Until 12:21AM Mon	Nataraja: Clear		
Until 8:01AM			Prathama* Until 1:15PM	Moon – Clear	Devaloka Day	
Then Creative Work - Amrita Yoga		Grandparent's Day	Bhadrapada*Avani			

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



Monday, September 12, 2022

Gold Retreat Star

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

Lucknow, India

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 16.06 Tithi 17 - 18

Gulika 1:37PM - 3:10PM

Uttaraproshtapada Until 6:57AM

Ganesha: Clear Sunrise: 5:52AM

Family Home Evening

514965473

Yama 10:31AM - 12:04PM

Ganda* Until 9:29AM

Muruqa: White Sunset: 6:16PM

Creative Work Siddha Yoga

Rahu 7:25AM - 8:58AM

Vanija Until 11:01PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Dvitiya Until 11:35AM

Bhadrapada-Avani

1

Tuesday, September 13, 2022

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

Lucknow, India

Sun 2 Sutra 149

Subhakrit 5124

Meena Rasi: 29.41 Tithi 18 - 19

Gulika 12:04PM - 1:37PM

Revati Until 6:25AM

Ganesha: Clear Sunrise: 5:52AM

Creative Work Siddha Yoga

514965473

Yama 8:58AM - 10:31AM

Vridhhi Until 7:34AM

Muruqa: White Sunset: 6:15PM

Moon 9 - Phase 21 - 2

Rahu 3:09PM - 4:42PM

Bava Until 10:26PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Tritiya Until 10:36AM

Bhadrapada-Avani

2

Wednesday, September 14, 2022

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

Lucknow, India

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 12.49 Tithi 19 - 20

Gulika 10:31AM - 12:03PM

Ashvini Until 6:55AM

Ganesha: White Sunrise: 5:53AM

Routine Work Marana Yoga

524965473

Yama 7:25AM - 8:58AM

Dhruva Until 6:14AM

Muruqa: White Sunset: 6:14PM

Moon 9 - Phase 21 - 3

Until 6:55AM

Rahu 12:03PM - 1:36PM

Kaulava Until 10:39PM

Nataraja: Clear

Moon - White

Bhuloka Day

Chaturthi* Until 10:25AM

Bhadrapada-Avani

Devaloka Time: 6:PM to 9:PM

3

Thursday, September 15, 2022

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

Lucknow, India

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 25.34 Tithi 20 - 21

Gulika 8:58AM - 10:31AM

Bharani Until 8:04AM

Ganesha: Clear Sunrise: 5:53AM

Creative Work Siddha Yoga

525965473

Yama 5:53AM - 7:26AM

Harshana Until 5:29AM Fri

Muruqa: White Sunset: 6:13PM

Moon 9 - Phase 21 - 4

Until 8:04AM

Rahu 1:35PM - 3:08PM

Gara Until 11:38PM

Nataraja: Clear

Moon - White

Devaloka Day

Panchami Until 11:02AM

Bhadrapada-Avani

Friday, September 16, 2022

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

Lucknow, India

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 7.58 Tithi 21 - 22

Gulika 7:26AM - 8:58AM

Krittika Until 9:47AM

Ganesha: Clear Sunrise: 5:53AM

Creative Work Siddha Yoga

525965473

Yama 3:07PM - 4:39PM

Vajra* Until 5:52AM Sat

Muruqa: White Sunset: 6:12PM

Moon 9 - Phase 21 - 5

Until 9:47AM

Rahu 10:30AM - 12:03PM

Visti Until 1:19AM Sat

Nataraja: Clear

Moon - White

Devaloka Day

Shashthi* Until 12:23PM

Bhadrapada-Avani

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

Lucknow, India

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 20.07 Tithi 22 - 23

Gulika 5:54AM - 7:26AM

Rohini Until 12:25PM

Ganesha: White Sunrise: 5:54AM

Creative Work Amrita Yoga

535965473

Yama 1:34PM - 3:06PM

Siddhi Until 6:36AM Sun

Muruqa: White Sunset: 6:11PM

Moon 9 - Phase 21 - 6

Until 12:25PM

Rahu 8:58AM - 10:30AM

Balava Until 3:28AM Sun

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Saptami Until 2:20PM

Bhadrapada-Puratasi

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

Lucknow, India

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 2.05 Tithi 23 - 24

Gulika 3:06PM - 4:38PM

Mrigashira Until 3:14PM

Ganesha: White Sunrise: 5:54AM

Creative Work Siddha Yoga

535965473

Yama 12:02PM - 1:34PM

Siddhi Until 6:36AM

Muruqa: White Sunset: 6:10PM

Moon 9 - Phase 21 - 7

Rahu 4:38PM - 6:10PM

Taitila Until 5:53AM Mon

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Ashtami* Until 4:39PM

Bhadrapada-Puratasi

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

..Il times are standard time. Calculated for Lucknow, India on 5/1/2

www.gurudeva.org/panchang

1	Monday, September 19, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vyalipata/Variyan Yoga Gara Karana Navamyam Titau				Lucknow, India Sun 8 Sutra 155 Subhakit 5124
	Mithuna Rasi: 13.57	Tithi 24	Gulika 1:33PM – 3:05PM	Ardra Until 6:03PM	Ganesha: White	<i>Sunrise:</i> 5:55AM	
	Family Home Evening	535965473	Yama 10:30AM – 12:02PM	Vyatipata* Until 7:31AM	Muruqa: White	<i>Sunset:</i> 6:08PM	Moon 9 - Phase 22 - 8
	Creative Work Siddha Yoga		Rahu 7:26AM – 8:58AM	Gara Until 7:06PM	Nataraja: Clear		2nd Phase
Until 6:03PM			Navami* Until 7:06PM	Moon – Yellow		Sivaloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

2	Tuesday, September 20, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Lucknow, India Sun 9 Sutra 156 Subhakit 5124
	Mithuna Rasi: 25.49	Tithi 25	Gulika 12:01PM – 1:33PM	Punarvasu Until 9:06PM	Ganesha: Yellow	<i>Sunrise:</i> 5:55AM	
		545965473	Yama 8:58AM – 10:30AM	Variyan Until 8:24AM	Muruqa: White	<i>Sunset:</i> 6:07PM	Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga		Rahu 3:04PM – 4:36PM	Vanija Until 8:19AM	Nataraja: Clear		2nd Phase
			Dashami Until 9:28PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

3	Wednesday, September 21, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Lucknow, India Sun 10 Sutra 157 Subhakit 5124
	Kataka Rasi: 7.45	Tithi 26	Gulika 10:30AM – 12:01PM	Pushya Until 11:45PM	Ganesha: Yellow	<i>Sunrise:</i> 5:56AM	
		545965473	Yama 7:27AM – 8:58AM	Parigha* Until 9:10AM	Muruqa: White	<i>Sunset:</i> 6:06PM	Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga		Rahu 12:01PM – 1:32PM	Bava Until 10:35AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 11:34PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

4	Thursday, September 22, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvodashyam Titau				Lucknow, India Sun 11 Sutra 158 Subhakit 5124
	Kataka Rasi: 19.49	Tithi 27	Gulika 8:58AM – 10:29AM	Ashlesha* Until 1:50AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:56AM	
		545965473	Yama 5:56AM – 7:27AM	Shiva Until 9:42AM	Muruqa: White	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga		Rahu 1:32PM – 3:03PM	Kaulava Until 12:29PM	Nataraja: Clear		2nd Phase
Until 1:50AM Fri			Dvadashi* Until 1:16AM Fri	Moon – Blue		Devaloka Day	
Then Routine Work - Marana Yoga				Bhadrapada-Puratasi			

5	Friday, September 23, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Lucknow, India Sun 12 Sutra 159 Subhakit 5124
	Simha Rasi: 2.02	Tithi 28	Gulika 7:27AM – 8:58AM	Magha* Until 3:48AM Sat	Ganesha: Red	<i>Sunrise:</i> 5:56AM	
		555965473	Yama 3:02PM – 4:33PM	Siddha Until 9:51AM	Muruqa: White	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga		Rahu 10:29AM – 12:00PM	Gara Until 1:57PM	Nataraja: Clear		2nd Phase
Until 3:48AM Sat			Trayodashi* Until 2:29AM Sat	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Puratasi			
				<i>Pradosha Vrata (Fasting)</i>			

6	Saturday, September 24, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lucknow, India Sun 13 Sutra 160 Subhakit 5124
	Simha Rasi: 14.28	Tithi 29	Gulika 5:57AM – 7:28AM	Purvaphalguni Until 5:06AM Sun	Ganesha: Red	<i>Sunrise:</i> 5:57AM	
		555965473	Yama 1:31PM – 3:01PM	Sadhya Until 9:39AM	Muruqa: White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga		Rahu 8:58AM – 10:29AM	Visti* Until 2:56PM	Nataraja: Clear		2nd Phase
Until 5:06AM Sun			Chaturdashi* Until 3:12AM Sun	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

●	Sunday, September 25, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lucknow, India Sun 14 Sutra 161 Subhakit 5124
	Retreat Star		Gulika 3:01PM – 4:31PM	Uttaraphalguni Until 5:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	
	Simha Rasi: 27.08	Tithi 30	Yama 11:59AM – 1:30PM	Subha Until 9:04AM	Muruqa: White	<i>Sunset:</i> 6:02PM	Moon 9 - Phase 22 - 14
	Creative Work Amrita Yoga		Rahu 4:31PM – 6:02PM	Catuspada Until 3:23PM	Nataraja: Clear		Amavasya
Until 5:45AM Mon			Amavasya* Until 3:24AM Mon	Moon – Red		Bhuloka Day	
Then Creative Work - Siddha Yoga		Mahalaya Amavasai (Tamil Nadu)		Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

●	Monday, September 26, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India Sun 15 Sutra 162 Subhakit 5124
	Retreat Star		Gulika 1:29PM – 3:00PM	Hasta Until 6:15AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:58AM	
	Kanya Rasi: 10.02	Tithi 1	Yama 10:29AM – 11:59AM	Sukla Until 8:03AM	Muruqa: White	<i>Sunset:</i> 6:00PM	Moon 9 - Phase 22 - 15
	Family Home Evening	566165473	Rahu 7:28AM – 8:58AM	Kintughna Until 3:20PM	Nataraja: Clear		Prathama
Creative Work Siddha Yoga			Prathama* Until 3:08AM Tue	Moon – Green		Bhuloka Day	
		Navaratri Begins		Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM	

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

11 times are standard time. Calculated for Lucknow, India on 5/1/2

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1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lucknow, India Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 23.11	Tithi 2	Gulika 11:59AM – 1:29PM	Hasta Until 6:15AM	Ganesha: Blue <i>Sunrise:</i> 5:58AM	<i>Sunset:</i> 5:59PM	Moon 9 - Phase 23 - 16
			Yama 8:58AM – 10:29AM	Brahma Until 6:41AM	Muruqa: White		3rd Phase
	666165473	Rahu 2:59PM – 4:29PM	Balava Until 2:51PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Dvitiya Until 2:27AM Wed	Moon – Green	Bhuloka Day	Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau				Lucknow, India Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 6.33	Tithi 3	Gulika 10:28AM – 11:58AM	Chitra Until 6:11AM	Ganesha: Blue <i>Sunrise:</i> 5:59AM	<i>Sunset:</i> 5:58PM	Moon 9 - Phase 23 - 17
			Yama 7:29AM – 8:59AM	Vaidhriti* Until 3:02AM Thu	Muruqa: White		3rd Phase
	666165473	Rahu 11:58AM – 1:28PM	Taitila Until 1:59PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Tritiya Until 1:24AM Thu	Moon – Green	Bhuloka Day	Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau				Lucknow, India Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 20.07	Tithi 4	Gulika 8:59AM – 10:28AM	Vishakha Until 5:07AM Fri	Ganesha: Blue <i>Sunrise:</i> 5:59AM	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 23 - 18
			Yama 5:59AM – 7:29AM	Vishkambha* Until 12:49AM Fri	Muruqa: White		3rd Phase
	676165473	Rahu 1:28PM – 2:58PM	Vanija Until 12:47PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Chaturthi* Until 12:04AM Fri	Moon – Orange	Bhuloka Day	Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Lucknow, India Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 3.5	Tithi 5	Gulika 7:29AM – 8:59AM	Anuradha Until 4:11AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:59AM	<i>Sunset:</i> 5:56PM	Moon 9 - Phase 23 - 19
			Yama 2:57PM – 4:26PM	Priti Until 10:26PM	Muruqa: White		3rd Phase
	676165473	Rahu 10:28AM – 11:58AM	Bava Until 11:19AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Panchami Until 10:28PM	Moon – Orange	Bhuloka Day	Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau				Lucknow, India Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 17.42	Tithi 6	Gulika 6:00AM – 7:29AM	Jyeshtha* Until 2:56AM Sun	Ganesha: Blue <i>Sunrise:</i> 6:00AM	<i>Sunset:</i> 5:55PM	Moon 9 - Phase 23 - 20
			Yama 1:27PM – 2:56PM	Ayushman Until 7:51PM	Muruqa: White		3rd Phase
	676165473	Rahu 8:59AM – 10:28AM	Kaulava Until 9:37AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Shashthi* Until 8:40PM	Moon – Orange	Bhuloka Day	Devaloka Time: 6:PM to 9:PM	
Until 2:56AM Sun				Ashvina+Puratasi			
Then Creative Work - Amrita Yoga							

6	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau				Lucknow, India Sun 21 Sutra 168 Subhakrit 5124
	Dhanus Rasi: 1.42	Tithi 7	Gulika 2:55PM – 4:25PM	Mula* Until 1:47AM Mon	Ganesha: Blue <i>Sunrise:</i> 6:00AM	<i>Sunset:</i> 5:54PM	Moon 9 - Phase 23 - 21
			Yama 11:57AM – 1:26PM	Saubhagya Until 5:08PM	Muruqa: Green		3rd Phase
	687166473	Rahu 4:25PM – 5:54PM	Gara Until 7:43AM	Nataraja: Clear			
Creative Work	Amrita Yoga		Saptami Until 6:42PM	Moon – Light Blue	Sivaloka Day		
Until 1:47AM Mon				Ashvina+Puratasi			
Then Routine Work - Marana Yoga							

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lucknow, India Sun 22 Sutra 169 Subhakrit 5124
	Retreat Star		Gulika 1:26PM – 2:55PM	Purvashadha* Until 12:22AM Tue	Ganesha: Blue <i>Sunrise:</i> 6:01AM	<i>Sunset:</i> 5:53PM	Moon 9 - Phase 23 - 22
	Dhanus Rasi: 15.48	Tithi 8 – 9	Yama 10:28AM – 11:57AM	Sobhana Until 2:18PM	Muruqa: Green		Ashtami
	Family Home Evening	687166473	Rahu 7:30AM – 8:59AM	Balava Until 3:29AM Tue	Nataraja: Clear		
Routine Work	Marana Yoga		Ashtami* Until 4:35PM	Moon – Light Blue	Sivaloka Day		
Until 12:22AM Tue				Ashvina+Puratasi			
Then Routine Work - Prabalarishta Yoga							

D	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Lucknow, India Sun 23 Sutra 170 Subhakrit 5124
	Retreat Star		Gulika 11:56AM – 1:25PM	Uttarashadha Until 10:42PM	Ganesha: Blue <i>Sunrise:</i> 6:01AM	<i>Sunset:</i> 5:52PM	Moon 9 - Phase 23 - 23
	Dhanus Rasi: 29.59	Tithi 9 – 10	Yama 8:59AM – 10:28AM	Athiganda* Until 11:21AM	Muruqa: Green		Navami
	687166473	Rahu 2:54PM – 4:23PM	Taitila Until 1:13AM Wed	Nataraja: Clear			
Routine Work	Prabalarishta Yoga		Navami* Until 2:20PM	Moon – Light Blue	Sivaloka Day		
Until 10:42PM				Ashvina+Puratasi			
Then Creative Work - Siddha Yoga							

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

11 times are standard time. Calculated for Lucknow, India on 5/1/2

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1		Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Lucknow, India Sun 24 Sutra 171	
Makara Rasi: 14.14	Tithi 10 - 11	697166473	Gulika 10:28AM - 11:56AM Yama 7:30AM - 8:59AM Rahu 11:56AM - 1:25PM	Shravana Until 9:16PM Sukarma Until 8:20AM Vanija Until 10:54PM Dashami Until 12:02PM	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon - Purple	Sunrise: 6:02AM Sunset: 5:51PM	Moon 9 - Phase 24 - 24 4th Phase	Devaloka Day
Creative Work Siddha Yoga Until 9:16PM Then Routine Work - Prabalarishta Yoga		Vijaya Dasami		Ashvina+Puratasi				

2		Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Lucknow, India Sun 25 Sutra 172	
Makara Rasi: 28.31	Tithi 11 - 12	697166473	Gulika 8:59AM - 10:27AM Yama 6:02AM - 7:31AM Rahu 1:24PM - 2:53PM	Dhanishtha Until 7:44PM Shula* Until 2:21AM Fri Bava Until 8:37PM Ekadashi Until 9:44AM	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon - Purple	Sunrise: 6:02AM Sunset: 5:50PM	Moon 9 - Phase 24 - 25 4th Phase	Devaloka Day
Creative Work Siddha Yoga				Ashvina+Puratasi				

3		Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Lucknow, India Sun 26 Sutra 173	
Kumbha Rasi: 12.44	Tithi 12 - 13	697166473	Gulika 7:31AM - 8:59AM Yama 2:52PM - 4:20PM Rahu 10:27AM - 11:56AM	Shatabhishak Until 6:11PM Ganda* Until 11:31PM Kaulava Until 6:28PM Dvadashi Until 7:30AM	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon - Purple	Sunrise: 6:03AM Sunset: 5:48PM	Moon 9 - Phase 24 - 26 4th Phase	Devaloka Day
Creative Work Siddha Yoga		Kadaitswami Mahasamadhi		Ashvina+Puratasi		Pradosha Vrata		

4		Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau			Lucknow, India Sun 27 Sutra 174	
Kumbha Rasi: 26.5	Tithi 14	618166474	Gulika 6:03AM - 7:31AM Yama 1:23PM - 2:51PM Rahu 8:59AM - 10:27AM	Purvaproshtapada* Until 5:09PM Vriddhi Until 8:55PM Gara Until 4:34PM Chaturdashi* Until 3:43AM Sun	Ganesha: White Muruga: Green Nataraja: Purple Moon - Clear	Sunrise: 6:03AM Sunset: 5:47PM	Moon 9 - Phase 24 - 27 4th Phase	Bhuloka Day
Routine Work Marana Yoga Until 5:09PM Then Creative Work - Siddha Yoga		Chidambaram Abhishekam		Ashvina+Puratasi				

O		Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau			Lucknow, India Sutra 175	
Copper Retreat Star								
Meena Rasi: 10.44	Tithi 15	618166474	Gulika 2:51PM - 4:19PM Yama 11:55AM - 1:23PM Rahu 4:19PM - 5:46PM	Uttaraproshtapada Until 4:20PM Dhruva Until 6:35PM Visti Until 3:01PM Purnima* Until 2:24AM Mon	Ganesha: White Muruga: Green Nataraja: Purple Moon - Clear	Sunrise: 6:04AM Sunset: 5:46PM	Moon 9 - Phase 24 - Purnima	Bhuloka Day
Creative Work Amrita Yoga				Ashvina+Puratasi				

		Monday, October 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Lucknow, India Sutra 176	
Silver Retreat Star								
Meena Rasi: 24.23	Tithi 16	618166474	Gulika 1:22PM - 2:50PM Yama 10:27AM - 11:55AM Rahu 7:32AM - 8:59AM	Revati Until 3:51PM Vyaghata* Until 4:40PM Balava Until 1:58PM Prathama* Until 1:37AM Tue	Ganesha: White Muruga: Green Nataraja: Purple Moon - Clear	Sunrise: 6:04AM Sunset: 5:45PM	Moon 9 - Phase 24 - Prathama	Bhuloka Day
Family Home Evening Creative Work Siddha Yoga				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

Lucknow, India

Sutra 177

Mesha Rasi: 7.44 Tithi 17

628176474

Gulika 11:54AM – 1:22PM
Yama 9:00AM – 10:27AM
Rahu 2:49PM – 4:17PM

Ashvini Until 4:15PM

Harshana Until 3:14PM

Taitila Until 1:29PM

Dvitiya Until 1:28AM Wed

Ganesha: Yellow *Sunrise:* 6:05AM

Muruqa: White *Sunset:* 5:44PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Moon 10 - Phase 25 -

1st Phase

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

Lucknow, India

Sun 1 Sutra 178

Mesha Rasi: 20.44 Tithi 18

628176474

Gulika 10:27AM – 11:54AM
Yama 7:32AM – 9:00AM
Rahu 11:54AM – 1:21PM

Bharani Until 5:08PM

Vajra* Until 2:17PM

Vanija Until 1:40PM

Tritiya Until 2:00AM Thu

Ganesha: Yellow *Sunrise:* 6:05AM

Muruqa: White *Sunset:* 5:43PM

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

Moon 10 - Phase 25 - 1

1st Phase

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

Lucknow, India

Sun 2 Sutra 179

Vrishabha Rasi: 3.25 Tithi 19

628176474

Gulika 9:00AM – 10:27AM
Yama 6:06AM – 7:33AM
Rahu 1:21PM – 2:48PM

Krittika Until 6:31PM

Siddhi Until 1:53PM

Bava Until 2:32PM

Chaturthi* Until 3:11AM Fri

Ganesha: Yellow *Sunrise:* 6:06AM

Muruqa: White *Sunset:* 5:42PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

Moon 10 - Phase 25 - 2

1st Phase

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

Lucknow, India

Sun 3 Sutra 180

Vrishabha Rasi: 15.47 Tithi 20

638176474

Gulika 7:33AM – 9:00AM
Yama 2:48PM – 4:14PM
Rahu 10:27AM – 11:54AM

Rohini Until 8:49PM

Vyatipata* Until 1:58PM

Kaulava Until 4:02PM

Panchami Until 4:57AM Sat

Ganesha: Blue *Sunrise:* 6:06AM

Muruqa: White *Sunset:* 5:41PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Routine Work Marana Yoga

Until 8:49PM

Then Creative Work - Siddha Yoga

Moon 10 - Phase 25 - 3

1st Phase

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

Lucknow, India

Sun 4 Sutra 181

Vrishabha Rasi: 27.57 Tithi 21

639176474

Gulika 6:07AM – 7:33AM
Yama 1:20PM – 2:47PM
Rahu 9:00AM – 10:27AM

Mrigashira Until 11:25PM

Variyan Until 2:26PM

Gara Until 6:02PM

Shashthi* Until 7:09AM Sun

Ganesha: Red *Sunrise:* 6:07AM

Muruqa: White *Sunset:* 5:40PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Moon 10 - Phase 25 - 4

1st Phase

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

Lucknow, India

Sun 5 Sutra 182

Mithuna Rasi: 9.56 Tithi 21 – 22

639176474

Gulika 2:46PM – 4:13PM
Yama 11:53AM – 1:20PM
Rahu 4:13PM – 5:39PM

Ardra Until 2:07AM Mon

Parigha* Until 3:10PM

Visti Until 8:22PM

Shashthi* Until 7:09AM

Ganesha: Red *Sunrise:* 6:07AM

Muruqa: White *Sunset:* 5:39PM

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

Moon 10 - Phase 25 - 5

1st Phase

D

Monday, October 17, 2022

Retreat Star

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

Lucknow, India

Sun 6 Sutra 183

Mithuna Rasi: 21.5 Tithi 22 – 23

649176474

Gulika 1:19PM – 2:46PM
Yama 10:27AM – 11:53AM
Rahu 7:34AM – 9:00AM

Punarvasu Until 5:12AM Tue

Shiva Until 4:02PM

Balava Until 10:48PM

Saptami Until 9:34AM

Ganesha: Green *Sunrise:* 6:08AM

Muruqa: White *Sunset:* 5:38PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

Devaloka Day

Creative Work Amrita Yoga

Until 5:12AM Tue

Then Creative Work - Siddha Yoga

Moon 10 - Phase 25 - 6

Ashtami

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

Lucknow, India

Sun 7 Sutra 184

Kataka Rasi: 3.43 Tithi 23 – 24

649176474

Gulika 11:53AM – 1:19PM
Yama 9:01AM – 10:27AM
Rahu 2:45PM – 4:11PM

Pushya Until 7:59AM Wed

Siddha Until 4:50PM

Taitila Until 1:09AM Wed

Ashtami* Until 11:59AM

Ganesha: Green *Sunrise:* 6:08AM

Muruqa: White *Sunset:* 5:37PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

Devaloka Day

Creative Work Siddha Yoga

Moon 10 - Phase 25 - 7

Navami

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

all times are standard time. Calculated for Lucknow, India on 5/1/2

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1	Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Lucknow, India
	Kataka Rasi: 15.4	Tithi 24 – 25	Gulika 10:27AM – 11:53AM	Pushya Until 7:59AM	Ganesha: Green	<i>Sunrise:</i> 6:09AM	Sun 8 Sutra 185
	649176474		Yama 7:35AM – 9:01AM	Sadhya Until 5:28PM	Muruqa: White	<i>Sunset:</i> 5:37PM	Subhakrit 5124
Creative Work	Siddha Yoga	Rahu 11:53AM – 1:19PM	Vanija Until 3:12AM Thu	Nataraja: Purple		Moon 10 - Phase 26 - 8	
			Navami* Until 2:12PM	Moon – Blue		2nd Phase	
				Ashvina•Aipasi		Devaloka Day	


2	Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lucknow, India
	Kataka Rasi: 27.44	Tithi 25 – 26	Gulika 9:01AM – 10:27AM	Ashlesha* Until 10:17AM	Ganesha: Red	<i>Sunrise:</i> 6:09AM	Sun 9 Sutra 186
	649276474		Yama 6:09AM – 7:35AM	Subha Until 5:49PM	Muruqa: White	<i>Sunset:</i> 5:36PM	Subhakrit 5124
Creative Work	Siddha Yoga	Rahu 1:18PM – 2:44PM	Bava Until 4:47AM Fri	Nataraja: Purple		Moon 10 - Phase 26 - 9	
Until 10:17AM			Dashami Until 4:02PM	Moon – Blue		2nd Phase	
Then Creative Work - Amrita Yoga				Ashvina•Aipasi		Bhuloka Day	
						Devaloka Time: 6:AM to 9:AM	

3	Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Lucknow, India
	Simha Rasi: 10	Tithi 26 – 27	Gulika 7:36AM – 9:01AM	Magha* Until 12:25PM	Ganesha: Green	<i>Sunrise:</i> 6:10AM	Sun 10 Sutra 187
	659276474		Yama 2:44PM – 4:09PM	Sukla Until 5:43PM	Muruqa: White	<i>Sunset:</i> 5:35PM	Subhakrit 5124
Routine Work	Marana Yoga	Rahu 10:27AM – 11:52AM	Kaulava Until 5:48AM Sat	Nataraja: Purple		Moon 10 - Phase 26 - 10	
Until 12:25PM			Ekadashi* Until 5:21PM	Moon – Red		2nd Phase	
Then Creative Work - Siddha Yoga				Ashvina•Aipasi		Bhuloka Day	

4	Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Taitila Karana Dvodashyam Titau				Lucknow, India
	Simha Rasi: 22.31	Tithi 27	Gulika 6:11AM – 7:36AM	Purvaphalguni Until 1:48PM	Ganesha: Green	<i>Sunrise:</i> 6:11AM	Sun 11 Sutra 188
	659276474		Yama 1:18PM – 2:43PM	Brahma Until 5:09PM	Muruqa: White	<i>Sunset:</i> 5:34PM	Subhakrit 5124
Creative Work	Siddha Yoga	Rahu 9:01AM – 10:27AM	Taitila Until 6:03PM	Nataraja: Purple		Moon 10 - Phase 26 - 11	
Until 1:48PM			Dvodashi* Until 6:03PM	Moon – Red		2nd Phase	
Then Routine Work - Marana Yoga				Ashvina•Aipasi		Bhuloka Day	

5	Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau				Lucknow, India
	Kanya Rasi: 5.2	Tithi 28	Gulika 2:42PM – 4:08PM	Uttaraphalguni Until 2:25PM	Ganesha: Purple	<i>Sunrise:</i> 6:11AM	Sun 12 Sutra 189
	651276474		Yama 11:52AM – 1:17PM	Indra Until 4:07PM	Muruqa: White	<i>Sunset:</i> 5:33PM	Subhakrit 5124
Creative Work	Amrita Yoga	Rahu 4:08PM – 5:33PM	Gara Until 6:10AM	Nataraja: Purple		Moon 10 - Phase 26 - 12	
Until 2:43PM			Trayodashi* Until 6:05PM	Moon – Red		2nd Phase	
Then Routine Work - Prabalarishta Yoga				Ashvina•Aipasi		Bhuloka Day	
						<i>Pradosha Vrata (Fasting)</i>	

6	Monday, October 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Lucknow, India
	Kanya Rasi: 18.28	Tithi 29 – 30	Gulika 1:17PM – 2:42PM	Hasta Until 2:43PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:12AM	Sun 13 Sutra 190
	661276474		Yama 10:27AM – 11:52AM	Vaidhriti* Until 2:32PM	Muruqa: White	<i>Sunset:</i> 5:32PM	Subhakrit 5124
Family Home Evening		Rahu 7:37AM – 9:02AM	Catuspada Until 5:00AM Tue	Nataraja: Purple		Moon 10 - Phase 26 - 13	
Creative Work	Siddha Yoga		Chaturdashi* Until 5:30PM	Moon – Green		2nd Phase	
Until 2:43PM				Ashvina•Aipasi		Bhuloka Day	
Then Routine Work - Prabalarishta Yoga		Subramuniyaswami Mahasamadhi					
		Deepavali Hindu Solidarity Day					

	Tuesday, October 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Lucknow, India
	Retreat Star		Gulika 11:52AM – 1:17PM	Chitra Until 2:17PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:12AM	Sun 14 Sutra 191
	Tula Rasi: 1.56	Tithi 30 – 1	Yama 9:02AM – 10:27AM	Vishkambha* Until 12:31PM	Muruqa: White	<i>Sunset:</i> 5:31PM	Subhakrit 5124
661276474		Rahu 2:41PM – 4:06PM	Kintughna Until 3:36AM Wed	Nataraja: Purple		Moon 10 - Phase 26 - 14	
Creative Work	Siddha Yoga		Amavasya* Until 4:20PM	Moon – Green		Amavasya	
				Ashvina•Aipasi		Bhuloka Day	

Retreat Star	Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yukhtayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Lucknow, India
	Tula Rasi: 15.42	Tithi 1 – 2	Gulika 10:27AM – 11:52AM	Svati Until 1:15PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:13AM	Sun 15 Sutra 192
	661276574		Yama 7:38AM – 9:02AM	Priti Until 10:07AM	Muruqa: Clear	<i>Sunset:</i> 5:30PM	Subhakrit 5124
Creative Work	Siddha Yoga	Rahu 11:52AM – 1:16PM	Balava Until 1:46AM Thu	Nataraja: Clear		Moon 10 - Phase 26 - 15	
			Prathama* Until 2:43PM	Moon – Green		Prathama	
		Skanda Shasthi Begins		Karttika•Aipasi		Bhuloka Day	
						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

1		Thursday, October 27, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dviliya/Tritiyayam Titau		Lucknow, India Sun 16 Sutra 193 Subhakra 5124	
Tula Rasi: 29.43	Tithi 2 - 3	Gulika 9:03AM - 10:27AM	Vishakha Until 12:08PM	Ganesha: Purple	<i>Sunrise:</i> 6:14AM	Muruqa: Clear	<i>Sunset:</i> 5:30PM
		Yama 6:14AM - 7:38AM	Ayushman Until 7:24AM	Nataraja: Clear		Moon - Orange	Moon 10 - Phase 27 - 16
		671276574 Rahu 1:16PM - 2:41PM	Taitila Until 11:39PM				3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 12:43PM	Karttika-Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
2		Friday, October 28, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau		Lucknow, India Sun 17 Sutra 194 Subhakra 5124	
Vrischika Rasi: 13.54	Tithi 3 - 4	Gulika 7:38AM - 9:03AM	Anuradha Until 10:37AM	Ganesha: Purple	<i>Sunrise:</i> 6:14AM	Muruqa: Clear	<i>Sunset:</i> 5:29PM
		Yama 2:40PM - 4:04PM	Sobhana Until 1:24AM Sat	Nataraja: Clear		Moon - Orange	Moon 10 - Phase 27 - 17
		671276574 Rahu 10:27AM - 11:51AM	Vanija Until 9:20PM				3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 10:30AM	Karttika-Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Until 10:37AM							
Then Routine Work - Marana Yoga							
3		Saturday, October 29, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha/Mula Nakshatra Athiganda Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau		Lucknow, India Sun 18 Sutra 195 Subhakra 5124	
Vrischika Rasi: 28.13	Tithi 4 - 5	Gulika 6:15AM - 7:39AM	Jyeshtha* Until 8:51AM	Ganesha: Purple	<i>Sunrise:</i> 6:15AM	Muruqa: Clear	<i>Sunset:</i> 5:28PM
		Yama 1:16PM - 2:40PM	Athiganda* Until 10:15PM	Nataraja: Clear		Moon - Orange	Moon 10 - Phase 27 - 18
		671276574 Rahu 9:03AM - 10:27AM	Bava Until 6:57PM				3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 8:08AM	Karttika-Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
4		Sunday, October 30, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula/Purvashadha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Shashthiyam Titau		Lucknow, India Sun 19 Sutra 196 Subhakra 5124	
Dhanus Rasi: 12.32	Tithi 6	Gulika 2:39PM - 4:03PM	Mula* Until 7:19AM	Ganesha: Clear	<i>Sunrise:</i> 6:15AM	Muruqa: Clear	<i>Sunset:</i> 5:27PM
		Yama 11:51AM - 1:15PM	Sukarma Until 7:09PM	Nataraja: Clear		Moon - Light Blue	Moon 10 - Phase 27 - 19
		681276574 Rahu 4:03PM - 5:27PM	Kaulava Until 4:33PM				3rd Phase
Creative Work	Amrita Yoga		Shashthi* Until 3:22AM Mon	Karttika-Aipasi		Devaloka Day	
Until 7:19AM							
Then Creative Work - Siddha Yoga							
5		Monday, October 31, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saplamyam Titau		Lucknow, India Sun 20 Sutra 197 Subhakra 5124	
Dhanus Rasi: 26.5	Tithi 7	Gulika 1:15PM - 2:39PM	Uttarashadha Until 4:03AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 5:27PM
Family Home Evening		Yama 10:27AM - 11:51AM	Dhriti Until 4:07PM	Nataraja: Clear		Moon - Light Blue	Moon 10 - Phase 27 - 20
Routine Work	Marana Yoga	681276574 Rahu 7:40AM - 9:04AM	Gara Until 2:15PM				3rd Phase
Until 4:03AM Tue			Saptami Until 1:08AM Tue	Karttika-Aipasi		Devaloka Day	
Then Creative Work - Siddha Yoga							
Retreat Star		Tuesday, November 1, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau		Lucknow, India Sun 21 Sutra 198 Subhakra 5124	
Makara Rasi: 11.04	Tithi 8	Gulika 11:51AM - 1:15PM	Shravana Until 2:51AM Wed	Ganesha: White	<i>Sunrise:</i> 6:17AM	Muruqa: Clear	<i>Sunset:</i> 5:26PM
		Yama 9:04AM - 10:28AM	Shula* Until 1:11PM	Nataraja: Clear		Moon - Purple	Moon 10 - Phase 27 - 21
		691276574 Rahu 2:39PM - 4:02PM	Visti Until 12:05PM				Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 11:03PM	Karttika-Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Until 2:51AM Wed							
Then Routine Work - Prabalarishta Yoga							
Retreat Star		Wednesday, November 2, 2022		Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau		Lucknow, India Sun 22 Sutra 199 Subhakra 5124	
Makara Rasi: 25.1	Tithi 9	Gulika 10:28AM - 11:51AM	Dhanishtha Until 1:44AM Thu	Ganesha: Green	<i>Sunrise:</i> 6:17AM	Muruqa: Clear	<i>Sunset:</i> 5:25PM
		Yama 7:41AM - 9:04AM	Ganda* Until 10:25AM	Nataraja: Clear		Moon - Purple	Moon 10 - Phase 27 - 22
		692276574 Rahu 11:51AM - 1:15PM	Balava Until 10:07AM				Navami
Routine Work	Prabalarishta Yoga		Navami* Until 9:11PM	Karttika-Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Until 1:44AM Thu							
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 Lucknow, India on 5/1/2

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1	Thursday, November 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Lucknow, India
	Kumbha Rasi: 9.08	Tithi 10	Gulika 9:05AM – 10:28AM	Shatabhishak Until 12:42AM Fri	Ganesha: Green	Sunrise: 6:18AM	Sun 23 Sutra 200
			Yama 6:18AM – 7:41AM	Vridhhi Until 7:50AM	Muruqa: Clear	Sunset: 5:24PM	Subhakrit 5124
	692276574	Rahu 1:15PM – 2:38PM	Taitila Until 8:21AM	Dashami Until 7:33PM	Nataraja: Clear		Moon 10 - Phase 28 - 23 4th Phase
Creative Work	Siddha Yoga			Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	


2	Friday, November 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Lucknow, India
	Kumbha Rasi: 22.56	Tithi 11	Gulika 7:42AM – 9:05AM	Purvaproshtapada* Until 12:14AM Sat	Ganesha: Blue	Sunrise: 6:19AM	Sun 24 Sutra 201
			Yama 2:38PM – 4:01PM	Vyaghata* Until 3:16AM Sat	Muruqa: Clear	Sunset: 5:24PM	Subhakrit 5124
	612276574	Rahu 10:28AM – 11:51AM	Vanija Until 6:52AM	Ekadashi Until 6:12PM	Nataraja: Clear		Moon 10 - Phase 28 - 24 4th Phase
Creative Work	Siddha Yoga			Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	

3	Saturday, November 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lucknow, India
	Meena Rasi: 6.34	Tithi 12 – 13	Gulika 6:19AM – 7:42AM	Uttaraproshtapada Until 11:58PM	Ganesha: Blue	Sunrise: 6:19AM	Sun 25 Sutra 202
			Yama 1:14PM – 2:37PM	Harshana Until 1:24AM Sun	Muruqa: Clear	Sunset: 5:23PM	Subhakrit 5124
	612276574	Rahu 9:05AM – 10:28AM	Kaulava Until 4:49AM Sun	Dvadashi Until 5:10PM	Nataraja: Clear		Moon 10 - Phase 28 - 25 4th Phase
Creative Work	Siddha Yoga			Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 11:58PM				Karttika•Aipasi			
Then Routine Work - Prabararishta Yoga			<i>Pradosha Vrata</i>				

4	Sunday, November 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lucknow, India
	Meena Rasi: 20.01	Tithi 13 – 14	Gulika 2:37PM – 4:00PM	Revati Until 11:55PM	Ganesha: Blue	Sunrise: 6:20AM	Sun 26 Sutra 203
			Yama 11:51AM – 1:14PM	Vajra* Until 11:48PM	Muruqa: Clear	Sunset: 5:23PM	Subhakrit 5124
	612276574	Rahu 4:00PM – 5:23PM	Gara Until 4:22AM Mon	Trayodashi Until 4:31PM	Nataraja: Clear		Moon 10 - Phase 28 - 26 4th Phase
Creative Work	Amrita Yoga			Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 11:55PM				Karttika•Aipasi			
Then Creative Work - Siddha Yoga							

5	Monday, November 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Lucknow, India
	Mesha Rasi: 3.14	Tithi 14 – 15	Gulika 1:14PM – 2:37PM	Ashvini Until 12:37AM Tue	Ganesha: Blue	Sunrise: 6:21AM	Sun 27 Sutra 204
			Yama 10:29AM – 11:51AM	Siddhi Until 10:35PM	Muruqa: Clear	Sunset: 5:22PM	Subhakrit 5124
	722276574	Rahu 7:43AM – 9:06AM	Visti Until 4:22AM Tue	Chaturdashi* Until 4:17PM	Nataraja: Clear		Moon 10 - Phase 28 - 27 4th Phase
Creative Work	Siddha Yoga			Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

	Tuesday, November 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lucknow, India
	Copper Retreat Star		Gulika 11:51AM – 1:14PM	Bharani Until 1:38AM Wed	Ganesha: Blue	Sunrise: 6:21AM	Sutra 205
	Mesha Rasi: 16.13	Tithi 15 – 16	Yama 9:06AM – 10:29AM	Vyatipata* Until 9:44PM	Muruqa: Clear	Sunset: 5:21PM	Subhakrit 5124
	722276574	Rahu 2:36PM – 3:59PM	Balava Until 4:53AM Wed	Purnima* Until 4:32PM	Nataraja: Clear		Moon 10 - Phase 28 - Purnima
Creative Work	Siddha Yoga			Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 1:38AM Wed				Karttika•Aipasi			
Then Creative Work - Amrita Yoga							

	Wednesday, November 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Lucknow, India
	Silver Retreat Star		Gulika 10:29AM – 11:51AM	Krittika Until 2:59AM Thu	Ganesha: Blue	Sunrise: 6:22AM	Sutra 206
	Mesha Rasi: 28.57	Tithi 16 – 17	Yama 7:44AM – 9:07AM	Variyan Until 9:16PM	Muruqa: Clear	Sunset: 5:21PM	Subhakrit 5124
	722276574	Rahu 11:51AM – 1:14PM	Taitila Until 5:55AM Thu	Prathama* Until 5:19PM	Nataraja: Clear		Moon 10 - Phase 28 - Prathama
Creative Work	Amrita Yoga			Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 2:59AM Thu				Karttika•Aipasi			
Then Routine Work - Marana Yoga							

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



Thursday, November 10, 2022

Gold Retreat Star

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

Lucknow, India

Sun 1 Sutra 207

Subhakit 5124

Vrishabha Rasi: 11.28 Tithi 17

732276574

Gulika 9:07AM – 10:29AM
Yama 6:23AM – 7:45AM
Rahu 1:14PM – 2:36PM

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

Ganesha: Red *Sunrise:* 6:23AM
Muruqa: Clear *Sunset:* 5:20PM
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

Lucknow, India

Sun 2 Sutra 208

Subhakit 5124

Vrishabha Rasi: 23.45 Tithi 18

732276574

Gulika 7:46AM – 9:08AM
Yama 2:36PM – 3:58PM
Rahu 10:30AM – 11:52AM

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

Ganesha: Red *Sunrise:* 6:24AM
Muruqa: Clear *Sunset:* 5:20PM
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

Lucknow, India

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 5.52 Tithi 19

732276574

Gulika 6:24AM – 7:46AM
Yama 1:14PM – 2:36PM
Rahu 9:08AM – 10:30AM

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

Ganesha: Red *Sunrise:* 6:24AM
Muruqa: Clear *Sunset:* 5:19PM
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

Lucknow, India

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 17.5 Tithi 20

732276574

Gulika 2:35PM – 3:57PM
Yama 11:52AM – 1:14PM
Rahu 3:57PM – 5:19PM

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

Ganesha: Red *Sunrise:* 6:25AM
Muruqa: Clear *Sunset:* 5:19PM
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

Lucknow, India

Sun 5 Sutra 211

Subhakit 5124

Mithuna Rasi: 29.44 Tithi 21

742376574

Gulika 1:14PM – 2:35PM
Yama 10:30AM – 11:52AM
Rahu 7:47AM – 9:09AM

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

Ganesha: White *Sunrise:* 6:26AM
Muruqa: Clear *Sunset:* 5:18PM
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

Lucknow, India

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 11.37 Tithi 22

743376574

Gulika 11:52AM – 1:14PM
Yama 9:09AM – 10:31AM
Rahu 2:35PM – 3:57PM

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

Ganesha: Green *Sunrise:* 6:26AM
Muruqa: Clear *Sunset:* 5:18PM
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

Lucknow, India

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 23.32 Tithi 23

743376574

Gulika 10:31AM – 11:52AM
Yama 7:48AM – 9:10AM
Rahu 11:52AM – 1:14PM

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

Ganesha: Green *Sunrise:* 6:27AM
Muruqa: Clear *Sunset:* 5:18PM
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

Lucknow, India

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 5.34 Tithi 23 – 24

753376575

Gulika 9:10AM – 10:31AM
Yama 6:28AM – 7:49AM
Rahu 1:14PM – 2:35PM

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

Ganesha: Orange *Sunrise:* 6:28AM
Muruqa: Clear *Sunset:* 5:17PM
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

All times are standard time. Calculated for Lucknow, India on 5/1/2

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1	Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Lucknow, India Sun 9 Sutra 215
	Simha Rasi: 17.47	Tithi 24 – 25	Gulika 7:50AM – 9:11AM	Purvaphalguni Until 11:05PM	Ganesha: Orange	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
			Yama 2:35PM – 3:56PM	Vaidhrili* Until 1:07AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Moon 11 - Phase 30 - 9
	Creative Work	Siddha Yoga	753376575 Rahu 10:32AM – 11:53AM	Vanija Until 10:07PM	Nataraja: Purple		2nd Phase
			Navami* Until 9:31AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2	Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lucknow, India Sun 10 Sutra 216
	Kanya Rasi: 0.17	Tithi 25 – 26	Gulika 6:29AM – 7:50AM	Uttaraphalguni Until 12:04AM Sun	Ganesha: Orange	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
			Yama 1:14PM – 2:35PM	Vishkambha* Until 12:23AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Moon 11 - Phase 30 - 10
	Routine Work	Marana Yoga	753376575 Rahu 9:11AM – 10:32AM	Bava Until 10:43PM	Nataraja: Purple		2nd Phase
			Dashami Until 10:30AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3	Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Lucknow, India Sun 11 Sutra 217
	Kanya Rasi: 13.07	Tithi 26 – 27	Gulika 2:35PM – 3:56PM	Hasta Until 12:37AM Mon	Ganesha: Light Blue	<i>Sunrise:</i> 6:30AM	Subhakrit 5124
			Yama 11:53AM – 1:14PM	Priti Until 11:03PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 11 - Phase 30 - 11
	Creative Work	Amrita Yoga	753376575 Rahu 3:56PM – 5:16PM	Kaulava Until 10:33PM	Nataraja: Purple		2nd Phase
			Ekadashi* Until 10:43AM	Moon – Green		Devaloka Day	
				Karttika-Karttikai			

4	Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Lucknow, India Sun 12 Sutra 218
	Kanya Rasi: 26.19	Tithi 27 – 28	Gulika 1:14PM – 2:35PM	Chitra Until 12:15AM Tue	Ganesha: Light Blue	<i>Sunrise:</i> 6:31AM	Subhakrit 5124
	Family Home Evening		Yama 10:33AM – 11:53AM	Ayushman Until 9:06PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 11 - Phase 30 - 12
	Routine Work	Prabalarishta Yoga	753376575 Rahu 7:52AM – 9:12AM	Gara Until 9:37PM	Nataraja: Purple		2nd Phase
			Dvadashi* Until 10:10AM	Moon – Green		Devaloka Day	
				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Lucknow, India Sun 13 Sutra 219
	Tula Rasi: 9.58	Tithi 28 – 29	Gulika 11:54AM – 1:14PM	Svati Until 11:04PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 9:13AM – 10:33AM	Saubhagya Until 6:37PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 11 - Phase 30 - 13
	Creative Work	Siddha Yoga	753376575 Rahu 2:35PM – 3:55PM	Visti Until 8:00PM	Nataraja: Purple		2nd Phase
			Trayodashi* Until 8:52AM	Moon – Green		Devaloka Day	
				Karttika-Karttikai			

●	Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Lucknow, India Sun 14 Sutra 220
	Retreat Star		Gulika 10:34AM – 11:54AM	Vishakha Until 9:37PM	Ganesha: Purple	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
	Tula Rasi: 23.59	Tithi 29 – 30	Yama 7:53AM – 9:13AM	Sobhana Until 3:39PM	Muruqa: Clear	<i>Sunset:</i> 5:16PM	Moon 11 - Phase 30 - 14
	Creative Work	Siddha Yoga	773376575 Rahu 11:54AM – 1:14PM	Naga Until 4:28AM Thu	Nataraja: Purple		Amavasya
			Chaturdashi* Until 6:56AM	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

●	Thursday, November 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India Sun 15 Sutra 221
	Retreat Star		Gulika 9:14AM – 10:34AM	Anuradha Until 7:36PM	Ganesha: Purple	<i>Sunrise:</i> 6:33AM	Subhakrit 5124
	Vrischika Rasi: 8.23	Tithi 1	Yama 6:33AM – 7:53AM	Athiganda* Until 12:18PM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 30 - 15
	Creative Work	Siddha Yoga	773376575 Rahu 1:15PM – 2:35PM	Kintughna Until 3:06PM	Nataraja: Purple		Prathama
			Prathama* Until 1:38AM Fri	Moon – Orange		Devaloka Day	
				Margasira-Karttikai			

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

1		Friday, November 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lucknow, India Sun 16 Sutra 222 Subhakrit 5124
Vrischika Rasi: 23.01	Tithi 2	Gulika 7:54AM – 9:14AM	Jyeshtha* Until 5:11PM	Ganesha: Purple	<i>Sunrise:</i> 6:34AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 16 3rd Phase
Routine Work	Marana Yoga	Yama 2:35PM – 3:55PM	Sukarma Until 8:41AM	Nataraja: Purple		Moon – Orange		Devaloka Day
Until 5:11PM		773376575 Rahu 10:34AM – 11:55AM	Balava Until 12:09PM	Margasira-Karttikai				
Then Creative Work - Amrita Yoga			Dvitiya Until 10:35PM					
2		Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Taitila/Gara Karana Tritiyayam Titau				Lucknow, India Sun 17 Sutra 223 Subhakrit 5124
Dhanus Rasi: 7.48	Tithi 3	Gulika 6:35AM – 7:55AM	Mula* Until 2:56PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:35AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 17 3rd Phase
Routine Work	Marana Yoga	Yama 1:15PM – 2:35PM	Shula* Until 1:11AM Sun	Nataraja: Purple		Moon – Light Blue		Devaloka Day
Until 5:11PM		783376575 Rahu 9:15AM – 10:35AM	Taitila Until 9:02AM	Margasira-Karttikai				
Then Creative Work - Amrita Yoga			Tritiya Until 7:27PM					
3		Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lucknow, India Sun 18 Sutra 224 Subhakrit 5124
Dhanus Rasi: 22.36	Tithi 4 – 5	Gulika 2:35PM – 3:55PM	Purvashadha* Until 12:36PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:35AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 18 3rd Phase
Routine Work	Marana Yoga	Yama 11:55AM – 1:15PM	Ganda* Until 9:30PM	Nataraja: Purple		Moon – Light Blue		Devaloka Day
Until 12:36PM		783376575 Rahu 3:55PM – 5:15PM	Bava Until 2:59AM Mon	Margasira-Karttikai				
Then Creative Work - Amrita Yoga			Chaturthi* Until 4:25PM					
4		Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Lucknow, India Sun 19 Sutra 225 Subhakrit 5124
Makara Rasi: 7.17	Tithi 5 – 6	Gulika 1:15PM – 2:35PM	Uttarashadha Until 10:19AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:36AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 19 3rd Phase
Family Home Evening	Marana Yoga	Yama 10:36AM – 11:56AM	Vriddhi Until 6:02PM	Nataraja: Purple		Moon – Light Blue		Devaloka Day
Routine Work	Marana Yoga	783376575 Rahu 7:56AM – 9:16AM	Kaulava Until 12:17AM Tue	Margasira-Karttikai				
Until 10:19AM			Panchami Until 1:34PM					
Then Creative Work - Amrita Yoga								
5		Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lucknow, India Sun 20 Sutra 226 Subhakrit 5124
Makara Rasi: 21.46	Tithi 6 – 7	Gulika 11:56AM – 1:16PM	Shravana Until 8:36AM	Ganesha: Orange	<i>Sunrise:</i> 6:37AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 20 3rd Phase
Routine Work	Marana Yoga	Yama 9:16AM – 10:36AM	Dhruva Until 2:50PM	Nataraja: Purple		Moon – Purple		Sivaloka Day
Until 7:09AM		793376575 Rahu 2:35PM – 3:55PM	Gara Until 9:58PM	Margasira-Karttikai				
Then Creative Work - Siddha Yoga			Shashthi* Until 11:04AM					
Retreat Star		Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lucknow, India Sun 21 Sutra 227 Subhakrit 5124
Kumbha Rasi: 5.59	Tithi 7 – 8	Gulika 10:37AM – 11:56AM	Dhanishtha Until 7:09AM	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 21 Ashtami
Routine Work	Prabalarishta Yoga	Yama 7:57AM – 9:17AM	Vyaghata* Until 11:59AM	Nataraja: Purple		Moon – Purple		Sivaloka Day
Until 7:09AM		794376575 Rahu 11:56AM – 1:16PM	Visti Until 8:07PM	Margasira-Karttikai				
Then Creative Work - Siddha Yoga			Saptami Until 8:58AM					
Retreat Star		Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak*/Purvaprosithapada* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lucknow, India Sun 22 Sutra 228 Subhakrit 5124
Kumbha Rasi: 19.53	Tithi 8 – 9	Gulika 9:17AM – 10:37AM	Shatabhishak Until 6:02AM	Ganesha: Clear	<i>Sunrise:</i> 6:38AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM	Moon 11 - Phase 31 - 22 Navami
Routine Work	Marana Yoga	Yama 6:38AM – 7:58AM	Harshana Until 9:32AM	Nataraja: Purple		Moon – Purple		Sivaloka Day
Until 7:09AM		794376575 Rahu 1:16PM – 2:36PM	Balava Until 6:45PM	Margasira-Karttikai				
Then Creative Work - Siddha Yoga			Ashtami* Until 7:21AM					

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

1		Friday, December 2, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Vajra* Siddhi Yoga Kaulava/Gara Karana Navami/Dashmyam Titau		Lucknow, India Sun 23 Sutra 229	
Meena Rasi: 3.29	Tithi 9 – 10	Gulika 7:59AM – 9:18AM	Uttaraproshtapada Until 5:44AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:39AM				
		Yama 2:36PM – 3:55PM	Vajra* Until 7:27AM	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 - 23	4th Phase
		714376575 Rahu 10:37AM – 11:57AM	Gara Until 5:40AM Sat	Nataraja: Purple					
Creative Work	Siddha Yoga		Navami* Until 6:15AM	Moon – Clear				Sivaloka Day	
Until 5:44AM Sat				Margasira-Karttikai					
Then Routine Work - Prabalarishta Yoga									

2		Saturday, December 3, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Lucknow, India Sun 24 Sutra 230	
Meena Rasi: 16.48	Tithi 11	Gulika 6:40AM – 7:59AM	Revati Until 6:07AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:40AM				
		Yama 1:17PM – 2:36PM	Vyatipata* Until 4:34AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 - 24	4th Phase
		714376575 Rahu 9:19AM – 10:38AM	Vanija Until 5:35PM	Nataraja: Purple					
Routine Work	Prabalarishta Yoga		Ekadashi Until 5:36AM Sun	Moon – Clear				Sivaloka Day	
Until 6:07AM Sun				Margasira-Karttikai					
Then Creative Work - Siddha Yoga									

3		Sunday, December 4, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Variyan Yoga Bava/Balava Karana Dvadashyam Titau		Lucknow, India Sun 25 Sutra 231	
Meena Rasi: 29.5	Tithi 12	Gulika 2:36PM – 3:56PM	Revati Until 6:07AM	Ganesha: Red	<i>Sunrise:</i> 6:41AM				
		Yama 11:58AM – 1:17PM	Variyan Until 3:40AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 - 25	4th Phase
		714376575 Rahu 3:56PM – 5:15PM	Bava Until 5:45PM	Nataraja: Purple					
Creative Work	Amrita Yoga		Dvadashi Until 6:00AM Mon	Moon – Clear				Sivaloka Day	
Until 6:07AM				Margasira-Karttikai					
Then Creative Work - Siddha Yoga									

4		Monday, December 5, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Lucknow, India Sun 26 Sutra 232	
Mesha Rasi: 12.4	Tithi 12 – 13	Gulika 1:17PM – 2:37PM	Ashvini Until 7:15AM	Ganesha: Blue	<i>Sunrise:</i> 6:41AM				
Family Home Evening		Yama 10:39AM – 11:58AM	Parigha* Until 3:07AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 - 26	4th Phase
		724376575 Rahu 8:00AM – 9:20AM	Kaulava Until 6:23PM	Nataraja: Purple					
Creative Work	Siddha Yoga		Dvadashi Until 6:00AM	Moon – White				Devaloka Day	
				Margasira-Karttikai					

Pradosha Vrata

5		Tuesday, December 6, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Tatila/Gara Karana Trayodashi/Chaturdashyam Titau		Lucknow, India Sun 27 Sutra 233	
Mesha Rasi: 25.16	Tithi 13 – 14	Gulika 11:59AM – 1:18PM	Bharani Until 8:39AM	Ganesha: Blue	<i>Sunrise:</i> 6:42AM				
		Yama 9:20AM – 10:39AM	Shiva Until 2:53AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 - 27	4th Phase
		724376575 Rahu 2:37PM – 3:56PM	Gara Until 7:26PM	Nataraja: Purple					
Creative Work	Siddha Yoga		Trayodashi Until 6:50AM	Moon – White				Devaloka Day	
		Krittika Deepam		Margasira-Karttikai					

○		Wednesday, December 7, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Lucknow, India Sutra 234	
Copper Retreat Star		Gulika 10:40AM – 11:59AM	Krittika Until 10:17AM	Ganesha: Blue	<i>Sunrise:</i> 6:43AM				
Vrishabha Rasi: 7.42	Tithi 14 – 15	Yama 8:02AM – 9:21AM	Siddha Until 2:55AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:15PM			Moon 11 - Phase 32 -	Purnima
		724376575 Rahu 11:59AM – 1:18PM	Visti Until 8:52PM	Nataraja: Purple					
Creative Work	Amrita Yoga		Chaturdashi* Until 8:05AM	Moon – White				Devaloka Day	
Until 10:17AM				Margasira-Karttikai					
Then Creative Work - Siddha Yoga									

○		Thursday, December 8, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Lucknow, India Sutra 235	
Silver Retreat Star		Gulika 9:21AM – 10:40AM	Rohini Until 12:35PM	Ganesha: Yellow	<i>Sunrise:</i> 6:43AM				
Vrishabha Rasi: 19.59	Tithi 15 – 16	Yama 6:43AM – 8:02AM	Sadhya Until 3:13AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:16PM			Moon 11 - Phase 32 -	Prathama
		734376575 Rahu 1:18PM – 2:37PM	Balava Until 10:40PM	Nataraja: Purple					
Routine Work	Marana Yoga		Purnima* Until 9:42AM	Moon – Yellow				Sivaloka Day	
				Margasira-Karttikai					

Vinayaga Viratam Begins

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

Il times are standard time. Calculated for Lucknow, India on 5/1/2

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Friday, December 9, 2022

Gold Retreat Star

Mithuna Rasi: 2.07 Tithi 16 – 17

Creative Work Siddha Yoga

734476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam
Mrigashira/Ardra Nakshatra Subha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau**Gulika** 8:03AM – 9:22AM
Yama 2:38PM – 3:57PM
Rahu 10:41AM – 12:00PM**Mrigashira** Until 3:02PM
Subha Until 3:44AM Sat
Taitila Until 12:45AM Sat
Prathama* Until 11:39AM**Ganesha:** Red *Sunrise:* 6:44AM
Muruqa: Clear *Sunset:* 5:16PM
Nataraja: Purple
Moon – Yellow
Margasira-KarttikaiLucknow, India
Sutra 236
Subhakrit 5124
Moon 12 - Phase 33 -
1st Phase**Sivaloka Day**

1

Saturday, December 10, 2022

Mithuna Rasi: 14.09 Tithi 17 – 18

Creative Work Siddha Yoga

734476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam
Ardra/Punarvasu Nakshatra Sukla Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau**Gulika** 6:45AM – 8:04AM
Yama 1:19PM – 2:38PM
Rahu 9:23AM – 10:41AM**Ardra** Until 5:33PM
Sukla Until 4:24AM Sun
Vanija Until 3:05AM Sun
Dvitiya Until 1:52PM**Ganesha:** Red *Sunrise:* 6:45AM
Muruqa: Clear *Sunset:* 5:16PM
Nataraja: Purple
Moon – Yellow
Margasira-KarttikaiLucknow, India
Sun 1 Sutra 237
Subhakrit 5124
Moon 12 - Phase 33 - 1
1st Phase**Sivaloka Day**

2

Sunday, December 11, 2022

Mithuna Rasi: 26.05 Tithi 18 – 19

Creative Work Siddha Yoga

744476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam
Punarvasu Nakshatra Brahma Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau**Gulika** 2:39PM – 3:57PM
Yama 12:01PM – 1:20PM
Rahu 3:57PM – 5:16PM**Punarvasu** Until 8:36PM
Brahma Until 5:12AM Mon
Bava Until 5:34AM Mon
Tritiya Until 4:17PM**Ganesha:** Green *Sunrise:* 6:45AM
Muruqa: Clear *Sunset:* 5:16PM
Nataraja: Purple
Moon – Blue
Margasira-KarttikaiLucknow, India
Sun 2 Sutra 238
Subhakrit 5124
Moon 12 - Phase 33 - 2
1st Phase**Devaloka Day**

3

Monday, December 12, 2022

Kataka Rasi: 7.58 Tithi 19

Family Home Evening

Creative Work Siddha Yoga

745476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam
Pushya Nakshatra Indra Yoga Balava Karana Chaturthyam Titau**Gulika** 1:20PM – 2:39PM
Yama 10:42AM – 12:01PM
Rahu 8:05AM – 9:24AM**Pushya** Until 11:33PM
Indra Until 6:03AM Tue
Balava Until 6:49PM
Chaturthi* Until 6:49PM**Ganesha:** White *Sunrise:* 6:46AM
Muruqa: Clear *Sunset:* 5:16PM
Nataraja: Purple
Moon – Blue
Margasira-KarttikaiLucknow, India
Sun 3 Sutra 239
Subhakrit 5124
Moon 12 - Phase 33 - 3
1st Phase**Devaloka Day**

4

Tuesday, December 13, 2022

Kataka Rasi: 19.5 Tithi 20

Creative Work Siddha Yoga

745476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashlesha* Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Panchamyam Titau**Gulika** 12:02PM – 1:21PM
Yama 9:24AM – 10:43AM
Rahu 2:39PM – 3:58PM**Ashlesha*** Until 2:18AM Wed
Indra Until 6:03AM
Kaulava Until 8:06AM
Panchami Until 9:19PM**Ganesha:** White *Sunrise:* 6:47AM
Muruqa: Clear *Sunset:* 5:17PM
Nataraja: Purple
Moon – Blue
Margasira-KarttikaiLucknow, India
Sun 4 Sutra 240
Subhakrit 5124
Moon 12 - Phase 33 - 4
1st Phase**Devaloka Day**

5

Wednesday, December 14, 2022

Simha Rasi: 1.44 Tithi 21

Creative Work Siddha Yoga

755476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam
Magha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Shashthyam Titau**Gulika** 10:43AM – 12:02PM
Yama 8:06AM – 9:25AM
Rahu 12:02PM – 1:21PM**Magha*** Until 5:12AM Thu
Vaidhriti* Until 6:49AM
Gara Until 10:33AM
Shashthi* Until 11:40PM**Ganesha:** Clear *Sunrise:* 6:47AM
Muruqa: Clear *Sunset:* 5:17PM
Nataraja: Purple
Moon – Red
Margasira-KarttikaiLucknow, India
Sun 5 Sutra 241
Subhakrit 5124
Moon 12 - Phase 33 - 5
1st Phase**Sivaloka Day**

6

Thursday, December 15, 2022

Simha Rasi: 13.43 Tithi 22

Creative Work Siddha Yoga

755476575

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam
Purvaphalguni Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Saplamyam Titau**Gulika** 9:25AM – 10:44AM
Yama 6:48AM – 8:07AM
Rahu 1:21PM – 2:40PM**Purvaphalguni** Until 7:32AM Fri
Vishkambha* Until 7:25AM
Visti Until 12:44PM
Saptami Until 1:38AM Fri**Ganesha:** Clear *Sunrise:* 6:48AM
Muruqa: Clear *Sunset:* 5:17PM
Nataraja: Purple
Moon – Red
Margasira-KarttikaiLucknow, India
Sun 6 Sutra 242
Subhakrit 5124
Moon 12 - Phase 33 - 6
1st Phase**Sivaloka Day**

D

Friday, December 16, 2022

Retreat Star

Simha Rasi: 25.52 Tithi 23

Creative Work Siddha Yoga

755476575

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvaphalguni/Uttaraphalguni Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Ashtamyam Titau**Gulika** 8:07AM – 9:26AM
Yama 2:41PM – 3:59PM
Rahu 10:45AM – 12:03PM**Purvaphalguni** Until 7:32AM
Priti Until 7:43AM
Balava Until 2:27PM
Ashtami* Until 3:03AM Sat**Ganesha:** Clear *Sunrise:* 6:49AM
Muruqa: Clear *Sunset:* 5:18PM
Nataraja: Purple
Moon – Red
Margasira-MarkaliLucknow, India
Sun 7 Sutra 243
Subhakrit 5124
Moon 12 - Phase 33 - 7
Ashtami**Sivaloka Day****Markali Pillaiyar**

Saturday, December 17, 2022

Retreat Star

Kanya Rasi: 8.16 Tithi 24

Routine Work Marana Yoga

855476575

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Navamyam Titau**Gulika** 6:49AM – 8:08AM
Yama 1:22PM – 2:41PM
Rahu 9:26AM – 10:45AM**Uttaraphalguni** Until 9:08AM
Ayushman Until 7:32AM
Taitila Until 3:31PM
Navami* Until 3:44AM Sun**Ganesha:** White *Sunrise:* 6:49AM
Muruqa: Clear *Sunset:* 5:18PM
Nataraja: Purple
Moon – Red
Margasira-MarkaliLucknow, India
Sun 8 Sutra 244
Subhakrit 5124
Moon 12 - Phase 33 - 8
Navami**Devaloka Day**

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

All times are standard time. Calculated for Lucknow, India on 5/1/2

www.gurudeva.org/panchang

1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau			Lucknow, India Sun 9 Sutra 245 Subhakrit 5124
Kanya Rasi: 20.59	Tithi 25	Gulika 2:41PM – 4:00PM	Hasta Until 10:19AM	Ganesha: Clear	<i>Sunrise:</i> 6:50AM		
		Yama 12:04PM – 1:23PM	Saubhagya Until 6:47AM	Muruqa: Clear	<i>Sunset:</i> 5:19PM	Moon 12 - Phase 34 - 9	
		865476575 Rahu 4:00PM – 5:19PM	Vanija Until 3:47PM	Nataraja: Purple		2nd Phase	
Creative Work Amrita Yoga			Dashami Until 3:35AM Mon	Moon – Green		Sivaloka Day	
Until 10:19AM				Margasira*Markali			
Then Creative Work - Siddha Yoga							

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau			Lucknow, India Sun 10 Sutra 246 Subhakrit 5124
Tula Rasi: 4.08	Tithi 26	Gulika 1:23PM – 2:42PM	Chitra Until 10:31AM	Ganesha: Clear	<i>Sunrise:</i> 6:50AM		
Family Home Evening		Yama 10:46AM – 12:05PM	Athiganda* Until 3:19AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:19PM	Moon 12 - Phase 34 - 10	
Routine Work Prabalarishta Yoga		865476575 Rahu 8:09AM – 9:27AM	Bava Until 3:12PM	Nataraja: Purple		2nd Phase	
Until 10:31AM			Ekadashi* Until 2:34AM Tue	Moon – Green		Sivaloka Day	
Then Creative Work - Amrita Yoga				Margasira*Markali			

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau			Lucknow, India Sun 11 Sutra 247 Subhakrit 5124
Tula Rasi: 17.44	Tithi 27	Gulika 12:05PM – 1:24PM	Svati Until 9:45AM	Ganesha: Clear	<i>Sunrise:</i> 6:51AM		
		Yama 9:28AM – 10:47AM	Sukarma Until 12:37AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 12 - Phase 34 - 11	
		865476575 Rahu 2:42PM – 4:01PM	Kaulava Until 1:47PM	Nataraja: Purple		2nd Phase	
Creative Work Siddha Yoga			Dvadashi* Until 12:45AM Wed	Moon – Green		Sivaloka Day	
Until 9:45AM				Margasira*Markali			
Then Routine Work - Marana Yoga							

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau			Lucknow, India Sun 12 Sutra 248 Subhakrit 5124
Vrischika Rasi: 1.49	Tithi 28	Gulika 10:47AM – 12:06PM	Vishakha Until 8:31AM	Ganesha: Purple	<i>Sunrise:</i> 6:51AM		
		Yama 8:10AM – 9:29AM	Dhriti Until 9:22PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 12 - Phase 34 - 12	
		875476575 Rahu 12:06PM – 1:24PM	Gara Until 11:36AM	Nataraja: Purple		2nd Phase	
Creative Work Siddha Yoga			Trayodashi* Until 10:15PM	Moon – Orange		Devaloka Day	
		Day 1 of Pancha Ganapati		Margasira*Markali			
			<i>Pradosha Vrata (Fasting)</i>				

5		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Lucknow, India Sun 13 Sutra 249 Subhakrit 5124
Vrischika Rasi: 16.21	Tithi 29	Gulika 9:29AM – 10:48AM	Anuradha Until 6:30AM	Ganesha: Clear	<i>Sunrise:</i> 6:52AM		
		Yama 6:52AM – 8:10AM	Shula* Until 5:39PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 12 - Phase 34 - 13	
		876476575 Rahu 1:25PM – 2:43PM	Visti Until 8:48AM	Nataraja: Purple		2nd Phase	
Creative Work Siddha Yoga			Chaturdashi* Until 7:12PM	Moon – Orange		Sivaloka Day	
Until 6:30AM				Margasira*Markali			
Then Routine Work - Prabalarishta Yoga		Day 2 of Pancha Ganapati					

Retreat Star		Friday, December 23, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Lucknow, India Sun 14 Sutra 250 Subhakrit 5124
Dhanus Rasi: 1.14	Tithi 30 – 1	Gulika 8:11AM – 9:30AM	Mula* Until 1:12AM Sat	Ganesha: Orange	<i>Sunrise:</i> 6:52AM		
		Yama 2:44PM – 4:02PM	Ganda* Until 1:38PM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 12 - Phase 34 - 14	
		886476575 Rahu 10:48AM – 12:07PM	Kintughna Until 1:59AM Sat	Nataraja: Purple		Amavasya	
Creative Work Amrita Yoga			Amavasya* Until 3:46PM	Moon – Light Blue		Sivaloka Day	
Until 1:12AM Sat				Margasira*Markali			
Then Creative Work - Siddha Yoga		Day 3 of Pancha Ganapati					

Retreat Star		Saturday, December 24, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Lucknow, India Sun 15 Sutra 251 Subhakrit 5124
Dhanus Rasi: 16.22	Tithi 1 – 2	Gulika 6:53AM – 8:11AM	Purvashadha* Until 10:16PM	Ganesha: Orange	<i>Sunrise:</i> 6:53AM		
		Yama 1:26PM – 2:44PM	Vridhhi Until 9:26AM	Muruqa: Clear	<i>Sunset:</i> 5:22PM	Moon 12 - Phase 34 - 15	
		886476575 Rahu 9:30AM – 10:49AM	Balava Until 10:19PM	Nataraja: Purple		Prathama	
Creative Work Siddha Yoga			Prathama* Until 12:08PM	Moon – Light Blue		Sivaloka Day	
Until 10:16PM				Pausha*Markali			
Then Routine Work - Marana Yoga		Day 4 of Pancha Ganapati					

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

..ll times are standard time. Calculated for Lucknow, India on 5/1/2

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1		Sunday, December 25, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau		Lucknow, India Sun 16 Sutra 252 Subhakarit 5124	
Makara Rasi: 1.32	Tithi 2 - 3	886486576	Gulika 2:45PM - 4:03PM Yama 12:08PM - 1:26PM Rahu 4:03PM - 5:22PM	Uttarashadha Until 7:16PM Vyaghata* Until 1:00AM Mon Taitila Until 6:41PM Dvitiya Until 8:28AM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon - Light Blue Pausha-Markali	Sunrise: 6:53AM Sunset: 5:22PM	Moon 12 - Phase 35 - 16 3rd Phase
Creative Work Amrita Yoga		Day 5 of Pancha Ganapati		Subha Sivaloka Day			

2		Monday, December 26, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visiti* Karana Chaturthyam Titau		Lucknow, India Sun 17 Sutra 253 Subhakarit 5124	
Makara Rasi: 16.38	Tithi 4	896486576	Gulika 1:27PM - 2:45PM Yama 10:50AM - 12:08PM Rahu 8:12AM - 9:31AM	Shravana Until 4:45PM Harshana Until 9:05PM Vanija Until 3:18PM Chaturthi* Until 1:43AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 6:54AM Sunset: 5:23PM	Moon 12 - Phase 35 - 17 3rd Phase
Family Home Evening Creative Work Amrita Yoga Until 4:45PM Then Creative Work - Siddha Yoga				Sivaloka Day			

3		Tuesday, December 27, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Lucknow, India Sun 18 Sutra 254 Subhakarit 5124	
Kumbha Rasi: 1.29	Tithi 5	896486576	Gulika 12:09PM - 1:27PM Yama 9:31AM - 10:50AM Rahu 2:46PM - 4:05PM	Dhanishtha Until 2:30PM Vajra* Until 5:28PM Bava Until 12:17PM Panchami Until 10:57PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 6:54AM Sunset: 5:23PM	Moon 12 - Phase 35 - 18 3rd Phase
Creative Work Siddha Yoga Until 2:30PM Then Routine Work - Marana Yoga				Sivaloka Day			

4		Wednesday, December 28, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Lucknow, India Sun 19 Sutra 255 Subhakarit 5124	
Kumbha Rasi: 15.58	Tithi 6	896486576	Gulika 10:51AM - 12:09PM Yama 8:13AM - 9:32AM Rahu 12:09PM - 1:28PM	Shatabhishak Until 12:38PM Siddhi Until 2:20PM Kaulava Until 9:48AM Shashthi* Until 8:46PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 6:55AM Sunset: 5:24PM	Moon 12 - Phase 35 - 19 3rd Phase
Creative Work Siddha Yoga Until 12:38PM Then Creative Work - Amrita Yoga		Vinayaga Viratam Ends		Sivaloka Day			

5		Thursday, December 29, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Gara/Vanija Karana Saptamyam Titau		Lucknow, India Sun 20 Sutra 256 Subhakarit 5124	
Meena Rasi: 0.02	Tithi 7	817486576	Gulika 9:32AM - 10:51AM Yama 6:55AM - 8:14AM Rahu 1:28PM - 2:47PM	Purvaproshtapada* Until 11:42AM Vyatipata* Until 11:44AM Gara Until 7:57AM Saptami Until 7:17PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	Sunrise: 6:55AM Sunset: 5:24PM	Moon 12 - Phase 35 - 20 3rd Phase
Creative Work Siddha Yoga				Devaloka Day			

Retreat Star		Friday, December 30, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Visiti*/Bava Karana Ashtamyam Titau		Lucknow, India Sun 21 Sutra 257 Subhakarit 5124	
Meena Rasi: 13.4	Tithi 8	817486576	Gulika 8:14AM - 9:33AM Yama 2:48PM - 4:06PM Rahu 10:51AM - 12:10PM	Uttaraproshtapada Until 11:21AM Variyan Until 9:41AM Visiti Until 6:50AM Ashtami* Until 6:32PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	Sunrise: 6:55AM Sunset: 5:25PM	Moon 12 - Phase 35 - 21 Ashtami
Creative Work Siddha Yoga				Devaloka Day			

Retreat Star		Saturday, December 31, 2022		Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Lucknow, India Sun 22 Sutra 258 Subhakarit 5124	
Meena Rasi: 26.53	Tithi 9	817486576	Gulika 6:56AM - 8:14AM Yama 1:29PM - 2:48PM Rahu 9:33AM - 10:52AM	Revati Until 11:34AM Parigha* Until 8:14AM Balava Until 6:27AM Navami* Until 6:31PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	Sunrise: 6:56AM Sunset: 5:26PM	Moon 12 - Phase 35 - 22 Navami
Routine Work Prabalarishta Yoga Until 11:34AM Then Creative Work - Siddha Yoga				Devaloka Day			

1 Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dashamyam Titau			Lucknow, India Sun 23 Sutra 259 Subhakrit 5124
Mesha Rasi: 9.45	Tithi 10	Gulika 2:49PM – 4:08PM	Ashvini Until 12:46PM	Ganesha: Yellow <i>Sunrise:</i> 6:56AM	
		Yama 12:11PM – 1:30PM	Shiva Until 7:21AM	Muruqa: Purple <i>Sunset:</i> 5:26PM	Moon 12 - Phase 36 - 23
	827486576	Rahu 4:08PM – 5:26PM	Taitila Until 6:47AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Dashami Until 7:11PM	Moon – White	Sivaloka Day
Until 12:46PM				Pausha-Markali	
Then Routine Work - Prabalarishta Yoga					

2 Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau			Lucknow, India Sun 24 Sutra 260 Subhakrit 5124
Mesha Rasi: 22.19	Tithi 11	Gulika 1:30PM – 2:49PM	Bharani Until 2:23PM	Ganesha: Yellow <i>Sunrise:</i> 6:56AM	
Family Home Evening		Yama 10:53AM – 12:12PM	Siddha Until 6:54AM	Muruqa: Purple <i>Sunset:</i> 5:27PM	Moon 12 - Phase 36 - 24
	827486576	Rahu 8:15AM – 9:34AM	Vanija Until 7:46AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 8:25PM	Moon – White	Sivaloka Day
Until 2:23PM		Vaikuntha Ekadasi		Pausha-Markali	
Then Routine Work - Marana Yoga					

3 Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Dvadashyam Titau			Lucknow, India Sun 25 Sutra 261 Subhakrit 5124
Vrishabha Rasi: 4.4	Tithi 12	Gulika 12:12PM – 1:31PM	Krittika Until 4:17PM	Ganesha: Yellow <i>Sunrise:</i> 6:56AM	
		Yama 9:34AM – 10:53AM	Sadhya Until 6:52AM	Muruqa: Purple <i>Sunset:</i> 5:28PM	Moon 12 - Phase 36 - 25
	827486576	Rahu 2:50PM – 4:09PM	Bava Until 9:14AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 10:06PM	Moon – White	Sivaloka Day
Until 4:17PM				Pausha-Markali	
Then Creative Work - Amrita Yoga					

4 Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Lucknow, India Sun 26 Sutra 262 Subhakrit 5124
Vrishabha Rasi: 16.51	Tithi 13	Gulika 10:54AM – 12:13PM	Rohini Until 6:51PM	Ganesha: White <i>Sunrise:</i> 6:57AM	
		Yama 8:16AM – 9:35AM	Subha Until 7:08AM	Muruqa: Purple <i>Sunset:</i> 5:28PM	Moon 12 - Phase 36 - 26
	838586576	Rahu 12:13PM – 1:32PM	Kaulava Until 11:05AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 12:06AM Thu	Moon – Yellow	Devaloka Day
				Pausha-Markali	
<i>Pradosha Vrata</i>					

5 Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Lucknow, India Sun 27 Sutra 263 Subhakrit 5124
Vrishabha Rasi: 28.55	Tithi 14	Gulika 9:35AM – 10:54AM	Mrigashira Until 9:29PM	Ganesha: White <i>Sunrise:</i> 6:57AM	
		Yama 6:57AM – 8:16AM	Sukla Until 7:35AM	Muruqa: Purple <i>Sunset:</i> 5:29PM	Moon 12 - Phase 36 - 27
	838586576	Rahu 1:32PM – 2:51PM	Gara Until 1:13PM	Nataraja: Clear	4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 2:20AM Fri	Moon – Yellow	Devaloka Day
		Subramuniyaswami Jayanti		Pausha-Markali	

Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Purnimayam Titau			Lucknow, India Sutra 264 Subhakrit 5124
Copper Retreat Star		Gulika 8:16AM – 9:35AM	Ardra Until 12:06AM Sat	Ganesha: White <i>Sunrise:</i> 6:57AM	
Mithuna Rasi: 10.54	Tithi 15	Yama 2:52PM – 4:11PM	Brahma Until 8:12AM	Muruqa: Purple <i>Sunset:</i> 5:30PM	Moon 12 - Phase 36 - Purnima
	838586576	Rahu 10:54AM – 12:13PM	Visti Until 3:31PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Purnima* Until 4:42AM Sat	Moon – Yellow	Devaloka Day
				Pausha-Markali	
Ardra Darshanam					

Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau			Lucknow, India Sutra 265 Subhakrit 5124
Silver Retreat Star		Gulika 6:57AM – 8:16AM	Punarvasu Until 3:08AM Sun	Ganesha: Clear <i>Sunrise:</i> 6:57AM	
Mithuna Rasi: 22.5	Tithi 16	Yama 1:33PM – 2:52PM	Indra Until 8:55AM	Muruqa: Purple <i>Sunset:</i> 5:31PM	Moon 12 - Phase 36 - Prathama
	848586576	Rahu 9:36AM – 10:55AM	Balava Until 5:56PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Prathama* Until 7:09AM Sun	Moon – Blue	Sivaloka Day
				Pausha-Markali	

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 4.44 Tithi 16 – 17

848586576

Creative Work Siddha Yoga

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

Gulika 2:53PM – 4:12PM
Yama 12:14PM – 1:34PM
Rahu 4:12PM – 5:31PM

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

Ganesha: Clear *Sunrise: 6:57AM*
Muruqa: Purple *Sunset: 5:31PM*
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sivaloka Day

Lucknow, India
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

1

Monday, January 9, 2023

Kataka Rasi: 16.38 Tithi 17 – 18

Family Home Evening

848586576

Creative Work Siddha Yoga

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

Gulika 1:34PM – 2:53PM
Yama 10:55AM – 12:15PM
Rahu 8:17AM – 9:36AM

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

Ganesha: Clear *Sunrise: 6:57AM*
Muruqa: Purple *Sunset: 5:32PM*
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sivaloka Day

Lucknow, India
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

2

Tuesday, January 10, 2023

Kataka Rasi: 28.31 Tithi 18 – 19

Creative Work Siddha Yoga

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

Gulika 12:15PM – 1:35PM
Yama 9:36AM – 10:56AM
Rahu 2:54PM – 4:13PM

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

Ganesha: Clear *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:33PM*
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sivaloka Day

Lucknow, India
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

3

Wednesday, January 11, 2023

Simha Rasi: 10.27 Tithi 19 – 20

Creative Work Siddha Yoga

Until 11:46AM

Then Creative Work - Amrita Yoga

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

Gulika 10:56AM – 12:16PM
Yama 8:17AM – 9:37AM
Rahu 12:16PM – 1:35PM

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

Ganesha: Clear *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:34PM*
Nataraja: Clear
Moon – Red
Pausha-Markali

Sivaloka Day

Lucknow, India
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

4

Thursday, January 12, 2023

Simha Rasi: 22.27 Tithi 20 – 21

Creative Work Siddha Yoga

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

Gulika 9:37AM – 10:56AM
Yama 6:58AM – 8:17AM
Rahu 1:36PM – 2:55PM

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

Ganesha: Clear *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:34PM*
Nataraja: Clear
Moon – Red
Pausha-Markali

Sivaloka Day

Lucknow, India
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

5

Friday, January 13, 2023

Kanya Rasi: 4.35 Tithi 21

Creative Work Siddha Yoga

Until 4:25PM

Then Creative Work - Amrita Yoga

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

Gulika 8:17AM – 9:37AM
Yama 2:56PM – 4:15PM
Rahu 10:57AM – 12:16PM

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

Ganesha: Clear *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:35PM*
Nataraja: Clear
Moon – Red
Pausha-Markali

Sivaloka Day

Lucknow, India
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

6

Saturday, January 14, 2023

Kanya Rasi: 16.55 Tithi 22

Routine Work Marana Yoga

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

Gulika 6:58AM – 8:17AM
Yama 1:37PM – 2:56PM
Rahu 9:37AM – 10:57AM

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

Ganesha: White *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:36PM*
Nataraja: Clear
Moon – Green
Pausha-Thai

Subha Sivaloka Day

Thai Pongal

Lucknow, India
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

Retreat Star

Sunday, January 15, 2023

Kanya Rasi: 29.32 Tithi 23

Creative Work Siddha Yoga

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

Gulika 2:57PM – 4:17PM
Yama 12:17PM – 1:37PM
Rahu 4:17PM – 5:37PM

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

Ganesha: White *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:37PM*
Nataraja: Clear
Moon – Green
Pausha-Thai

Subha Sivaloka Day

Lucknow, India
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Monday, January 16, 2023

Retreat Star

Tula Rasi: 12.32 Tithi 24

Family Home Evening

Creative Work Amrita Yoga

Until 7:16PM

Then Routine Work - Marana Yoga

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

Gulika 1:37PM – 2:57PM
Yama 10:57AM – 12:17PM
Rahu 8:18AM – 9:38AM

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

Ganesha: White *Sunrise: 6:58AM*
Muruqa: Purple *Sunset: 5:37PM*
Nataraja: Clear
Moon – Green
Pausha-Thai

Subha Sivaloka Day

Lucknow, India
Sun 8 Sutra 274
Subhakrit 5124
Moon 1 - Phase 37 - 8
Navami

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

Il times are standard time. Calculated for Lucknow, India on 5/1/2


www.gurudeva.org/panchang


1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Lucknow, India
	Tula Rasi: 25.59	Tithi 25	Gulika 12:18PM – 1:38PM	Vishakha Until 6:45PM	Ganesha: Yellow	<i>Sunrise:</i> 6:57AM	Sun 9 Sutra 275
			Yama 9:38AM – 10:58AM	Shula* Until 8:33AM	Muruqa: Purple	<i>Sunset:</i> 5:38PM	Subhakrit 5124
	879586576	Rahu 2:58PM – 4:18PM		Vanija Until 6:53AM	Nataraja: Clear		Moon 1 - Phase 38 - 9
Routine Work Marana Yoga				Moon – Orange		2nd Phase	
Until 6:45PM			Dashami Until 6:06PM	Pausha -Thai	Sivaloka Day		
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadasyam Titau				Lucknow, India
	Vrischika Rasi: 9.55	Tithi 26 – 27	Gulika 10:58AM – 12:18PM	Anuradha Until 5:18PM	Ganesha: Yellow	<i>Sunrise:</i> 6:57AM	Sun 10 Sutra 276
			Yama 8:18AM – 9:38AM	Vriddhi Until 2:41AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:39PM	Subhakrit 5124
	879586576	Rahu 12:18PM – 1:38PM		Kaulava Until 2:43AM Thu	Nataraja: Clear		Moon 1 - Phase 38 - 10
Creative Work Siddha Yoga				Moon – Orange		2nd Phase	
			Ekadashi* Until 4:00PM	Pausha -Thai	Sivaloka Day		

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailila/Gara Karana Dvadashti/Trayodashyam Titau				Lucknow, India
	Vrischika Rasi: 24.2	Tithi 27 – 28	Gulika 9:38AM – 10:58AM	Jyeshtha* Until 3:03PM	Ganesha: Yellow	<i>Sunrise:</i> 6:57AM	Sun 11 Sutra 277
			Yama 6:57AM – 8:18AM	Dhruva Until 10:56PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Subhakrit 5124
	871586576	Rahu 1:39PM – 2:59PM		Gara Until 11:39PM	Nataraja: Clear		Moon 1 - Phase 38 - 11
Routine Work Prabalarishta Yoga				Moon – Orange		2nd Phase	
Until 3:03PM			Dvadashti* Until 1:14PM	Pausha -Thai	Sivaloka Day		
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata (Fasting)</i>							

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Lucknow, India
	Dhanus Rasi: 9.12	Tithi 28 – 29	Gulika 8:17AM – 9:38AM	Mula* Until 12:34PM	Ganesha: Red	<i>Sunrise:</i> 6:57AM	Sun 12 Sutra 278
			Yama 3:00PM – 4:20PM	Vyaghata* Until 6:50PM	Muruqa: Purple	<i>Sunset:</i> 5:41PM	Subhakrit 5124
	881586576	Rahu 10:58AM – 12:19PM		Visti Until 8:08PM	Nataraja: Clear		Moon 1 - Phase 38 - 12
Creative Work Amrita Yoga				Moon – Light Blue		2nd Phase	
Until 12:34PM			Trayodashi* Until 9:55AM	Pausha -Thai	Sivaloka Day		
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Lucknow, India
	Retreat Star		Gulika 6:57AM – 8:17AM	Purvashadha* Until 9:36AM	Ganesha: Red	<i>Sunrise:</i> 6:57AM	Sun 13 Sutra 279
	Dhanus Rasi: 24.22	Tithi 29 – 30	Yama 1:40PM – 3:00PM	Harshana Until 2:31PM	Muruqa: Purple	<i>Sunset:</i> 5:41PM	Subhakrit 5124
	881586576	Rahu 9:38AM – 10:59AM		Naga Until 2:23AM Sun	Nataraja: Clear		Moon 1 - Phase 38 - 13
Creative Work Siddha Yoga				Moon – Light Blue		Amavasya	
Until 9:36AM			Chaturdashi* Until 6:14AM	Pausha -Thai	Sivaloka Day		
Then Routine Work - Marana Yoga							

	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India
	Retreat Star		Gulika 3:01PM – 4:21PM	Uttarashadha Until 6:21AM	Ganesha: Red	<i>Sunrise:</i> 6:57AM	Sun 14 Sutra 280
	Makara Rasi: 9.41	Tithi 1	Yama 12:19PM – 1:40PM	Vajra* Until 10:04AM	Muruqa: Purple	<i>Sunset:</i> 5:42PM	Subhakrit 5124
	881586576	Rahu 4:21PM – 5:42PM		Kintughna Until 12:27PM	Nataraja: Clear		Moon 1 - Phase 38 - 14
Creative Work Amrita Yoga				Moon – Light Blue		Prathama	
			Prathama* Until 10:31PM	Magha -Thai	Sivaloka Day		

Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau			Lucknow, India Sun 15 Sutra 281 Subhakrit 5124
1	Makara Rasi: 24.59 Tithi 2	Gulika 1:40PM – 3:01PM	Dhanishtha Until 12:30AM Tue	Ganesha: Yellow <i>Sunrise:</i> 6:56AM	
Family Home Evening	891586576	Yama 10:59AM – 12:20PM	Vyatipata* Until 1:31AM Tue	Muruqa: Purple <i>Sunset:</i> 5:43PM	Moon 1 - Phase 39 - 15
Creative Work Siddha Yoga		Rahu 8:17AM – 9:38AM	Balava Until 8:39AM	Nataraja: Clear	3rd Phase
Until 12:30AM Tue			Dvitiya Until 6:49PM	Moon – Purple	Sivaloka Day
Then Routine Work - Marana Yoga				Magha*Thai	

Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau			Lucknow, India Sun 16 Sutra 282 Subhakrit 5124
2	Kumbha Rasi: 10.05 Tithi 3 – 4	Gulika 12:20PM – 1:41PM	Shatabhishak Until 9:54PM	Ganesha: Yellow <i>Sunrise:</i> 6:56AM	
	891586576	Yama 9:38AM – 10:59AM	Variyan Until 9:39PM	Muruqa: Purple <i>Sunset:</i> 5:44PM	Moon 1 - Phase 39 - 16
Routine Work Marana Yoga		Rahu 3:02PM – 4:23PM	Vanija Until 2:01AM Wed	Nataraja: Clear	3rd Phase
			Tritiya Until 3:29PM	Moon – Purple	Sivaloka Day
				Magha*Thai	

Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Yoga Visti*/Bava Karana Chalurthi/Panchamyam Titau			Lucknow, India Sun 17 Sutra 283 Subhakrit 5124
3	Kumbha Rasi: 24.5 Tithi 4 – 5	Gulika 10:59AM – 12:20PM	Purvaprossthapada* Until 8:08PM	Ganesha: Blue <i>Sunrise:</i> 6:56AM	
	911586576	Yama 8:17AM – 9:38AM	Parigha* Until 6:16PM	Muruqa: Purple <i>Sunset:</i> 5:44PM	Moon 1 - Phase 39 - 17
Creative Work Amrita Yoga		Rahu 12:20PM – 1:41PM	Bava Until 11:31PM	Nataraja: Clear	3rd Phase
Until 8:08PM			Chaturthi* Until 12:39PM	Moon – Clear	Subha Sivaloka Day
Then Creative Work - Siddha Yoga				Magha*Thai	

Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprossthapada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Lucknow, India Sun 18 Sutra 284 Subhakrit 5124
4	Meena Rasi: 9.09 Tithi 5 – 6	Gulika 9:38AM – 10:59AM	Uttaraprossthapada Until 6:56PM	Ganesha: Blue <i>Sunrise:</i> 6:56AM	
	911586576	Yama 6:56AM – 8:17AM	Shiva Until 3:29PM	Muruqa: Purple <i>Sunset:</i> 5:45PM	Moon 1 - Phase 39 - 18
Creative Work Siddha Yoga		Rahu 1:42PM – 3:03PM	Kaulava Until 9:45PM	Nataraja: Clear	3rd Phase
			Panchami Until 10:31AM	Moon – Clear	Subha Sivaloka Day
				Magha*Thai	

Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Lucknow, India Sun 19 Sutra 285 Subhakrit 5124
5	Meena Rasi: 22.57 Tithi 6 – 7	Gulika 8:17AM – 9:38AM	Revati Until 6:25PM	Ganesha: Blue <i>Sunrise:</i> 6:55AM	
	911586576	Yama 3:03PM – 4:25PM	Siddha Until 1:18PM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 1 - Phase 39 - 19
Creative Work Siddha Yoga		Rahu 10:59AM – 12:21PM	Gara Until 8:50PM	Nataraja: Clear	3rd Phase
Until 6:25PM			Shashthi* Until 9:10AM	Moon – Clear	Subha Sivaloka Day
Then Creative Work - Amrita Yoga				Magha*Thai	

Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Lucknow, India Sun 20 Sutra 286 Subhakrit 5124
Retreat Star	Mesha Rasi: 6.16 Tithi 7 – 8	Gulika 6:55AM – 8:16AM	Ashvini Until 7:02PM	Ganesha: Yellow <i>Sunrise:</i> 6:55AM	
	921586576	Yama 1:42PM – 3:04PM	Sadhya Until 11:50AM	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 1 - Phase 39 - 20
Creative Work Siddha Yoga		Rahu 9:38AM – 10:59AM	Visti Until 8:48PM	Nataraja: Clear	Ashtami
			Saptami Until 8:41AM	Moon – White	Sivaloka Day
				Magha*Thai	

Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Lucknow, India Sun 21 Sutra 287 Subhakrit 5124
Retreat Star	Mesha Rasi: 19.09 Tithi 8 – 9	Gulika 3:04PM – 4:26PM	Bharani Until 8:18PM	Ganesha: Yellow <i>Sunrise:</i> 6:54AM	
	922686576	Yama 12:21PM – 1:43PM	Subha Until 11:01AM	Muruqa: Purple <i>Sunset:</i> 5:48PM	Moon 1 - Phase 39 - 21
Routine Work Prabalarishta Yoga		Rahu 4:26PM – 5:48PM	Balava Until 9:34PM	Nataraja: Clear	Navami
Until 8:18PM			Ashtami* Until 9:04AM	Moon – White	Sivaloka Day
Then Creative Work - Siddha Yoga				Magha*Thai	

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

Monday, January 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Lucknow, India Sun 22 Sutra 288 Subhakit 5124	
1		Gulika 1:43PM – 3:05PM	Krittika Until 10:05PM	Ganesha: Yellow	<i>Sunrise:</i> 6:54AM
Wrishabha Rasi: 1.4	Tithi 9 – 10	Yama 10:59AM – 12:21PM	Sukla Until 10:46AM	Muruqa: Purple	<i>Sunset:</i> 5:48PM
Family Home Evening	922686576	Rahu 8:16AM – 9:38AM	Taitila Until 11:02PM	Nataraja: Clear	Moon 1 - Phase 40 - 22 4th Phase
Routine Work Marana Yoga			Navami* Until 10:12AM	Moon – White	Sivaloka Day
Until 10:05PM				Magha-Thai	
Then Creative Work - Amrita Yoga					

Tuesday, January 31, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Lucknow, India Sun 23 Sutra 289 Subhakit 5124	
2		Gulika 12:21PM – 1:43PM	Rohini Until 12:41AM Wed	Ganesha: White	<i>Sunrise:</i> 6:54AM
Wrishabha Rasi: 13.55	Tithi 10 – 11	Yama 9:37AM – 10:59AM	Brahma Until 10:58AM	Muruqa: Purple	<i>Sunset:</i> 5:49PM
Creative Work Amrita Yoga	932686576	Rahu 3:05PM – 4:27PM	Vanija Until 1:01AM Wed	Nataraja: Clear	Moon 1 - Phase 40 - 23 4th Phase
Until 12:41AM Wed			Dashami Until 11:57AM	Moon – Yellow	Subha Sivaloka Day
Then Creative Work - Siddha Yoga				Magha-Thai	

Wednesday, February 1, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Lucknow, India Sun 24 Sutra 290 Subhakit 5124	
3		Gulika 10:59AM – 12:21PM	Mrigashira Until 3:26AM Thu	Ganesha: White	<i>Sunrise:</i> 6:54AM
Wrishabha Rasi: 25.59	Tithi 11 – 12	Yama 8:16AM – 9:37AM	Indra Until 11:31AM	Muruqa: Purple	<i>Sunset:</i> 5:49PM
Creative Work Siddha Yoga	932686576	Rahu 12:21PM – 1:43PM	Bava Until 3:20AM Thu	Nataraja: Clear	Moon 1 - Phase 40 - 24 4th Phase
Until 3:26AM Thu			Ekadashi Until 2:07PM	Moon – Yellow	Subha Sivaloka Day
Then Routine Work - Marana Yoga				Magha-Thai	

Thursday, February 2, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Lucknow, India Sun 25 Sutra 291 Subhakit 5124	
4		Gulika 9:37AM – 10:59AM	Ardra Until 6:10AM Fri	Ganesha: White	<i>Sunrise:</i> 6:53AM
Mithuna Rasi: 7.56	Tithi 12 – 13	Yama 6:53AM – 8:15AM	Vaidhriti* Until 12:13PM	Muruqa: Purple	<i>Sunset:</i> 5:50PM
Routine Work Marana Yoga	932686576	Rahu 1:44PM – 3:06PM	Kaulava Until 5:48AM Fri	Nataraja: Clear	Moon 1 - Phase 40 - 25 4th Phase
Until 6:10AM Fri			Dvadashi Until 4:32PM	Moon – Yellow	Subha Sivaloka Day
Then Creative Work - Siddha Yoga				Magha-Thai	
				<i>Pradosha Vrata</i>	

Friday, February 3, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila Karana Trayodashyam Titau		Lucknow, India Sun 26 Sutra 292 Subhakit 5124	
5		Gulika 8:15AM – 9:37AM	Ardra Until 6:10AM	Ganesha: White	<i>Sunrise:</i> 6:53AM
Mithuna Rasi: 19.49	Tithi 13	Yama 3:06PM – 4:28PM	Vishkambha* Until 1:02PM	Muruqa: Purple	<i>Sunset:</i> 5:51PM
Creative Work Siddha Yoga	932686576	Rahu 10:59AM – 12:22PM	Taitila Until 7:02PM	Nataraja: Clear	Moon 1 - Phase 40 - 26 4th Phase
			Trayodashi Until 7:02PM	Moon – Yellow	Subha Sivaloka Day
				Magha-Thai	

Saturday, February 4, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau		Lucknow, India Sun 27 Sutra 293 Subhakit 5124	
6		Gulika 6:52AM – 8:15AM	Punarvasu Until 9:17AM	Ganesha: Clear	<i>Sunrise:</i> 6:52AM
Kataka Rasi: 1.42	Tithi 14	Yama 1:44PM – 3:07PM	Priti Until 1:52PM	Muruqa: Purple	<i>Sunset:</i> 5:51PM
Creative Work Siddha Yoga	942686577	Rahu 9:37AM – 10:59AM	Gara Until 8:19AM	Nataraja: Orange	Moon 1 - Phase 40 - 27 4th Phase
		Thai Pusam	Chaturdashi* Until 9:32PM	Moon – Blue	Sivaloka Day
				Magha-Thai	

Sunday, February 5, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Lucknow, India Sutra 294 Subhakit 5124	
○		Gulika 3:07PM – 4:30PM	Pushya Until 12:11PM	Ganesha: Clear	<i>Sunrise:</i> 6:52AM
Kataka Rasi: 13.35	Tithi 15	Yama 12:22PM – 1:44PM	Ayushman Until 2:38PM	Muruqa: Purple	<i>Sunset:</i> 5:52PM
Copper Retreat Star	942686577	Rahu 4:30PM – 5:52PM	Visti Until 10:47AM	Nataraja: Orange	Moon 1 - Phase 40 - Purnima
Creative Work Siddha Yoga			Purnima* Until 11:57PM	Moon – Blue	Sivaloka Day
				Magha-Thai	

Monday, February 6, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Lucknow, India Sutra 295 Subhakit 5124	
○		Gulika 1:45PM – 3:07PM	Ashlesha* Until 2:49PM	Ganesha: Clear	<i>Sunrise:</i> 6:51AM
Kataka Rasi: 25.31	Tithi 16	Yama 10:59AM – 12:22PM	Saubhagya Until 3:20PM	Muruqa: Purple	<i>Sunset:</i> 5:53PM
Family Home Evening	942686577	Rahu 8:14AM – 9:37AM	Balava Until 1:09PM	Nataraja: Orange	Moon 1 - Phase 40 - Prathama
Creative Work Siddha Yoga			Prathama* Until 2:16AM Tue	Moon – Blue	Sivaloka Day
Until 2:49PM				Magha-Thai	
Then Routine Work - Marana Yoga					



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 7.29 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 12:22PM - 1:45PM
Yama 9:36AM - 10:59AM
Rahu 3:08PM - 4:31PM

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

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:50AM
Sunset: 5:54PM

Lucknow, India
Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 -
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 19.31 Tithi 18

952686577

Creative Work Amrita Yoga

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

Gulika 10:59AM - 12:22PM
Yama 8:13AM - 9:36AM
Rahu 12:22PM - 1:45PM

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

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:50AM
Sunset: 5:54PM

Lucknow, India
Sun 1 Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 1.38 Tithi 18 - 19

952686577

Amrita Yoga

Until 10:15PM
Then Routine Work - Marana Yoga

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

Gulika 9:36AM - 10:59AM
Yama 6:49AM - 8:13AM
Rahu 1:45PM - 3:09PM

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

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:49AM
Sunset: 5:55PM

Lucknow, India
Sun 2 Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 13.52 Tithi 19 - 20

962686577

Amrita Yoga

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

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

Gulika 8:12AM - 9:35AM
Yama 3:09PM - 4:32PM
Rahu 10:59AM - 12:22PM

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

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:49AM
Sunset: 5:56PM

Lucknow, India
Sun 3 Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 26.17 Tithi 20 - 21

963686577

Marana Yoga

Until 1:43AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 6:48AM - 8:12AM
Yama 1:46PM - 3:09PM
Rahu 9:35AM - 10:59AM

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

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:48AM
Sunset: 5:56PM

Lucknow, India
Sun 4 Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 8.56 Tithi 21 - 22

963686577

Siddha Yoga

Until 2:22AM Mon
Then Routine Work - Marana Yoga

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

Gulika 3:10PM - 4:33PM
Yama 12:22PM - 1:46PM
Rahu 4:33PM - 5:57PM

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

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:47AM
Sunset: 5:57PM

Lucknow, India
Sun 5 Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 21.53 Tithi 22 - 23

973686577

Family Home Evening

Marana Yoga

Until 2:38AM Tue
Then Creative Work - Siddha Yoga

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

Gulika 1:46PM - 3:10PM
Yama 10:58AM - 12:22PM
Rahu 8:11AM - 9:34AM

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

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Orange
Magha-Masi

Sunrise: 6:47AM
Sunset: 5:58PM

Lucknow, India
Sun 6 Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 6
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 5.13 Tithi 23 - 24

973686577

Siddha Yoga

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

Gulika 12:22PM - 1:46PM
Yama 9:34AM - 10:58AM
Rahu 3:10PM - 4:34PM

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

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Orange
Magha-Masi

Sunrise: 6:46AM
Sunset: 5:59PM

Lucknow, India
Sun 7 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 7
Navami

Sivaloka Day

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

all times are standard time. Calculated for Lucknow, India on 5/1/2

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1	Wednesday, February 15, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Lucknow, India Sun 8 Sutra 304 Subhakra 5124
	Wrischika Rasi: 18.57	Tithi 24 – 25	973686577	Gulika 10:58AM – 12:22PM Yama 8:09AM – 9:34AM Rahu 12:22PM – 1:46PM	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: 6:45AM Sunset: 5:59PM Moon 2 - Phase 42 - 8 2nd Phase Sivaloka Day
	Creative Work Siddha Yoga						

2	Thursday, February 16, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Lucknow, India Sun 9 Sutra 305 Subhakra 5124
	Dhanus Rasi: 3.08	Tithi 26	983686577	Gulika 9:33AM – 10:58AM Yama 6:44AM – 8:09AM Rahu 1:47PM – 3:11PM	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: 6:44AM Sunset: 6:00PM Moon 2 - Phase 42 - 9 2nd Phase Devaloka Day
	Creative Work Siddha Yoga						

3	Friday, February 17, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lucknow, India Sun 10 Sutra 306 Subhakra 5124
	Dhanus Rasi: 17.44	Tithi 27	983686577	Gulika 8:08AM – 9:33AM Yama 3:11PM – 4:36PM Rahu 10:58AM – 12:22PM	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: 6:44AM Sunset: 6:01PM Moon 2 - Phase 42 - 10 2nd Phase Devaloka Day
	Routine Work Prabalarishta Yoga Until 8:23PM Then Routine Work - Marana Yoga						

4	Saturday, February 18, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau				Lucknow, India Sun 11 Sutra 307 Subhakra 5124
	Makara Rasi: 2.4	Tithi 28	983686577	Gulika 6:43AM – 8:08AM Yama 1:47PM – 3:12PM Rahu 9:32AM – 10:57AM	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: 6:43AM Sunset: 6:01PM Moon 2 - Phase 42 - 11 2nd Phase Devaloka Day
	Routine Work Marana Yoga Until 5:29PM Then Creative Work - Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, February 19, 2023		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				Lucknow, India Sun 12 Sutra 308 Subhakra 5124
	Makara Rasi: 17.49	Tithi 29 – 30	993686577	Gulika 3:12PM – 4:37PM Yama 12:22PM – 1:47PM Rahu 4:37PM – 6:02PM	Shravana Until 2:41PM Varyani Until 3:15PM Visti Until 6:10AM Chaturdashi* Until 4:17PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:42AM Sunset: 6:02PM Moon 2 - Phase 42 - 12 2nd Phase Devaloka Day
	Creative Work Amrita Yoga Until 2:41PM Then Routine Work - Marana Yoga						

●	Monday, February 20, 2023		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				Lucknow, India Sun 13 Sutra 309 Subhakra 5124		
	Retreat Star		Kumbha Rasi: 3.01	Tithi 30 – 1	993686577	Gulika 1:47PM – 3:12PM Yama 10:57AM – 12:22PM Rahu 8:06AM – 9:32AM	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: 6:41AM Sunset: 6:02PM Moon 2 - Phase 42 - 13 Amavasya Devaloka Day
	Family Home Evening Creative Work Siddha Yoga								

●	Tuesday, February 21, 2023		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				Lucknow, India Sun 14 Sutra 310 Subhakra 5124		
	Retreat Star		Kumbha Rasi: 18.06	Tithi 1 – 2	993686577	Gulika 12:22PM – 1:47PM Yama 9:31AM – 10:56AM Rahu 3:12PM – 4:38PM	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: 6:40AM Sunset: 6:03PM Moon 2 - Phase 42 - 14 Prathama Devaloka Day
	Routine Work Marana Yoga								

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 Lucknow, India on 5/1/2

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1		Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Lucknow, India Purvaprosarthapada/Uttaraprosarthapada Nakshatra Sadhya Yoga Kaulava/Gara Karana Dviliya/Trityayam Titau Sun 15 Sutra 311			
Meena Rasi: 2.55	Tithi 2 - 3	Gulika 10:56AM - 12:22PM	Purvaprosarthapada* Until 6:40AM	Ganesha: Red	<i>Sunrise:</i> 6:40AM		Subhakrit 5124
		Yama 8:05AM - 9:31AM	Sadhya Until 11:46PM	Muruqa: Purple	<i>Sunset:</i> 6:04PM	Moon 2 - Phase 43 - 15	
		913686577 Rahu 12:22PM - 1:47PM	Gara Until 3:27AM Thu	Nataraja: Orange		3rd Phase	
Creative Work Amrita Yoga			Dvitiya Until 6:01AM	Moon - Clear		Sivaloka Day	
Until 6:40AM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

2		Thursday, February 23, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Lucknow, India Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau Sun 16 Sutra 312			
Meena Rasi: 17.2	Tithi 4	Gulika 9:30AM - 10:56AM	Revati Until 3:35AM Fri	Ganesha: Blue	<i>Sunrise:</i> 6:39AM		Subhakrit 5124
		Yama 6:39AM - 8:04AM	Subha Until 8:57PM	Muruqa: Purple	<i>Sunset:</i> 6:04PM	Moon 2 - Phase 43 - 16	
		913786577 Rahu 1:47PM - 3:13PM	Vanija Until 2:27PM	Nataraja: Orange		3rd Phase	
Creative Work Siddha Yoga			Chaturthi* Until 1:35AM Fri	Moon - Clear		Subha Sivaloka Day	
Until 3:35AM Fri				Phalguna-Masi			
Then Creative Work - Amrita Yoga		Subramuniyaswami Siva Vision Day					

3		Friday, February 24, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Lucknow, India Ashvini Nakshatra Sukla Yoga Bava/Balava Karana Panchamyam Titau Sun 17 Sutra 313			
Mesha Rasi: 1.17	Tithi 5	Gulika 8:04AM - 9:30AM	Ashvini Until 3:25AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM		Subhakrit 5124
		Yama 3:13PM - 4:39PM	Sukla Until 6:45PM	Muruqa: Purple	<i>Sunset:</i> 6:05PM	Moon 2 - Phase 43 - 17	
		923786577 Rahu 10:56AM - 12:21PM	Bava Until 12:58PM	Nataraja: Orange		3rd Phase	
Creative Work Amrita Yoga			Panchami Until 12:32AM Sat	Moon - White		Sivaloka Day	
Until 3:25AM Sat				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

4		Saturday, February 25, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Lucknow, India Bharani Nakshatra Brahma/Indra Yoga Kaulava/Tailila Karana Shashthyam Titau Sun 18 Sutra 314			
Mesha Rasi: 14.45	Tithi 6	Gulika 6:37AM - 8:03AM	Bharani Until 3:57AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 6:37AM		Subhakrit 5124
		Yama 1:47PM - 3:13PM	Brahma Until 5:14PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM	Moon 2 - Phase 43 - 18	
		923786577 Rahu 9:29AM - 10:55AM	Kaulava Until 12:21PM	Nataraja: Orange		3rd Phase	
Creative Work Siddha Yoga			Shashthi* Until 12:20AM Sun	Moon - White		Sivaloka Day	
				Phalguna-Masi			

5		Sunday, February 26, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Lucknow, India Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau Sun 19 Sutra 315			
Mesha Rasi: 27.45	Tithi 7	Gulika 3:14PM - 4:40PM	Krittika Until 5:09AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:36AM		Subhakrit 5124
		Yama 12:21PM - 1:47PM	Indra Until 4:25PM	Muruqa: Purple	<i>Sunset:</i> 6:06PM	Moon 2 - Phase 43 - 19	
		924786577 Rahu 4:40PM - 6:06PM	Gara Until 12:35PM	Nataraja: Orange		3rd Phase	
Creative Work Siddha Yoga			Saptami Until 1:00AM Mon	Moon - White		Devaloka Day	
Until 5:09AM Mon				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

Monday, February 27, 2023		Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Lucknow, India Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau Sun 20 Sutra 316			
Vrishabha Rasi: 10.21	Tithi 8	Gulika 1:47PM - 3:14PM	Rohini Until 7:21AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 6:35AM		Subhakrit 5124
Family Home Evening		Yama 10:55AM - 12:21PM	Vaidhriti* Until 4:11PM	Muruqa: Purple	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 43 - 20	
Creative Work Amrita Yoga		934786577 Rahu 8:02AM - 9:28AM	Visti Until 1:39PM	Nataraja: Orange		Ashtami	
Until 7:21AM Tue			Ashtami* Until 2:25AM Tue	Moon - Yellow		Sivaloka Day	
Then Creative Work - Siddha Yoga				Phalguna-Masi			

Tuesday, February 28, 2023		Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Lucknow, India Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau Sun 21 Sutra 317			
Vrishabha Rasi: 22.38	Tithi 9	Gulika 12:21PM - 1:47PM	Rohini Until 7:21AM	Ganesha: Yellow	<i>Sunrise:</i> 6:34AM		Subhakrit 5124
		Yama 9:28AM - 10:54AM	Vishkambha* Until 4:27PM	Muruqa: Purple	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 43 - 21	
		934786577 Rahu 3:14PM - 4:41PM	Balava Until 3:22PM	Nataraja: Orange		Navami	
Creative Work Amrita Yoga			Navami* Until 4:24AM Wed	Moon - Yellow		Sivaloka Day	
Until 7:21AM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

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

1		Wednesday, March 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Lucknow, India Sun 22 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 4.42	Tithi 10	Gulika 10:53AM – 12:20PM	Mrigashira Until 9:54AM	Ganesha: Yellow	Sunrise: 6:32AM	Moon 2 - Phase 44 - 22	4th Phase
934786577	Rahu 12:20PM – 1:48PM	Yama 7:59AM – 9:26AM	Priti Until 5:04PM	Muruqa: Purple	Sunset: 6:09PM		
Creative Work	Siddha Yoga		Taitila Until 5:34PM	Nataraja: Orange			
			Dashami Until 6:45AM Thu	Moon – Yellow			Sivaloka Day
				Phalguna-Masi			
2		Thursday, March 2, 2023		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		Lucknow, India Sun 23 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 16.38	Tithi 10 – 11	Gulika 9:26AM – 10:53AM	Ardra Until 12:36PM	Ganesha: Yellow	Sunrise: 6:31AM	Moon 2 - Phase 44 - 23	4th Phase
934786577	Rahu 1:48PM – 3:15PM	Yama 6:31AM – 7:59AM	Ayushman Until 5:52PM	Muruqa: Purple	Sunset: 6:09PM		
Routine Work	Marana Yoga		Vanija Until 8:01PM	Nataraja: Orange			
Until 12:36PM			Dashami Until 6:45AM	Moon – Yellow			Sivaloka Day
Then Creative Work - Amrita Yoga				Phalguna-Masi			
3		Friday, March 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Lucknow, India Sun 24 Sutra 320 Subhakrit 5124	
Mithuna Rasi: 28.31	Tithi 11 – 12	Gulika 7:58AM – 9:25AM	Punarvasu Until 3:44PM	Ganesha: White	Sunrise: 6:30AM	Moon 2 - Phase 44 - 24	4th Phase
944786577	Rahu 10:53AM – 12:20PM	Yama 3:15PM – 4:42PM	Saubhagya Until 6:44PM	Muruqa: Purple	Sunset: 6:10PM		
Creative Work	Siddha Yoga		Bava Until 10:32PM	Nataraja: Orange			
Until 3:44PM			Ekadashi Until 9:15AM	Moon – Blue			Devaloka Day
Then Routine Work - Marana Yoga				Phalguna-Masi			
4		Saturday, March 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Lucknow, India Sun 25 Sutra 321 Subhakrit 5124	
Kataka Rasi: 10.23	Tithi 12 – 13	Gulika 6:29AM – 7:57AM	Pushya Until 6:40PM	Ganesha: White	Sunrise: 6:29AM	Moon 2 - Phase 44 - 25	4th Phase
944786577	Rahu 9:25AM – 10:52AM	Yama 1:47PM – 3:15PM	Sobhana Until 7:35PM	Muruqa: Purple	Sunset: 6:10PM		
Creative Work	Siddha Yoga		Kaulava Until 12:58AM Sun	Nataraja: Orange			
Until 6:40PM			Dvadashi Until 11:45AM	Moon – Blue			Devaloka Day
Then Routine Work - Marana Yoga				Phalguna-Masi			
							<i>Pradosha Vrata</i>
5		Sunday, March 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Lucknow, India Sun 26 Sutra 322 Subhakrit 5124	
Kataka Rasi: 22.17	Tithi 13 – 14	Gulika 3:15PM – 4:43PM	Ashlesha* Until 9:17PM	Ganesha: White	Sunrise: 6:29AM	Moon 2 - Phase 44 - 26	4th Phase
944786577	Rahu 4:43PM – 6:11PM	Yama 12:20PM – 1:47PM	Athiganda* Until 8:17PM	Muruqa: Purple	Sunset: 6:11PM		
Creative Work	Siddha Yoga		Gara Until 3:14AM Mon	Nataraja: Orange			
Until 9:17PM			Trayodashi Until 2:07PM	Moon – Blue			Devaloka Day
Then Routine Work - Marana Yoga				Phalguna-Masi			
6		Monday, March 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Lucknow, India Sun 27 Sutra 323 Subhakrit 5124	
Simha Rasi: 4.16	Tithi 14 – 15	Gulika 1:47PM – 3:15PM	Magha* Until 12:01AM Tue	Ganesha: Clear	Sunrise: 6:28AM	Moon 2 - Phase 44 - 27	4th Phase
154786577	Rahu 7:55AM – 9:23AM	Yama 10:51AM – 12:19PM	Sukarma Until 8:49PM	Muruqa: Purple	Sunset: 6:11PM		
Family Home Evening			Visti Until 5:15AM Tue	Nataraja: Orange			
Routine Work	Marana Yoga		Chaturdashi* Until 4:15PM	Moon – Red			Sivaloka Day
Until 12:01AM Tue				Phalguna-Masi			
Then Creative Work - Siddha Yoga							
○		Tuesday, March 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava Karana Purnimayam Titau		Lucknow, India Sun 28 Sutra 324 Subhakrit 5124	
Simha Rasi: 16.2	Tithi 15	Gulika 12:19PM – 1:47PM	Purvaphalguni Until 2:18AM Wed	Ganesha: Clear	Sunrise: 6:26AM	Moon 2 - Phase 44 -	Purnima
154786577	Rahu 3:16PM – 4:44PM	Yama 9:23AM – 10:51AM	Dhriti Until 9:10PM	Muruqa: Purple	Sunset: 6:12PM		
Creative Work	Siddha Yoga		Bava Until 6:08PM	Nataraja: Orange			
Until 2:18AM Wed			Purnima* Until 6:08PM	Moon – Red			Sivaloka Day
Then Creative Work - Amrita Yoga				Phalguna-Masi			
○		Wednesday, March 8, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau		Lucknow, India Sun 29 Sutra 325 Subhakrit 5124	
Simha Rasi: 28.32	Tithi 16	Gulika 10:51AM – 12:19PM	Uttaraphalguni Until 4:07AM Thu	Ganesha: Clear	Sunrise: 6:25AM	Moon 2 - Phase 44 -	Prathama
154786577	Rahu 12:19PM – 1:47PM	Yama 7:54AM – 9:22AM	Shula* Until 9:14PM	Muruqa: Purple	Sunset: 6:12PM		
Creative Work	Amrita Yoga		Balava Until 6:58AM	Nataraja: Orange			
Until 4:07AM Thu			Prathama* Until 7:41PM	Moon – Red			Sivaloka Day
Then Routine Work - Marana Yoga				Phalguna-Masi			

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



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

Lucknow, India
Sun 1 Sutra 326

Kanya Rasi: 10.53 Tithi 17

Gulika 9:22AM – 10:50AM
Yama 6:24AM – 7:53AM
Rahu 1:47PM – 3:16PM

Ganesha: White *Sunrise:* 6:24AM
Muruqa: Purple *Sunset:* 6:13PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 1
1st Phase

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

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

Devaloka Day

1

Friday, March 10, 2023

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

Lucknow, India
Sun 2 Sutra 327

Kanya Rasi: 23.22 Tithi 18

Gulika 7:52AM – 9:21AM
Yama 3:16PM – 4:45PM
Rahu 10:50AM – 12:18PM

Ganesha: Yellow *Sunrise:* 6:23AM
Muruqa: Purple *Sunset:* 6:14PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 2
1st Phase

Creative Work Siddha Yoga

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

Sivaloka Day

2

Saturday, March 11, 2023

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

Lucknow, India
Sun 3 Sutra 328

Tula Rasi: 6.02 Tithi 19

Gulika 6:22AM – 7:51AM
Yama 1:47PM – 3:16PM
Rahu 9:20AM – 10:49AM

Ganesha: Yellow *Sunrise:* 6:22AM
Muruqa: Purple *Sunset:* 6:14PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 3
1st Phase

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

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

Sivaloka Day

3

Sunday, March 12, 2023

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

Lucknow, India
Sun 4 Sutra 329

Tula Rasi: 18.54 Tithi 20

Gulika 3:16PM – 4:45PM
Yama 12:18PM – 1:47PM
Rahu 4:45PM – 6:15PM

Ganesha: Yellow *Sunrise:* 6:21AM
Muruqa: Purple *Sunset:* 6:15PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 4
1st Phase

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

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

Sivaloka Day

4

Monday, March 13, 2023

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

Lucknow, India
Sun 5 Sutra 330

Vrischika Rasi: 2.01 Tithi 21

Gulika 1:47PM – 3:16PM
Yama 10:48AM – 12:18PM
Rahu 7:50AM – 9:19AM

Ganesha: Blue *Sunrise:* 6:20AM
Muruqa: Purple *Sunset:* 6:15PM
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5
1st Phase

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

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

Subha Sivaloka Day

5

Tuesday, March 14, 2023

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

Lucknow, India
Sun 6 Sutra 331

Vrischika Rasi: 15.23 Tithi 22

Gulika 12:17PM – 1:47PM
Yama 9:18AM – 10:48AM
Rahu 3:17PM – 4:46PM

Ganesha: Blue *Sunrise:* 6:19AM
Muruqa: Purple *Sunset:* 6:16PM
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6
1st Phase

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

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

Subha Sivaloka Day

D

Wednesday, March 15, 2023

Retreat Star

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

Lucknow, India
Sun 7 Sutra 332

Vrischika Rasi: 29.04 Tithi 23

Gulika 10:47AM – 12:17PM
Yama 7:48AM – 9:18AM
Rahu 12:17PM – 1:47PM

Ganesha: Blue *Sunrise:* 6:18AM
Muruqa: Purple *Sunset:* 6:16PM
Nataraja: Orange
Moon – Orange
Phalguna-Panguni

Moon 3 - Phase 45 - 7
Ashtami

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

Karadaiyan Nombu (Tamil Nadu)

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

Subha Sivaloka Day

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

Lucknow, India
Sun 8 Sutra 333

Dhanus Rasi: 13.04 Tithi 24 – 25

Gulika 9:17AM – 10:47AM
Yama 6:17AM – 7:47AM
Rahu 1:47PM – 3:17PM

Ganesha: Red *Sunrise:* 6:17AM
Muruqa: Purple *Sunset:* 6:17PM
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8
Navami

Creative Work Siddha Yoga

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


Sivaloka Day

1	Friday, March 17, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lucknow, India
	Dhanus Rasi: 27.23 Tithi 25 – 26	Gulika 7:46AM – 9:16AM Yama 3:17PM – 4:47PM 185786578 Rahu 10:46AM – 12:17PM	Uttarashadha Until 2:38AM Sat Variyan Until 6:58AM Bava Until 12:46AM Sat Dashami Until 2:09PM	Ganesha: Red Muruqa: Purple Nataraja: Clear Moon – Light Blue Phalguna-Panguni	Sunrise: 6:16AM Sunset: 6:17PM	Sun 9 Sutra 334 Subhakrit 5124 Moon 3 - Phase 46 - 9 2nd Phase Sivaloka Day
Routine Work Marana Yoga Until 2:38AM Sat Then Creative Work - Siddha Yoga						

2	Saturday, March 18, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Lucknow, India
	Makara Rasi: 11.58 Tithi 26 – 27	Gulika 6:15AM – 7:45AM Yama 1:47PM – 3:17PM 195786578 Rahu 9:16AM – 10:46AM	Shravana Until 12:29AM Sun Shiva Until 11:53PM Kaulava Until 9:45PM Ekadashi* Until 11:16AM	Ganesha: Green Muruqa: Purple Nataraja: Clear Moon – Purple Phalguna-Panguni	Sunrise: 6:15AM Sunset: 6:18PM	Sun 10 Sutra 335 Subhakrit 5124 Moon 3 - Phase 46 - 10 2nd Phase Subha Sivaloka Day
Creative Work Siddha Yoga Until 12:29AM Sun Then Routine Work - Marana Yoga						

3	Sunday, March 19, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Taila/Gara Karana Dvodashi/Trayodashyam Titau				Lucknow, India
	Makara Rasi: 26.43 Tithi 27 – 28	Gulika 3:17PM – 4:48PM Yama 12:16PM – 1:47PM 195796578 Rahu 4:48PM – 6:18PM	Dhanishtha Until 10:04PM Siddha Until 8:05PM Gara Until 6:34PM Dvodashi* Until 8:09AM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon – Purple Phalguna-Panguni	Sunrise: 6:14AM Sunset: 6:18PM	Sun 11 Sutra 336 Subhakrit 5124 Moon 3 - Phase 46 - 11 2nd Phase Sivaloka Day
Routine Work Marana Yoga Until 10:04PM Then Creative Work - Siddha Yoga <i>Pradosha Vrata (Fasting)</i>						

4	Monday, March 20, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lucknow, India
	Kumbha Rasi: 11.34 Tithi 29 Family Home Evening	Gulika 1:46PM – 3:17PM Yama 10:45AM – 12:16PM 196896578 Rahu 7:44AM – 9:14AM	Shatabhishak Until 7:31PM Sadhya Until 4:19PM Visti Until 3:23PM Chaturdashi* Until 1:49AM Tue	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon – Purple Phalguna-Panguni	Sunrise: 6:13AM Sunset: 6:19PM	Sun 12 Sutra 337 Subhakrit 5124 Moon 3 - Phase 46 - 12 2nd Phase Sivaloka Day
Creative Work Siddha Yoga Until 7:31PM Then Routine Work - Marana Yoga						

	Tuesday, March 21, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lucknow, India
	Retreat Star Kumbha Rasi: 26.2 Tithi 30	Gulika 12:15PM – 1:46PM Yama 9:14AM – 10:44AM 116896578 Rahu 3:17PM – 4:48PM	Purvaproshtapada* Until 5:25PM Subha Until 12:41PM Catuspada Until 12:20PM Amavasya* Until 10:54PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Phalguna-Panguni	Sunrise: 6:12AM Sunset: 6:19PM	Sun 13 Sutra 338 Subhakrit 5124 Moon 3 - Phase 46 - 13 Amavasya Devaloka Day
Routine Work Marana Yoga Until 5:25PM Then Creative Work - Amrita Yoga						

Retreat Star	Wednesday, March 22, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Lucknow, India
	Meena Rasi: 10.56 Tithi 1	Gulika 10:44AM – 12:15PM Yama 7:42AM – 9:13AM 116896578 Rahu 12:15PM – 1:46PM	Uttaraproshtapada Until 3:31PM Sukla Until 9:15AM Kintughna Until 9:36AM Prathama* Until 8:22PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra-Panguni	Sunrise: 6:11AM Sunset: 6:20PM	Sun 14 Sutra 339 Subhakrit 5124 Moon 3 - Phase 46 - 14 Prathama Devaloka Day
Creative Work Siddha Yoga Until 3:31PM Then Routine Work - Marana Yoga Yugadhi						

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

..ll times are standard time. Calculated for Lucknow, India on 5/1/2

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1		Thursday, March 23, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau		Lucknow, India Sun 15 Sutra 340	
Meena Rasi: 25.14	Tithi 2	Gulika 9:12AM – 10:43AM	Revati Until 1:58PM	Ganesha: Orange	<i>Sunrise:</i> 6:10AM	Subhakit 5124	
		Yama 6:10AM – 7:41AM	Brahma Until 6:13AM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:46PM – 3:17PM	Balava Until 7:18AM	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Dvitiya Until 6:21PM	Moon – Clear		Devaloka Day	
Until 1:58PM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Lucknow, India Sun 16 Sutra 341	
Mesha Rasi: 9.09	Tithi 3 – 4	Gulika 7:40AM – 9:11AM	Ashvini Until 1:20PM	Ganesha: Clear	<i>Sunrise:</i> 6:08AM	Subhakit 5124	
		Yama 3:18PM – 4:49PM	Vaidhriti* Until 1:40AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:43AM – 12:15PM	Vanija Until 4:37AM Sat	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Tritiya Until 5:00PM	Moon – White		Devaloka Day	
Until 1:20PM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Lucknow, India Sun 17 Sutra 342	
Mesha Rasi: 22.38	Tithi 4 – 5	Gulika 6:07AM – 7:39AM	Bharani Until 1:18PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM	Subhakit 5124	
		Yama 1:46PM – 3:18PM	Vishkamba* Until 12:18AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:11AM – 10:42AM	Bava Until 4:25AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Chaturthi* Until 4:24PM	Moon – White		Devaloka Day	
Until 1:18PM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Lucknow, India Sun 18 Sutra 343	
Vrishabha Rasi: 5.43	Tithi 5 – 6	Gulika 3:18PM – 4:50PM	Krittika Until 1:52PM	Ganesha: Clear	<i>Sunrise:</i> 6:06AM	Subhakit 5124	
		Yama 12:14PM – 1:46PM	Priti Until 11:33PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:50PM – 6:22PM	Kaulava Until 5:00AM Mon	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Panchami Until 4:35PM	Moon – White		Devaloka Day	
				Chaitra•Panguni			

5		Monday, March 27, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taila/Gara Karana Shashthi/Saptamyam Titau		Lucknow, India Sun 19 Sutra 344	
Vrishabha Rasi: 18.23	Tithi 6 – 7	Gulika 1:46PM – 3:18PM	Rohini Until 3:29PM	Ganesha: Clear	<i>Sunrise:</i> 6:05AM	Subhakit 5124	
Family Home Evening		Yama 10:41AM – 12:14PM	Ayushman Until 11:20PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:37AM – 9:09AM	Gara Until 6:17AM Tue	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Shashthi* Until 5:32PM	Moon – Yellow		Devaloka Day	
				Chaitra•Panguni			

6		Tuesday, March 28, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Lucknow, India Sun 20 Sutra 345	
Mithuna Rasi: 0.46	Tithi 7	Gulika 12:13PM – 1:46PM	Mrigashira Until 5:35PM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM	Subhakit 5124	
		Yama 9:09AM – 10:41AM	Saubhagya Until 11:37PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:18PM – 4:50PM	Gara Until 6:17AM	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Saptami Until 7:08PM	Moon – Yellow		Devaloka Day	
Until 5:35PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Lucknow, India Sun 21 Sutra 346	
Mithuna Rasi: 12.54	Tithi 8	Gulika 10:40AM – 12:13PM	Ardra Until 8:00PM	Ganesha: Clear	<i>Sunrise:</i> 6:03AM	Subhakit 5124	
		Yama 7:35AM – 9:08AM	Sobhana Until 12:15AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:13PM – 1:45PM	Visti Until 8:09AM	Nataraja: Clear		Ashtami	
Creative Work Siddha Yoga			Ashtami* Until 9:12PM	Moon – Yellow		Devaloka Day	
				Chaitra•Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Lucknow, India Sun 22 Sutra 347	
Mithuna Rasi: 24.53	Tithi 9	Gulika 9:07AM – 10:40AM	Punarvasu Until 11:00PM	Ganesha: White	<i>Sunrise:</i> 6:02AM	Subhakit 5124	
		Yama 6:02AM – 7:35AM	Athiganda* Until 1:02AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 22	
		147896578 Rahu 1:45PM – 3:18PM	Balava Until 10:23AM	Nataraja: Clear		Navami	
Creative Work Amrita Yoga			Navami* Until 11:33PM	Moon – Blue		Bhuloka Day	
		Sri Rama Navami		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

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

11 times are standard time. Calculated for Lucknow, India on 5/1/2

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1	Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Lucknow, India Sun 23 Sutra 348 Subhakrit 5124
	Kataka Rasi: 6.47	Tithi 10	Gulika 7:34AM – 9:07AM	Pushya Until 1:56AM Sat	Ganesha: White	<i>Sunrise:</i> 6:01AM	
			Yama 3:18PM – 4:51PM	Sukarma Until 1:53AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 48 - 23
	147896578	Rahu 10:39AM – 12:12PM		Taitila Until 12:47PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dashami Until 1:59AM Sat	Moon – Blue		Bhuloka Day	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2	Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Lucknow, India Sun 24 Sutra 349 Subhakrit 5124
	Kataka Rasi: 18.4	Tithi 11	Gulika 6:01AM – 7:34AM	Ashlesha* Until 4:35AM Sun	Ganesha: White	<i>Sunrise:</i> 6:01AM	
			Yama 1:45PM – 3:18PM	Dhriti Until 2:41AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 48 - 24
	147896578	Rahu 9:07AM – 10:39AM		Vanija Until 3:11PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Ekadashi Until 4:18AM Sun	Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3	Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Lucknow, India Sun 25 Sutra 350 Subhakrit 5124
	Simha Rasi: 0.37	Tithi 12	Gulika 3:18PM – 4:51PM	Magha* Until 7:20AM Mon	Ganesha: Red	<i>Sunrise:</i> 6:00AM	
			Yama 12:12PM – 1:45PM	Shula* Until 3:16AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 48 - 25
	158896578	Rahu 4:51PM – 6:24PM		Bava Until 5:24PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 6:22AM Mon	Moon – Red		Devaloka Day	
Until 7:20AM Mon				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

4	Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lucknow, India Sun 26 Sutra 351 Subhakrit 5124
	Simha Rasi: 12.39	Tithi 12 – 13	Gulika 1:45PM – 3:18PM	Magha* Until 7:20AM	Ganesha: Red	<i>Sunrise:</i> 5:59AM	
	Family Home Evening		Yama 10:39AM – 12:12PM	Ganda* Until 3:36AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 48 - 26
	158896578	Rahu 7:32AM – 9:05AM		Kaulava Until 7:18PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Dvadashi Until 6:22AM	Moon – Red		Devaloka Day	
Until 7:20AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				

5	Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lucknow, India Sun 27 Sutra 352 Subhakrit 5124
	Simha Rasi: 24.5	Tithi 13 – 14	Gulika 12:11PM – 1:45PM	Purvaphalguni Until 9:34AM	Ganesha: Red	<i>Sunrise:</i> 5:58AM	
			Yama 9:05AM – 10:38AM	Vriddhi Until 3:37AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 48 - 27
	158896578	Rahu 3:18PM – 4:52PM		Gara Until 8:47PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 8:04AM	Moon – Red		Devaloka Day	
Until 9:34AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

○	Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Lucknow, India Sutra 353 Subhakrit 5124
	Copper Retreat Star		Gulika 10:38AM – 12:11PM	Uttaraphalguni Until 11:12AM	Ganesha: Red	<i>Sunrise:</i> 5:57AM	
	Kanya Rasi: 7.12	Tithi 14 – 15	Yama 7:30AM – 9:04AM	Dhruva Until 3:14AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 48 - Purnima
	158896578	Rahu 12:11PM – 1:45PM		Visti Until 9:47PM	Nataraja: Clear		
Creative Work	Amrita Yoga		Chaturdashi* Until 9:20AM	Moon – Red		Devaloka Day	
Until 11:12AM		Panguni Uttiram		Chaitra•Panguni			
Then Routine Work - Marana Yoga		Hanuman Jayanti					

○	Thursday, April 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lucknow, India Sutra 354 Subhakrit 5124
	Silver Retreat Star		Gulika 9:03AM – 10:37AM	Hasta Until 12:41PM	Ganesha: Blue	<i>Sunrise:</i> 5:55AM	
	Kanya Rasi: 19.47	Tithi 15 – 16	Yama 5:55AM – 7:29AM	Vyaghata* Until 2:30AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 48 - Prathama
	168896578	Rahu 1:45PM – 3:19PM		Balava Until 10:19PM	Nataraja: Clear		
Routine Work	Marana Yoga		Purnima* Until 10:06AM	Moon – Green		Bhuloka Day	
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 7:28AM – 9:02AM
Yama 3:19PM – 4:53PM
168896578 **Rahu** 10:37AM – 12:11PM

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

Ganesha: Blue *Sunrise:* 5:54AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Clear
Moon – Green

Lucknow, India
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 5:53AM – 7:28AM
Yama 1:45PM – 3:19PM
168896578 **Rahu** 9:02AM – 10:36AM

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

Ganesha: Blue *Sunrise:* 5:53AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Clear
Moon – Green

Lucknow, India
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 3:19PM – 4:53PM
Yama 12:10PM – 1:44PM
179896578 **Rahu** 4:53PM – 6:28PM

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

Ganesha: Red *Sunrise:* 5:52AM
Muruqa: Clear *Sunset:* 6:28PM
Nataraja: Clear
Moon – Orange

Lucknow, India
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 Vyalipata* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika 1:44PM – 3:19PM
Yama 10:35AM – 12:10PM
179896578 **Rahu** 7:26AM – 9:00AM

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

Ganesha: Red *Sunrise:* 5:51AM
Muruqa: Clear *Sunset:* 6:28PM
Nataraja: Clear
Moon – Orange

Lucknow, India
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 12:09PM – 1:44PM
Yama 9:00AM – 10:35AM
179896578 **Rahu** 3:19PM – 4:54PM

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

Ganesha: Red *Sunrise:* 5:50AM
Muruqa: Clear *Sunset:* 6:29PM
Nataraja: Clear
Moon – Orange

Lucknow, India
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 10:34AM – 12:09PM
Yama 7:24AM – 8:59AM
189896578 **Rahu** 12:09PM – 1:44PM

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

Ganesha: Green *Sunrise:* 5:49AM
Muruqa: Clear *Sunset:* 6:29PM
Nataraja: Clear
Moon – Light Blue

Lucknow, India
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 8:59AM – 10:34AM
Yama 5:48AM – 7:23AM
189996578 **Rahu** 1:44PM – 3:19PM

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

Ganesha: White *Sunrise:* 5:48AM
Muruqa: Clear *Sunset:* 6:30PM
Nataraja: Clear
Moon – Light Blue

Lucknow, India
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 7:23AM – 8:58AM
Yama 3:19PM – 4:55PM
189996578 **Rahu** 10:33AM – 12:09PM

Chidambaram Abhishekam
Tamil New Year

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

Ganesha: White *Sunrise:* 5:47AM
Muruqa: Clear *Sunset:* 6:30PM
Nataraja: Clear
Moon – Light Blue

Lucknow, India
Sun 7 Sutra 362
Sobhana 5125
Moon 4 - Phase 49 - 7
Navami

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

1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Lucknow, India
	Makara Rasi: 22.19	Tithi 25	299996578	Gulika 5:46AM – 7:22AM Yama 1:44PM – 3:20PM Rahu 8:57AM – 10:33AM	Shravana Until 7:40AM Sadhya Until 6:35AM Vanija Until 10:08AM Dashami Until 8:52PM	Sunrise: 5:46AM Sunset: 6:31PM	Sun 8 Sutra 363 Sobhana 5125 Moon 4 - Phase 1 - 8 2nd Phase
	Creative Work	Siddha Yoga				Bhuloka Day Chaitra*Chaitra	Devaloka Time: 3:PM to 6:PM

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Lucknow, India
	Kumbha Rasi: 6.41	Tithi 26	299996578	Gulika 3:20PM – 4:55PM Yama 12:08PM – 1:44PM Rahu 4:55PM – 6:31PM	Shatabhishak Until 4:03AM Mon Sukla Until 12:16AM Mon Bava Until 7:38AM Ekadashi* Until 6:21PM	Sunrise: 5:45AM Sunset: 6:31PM	Sun 9 Sutra 364 Sobhana 5125 Moon 4 - Phase 1 - 9 2nd Phase
	Creative Work	Siddha Yoga				Bhuloka Day Chaitra*Chaitra	Devaloka Time: 3:PM to 6:PM
	Until 4:03AM Mon	Then Routine Work - Marana Yoga					

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Lucknow, India
	Kumbha Rasi: 21.04	Tithi 27 – 28	211996578	Gulika 1:44PM – 3:20PM Yama 10:32AM – 12:08PM Rahu 7:20AM – 8:56AM	Purvaproshtapada* Until 2:31AM Tue Brahma Until 9:09PM Gara Until 2:41AM Tue Dvadashi* Until 3:52PM	Sunrise: 5:44AM Sunset: 6:32PM	Sun 10 Sutra 1 Sobhana 5125 Moon 4 - Phase 1 - 10 2nd Phase
	Family Home Evening	Routine Work	Marana Yoga			Devaloka Day Chaitra*Chaitra	
	Until 2:31AM Tue	Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>	

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Lucknow, India
	Meena Rasi: 5.23	Tithi 28 – 29	211996578	Gulika 12:08PM – 1:44PM Yama 8:55AM – 10:32AM Rahu 3:20PM – 4:56PM	Uttaraproshtapada Until 1:02AM Wed Indra Until 6:10PM Visti Until 12:27AM Wed Trayodashi* Until 1:31PM	Sunrise: 5:43AM Sunset: 6:32PM	Sun 11 Sutra 2 Sobhana 5125 Moon 4 - Phase 1 - 11 2nd Phase
	Creative Work	Amrita Yoga				Devaloka Day Chaitra*Chaitra	
	Until 1:02AM Wed	Then Routine Work - Marana Yoga					

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Lucknow, India
	Retreat Star		211996578	Gulika 10:31AM – 12:07PM Yama 7:19AM – 8:55AM Rahu 12:07PM – 1:44PM	Revati Until 11:44PM Vaidhriti* Until 3:24PM Catuspada Until 10:32PM Chaturdashi* Until 11:25AM	Sunrise: 5:42AM Sunset: 6:33PM	Sun 12 Sutra 3 Sobhana 5125 Moon 4 - Phase 1 - 12 Amavasya
	Meena Rasi: 19.34	Tithi 29 – 30				Devaloka Day Chaitra*Chaitra	
	Routine Work	Marana Yoga					

Retreat Star	Thursday, April 20, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Lucknow, India
	Mesha Rasi: 3.32	Tithi 30 – 1	221996578	Gulika 8:54AM – 10:31AM Yama 5:41AM – 7:18AM Rahu 1:44PM – 3:20PM	Ashvini Until 11:09PM Vishkambha* Until 12:58PM Kintughna Until 9:02PM Amavasya* Until 9:42AM	Sunrise: 5:41AM Sunset: 6:33PM	Sun 13 Sutra 4 Sobhana 5125 Moon 4 - Phase 1 - 13 Prathama
	Creative Work	Amrita Yoga				Devaloka Day Vaisaka*Chaitra	
	Until 11:09PM	Then Creative Work - Siddha Yoga					

1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Lucknow, India Sun 14 Sutra 5 Sobhana 5125
	Mesha Rasi: 17.11	Tithi 1 – 2	Gulika 7:17AM – 8:54AM	Bharani Until 10:58PM	Ganesha: Clear	<i>Sunrise:</i> 5:40AM	
			Yama 3:20PM – 4:57PM	Priti Until 10:57AM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 Rahu 10:30AM – 12:07PM	Balava Until 8:05PM	Nataraja: Clear		3rd Phase
			Prathama* Until 8:28AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2	Saturday, April 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Lucknow, India Sun 15 Sutra 6 Sobhana 5125
	Vrishabha Rasi: 0.32	Tithi 2 – 3	Gulika 5:39AM – 7:16AM	Krittika Until 11:14PM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	
			Yama 1:44PM – 3:21PM	Ayushman Until 9:23AM	Muruqa: Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 Rahu 8:53AM – 10:30AM	Taitila Until 7:45PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 7:49AM	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Lucknow, India Sun 16 Sutra 7 Sobhana 5125
	Vrishabha Rasi: 13.32	Tithi 3 – 4	Gulika 3:21PM – 4:58PM	Rohini Until 12:28AM Mon	Ganesha: Orange	<i>Sunrise:</i> 5:38AM	
			Yama 12:07PM – 1:44PM	Saubhagya Until 8:21AM	Muruqa: Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 Rahu 4:58PM – 6:35PM	Vanija Until 8:05PM	Nataraja: Clear		3rd Phase
Until 12:28AM Mon			Tritiya Until 7:49AM	Moon – Yellow		Devaloka Day	
Then Creative Work - Amrita Yoga		Akshaya Tritiya		Vaisaka-Chaitra			

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lucknow, India Sun 17 Sutra 8 Sobhana 5125
	Vrishabha Rasi: 26.13	Tithi 4 – 5	Gulika 1:44PM – 3:21PM	Mrigashira Until 2:10AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:38AM	
	Family Home Evening		Yama 10:29AM – 12:06PM	Sobhana Until 7:50AM	Muruqa: Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 Rahu 7:15AM – 8:52AM	Bava Until 9:04PM	Nataraja: Clear		3rd Phase
Until 2:10AM Tue			Chaturthi* Until 8:29AM	Moon – Yellow		Devaloka Day	
Then Routine Work - Marana Yoga		Adi Sankara Jayanthi		Vaisaka-Chaitra			

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lucknow, India Sun 18 Sutra 9 Sobhana 5125
	Mithuna Rasi: 8.37	Tithi 5 – 6	Gulika 12:06PM – 1:44PM	Ardra Until 4:14AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:37AM	
			Yama 8:51AM – 10:29AM	Athiganda* Until 7:47AM	Muruqa: Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 Rahu 3:21PM – 4:58PM	Kaulava Until 10:37PM	Nataraja: Purple		3rd Phase
Until 4:14AM Wed			Panchami Until 9:45AM	Moon – Yellow		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lucknow, India Sun 19 Sutra 10 Sobhana 5125
	Mithuna Rasi: 20.48	Tithi 6 – 7	Gulika 10:28AM – 12:06PM	Punarvasu Until 7:01AM Thu	Ganesha: Green	<i>Sunrise:</i> 5:36AM	
			Yama 7:13AM – 8:51AM	Sukarma Until 8:08AM	Muruqa: Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 Rahu 12:06PM – 1:44PM	Gara Until 12:36AM Thu	Nataraja: Purple		3rd Phase
Until 7:01AM Thu			Shashthi* Until 11:32AM	Moon – Blue		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra			

☾	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lucknow, India Sun 20 Sutra 11 Sobhana 5125
	Retreat Star		Gulika 8:50AM – 10:28AM	Punarvasu Until 7:01AM	Ganesha: Red	<i>Sunrise:</i> 5:35AM	
	Kataka Rasi: 2.49	Tithi 7 – 8	Yama 5:35AM – 7:13AM	Dhriti Until 8:48AM	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 Rahu 1:44PM – 3:21PM	Visti Until 2:51AM Fri	Nataraja: Purple		Ashtami
			Saptami Until 1:41PM	Moon – Blue		Sivaloka Day	
				Vaisaka-Chaitra			

☾	Friday, April 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lucknow, India Sun 21 Sutra 12 Sobhana 5125
	Retreat Star		Gulika 7:12AM – 8:50AM	Pushya Until 9:51AM	Ganesha: Red	<i>Sunrise:</i> 5:34AM	
	Kataka Rasi: 14.44	Tithi 8 – 9	Yama 3:22PM – 4:59PM	Shula* Until 9:36AM	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 Rahu 10:28AM – 12:06PM	Balava Until 5:12AM Sat	Nataraja: Purple		Navami
			Ashtami* Until 4:00PM	Moon – Blue		Sivaloka Day	
				Vaisaka-Chaitra			

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

1		Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhhi Yoga Kaulava Karana Navamyam Titau				Lucknow, India Sun 22 Sutra 13 Sobhana 5125
Kataka Rasi: 26.39	Tithi 9	Gulika Yama 242996579	5:33AM – 7:11AM 1:44PM – 3:22PM Rahu 8:49AM – 10:27AM	Ashlesha* Until 12:33PM Ganda* Until 10:27AM Kaulava Until 6:19PM Navami* Until 6:19PM	Ganesha: Red Muruqa: Clear Nataraja: Purple Moon – Blue Vaisaka*Chaitra	Sunrise: 5:33AM Sunset: 6:38PM	Moon 4 - Phase 3 - 22 4th Phase	Sivaloka Day
Routine Work Marana Yoga Until 12:33PM Then Creative Work - Amrita Yoga								


2		Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Lucknow, India Sun 23 Sutra 14 Sobhana 5125
Simha Rasi: 9	Tithi 10	Gulika Yama 252996579	3:22PM – 5:00PM 12:05PM – 1:44PM Rahu 5:00PM – 6:38PM	Magha* Until 3:26PM Vridhhi Until 11:12AM Taitila Until 7:25AM Dashami Until 8:25PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 5:32AM Sunset: 6:38PM	Moon 4 - Phase 3 - 23 4th Phase	Devaloka Day
Routine Work Marana Yoga Until 3:26PM Then Creative Work - Siddha Yoga								

3		Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Lucknow, India Sun 24 Sutra 15 Sobhana 5125
Simha Rasi: 20.4	Tithi 11	Gulika Yama 252996579	1:44PM – 3:22PM 10:26AM – 12:05PM Rahu 7:09AM – 8:48AM	Purvaphalguni Until 5:47PM Dhruva Until 11:40AM Vanija Until 9:21AM Ekadashi Until 10:08PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 5:31AM Sunset: 6:40PM	Moon 4 - Phase 3 - 24 4th Phase	Devaloka Day
Family Home Evening Creative Work Siddha Yoga								

4		Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Lucknow, India Sun 25 Sutra 16 Sobhana 5125
Kanya Rasi: 2.55	Tithi 12	Gulika Yama 252996579	12:05PM – 1:44PM 8:47AM – 10:26AM Rahu 3:23PM – 5:01PM	Uttaraphalguni Until 7:30PM Vyaghata* Until 11:47AM Bava Until 10:49AM Dvadashi Until 11:18PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 5:30AM Sunset: 6:40PM	Moon 4 - Phase 3 - 25 4th Phase	Devaloka Day
Creative Work Amrita Yoga Until 7:30PM Then Creative Work - Siddha Yoga								

5		Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Lucknow, India Sun 26 Sutra 17 Sobhana 5125
Kanya Rasi: 15.24	Tithi 13	Gulika Yama 262996579	10:26AM – 12:05PM 7:08AM – 8:47AM Rahu 12:05PM – 1:44PM	Hasta Until 8:57PM Harshana Until 11:28AM Kaulava Until 11:41AM Trayodashi Until 11:52PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 5:29AM Sunset: 6:41PM	Moon 4 - Phase 3 - 26 4th Phase	Sivaloka Day
Routine Work Marana Yoga Until 8:57PM Then Creative Work - Siddha Yoga								

6		Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Lucknow, India Sun 27 Sutra 18 Sobhana 5125
Kanya Rasi: 28.1	Tithi 14	Gulika Yama 262996579	8:47AM – 10:26AM 5:28AM – 7:07AM Rahu 1:44PM – 3:23PM	Chitra Until 9:37PM Vajra* Until 10:37AM Gara Until 11:56AM Chaturdashi* Until 11:48PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 5:28AM Sunset: 6:41PM	Moon 4 - Phase 3 - 27 4th Phase	Sivaloka Day
Creative Work Siddha Yoga Until 9:37PM Then Creative Work - Amrita Yoga								

		Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Lucknow, India Sun 28 Sutra 19 Sobhana 5125
Copper Retreat Star		Gulika Yama 262996579	7:07AM – 8:46AM 3:23PM – 5:02PM Rahu 10:25AM – 12:05PM	Svati Until 9:32PM Siddhi Until 9:18AM Visti Until 11:33AM Purnima* Until 11:07PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 5:28AM Sunset: 6:42PM	Moon 4 - Phase 3 - Purnima	Sivaloka Day
Tula Rasi: 11.16 Tithi 15 Creative Work Siddha Yoga		Budha Purnima (Tamil Nadu)						

7		Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Lucknow, India Sun 29 Sutra 20 Sobhana 5125
Silver Retreat Star		Gulika Yama 272996579	5:27AM – 7:06AM 1:44PM – 3:23PM Rahu 8:46AM – 10:25AM	Vishakha Until 9:13PM Vyatipata* Until 7:31AM Balava Until 10:35AM Prathama* Until 9:54PM	Ganesha: White Muruqa: Clear Nataraja: Purple Moon – Orange Vaisaka*Chaitra	Sunrise: 5:27AM Sunset: 6:42PM	Moon 4 - Phase 3 - Prathama	Devaloka Day
Tula Rasi: 24.4 Tithi 16 Creative Work Siddha Yoga								

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