



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

Tula Rasi: 22.58      Tithi 17 – 18  
**Family Home Evening**      278345478  
Routine Work      Marana Yoga  
Until 11:07PM  
Then Creative Work - Siddha Yoga

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

**Gulika**      1:56PM – 3:43PM      **Vishakha Until 11:07PM**  
Yama      10:20AM – 12:08PM      Siddhi Until 3:51PM  
**Rahu**      6:45AM – 8:33AM      Vanija Until 1:32AM Tue  
Dvitiya Until 2:54PM

**Ganesha:** Purple      *Sunrise:* 4:58AM  
**Muruqa:** White      *Sunset:* 7:18PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

Malmö, Sweden  
Sutra 1  
Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Bhuloka Day**

**1**

**Tuesday, April 19, 2022**

Virschika Rasi: 7.3      Tithi 18 – 19  
Creative Work      Siddha Yoga  
Until 9:06PM  
Then Routine Work - Marana Yoga

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

**Gulika**      12:08PM – 1:56PM      **Anuradha Until 9:06PM**  
Yama      8:32AM – 10:20AM      Vyatipata\* Until 12:29PM  
**Rahu**      3:44PM – 5:32PM      Bava Until 10:45PM  
Tritiya Until 12:07PM

**Ganesha:** Purple      *Sunrise:* 4:55AM  
**Muruqa:** White      *Sunset:* 7:20PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 1      Sutra 2  
Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Bhuloka Day**

**2**

**Wednesday, April 20, 2022**

Virschika Rasi: 22.03      Tithi 19 – 20  
Creative Work      Siddha Yoga  
Until 7:00PM  
Then Routine Work - Marana Yoga

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

**Gulika**      10:19AM – 12:08PM      **Jyeshtha\* Until 7:00PM**  
Yama      6:42AM – 8:30AM      Varyani Until 9:05AM  
**Rahu**      12:08PM – 1:56PM      Kaulava Until 8:01PM  
Chaturthi\* Until 9:21AM

**Ganesha:** Purple      *Sunrise:* 4:53AM  
**Muruqa:** White      *Sunset:* 7:22PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 2      Sutra 3  
Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Bhuloka Day**

**3**

**Thursday, April 21, 2022**

Dhanus Rasi: 6.32      Tithi 20 – 21  
Creative Work      Siddha Yoga

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

**Gulika**      8:29AM – 10:18AM      **Mula\* Until 5:19PM**  
Yama      4:50AM – 6:40AM      Shiva Until 2:39AM Fri  
**Rahu**      1:57PM – 3:46PM      Vanija Until 4:11AM Fri  
Panchami Until 6:40AM

**Ganesha:** Clear      *Sunrise:* 4:50AM  
**Muruqa:** White      *Sunset:* 7:24PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 3      Sutra 4  
Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

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

**4**

**Friday, April 22, 2022**

Dhanus Rasi: 20.53      Tithi 22  
Routine Work      Prabalarishtha Yoga  
Until 3:43PM  
Then Routine Work - Marana Yoga

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

**Gulika**      6:38AM – 8:28AM      **Purvashadha\* Until 3:43PM**  
Yama      3:47PM – 5:36PM      Siddha Until 11:42PM  
**Rahu**      10:17AM – 12:07PM      Visti Until 3:03PM  
Saptami Until 1:57AM Sat

**Ganesha:** Purple      *Sunrise:* 4:48AM  
**Muruqa:** White      *Sunset:* 7:26PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 4      Sutra 5  
Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Devaloka Day**

**D**

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

Makara Rasi: 5.05      Tithi 23  
Routine Work      Marana Yoga  
Until 2:15PM  
Then Creative Work - Siddha Yoga

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

**Gulika**      4:46AM – 6:36AM      **Uttarashadha Until 2:15PM**  
Yama      1:57PM – 3:48PM      Sadhya Until 9:00PM  
**Rahu**      8:26AM – 10:17AM      Balava Until 12:58PM  
Ashtami\* Until 12:02AM Sun

**Ganesha:** Purple      *Sunrise:* 4:46AM  
**Muruqa:** White      *Sunset:* 7:28PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 5      Sutra 6  
Subhakrit 5124  
Moon 4 - Phase 1 -  
5 Ashtami

**Devaloka Day**

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

Makara Rasi: 19.04      Tithi 24  
Creative Work      Amrita Yoga  
Until 1:24PM  
Then Routine Work - Marana Yoga

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

**Gulika**      3:48PM – 5:39PM      **Shravana Until 1:24PM**  
Yama      12:07PM – 1:58PM      Subha Until 6:35PM  
**Rahu**      5:39PM – 7:30PM      Taitila Until 11:12AM  
Navami\* Until 10:26PM

**Ganesha:** Clear      *Sunrise:* 4:43AM  
**Muruqa:** White      *Sunset:* 7:30PM  
**Nataraja:** White  
Moon – Purple  
Chaitra\*Chaitra

Malmö, Sweden  
Sun 6      Sutra 7  
Subhakrit 5124  
Moon 4 - Phase 1 -  
6 Navami

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

<b>Monday, April 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Malmö, Sweden Sun 7 Sutra 8
<b>1</b>	Kumbha Rasi: 2.49 Family Home Evening Creative Work Siddha Yoga	Tithi 25 299345479	<b>Gulika</b> 1:58PM – 3:49PM Yama 10:15AM – 12:07PM <b>Rahu</b> 6:32AM – 8:24AM	<b>Dhanishtha</b> Until 12:45PM Sukla Until 4:26PM Vanija Until 9:47AM Dashami Until 9:12PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Purple Chaitra*Chaitra	Sunrise: 4:41AM Sunset: 7:32PM Moon 4 - Phase 2 - 7 2nd Phase <b>Devaloka Day</b>

<b>Tuesday, April 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Malmö, Sweden Sun 8 Sutra 9
<b>2</b>	Kumbha Rasi: 16.22 Routine Work Marana Yoga	Tithi 26 299345479	<b>Gulika</b> 12:06PM – 1:58PM Yama 8:23AM – 10:14AM <b>Rahu</b> 3:50PM – 5:42PM	<b>Shatabhishak</b> Until 12:19PM Brahma Until 2:36PM Bava Until 8:45AM Ekadashi* Until 8:21PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Purple Chaitra*Chaitra	Sunrise: 4:39AM Sunset: 7:34PM Moon 4 - Phase 2 - 8 2nd Phase <b>Devaloka Day</b>

<b>Wednesday, April 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Malmö, Sweden Sun 9 Sutra 10
<b>3</b>	Kumbha Rasi: 29.41 Creative Work Amrita Yoga Until 12:36PM Then Creative Work - Siddha Yoga	Tithi 27 219345479	<b>Gulika</b> 10:14AM – 12:06PM Yama 6:29AM – 8:21AM <b>Rahu</b> 12:06PM – 1:59PM	<b>Purvaproshtapada*</b> Until 12:36PM Indra Until 1:07PM Kaulava Until 8:07AM Dvadashi* Until 7:56PM	<b>Ganesha:</b> Red <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear Chaitra*Chaitra	Sunrise: 4:36AM Sunset: 7:36PM Moon 4 - Phase 2 - 9 2nd Phase <b>Devaloka Day</b>

<b>Thursday, April 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Malmö, Sweden Sun 10 Sutra 11
<b>4</b>	Meena Rasi: 12.47 Creative Work Siddha Yoga	Tithi 28 219445479	<b>Gulika</b> 8:20AM – 10:13AM Yama 4:34AM – 6:27AM <b>Rahu</b> 1:59PM – 3:52PM	<b>Uttaraproshtapada</b> Until 1:10PM Vaidhriti* Until 11:57AM Gara Until 7:54AM Trayodashi* Until 7:57PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear Chaitra*Chaitra	Sunrise: 4:34AM Sunset: 7:38PM Moon 4 - Phase 2 - 10 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
<i>Pradosha Vrata (Fasting)</i>						

<b>Friday, April 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Malmö, Sweden Sun 11 Sutra 12
<b>5</b>	Meena Rasi: 25.39 Creative Work Siddha Yoga Until 2:02PM Then Creative Work - Amrita Yoga	Tithi 29 219445479	<b>Gulika</b> 6:25AM – 8:19AM Yama 3:53PM – 5:46PM <b>Rahu</b> 10:12AM – 12:06PM	<b>Revati</b> Until 2:02PM Vishkambha* Until 11:11AM Visti Until 8:10AM Chaturdashi* Until 8:27PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Clear Chaitra*Chaitra	Sunrise: 4:32AM Sunset: 7:40PM Moon 4 - Phase 2 - 11 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Saturday, April 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Malmö, Sweden Sun 12 Sutra 13
<b>Retreat Star</b>	Mesha Rasi: 8.17 Creative Work Siddha Yoga	Tithi 30 221445479	<b>Gulika</b> 4:30AM – 6:24AM Yama 2:00PM – 3:54PM <b>Rahu</b> 8:18AM – 10:12AM	<b>Ashvini</b> Until 3:41PM Priti Until 10:48AM Catuspada Until 8:55AM Amavasya* Until 9:27PM	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White Chaitra*Chaitra	Sunrise: 4:30AM Sunset: 7:42PM Moon 4 - Phase 2 - 12 Amavasya <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Sunday, May 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Malmö, Sweden Sun 13 Sutra 14
<b>Retreat Star</b>	Mesha Rasi: 20.42 Routine Work Prabalarishta Yoga Until 5:40PM Then Creative Work - Siddha Yoga	Tithi 1 221445479	<b>Gulika</b> 3:55PM – 5:49PM Yama 12:06PM – 2:00PM <b>Rahu</b> 5:49PM – 7:44PM	<b>Bharani</b> Until 5:40PM Ayushman Until 10:46AM Kintughna Until 10:10AM Prathama* Until 10:56PM	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White Vaisaka*Chaitra	Sunrise: 4:27AM Sunset: 7:44PM Moon 4 - Phase 2 - 13 Prathama <b>Bhuloka Day</b> 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

<b>Monday, May 2, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Malmö, Sweden Sun 14 Sutra 15 Subhakrit 5124
<b>1</b>	221445479	<b>Gulika</b> 2:01PM – 3:56PM Yama 10:10AM – 12:06PM <b>Rahu</b> 6:20AM – 8:15AM	<b>Krittika</b> <b>Until 7:55PM</b> Saubhagya <b>Until 11:07AM</b> Balava <b>Until 11:52AM</b> <b>Dvitiya</b> <b>Until 12:51AM Tue</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White Vaisaka-Chaitra	<b>Sunrise:</b> 4:25AM <b>Sunset:</b> 7:46PM	Moon 4 - Phase 3 - 14 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 2.55 Tithi 2 <b>Family Home Evening</b> Routine Work Marana Yoga Until 7:55PM Then Creative Work - Amrita Yoga						

<b>Tuesday, May 3, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Malmö, Sweden Sun 15 Sutra 16 Subhakrit 5124
<b>2</b>	231445479	<b>Gulika</b> 12:05PM – 2:01PM Yama 8:14AM – 10:10AM <b>Rahu</b> 3:57PM – 5:52PM	<b>Rohini</b> <b>Until 10:50PM</b> Sobhana <b>Until 11:47AM</b> Taitila <b>Until 1:58PM</b> <b>Tritiya</b> <b>Until 3:06AM Wed</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 4:23AM <b>Sunset:</b> 7:48PM	Moon 4 - Phase 3 - 15 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 14.57 Tithi 3  Creative Work Amrita Yoga Until 10:50PM Then Creative Work - Siddha Yoga						

<b>Wednesday, May 4, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Malmö, Sweden Sun 16 Sutra 17 Subhakrit 5124
<b>3</b>	231445479	<b>Gulika</b> 10:09AM – 12:05PM Yama 6:17AM – 8:13AM <b>Rahu</b> 12:05PM – 2:01PM	<b>Mrigashira</b> <b>Until 1:48AM Thu</b> Athiganda* <b>Until 12:38PM</b> Vanija <b>Until 4:21PM</b> <b>Chaturthi*</b> <b>Until 5:34AM Thu</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 4:21AM <b>Sunset:</b> 7:50PM	Moon 4 - Phase 3 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 26.52 Tithi 4  Creative Work Siddha Yoga Until 1:48AM Thu Then Routine Work - Marana Yoga						

<b>Thursday, May 5, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava Karana Panchamyam Titau				Malmö, Sweden Sun 17 Sutra 18 Subhakrit 5124
<b>4</b>	231445479	<b>Gulika</b> 8:12AM – 10:09AM Yama 4:19AM – 6:15AM <b>Rahu</b> 2:02PM – 3:58PM	<b>Ardra</b> <b>Until 4:40AM Fri</b> Sukarma <b>Until 1:37PM</b> Bava <b>Until 6:51PM</b> <b>Panchami</b> <b>Until 8:04AM Fri</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 4:19AM <b>Sunset:</b> 7:52PM	Moon 4 - Phase 3 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 8.43 Tithi 5  Routine Work Marana Yoga Until 4:40AM Fri Then Creative Work - Siddha Yoga						

<b>Friday, May 6, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Malmö, Sweden Sun 18 Sutra 19 Subhakrit 5124
<b>5</b>	241445479	<b>Gulika</b> 6:14AM – 8:11AM Yama 3:59PM – 5:56PM <b>Rahu</b> 10:08AM – 12:05PM	<b>Punarvasu</b> <b>Until 7:46AM Sat</b> Dhriti <b>Until 2:36PM</b> Kaulava <b>Until 9:18PM</b> <b>Panchami</b> <b>Until 8:04AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 4:17AM <b>Sunset:</b> 7:54PM	Moon 4 - Phase 3 - 18 3rd Phase <b>Devaloka Day</b>
Mithuna Rasi: 20.34 Tithi 5 – 6  Creative Work Siddha Yoga						

<b>Saturday, May 7, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Malmö, Sweden Sun 19 Sutra 20 Subhakrit 5124
<b>6</b>	241445479	<b>Gulika</b> 4:15AM – 6:12AM Yama 2:03PM – 4:00PM <b>Rahu</b> 8:10AM – 10:07AM	<b>Punarvasu</b> <b>Until 7:46AM</b> Shula* <b>Until 3:26PM</b> Gara <b>Until 11:31PM</b> <b>Shashthi*</b> <b>Until 10:26AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 4:15AM <b>Sunset:</b> 7:56PM	Moon 4 - Phase 3 - 19 3rd Phase <b>Devaloka Day</b>
Kataka Rasi: 2.26 Tithi 6 – 7  Creative Work Siddha Yoga						

<b>Sunday, May 8, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Malmö, Sweden Sun 20 Sutra 21 Subhakrit 5124
<b>Retreat Star</b>	241445479	<b>Gulika</b> 4:01PM – 5:59PM Yama 12:05PM – 2:03PM <b>Rahu</b> 5:59PM – 7:57PM	<b>Pushya</b> <b>Until 10:25AM</b> Ganda* <b>Until 4:00PM</b> Visti <b>Until 1:20AM Mon</b> <b>Saptami</b> <b>Until 12:28PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 4:13AM <b>Sunset:</b> 7:57PM	Moon 4 - Phase 3 - 20 Ashtami <b>Devaloka Day</b>
Kataka Rasi: 14.26 Tithi 7 – 8  Creative Work Siddha Yoga		Mother's Day				

<b>Monday, May 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Malmö, Sweden Sun 21 Sutra 22 Subhakrit 5124
<b>Retreat Star</b>	241445479	<b>Gulika</b> 2:04PM – 4:02PM Yama 10:06AM – 12:05PM <b>Rahu</b> 6:09AM – 8:08AM	<b>Ashlesha*</b> <b>Until 12:25PM</b> Vridhi <b>Until 4:11PM</b> Balava <b>Until 2:33AM Tue</b> <b>Ashtami*</b> <b>Until 2:00PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 4:11AM <b>Sunset:</b> 7:59PM	Moon 4 - Phase 3 - 21 Navami <b>Devaloka Day</b>
Kataka Rasi: 26.37 Tithi 8 – 9 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 12:25PM Then Routine Work - Marana 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


<b>1</b>		<b>Tuesday, May 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Malmö, Sweden Sun 22 Sutra 23	
Simha Rasi: 9.02	Tithi 9 – 10	<b>Gulika</b> 12:05PM – 2:04PM	<b>Magha* Until 2:08PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:09AM			Subhakrit 5124	
		Yama 8:07AM – 10:06AM	Dhruva Until 3:49PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:01PM			Moon 4 - Phase 4 - 22	4th Phase
Creative Work	Siddha Yoga	252445479 <b>Rahu</b> 4:03PM – 6:02PM	Taitila Until 3:04AM Wed	<b>Nataraja:</b> Clear					
			<b>Navami* Until 2:53PM</b>	Moon – Red				<b>Devaloka Day</b>	
				Vaisaka-Chaitra					

<b>2</b>		<b>Wednesday, May 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Malmö, Sweden Sun 23 Sutra 24	
Simha Rasi: 21.48	Tithi 10 – 11	<b>Gulika</b> 10:05AM – 12:05PM	<b>Purvaphalguni Until 2:57PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:07AM			Subhakrit 5124	
		Yama 6:06AM – 8:06AM	Vyaghata* Until 2:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:03PM			Moon 4 - Phase 4 - 23	4th Phase
Creative Work	Amrita Yoga	252445479 <b>Rahu</b> 12:05PM – 2:04PM	Vanija Until 2:49AM Thu	<b>Nataraja:</b> Clear					
			<b>Dashami Until 3:01PM</b>	Moon – Red				<b>Devaloka Day</b>	
				Vaisaka-Chaitra					

<b>3</b>		<b>Thursday, May 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Malmö, Sweden Sun 24 Sutra 25	
Kanya Rasi: 4.57	Tithi 11 – 12	<b>Gulika</b> 8:05AM – 10:05AM	<b>Uttaraphalguni Until 2:51PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:05AM			Subhakrit 5124	
		Yama 4:05AM – 6:05AM	Harshana Until 1:21PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:05PM			Moon 4 - Phase 4 - 24	4th Phase
	Amrita Yoga	252445479 <b>Rahu</b> 2:05PM – 4:05PM	Bava Until 1:47AM Fri	<b>Nataraja:</b> Clear					
Until 2:51PM			<b>Ekadashi Until 2:23PM</b>	Moon – Red				<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				Vaisaka-Chaitra					

<b>4</b>		<b>Friday, May 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Malmö, Sweden Sun 25 Sutra 26	
Kanya Rasi: 18.31	Tithi 12 – 13	<b>Gulika</b> 6:03AM – 8:04AM	<b>Hasta Until 2:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:03AM			Subhakrit 5124	
		Yama 4:06PM – 6:06PM	Vajra* Until 11:11AM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:07PM			Moon 4 - Phase 4 - 25	4th Phase
Creative Work	Amrita Yoga	262445479 <b>Rahu</b> 10:04AM – 12:05PM	Kaulava Until 12:02AM Sat	<b>Nataraja:</b> Clear					
Until 2:19PM			<b>Dvadashi Until 12:58PM</b>	Moon – Green				<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra					
				Pradosha Vrata					

<b>5</b>		<b>Saturday, May 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipala* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Malmö, Sweden Sun 26 Sutra 27	
Tula Rasi: 2.31	Tithi 13 – 14	<b>Gulika</b> 4:01AM – 6:02AM	<b>Chitra Until 12:58PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:01AM			Subhakrit 5124	
		Yama 2:06PM – 4:07PM	Siddhi Until 8:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:09PM			Moon 4 - Phase 4 - 26	4th Phase
Routine Work	Marana Yoga	262445479 <b>Rahu</b> 8:03AM – 10:04AM	Gara Until 9:40PM	<b>Nataraja:</b> Clear					
Until 12:58PM			<b>Trayodashi Until 10:54AM</b>	Moon – Green				<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra					

		<b>Sunday, May 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Malmö, Sweden Sun 27 Sutra 28	
<b>Copper Retreat Star</b>		<b>Gulika</b> 4:08PM – 6:09PM	<b>Svati Until 10:56AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 3:59AM			Subhakrit 5124	
Tula Rasi: 16.54	Tithi 14 – 15	Yama 12:05PM – 2:06PM	Variyan Until 1:46AM Mon	<b>Muruqa:</b> White	<i>Sunset:</i> 8:10PM			Moon 4 - Phase 4 - 27	Purnima
Creative Work	Siddha Yoga	262445479 <b>Rahu</b> 6:09PM – 8:10PM	Visti Until 6:49PM	<b>Nataraja:</b> Clear					
Until 10:56AM			<b>Chaturdashi* Until 8:16AM</b>	Moon – Green				<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				Vaisaka-Vaikasi					

<b>Monday, May 16, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Malmö, Sweden Sun 29 Sutra 29			
<b>Silver Retreat Star</b>		<b>Gulika</b> 2:07PM – 4:09PM	<b>Vishakha Until 8:47AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 3:57AM			Subhakrit 5124	
Vrischika Rasi: 2	Tithi 16	Yama 10:03AM – 12:05PM	Parigha* Until 10:00PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:12PM			Moon 4 - Phase 4 -	Prathama
<b>Family Home Evening</b>		272445479 <b>Rahu</b> 5:59AM – 8:01AM	Balava Until 3:37PM	<b>Nataraja:</b> Clear					
Routine Work	Marana Yoga		<b>Prathama* Until 1:56AM Tue</b>	Moon – Orange				<b>Devaloka Day</b>	
Until 8:47AM				Vaisaka-Vaikasi					
Then Creative Work - Siddha Yoga									

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

Il times are standard time. Calculated for Malmö, Sweden on 5/1/2

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

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

Malmö, Sweden  
Sutra 30

Vrischika Rasi: 16.29 Tithi 17

272445479

**Gulika** 12:05PM – 2:07PM  
**Yama** 8:00AM – 10:03AM  
**Rahu** 4:09PM – 6:12PM

**Anuradha** Until 6:15AM  
Shiva Until 6:07PM  
Taitila Until 12:14PM  
**Dvitiya** Until 10:31PM

**Ganesha:** Yellow *Sunrise:* 3:56AM  
**Muruqa:** White *Sunset:* 8:14PM  
**Nataraja:** Clear  
Moon – Orange  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga  
Until 6:15AM  
Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

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

Malmö, Sweden  
Sun 1 Sutra 31

Dhanus Rasi: 1.27 Tithi 18

282445479

**Gulika** 10:02AM – 12:05PM  
**Yama** 5:57AM – 7:59AM  
**Rahu** 12:05PM – 2:08PM

**Mula\*** Until 1:07AM Thu  
Siddha Until 2:13PM  
Vanija Until 8:49AM  
**Tritiya** Until 7:08PM

**Ganesha:** Blue *Sunrise:* 3:54AM  
**Muruqa:** White *Sunset:* 8:16PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga  
Until 1:07AM Thu  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**2**

**Thursday, May 19, 2022**

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

Malmö, Sweden  
Sun 2 Sutra 32

Dhanus Rasi: 16.2 Tithi 19 – 20

282445479

**Gulika** 7:59AM – 10:02AM  
**Yama** 3:52AM – 5:55AM  
**Rahu** 2:08PM – 4:11PM

**Purvashadha\*** Until 10:47PM  
Sadhya Until 10:27AM  
Kaulava Until 2:26AM Fri  
**Chaturthi\*** Until 3:55PM

**Ganesha:** Blue *Sunrise:* 3:52AM  
**Muruqa:** White *Sunset:* 8:17PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

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

Creative Work Siddha Yoga  
Until 10:47PM  
Then Routine Work - Marana Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

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

Malmö, Sweden  
Sun 3 Sutra 33

Makara Rasi: 1.03 Tithi 20 – 21

282445479

**Gulika** 5:54AM – 7:58AM  
**Yama** 4:12PM – 6:16PM  
**Rahu** 10:01AM – 12:05PM

**Uttarashadha** Until 8:40PM  
Subha Until 6:55AM  
Gara Until 11:43PM  
**Panchami** Until 1:01PM

**Ganesha:** Blue *Sunrise:* 3:51AM  
**Muruqa:** White *Sunset:* 8:19PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

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

Routine Work Marana Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

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

Malmö, Sweden  
Sun 4 Sutra 34

Makara Rasi: 15.29 Tithi 21 – 22

292445479

**Gulika** 3:49AM – 5:53AM  
**Yama** 2:09PM – 4:13PM  
**Rahu** 7:57AM – 10:01AM

**Shravana** Until 7:17PM  
Brahma Until 12:51AM Sun  
Visti Until 9:28PM  
**Shashthi\*** Until 10:31AM

**Ganesha:** Red *Sunrise:* 3:49AM  
**Muruqa:** White *Sunset:* 8:21PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

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

Creative Work Siddha Yoga

**Devaloka Day**

**5**

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

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

Malmö, Sweden  
Sun 5 Sutra 35

Makara Rasi: 29.34 Tithi 22 – 23

292445479

**Gulika** 4:14PM – 6:18PM  
**Yama** 12:05PM – 2:09PM  
**Rahu** 6:18PM – 8:23PM

**Dhanishtha** Until 6:17PM  
Indra Until 10:29PM  
Balava Until 7:45PM  
**Saptami** Until 8:31AM

**Ganesha:** Red *Sunrise:* 3:47AM  
**Muruqa:** White *Sunset:* 8:23PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
5 Ashtami

Routine Work Marana Yoga  
Until 6:17PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**

**Retreat Star**

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

Malmö, Sweden  
Sun 6 Sutra 36

Kumbha Rasi: 13.19 Tithi 23 – 24

293445479

**Gulika** 2:10PM – 4:15PM  
**Yama** 10:00AM – 12:05PM  
**Rahu** 5:51AM – 7:56AM

**Shatabhishak** Until 5:43PM  
Vaidhriti\* Until 8:34PM  
Taitila Until 6:38PM  
**Ashtami\*** Until 7:06AM

**Ganesha:** Green *Sunrise:* 3:46AM  
**Muruqa:** White *Sunset:* 8:24PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
6 Navami

**Family Home Evening**  
Creative Work Siddha Yoga  
Until 5:43PM  
Then Routine Work - Marana Yoga

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

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

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<b>1</b>		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Malmö, Sweden Sun 7 Sutra 37	
Kumbha Rasi: 26.43	Tithi 24 – 25	<b>Gulika</b>	12:05PM – 2:10PM	<b>Purvaproshtapada* Until 6:03PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:45AM	Subhakrit 5124		
		Yama	7:55AM – 10:00AM	Vishkambha* Until 7:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:26PM	Moon 5 - Phase 6 - 7		
		213545479 <b>Rahu</b>	4:15PM – 6:21PM	Vanija Until 6:06PM	<b>Nataraja:</b> Clear		2nd Phase		
Routine Work	Marana Yoga			<b>Navami* Until 6:16AM</b>	Moon – Clear		<b>Devaloka Day</b>		
Until 6:03PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

<b>2</b>		Wednesday, May 25, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Malmö, Sweden Sun 8 Sutra 38	
Meena Rasi: 9.48	Tithi 25 – 26	<b>Gulika</b>	10:00AM – 12:05PM	<b>Uttaraproshtapada Until 6:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:43AM	Subhakrit 5124		
		Yama	5:49AM – 7:54AM	Priti Until 6:13PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:27PM	Moon 5 - Phase 6 - 8		
		213545479 <b>Rahu</b>	12:05PM – 2:11PM	Bava Until 6:10PM	<b>Nataraja:</b> Clear		2nd Phase		
Creative Work	Siddha Yoga			<b>Dashami Until 6:02AM</b>	Moon – Clear		<b>Devaloka Day</b>		
Until 6:48PM					Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga									

<b>3</b>		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Malmö, Sweden Sun 9 Sutra 39	
Meena Rasi: 22.35	Tithi 26 – 27	<b>Gulika</b>	7:54AM – 9:59AM	<b>Revati Until 7:57PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:42AM	Subhakrit 5124		
		Yama	3:42AM – 5:48AM	Ayushman Until 5:42PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:29PM	Moon 5 - Phase 6 - 9		
		313545479 <b>Rahu</b>	2:11PM – 4:17PM	Kaulava Until 6:47PM	<b>Nataraja:</b> Clear		2nd Phase		
Creative Work	Siddha Yoga			<b>Ekadashi* Until 6:23AM</b>	Moon – Clear		<b>Sivaloka Day</b>		
Until 7:57PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

<b>4</b>		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau		Malmö, Sweden Sun 10 Sutra 40	
Mesha Rasi: 5.08	Tithi 27 – 28	<b>Gulika</b>	5:47AM – 7:53AM	<b>Ashvini Until 9:54PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:40AM	Subhakrit 5124		
		Yama	4:18PM – 6:24PM	Saubhagya Until 5:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:30PM	Moon 5 - Phase 6 - 10		
		323545479 <b>Rahu</b>	9:59AM – 12:05PM	Gara Until 7:55PM	<b>Nataraja:</b> Clear		2nd Phase		
Creative Work	Amrita Yoga			<b>Dvadashi* Until 7:17AM</b>	Moon – White		<b>Devaloka Day</b>		
Until 9:54PM					Vaisaka-Vaikasi				
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>					

<b>5</b>		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Malmö, Sweden Sun 11 Sutra 41	
Mesha Rasi: 17.28	Tithi 28 – 29	<b>Gulika</b>	3:39AM – 5:46AM	<b>Bharani Until 12:08AM Sun</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:39AM	Subhakrit 5124		
		Yama	2:12PM – 4:19PM	Sobhana Until 5:51PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:32PM	Moon 5 - Phase 6 - 11		
		323545479 <b>Rahu</b>	7:52AM – 9:59AM	Visti Until 9:30PM	<b>Nataraja:</b> Clear		2nd Phase		
Creative Work	Siddha Yoga			<b>Trayodashi* Until 8:39AM</b>	Moon – White		<b>Devaloka Day</b>		
					Vaisaka-Vaikasi				

<b>●</b>		Sunday, May 29, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Malmö, Sweden Sun 12 Sutra 42	
<b>Retreat Star</b>		<b>Gulika</b>	4:20PM – 6:26PM	<b>Krittika Until 2:32AM Mon</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:38AM	Subhakrit 5124		
Mesha Rasi: 29.37	Tithi 29 – 30	Yama	12:06PM – 2:13PM	Athiganda* Until 6:22PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:33PM	Moon 5 - Phase 6 - 12		
		323545479 <b>Rahu</b>	6:26PM – 8:33PM	Catuspada Until 11:28PM	<b>Nataraja:</b> Clear		Amavasya		
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 10:25AM</b>	Moon – White		<b>Devaloka Day</b>		
Until 2:32AM Mon					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

<b>Monday, May 30, 2022</b>		<b>Retreat Star</b>				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Malmö, Sweden Sun 13 Sutra 43	
Vrishabha Rasi: 11.38	Tithi 30 – 1	<b>Gulika</b>	2:13PM – 4:20PM	<b>Rohini Until 5:33AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:37AM	Subhakrit 5124		
<b>Family Home Evening</b>		Yama	9:59AM – 12:06PM	Sukarma Until 7:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 8:35PM	Moon 5 - Phase 6 - 13		
		333545479 <b>Rahu</b>	5:44AM – 7:51AM	Kintughna Until 1:42AM Tue	<b>Nataraja:</b> Clear		Prathama		
Creative Work	Amrita Yoga			<b>Amavasya* Until 12:32PM</b>	Moon – Yellow		<b>Devaloka Day</b>		
Until 5:33AM Tue					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

<b>1</b>	<b>Tuesday, May 31, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Malmö, Sweden Sun 14 Sutra 44
	Vrishabha Rasi: 23.33	Tithi 1 – 2	<b>Gulika</b> 12:06PM – 2:13PM	<b>Mrigashira</b> Until 8:33AM Wed	<b>Ganesha:</b> Orange <i>Sunrise:</i> 3:36AM		Subhakit 5124
			Yama 7:51AM – 9:58AM	Dhriti Until 8:06PM	<b>Muruqa:</b> White <i>Sunset:</i> 8:36PM		Moon 5 - Phase 7 - 14
	Creative Work	Siddha Yoga	333545479 <b>Rahu</b> 4:21PM – 6:29PM	Balava Until 4:07AM Wed	<b>Nataraja:</b> Clear		3rd Phase
			<b>Prathama*</b> Until 2:52PM	Moon – Yellow		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>2</b>	<b>Wednesday, June 1, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Malmö, Sweden Sun 15 Sutra 45
	Mithuna Rasi: 5.24	Tithi 2 – 3	<b>Gulika</b> 9:58AM – 12:06PM	<b>Mrigashira</b> Until 8:33AM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 3:35AM		Subhakit 5124
			Yama 5:42AM – 7:50AM	Shula* Until 9:05PM	<b>Muruqa:</b> White <i>Sunset:</i> 8:38PM		Moon 5 - Phase 7 - 15
	Creative Work	Siddha Yoga	333545479 <b>Rahu</b> 12:06PM – 2:14PM	Taitila Until 6:36AM Thu	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> Until 5:20PM	Moon – Yellow		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>3</b>	<b>Thursday, June 2, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Malmö, Sweden Sun 16 Sutra 46
	Mithuna Rasi: 17.14	Tithi 3	<b>Gulika</b> 7:50AM – 9:58AM	<b>Ardra</b> Until 11:25AM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 3:34AM		Subhakit 5124
			Yama 3:34AM – 5:42AM	Ganda* Until 10:06PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:39PM		Moon 5 - Phase 7 - 16
	Routine Work	Marana Yoga	333555479 <b>Rahu</b> 2:14PM – 4:22PM	Taitila Until 6:36AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> Until 7:49PM	Moon – Yellow		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>4</b>	<b>Friday, June 3, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Malmö, Sweden Sun 17 Sutra 47
	Mithuna Rasi: 29.04	Tithi 4	<b>Gulika</b> 5:41AM – 7:49AM	<b>Punarvasu</b> Until 2:35PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:33AM		Subhakit 5124
			Yama 4:23PM – 6:32PM	Vriddhi Until 11:03PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:40PM		Moon 5 - Phase 7 - 17
	Creative Work	Siddha Yoga	343555479 <b>Rahu</b> 9:58AM – 12:06PM	Vanija Until 9:03AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi*</b> Until 10:12PM	Moon – Blue		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>5</b>	<b>Saturday, June 4, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Malmö, Sweden Sun 18 Sutra 48
	Kataka Rasi: 10.59	Tithi 5	<b>Gulika</b> 3:32AM – 5:40AM	<b>Pushya</b> Until 5:23PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:32AM		Subhakit 5124
			Yama 2:15PM – 4:24PM	Dhruva Until 11:47PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:41PM		Moon 5 - Phase 7 - 18
	Creative Work	Siddha Yoga	343555479 <b>Rahu</b> 7:49AM – 9:58AM	Bava Until 11:20AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> Until 12:21AM Sun	Moon – Blue		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>6</b>	<b>Sunday, June 5, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Malmö, Sweden Sun 19 Sutra 49
	Kataka Rasi: 22.59	Tithi 6	<b>Gulika</b> 4:25PM – 6:33PM	<b>Ashlesha*</b> Until 7:42PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:31AM		Subhakit 5124
			Yama 12:07PM – 2:16PM	Vyaghata* Until 12:15AM Mon	<b>Muruqa:</b> Green <i>Sunset:</i> 8:42PM		Moon 5 - Phase 7 - 19
	Creative Work	Siddha Yoga	343555471 <b>Rahu</b> 6:33PM – 8:42PM	Kaulava Until 1:19PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Shashthi*</b> Until 2:08AM Mon	Moon – Blue		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>Retreat Star</b>	<b>Monday, June 6, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Malmö, Sweden Sun 20 Sutra 50
	Simha Rasi: 5.09	Tithi 7	<b>Gulika</b> 2:16PM – 4:25PM	<b>Magha*</b> Until 9:53PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 3:30AM		Subhakit 5124
	<b>Family Home Evening</b>		Yama 9:58AM – 12:07PM	Harshana Until 12:21AM Tue	<b>Muruqa:</b> Green <i>Sunset:</i> 8:44PM		Moon 5 - Phase 7 - 20
	Routine Work	Marana Yoga	353555471 <b>Rahu</b> 5:39AM – 7:48AM	Gara Until 2:51PM	<b>Nataraja:</b> Yellow		3rd Phase
			<b>Saptami</b> Until 3:23AM Tue	Moon – Red		<b>Sivaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>Retreat Star</b>	<b>Tuesday, June 7, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Malmö, Sweden Sun 21 Sutra 51
	Simha Rasi: 17.32	Tithi 8	<b>Gulika</b> 12:07PM – 2:16PM	<b>Purvaphalguni</b> Until 11:18PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:29AM		Subhakit 5124
			Yama 7:48AM – 9:58AM	Vajra* Until 11:55PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:45PM		Moon 5 - Phase 7 - 21
	Creative Work	Siddha Yoga	354555471 <b>Rahu</b> 4:26PM – 6:35PM	Visti Until 3:48PM	<b>Nataraja:</b> Yellow		Ashtami
			<b>Ashtami*</b> Until 4:00AM Wed	Moon – Red		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

<b>Retreat Star</b>	<b>Wednesday, June 8, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Malmö, Sweden Sun 22 Sutra 52
	Kanya Rasi: 0.14	Tithi 9	<b>Gulika</b> 9:58AM – 12:07PM	<b>Uttaraphalguni</b> Until 11:51PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:29AM		Subhakit 5124
			Yama 5:38AM – 7:48AM	Siddhi Until 10:55PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:46PM		Moon 5 - Phase 7 - 22
	Creative Work	Amrita Yoga	354555471 <b>Rahu</b> 12:07PM – 2:17PM	Balava Until 4:03PM	<b>Nataraja:</b> Yellow		Navami
			<b>Navami*</b> Until 3:51AM Thu	Moon – Red		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

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


<b>1</b>	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Malmö, Sweden
	Kanya Rasi: 13.17	Tithi 10	364555471	<b>Gulika</b> 7:48AM – 9:58AM Yama 3:28AM – 5:38AM <b>Rahu</b> 2:17PM – 4:27PM	<b>Hasta</b> Until 11:55PM Vyatipata* Until 9:19PM Taitila Until 3:31PM <b>Dashami</b> Until 2:56AM Fri	<b>Ganesha:</b> White <i>Sunrise:</i> 3:28AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:47PM <b>Nataraja:</b> Yellow Moon – Green	Sun 23 Sutra 53 Subhakrit 5124 Moon 5 - Phase 8 - 23 4th Phase
Routine Work Marana Yoga				<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM	
Until 11:55PM							
Then Creative Work - Siddha Yoga							


<b>2</b>	<b>Friday, June 10, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Malmö, Sweden
	Kanya Rasi: 26.47	Tithi 11	364555471	<b>Gulika</b> 5:38AM – 7:48AM Yama 4:27PM – 6:37PM <b>Rahu</b> 9:58AM – 12:08PM	<b>Chitra</b> Until 11:05PM Variyan Until 7:03PM Vanija Until 2:12PM <b>Ekadashi</b> Until 1:14AM Sat	<b>Ganesha:</b> White <i>Sunrise:</i> 3:28AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:47PM <b>Nataraja:</b> Yellow Moon – Green	Sun 24 Sutra 54 Subhakrit 5124 Moon 5 - Phase 8 - 24 4th Phase
Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM	

<b>3</b>	<b>Saturday, June 11, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Malmö, Sweden
	Tula Rasi: 10.43	Tithi 12	364555471	<b>Gulika</b> 3:27AM – 5:37AM Yama 2:18PM – 4:28PM <b>Rahu</b> 7:47AM – 9:58AM	<b>Svati</b> Until 9:24PM Parigha* Until 4:13PM Bava Until 12:08PM <b>Dvadashi</b> Until 10:51PM	<b>Ganesha:</b> White <i>Sunrise:</i> 3:27AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:48PM <b>Nataraja:</b> Yellow Moon – Green	Sun 25 Sutra 55 Subhakrit 5124 Moon 5 - Phase 8 - 25 4th Phase
Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM	

<b>4</b>	<b>Sunday, June 12, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Malmö, Sweden
	Tula Rasi: 25.07	Tithi 13	374555471	<b>Gulika</b> 4:28PM – 6:39PM Yama 12:08PM – 2:18PM <b>Rahu</b> 6:39PM – 8:49PM	<b>Vishakha</b> Until 7:24PM Shiva Until 12:53PM Kaulava Until 9:27AM <b>Trayodashi</b> Until 7:53PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:27AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:49PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 26 Sutra 56 Subhakrit 5124 Moon 5 - Phase 8 - 26 4th Phase
Routine Work Marana Yoga				<b>Devaloka Day</b>			
				<b>Vaikasi Visakam</b>			
				<i>Pradosha Vrata</i>			

<b>5</b>	<b>Monday, June 13, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Malmö, Sweden
	Vrischika Rasi: 9.53	Tithi 14 – 15	374555471	<b>Gulika</b> 2:19PM – 4:29PM Yama 9:58AM – 12:08PM <b>Rahu</b> 5:37AM – 7:47AM	<b>Anuradha</b> Until 4:50PM Siddha Until 9:08AM Gara Until 6:15AM <b>Chaturdashi*</b> Until 4:30PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:26AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:50PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 27 Sutra 57 Subhakrit 5124 Moon 5 - Phase 8 - 27 4th Phase
Family Home Evening				<b>Devaloka Day</b>			
Creative Work Siddha Yoga							

	<b>Tuesday, June 14, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Malmö, Sweden
	Vrischika Rasi: 24.56	Tithi 15 – 16	374555471	<b>Gulika</b> 12:08PM – 2:19PM Yama 7:47AM – 9:58AM <b>Rahu</b> 4:29PM – 6:40PM	<b>Jyeshtha*</b> Until 1:52PM Subha Until 12:57AM Wed Balava Until 10:57PM <b>Purnima*</b> Until 12:49PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:26AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:50PM <b>Nataraja:</b> Yellow Moon – Orange	Sun 28 Sutra 58 Subhakrit 5124 Moon 5 - Phase 8 - Purnima
Routine Work Marana Yoga				<b>Devaloka Day</b>			
Until 1:52PM							
Then Creative Work - Amrita Yoga							

	<b>Wednesday, June 15, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Malmö, Sweden
	Dhanus Rasi: 10.08	Tithi 16 – 17	384555471	<b>Gulika</b> 9:58AM – 12:08PM Yama 5:36AM – 7:47AM <b>Rahu</b> 12:08PM – 2:19PM	<b>Mula*</b> Until 11:02AM Sukla Until 8:44PM Taitila Until 7:09PM <b>Prathama*</b> Until 9:02AM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 3:26AM <b>Muruqa:</b> Green <i>Sunset:</i> 8:51PM <b>Nataraja:</b> Yellow Moon – Light Blue	Sun 29 Sutra 59 Subhakrit 5124 Moon 5 - Phase 8 - Prathama
Routine Work Marana Yoga				<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM	
Until 11:02AM							
Then Creative Work - Amrita Yoga							





Thursday, June 16, 2022

Gold Retreat Star

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

Malmö, Sweden

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 25.19 Tithi 18

384555471

**Gulika** 7:47AM – 9:58AM  
**Yama** 3:26AM – 5:36AM  
**Rahu** 2:19PM – 4:30PM

**Purvashadha\* Until 8:08AM**  
Brahma Until 4:40PM  
Vanija Until 3:30PM  
Tritiya Until 1:45AM Fri

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

**Sunrise:** 3:26AM  
**Sunset:** 8:52PM

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

Creative Work Siddha Yoga

Until 8:08AM

Then Routine Work - Marana Yoga

**1** Friday, June 17, 2022

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

Malmö, Sweden

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 10.19 Tithi 19

394555471

**Gulika** 5:36AM – 7:47AM  
**Yama** 4:31PM – 6:41PM  
**Rahu** 9:58AM – 12:09PM

**Shravana Until 3:13AM Sat**  
Indra Until 12:51PM  
Bava Until 12:07PM  
Chaturthi\* Until 10:34PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:52PM

**Devaloka Day**

Routine Work Marana Yoga

Until 3:13AM Sat

Then Creative Work - Siddha Yoga

**2** Saturday, June 18, 2022

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

Malmö, Sweden

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 25.01 Tithi 20

394555471

**Gulika** 3:26AM – 5:36AM  
**Yama** 2:20PM – 4:31PM  
**Rahu** 7:47AM – 9:58AM

**Dhanishtha Until 1:29AM Sun**  
Vaidhriti\* Until 9:23AM  
Kaulava Until 9:11AM  
Panchami Until 7:54PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:53PM

**Sivaloka Day**

Creative Work Siddha Yoga

**3** Sunday, June 19, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shalabhishak Nakshatra Vishkambha\*/Priti Yoga Gara/Visti\* Karana Shashthi/Saptamyam Titau

Malmö, Sweden

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 9.19 Tithi 21 – 22

395655471

**Gulika** 4:31PM – 6:42PM  
**Yama** 12:09PM – 2:20PM  
**Rahu** 6:42PM – 8:53PM

**Shatabhishak Until 12:16AM Mon**  
Vishkambha\* Until 6:24AM  
Gara Until 6:49AM  
Shashthi\* Until 5:52PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:53PM

**Devaloka Day**

Creative Work Siddha Yoga

Until 12:16AM Mon

Then Routine Work - Marana Yoga

**4** Monday, June 20, 2022

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

Malmö, Sweden

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 23.1 Tithi 22 – 23

315655471

**Gulika** 2:20PM – 4:31PM  
**Yama** 9:59AM – 12:09PM  
**Rahu** 5:37AM – 7:48AM

**Purvaproshtapada\* Until 12:05AM Tue**  
Ayushman Until 2:10AM Tue  
Balava Until 4:12AM Tue  
Saptami Until 4:33PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:53PM

**Devaloka Day**

Routine Work Marana Yoga

Until 12:05AM Tue

Then Creative Work - Amrita Yoga

**Retreat Star** Tuesday, June 21, 2022

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

Malmö, Sweden

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 6.35 Tithi 23 – 24

315655471

**Gulika** 12:10PM – 2:21PM  
**Yama** 7:48AM – 9:59AM  
**Rahu** 4:32PM – 6:43PM

**Uttaraproshtapada Until 12:32AM Wed**  
Saubhagya Until 12:59AM Wed  
Taitila Until 4:03AM Wed  
Ashtami\* Until 4:01PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:54PM

**Devaloka Day**

Creative Work Amrita Yoga

Until 12:32AM Wed

Then Routine Work - Marana Yoga

**Retreat Star** Wednesday, June 22, 2022

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

Malmö, Sweden

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 19.35 Tithi 24 – 25

315655471

**Gulika** 9:59AM – 12:10PM  
**Yama** 5:37AM – 7:48AM  
**Rahu** 12:10PM – 2:21PM

**Revati Until 1:32AM Thu**  
Sobhana Until 12:24AM Thu  
Vanija Until 4:38AM Thu  
Navami\* Until 4:14PM

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

**Sunrise:** 3:26AM  
**Sunset:** 8:54PM

**Devaloka Day**

Routine Work Marana Yoga

Until 1:32AM Thu

Then Creative Work - Amrita Yoga

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2

www.gurudeva.org/panchang

<b>1</b>		<b>Thursday, June 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Malmö, Sweden Sun 8 Sutra 67	
Mesha Rasi: 2.14	Tithi 25 – 26	Gulika 7:48AM – 9:59AM	Ashvini Until 3:31AM Fri	Ganesha: Purple	Sunrise: 3:26AM	Subhakrit 5124	
		Yama 3:26AM – 5:37AM	Athiganda* Until 12:19AM Fri	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 8	
		325655471 Rahu 2:21PM – 4:32PM	Bava Until 5:53AM Fri	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 5:10PM	Moon – White		<b>Bhuloka Day</b>	
Until 3:31AM Fri				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Friday, June 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Balava Karana Ekadashyam Titau		Malmö, Sweden Sun 9 Sutra 68	
Mesha Rasi: 14.35	Tithi 26	Gulika 5:38AM – 7:48AM	Bharani Until 5:52AM Sat	Ganesha: Purple	Sunrise: 3:27AM	Subhakrit 5124	
		Yama 4:32PM – 6:43PM	Sukarma Until 12:41AM Sat	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 9	
		325655471 Rahu 9:59AM – 12:10PM	Balava Until 6:41PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 6:41PM	Moon – White		<b>Bhuloka Day</b>	
Until 5:52AM Sat				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Saturday, June 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Malmö, Sweden Sun 10 Sutra 69	
Mesha Rasi: 26.43	Tithi 27	Gulika 3:27AM – 5:38AM	Krittika Until 8:25AM Sun	Ganesha: Purple	Sunrise: 3:27AM	Subhakrit 5124	
		Yama 2:21PM – 4:32PM	Dhriti Until 1:23AM Sun	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 10	
		325655471 Rahu 7:49AM – 10:00AM	Kaulava Until 7:39AM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 8:40PM	Moon – White		<b>Bhuloka Day</b>	
Until 8:25AM Sun				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga							
<b>4</b>		<b>Sunday, June 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Malmö, Sweden Sun 11 Sutra 70	
Vrishabha Rasi: 8.42	Tithi 28	Gulika 4:32PM – 6:43PM	Krittika Until 8:25AM	Ganesha: Purple	Sunrise: 3:27AM	Subhakrit 5124	
		Yama 12:11PM – 2:21PM	Shula* Until 2:17AM Mon	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 11	
		325655471 Rahu 6:43PM – 8:54PM	Gara Until 9:48AM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 10:57PM	Moon – White		<b>Bhuloka Day</b>	
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
						<i>Pradosha Vrata (Fasting)</i>	
<b>5</b>		<b>Monday, June 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Malmö, Sweden Sun 12 Sutra 71	
Vrishabha Rasi: 20.35	Tithi 29	Gulika 2:22PM – 4:32PM	Rohini Until 11:33AM	Ganesha: Light Blue	Sunrise: 3:28AM	Subhakrit 5124	
Family Home Evening		Yama 10:00AM – 12:11PM	Ganda* Until 3:18AM Tue	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 12	
		335655471 Rahu 5:39AM – 7:49AM	Visti Until 12:11PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 1:25AM Tue	Moon – Yellow		<b>Bhuloka Day</b>	
Until 2:37PM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Tuesday, June 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Malmö, Sweden Sun 13 Sutra 72	
Mithuna Rasi: 2.25	Tithi 30	Gulika 12:11PM – 2:22PM	Mrigashira Until 2:37PM	Ganesha: Purple	Sunrise: 3:29AM	Subhakrit 5124	
		Yama 7:50AM – 10:00AM	Vriddhi Until 4:22AM Wed	Muruga: Green	Sunset: 8:54PM	Moon 6 - Phase 10 - 13	
		336655471 Rahu 4:32PM – 6:43PM	Catuspada Until 2:41PM	Nataraja: Yellow		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 3:55AM Wed	Moon – Yellow		<b>Bhuloka Day</b>	
Until 2:37PM				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Wednesday, June 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau		Malmö, Sweden Sun 14 Sutra 73	
Mithuna Rasi: 14.14	Tithi 1	Gulika 10:01AM – 12:11PM	Ardra Until 5:30PM	Ganesha: Purple	Sunrise: 3:29AM	Subhakrit 5124	
		Yama 5:40AM – 7:50AM	Dhruva Until 5:22AM Thu	Muruga: Green	Sunset: 8:53PM	Moon 6 - Phase 10 - 14	
		336655471 Rahu 12:11PM – 2:22PM	Kintughna Until 5:10PM	Nataraja: Yellow		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 6:22AM Thu	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada-Ani		Devaloka Time: 6:PM to 9:PM	

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

all times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>		<b>Thursday, June 30, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Malmö, Sweden Sun 15 Sutra 74	
Mithuna Rasi: 26.05	Tithi 1 – 2	<b>Gulika</b> 7:51AM – 10:01AM	<b>Punarvasu</b> Until 8:38PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 3:30AM	Subhakarit 5124	
		Yama 3:30AM – 5:40AM	Vyaghata* Until 6:16AM Fri	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 11 - 15	
Creative Work	Amrita Yoga	346655471 <b>Rahu</b> 2:22PM – 4:32PM	Balava Until 7:34PM	<b>Nataraja:</b> Yellow		3rd Phase	
			<b>Prathama*</b> Until 6:22AM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
<b>2</b>		<b>Friday, July 1, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Malmö, Sweden Sun 16 Sutra 75	
Kataka Rasi: 7.58	Tithi 2 – 3	<b>Gulika</b> 5:41AM – 7:51AM	<b>Pushya</b> Until 11:26PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 3:31AM	Subhakarit 5124	
		Yama 4:32PM – 6:42PM	Vyaghata* Until 6:16AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:53PM	Moon 6 - Phase 11 - 16	
Routine Work	Marana Yoga	346655471 <b>Rahu</b> 10:01AM – 12:12PM	Taitila Until 9:47PM	<b>Nataraja:</b> Yellow		3rd Phase	
			<b>Dvitiya</b> Until 8:41AM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
<b>3</b>		<b>Saturday, July 2, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Malmö, Sweden Sun 17 Sutra 76	
Kataka Rasi: 19.56	Tithi 3 – 4	<b>Gulika</b> 3:31AM – 5:42AM	<b>Ashlesha*</b> Until 1:49AM Sun	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 3:31AM	Subhakarit 5124	
		Yama 2:22PM – 4:32PM	Harshana Until 7:02AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:52PM	Moon 6 - Phase 11 - 17	
Routine Work	Marana Yoga	346655471 <b>Rahu</b> 7:52AM – 10:02AM	Vanija Until 11:45PM	<b>Nataraja:</b> Yellow		3rd Phase	
			<b>Tritiya</b> Until 10:47AM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
<b>4</b>		<b>Sunday, July 3, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Malmö, Sweden Sun 18 Sutra 77	
Simha Rasi: 2.01	Tithi 4 – 5	<b>Gulika</b> 4:32PM – 6:42PM	<b>Magha*</b> Until 4:12AM Mon	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:32AM	Subhakarit 5124	
		Yama 12:12PM – 2:22PM	Vajra* Until 7:34AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:52PM	Moon 6 - Phase 11 - 18	
Routine Work	Marana Yoga	356655471 <b>Rahu</b> 6:42PM – 8:52PM	Bava Until 1:23AM Mon	<b>Nataraja:</b> Yellow		3rd Phase	
Until 4:12AM Mon			<b>Chaturthi*</b> Until 12:36PM	Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Ashada*Ani			
<b>5</b>		<b>Monday, July 4, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Malmö, Sweden Sun 19 Sutra 78	
Simha Rasi: 14.15	Tithi 5 – 6	<b>Gulika</b> 2:22PM – 4:32PM	<b>Purvaphalguni</b> Until 5:59AM Tue	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:33AM	Subhakarit 5124	
<b>Family Home Evening</b>		Yama 10:02AM – 12:12PM	Siddhi Until 7:50AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:51PM	Moon 6 - Phase 11 - 19	
Creative Work	Siddha Yoga	356655471 <b>Rahu</b> 5:43AM – 7:53AM	Kaulava Until 2:35AM Tue	<b>Nataraja:</b> Yellow		3rd Phase	
Until 5:59AM Tue			<b>Panchami</b> Until 2:02PM	Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				Ashada*Ani			
<b>6</b>		<b>Tuesday, July 5, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Malmö, Sweden Sun 20 Sutra 79	
Simha Rasi: 26.4	Tithi 6 – 7	<b>Gulika</b> 12:12PM – 2:22PM	<b>Uttaraphalguni</b> Until 7:04AM Wed	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 3:34AM	Subhakarit 5124	
		Yama 7:53AM – 10:03AM	Vyatipata* Until 7:45AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:50PM	Moon 6 - Phase 11 - 20	
Creative Work	Amrita Yoga	356655471 <b>Rahu</b> 4:31PM – 6:41PM	Gara Until 3:15AM Wed	<b>Nataraja:</b> Yellow		3rd Phase	
Until 7:04AM Wed			<b>Shashthi*</b> Until 2:58PM	Moon – Red		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga				Ashada*Ani			
<b>Retreat Star</b>		<b>Wednesday, July 6, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Malmö, Sweden Sun 21 Sutra 80	
Kanya Rasi: 9.2	Tithi 7 – 8	<b>Gulika</b> 10:03AM – 12:12PM	<b>Uttaraphalguni</b> Until 7:04AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:35AM	Subhakarit 5124	
		Yama 5:45AM – 7:54AM	Variyan Until 7:12AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:50PM	Moon 6 - Phase 11 - 21	
Creative Work	Amrita Yoga	357655471 <b>Rahu</b> 12:12PM – 2:22PM	Visti Until 3:16AM Thu	<b>Nataraja:</b> Yellow		3rd Phase	
Until 7:04AM			<b>Saptami</b> Until 3:19PM	Moon – Red		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga		<b>Chidambaram Abhishekam</b>		Ashada*Ani			
<b>Retreat Star</b>		<b>Thursday, July 7, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Malmö, Sweden Sun 22 Sutra 81	
Kanya Rasi: 22.19	Tithi 8 – 9	<b>Gulika</b> 7:54AM – 10:04AM	<b>Hasta</b> Until 7:50AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:36AM	Subhakarit 5124	
		Yama 3:36AM – 5:45AM	Parigha* Until 6:08AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:49PM	Moon 6 - Phase 11 - 22	
Routine Work	Marana Yoga	467655471 <b>Rahu</b> 2:22PM – 4:31PM	Balava Until 2:33AM Fri	<b>Nataraja:</b> Yellow		Ashtami	
Until 7:50AM			<b>Ashtami*</b> Until 2:59PM	Moon – Green		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Ashada*Ani			
<b>Retreat Star</b>		<b>Friday, July 8, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Malmö, Sweden Sun 23 Sutra 82	
Tula Rasi: 5.41	Tithi 9 – 10	<b>Gulika</b> 5:46AM – 7:55AM	<b>Chitra</b> Until 7:43AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 3:37AM	Subhakarit 5124	
		Yama 4:30PM – 6:39PM	Siddha Until 2:16AM Sat	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:48PM	Moon 6 - Phase 11 - 23	
Creative Work	Siddha Yoga	467655471 <b>Rahu</b> 10:04AM – 12:13PM	Taitila Until 1:07AM Sat	<b>Nataraja:</b> Yellow		Navami	
			<b>Navami*</b> Until 1:55PM	Moon – Green		<b>Devaloka Day</b>	
				Ashada*Ani			

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

1	<b>Saturday, July 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Malmö, Sweden Sun 24 Sutra 83
	Tula Rasi: 19.29	Tithi 10 – 11	<b>Gulika</b> 3:39AM – 5:47AM	<b>Svati</b> Until 6:43AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 3:39AM	Subhakrit 5124
			Yama 2:21PM – 4:30PM	Sadhya Until 11:27PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:47PM	Moon 6 - Phase 12 - 24
	467655471	<b>Rahu</b> 7:56AM – 10:04AM	Vanija Until 10:58PM	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 12:07PM	Moon – Green	<b>Devaloka Day</b>	
				Ashada*Ani		

2	<b>Sunday, July 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Malmö, Sweden Sun 25 Sutra 84
	Vrischika Rasi: 3.43	Tithi 11 – 12	<b>Gulika</b> 4:30PM – 6:38PM	<b>Anuradha</b> Until 3:13AM Mon	<b>Ganesha:</b> White <i>Sunrise:</i> 3:40AM	Subhakrit 5124
			Yama 12:13PM – 2:21PM	Subha Until 8:09PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:46PM	Moon 6 - Phase 12 - 25
	477655471	<b>Rahu</b> 6:38PM – 8:46PM	Bava Until 8:13PM	Nataraja: Yellow		4th Phase
Routine Work	Marana Yoga		<b>Ekadashi</b> Until 9:39AM	Moon – Orange	<b>Bhuloka Day</b>	
Until 3:13AM Mon				Ashada*Ani	<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Creative Work - Siddha Yoga						

3	<b>Monday, July 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Malmö, Sweden Sun 26 Sutra 85
	Vrischika Rasi: 18.22	Tithi 12 – 13	<b>Gulika</b> 2:21PM – 4:29PM	<b>Jyeshtha*</b> Until 12:31AM Tue	<b>Ganesha:</b> White <i>Sunrise:</i> 3:41AM	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 10:05AM – 12:13PM	Sukla Until 4:24PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:45PM	Moon 6 - Phase 12 - 26
	477655471	<b>Rahu</b> 5:49AM – 7:57AM	Taitila Until 3:10AM Tue	Nataraja: Yellow		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 6:37AM	Moon – Orange	<b>Bhuloka Day</b>	
Until 12:31AM Tue				Ashada*Ani	<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Creative Work - Amrita Yoga						
				<i>Pradosha Vrata</i>		

4	<b>Tuesday, July 12, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Malmö, Sweden Sun 27 Sutra 86
	Dhanus Rasi: 3.21	Tithi 14	<b>Gulika</b> 12:13PM – 2:21PM	<b>Mula*</b> Until 9:46PM	<b>Ganesha:</b> White <i>Sunrise:</i> 3:42AM	Subhakrit 5124
			Yama 7:58AM – 10:06AM	Brahma Until 12:22PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:44PM	Moon 6 - Phase 12 - 27
	488655471	<b>Rahu</b> 4:29PM – 6:36PM	Gara Until 1:20PM	Nataraja: Yellow		4th Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 11:26PM	Moon – Light Blue	<b>Sivaloka Day</b>	
Until 9:46PM				Ashada*Ani		
Then Creative Work - Siddha Yoga						

○	<b>Wednesday, July 13, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Malmö, Sweden Sun 28 Sutra 87
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:06AM – 12:13PM	<b>Purvashadha*</b> Until 6:46PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:44AM	Subhakrit 5124
	Dhanus Rasi: 18.33	Tithi 15	Yama 5:51AM – 7:59AM	Indra Until 8:11AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:43PM	Moon 6 - Phase 12 -
	488755471	<b>Rahu</b> 12:13PM – 2:21PM	Visti Until 9:32AM	Nataraja: Yellow		Purnima
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 7:35PM	Moon – Light Blue	<b>Devaloka Day</b>	
		<b>Satguru Purnima</b>		Ashada*Ani		

○	<b>Thursday, July 14, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Malmö, Sweden Sun 29 Sutra 88
	<b>Silver Retreat Star</b>		<b>Gulika</b> 7:59AM – 10:06AM	<b>Uttarashadha</b> Until 3:40PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 3:45AM	Subhakrit 5124
	Makara Rasi: 3.47	Tithi 16 – 17	Yama 3:45AM – 5:52AM	Vishkambha* Until 11:47PM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:42PM	Moon 6 - Phase 12 -
	488755471	<b>Rahu</b> 2:21PM – 4:28PM	Taitila Until 1:59AM Fri	Nataraja: Yellow		Prathama
Routine Work	Marana Yoga		<b>Prathama*</b> Until 3:47PM	Moon – Light Blue	<b>Devaloka Day</b>	
Until 3:40PM				Ashada*Ani		
Then Creative Work - Siddha Yoga						

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



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

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

Malmö, Sweden  
Sun 1 Sutra 89

Makara Rasi: 18.55 Tithi 17 - 18

**Gulika** 5:53AM - 8:00AM  
Yama 4:27PM - 6:34PM  
498755471 **Rahu** 10:07AM - 12:14PM

**Shravana Until 1:04PM**  
Priti Until 7:54PM  
Vanija Until 10:35PM  
**Dvitiya Until 12:13PM**

**Ganesha:** Blue *Sunrise: 3:46AM*  
**Muruqa:** Green *Sunset: 8:41PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada\*Ani**

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

Routine Work Marana Yoga  
Until 1:04PM  
Then Creative Work - Siddha Yoga

**1**

**Saturday, July 16, 2022**

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

Malmö, Sweden  
Sun 2 Sutra 90

Kumbha Rasi: 3.46 Tithi 18 - 19

**Gulika** 3:48AM - 5:54AM  
Yama 2:20PM - 4:27PM  
498755471 **Rahu** 8:01AM - 10:07AM

**Dhanishtha Until 10:44AM**  
Ayushman Until 4:22PM  
Bava Until 7:40PM  
**Tritiya Until 9:02AM**

**Ganesha:** Blue *Sunrise: 3:48AM*  
**Muruqa:** Green *Sunset: 8:39PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada\*Adi**

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

Creative Work Siddha Yoga  
Until 10:44AM  
Then Creative Work - Amrita Yoga

**2**

**Sunday, July 17, 2022**

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

Malmö, Sweden  
Sun 3 Sutra 91

Kumbha Rasi: 18.13 Tithi 19 - 20

**Gulika** 4:26PM - 6:32PM  
Yama 12:14PM - 2:20PM  
498755472 **Rahu** 6:32PM - 8:38PM

**Shatabhishak Until 8:50AM**  
Saubhagya Until 1:22PM  
Taitila Until 4:29AM Mon  
**Chaturthi\* Until 6:25AM**

**Ganesha:** Blue *Sunrise: 3:49AM*  
**Muruqa:** Green *Sunset: 8:38PM*  
**Nataraja:** White  
Moon - Purple  
**Ashada\*Adi**

**Bhuloka Day**

Creative Work Siddha Yoga

**3**

**Monday, July 18, 2022**

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

Malmö, Sweden  
Sun 4 Sutra 92

Meena Rasi: 2.13 Tithi 21

**Gulika** 2:20PM - 4:25PM  
Yama 10:08AM - 12:14PM  
418755472 **Rahu** 5:57AM - 8:02AM

**Purvaproshtapada\* Until 7:56AM**  
Sobhana Until 10:58AM  
Gara Until 3:50PM  
**Shashthi\* Until 3:22AM Tue**

**Ganesha:** White *Sunrise: 3:51AM*  
**Muruqa:** Green *Sunset: 8:37PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada\*Adi**

**Bhuloka Day**

**Family Home Evening**

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

**4**

**Tuesday, July 19, 2022**

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

Malmö, Sweden  
Sun 5 Sutra 93

Meena Rasi: 15.43 Tithi 22

**Gulika** 12:14PM - 2:19PM  
Yama 8:03AM - 10:08AM  
419755472 **Rahu** 4:25PM - 6:30PM

**Uttaraproshtapada Until 7:42AM**  
Athiganda\* Until 9:13AM  
Visti Until 3:09PM  
**Saptami Until 3:06AM Wed**

**Ganesha:** Clear *Sunrise: 3:52AM*  
**Muruqa:** Green *Sunset: 8:35PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada\*Adi**

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

Creative Work Amrita Yoga

Until 7:42AM  
Then Creative Work - Siddha Yoga

**Retreat Star**

**Wednesday, July 20, 2022**

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

Malmö, Sweden  
Sun 6 Sutra 94

Meena Rasi: 28.45 Tithi 23

**Gulika** 10:09AM - 12:14PM  
Yama 5:59AM - 8:04AM  
419755472 **Rahu** 12:14PM - 2:19PM

**Revati Until 8:10AM**  
Sukarma Until 8:11AM  
Balava Until 3:19PM  
**Ashtami\* Until 3:42AM Thu**

**Ganesha:** Clear *Sunrise: 3:54AM*  
**Muruqa:** Green *Sunset: 8:34PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada\*Adi**

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

Routine Work Marana Yoga

**Thursday, July 21, 2022**

**Retreat Star**

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

Malmö, Sweden  
Sun 7 Sutra 95

Mesha Rasi: 11.22 Tithi 24

**Gulika** 8:05AM - 10:09AM  
Yama 3:55AM - 6:00AM  
429755472 **Rahu** 2:19PM - 4:23PM

**Ashvini Until 9:46AM**  
Dhriti Until 7:49AM  
Taitila Until 4:19PM  
**Navami\* Until 5:03AM Fri**

**Ganesha:** Purple *Sunrise: 3:55AM*  
**Muruqa:** Green *Sunset: 8:32PM*  
**Nataraja:** White  
Moon - White  
**Ashada\*Adi**

**Devaloka Day**

Creative Work Amrita Yoga

Until 9:46AM  
Then Creative Work - Siddha Yoga

<b>1</b>	<b>Friday, July 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam				Malmö, Sweden
	Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Vanija/Vistii* Karana Dashamyam Titau						Sun 8 Sutra 96
	Mesha Rasi: 23.4	Tithi 25	<b>Gulika</b> 6:01AM – 8:06AM	<b>Bharani</b> Until 11:54AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:57AM	Subhakrit 5124
	429755472	Rahu	Yama 4:22PM – 6:27PM	Shula* Until 7:59AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:31PM	Moon 7 - Phase 14 - 8
Creative Work	Siddha Yoga	10:10AM – 12:14PM	Vanija Until 5:59PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Dashami</b> Until 6:59AM Sat	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			


<b>2</b>	<b>Saturday, July 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam				Malmö, Sweden
	Krittika/Rohini Nakshatra Ganda*/Vridhi Yoga Vistii*/Bava Karana Dashami/Ekadashyam Titau						Sun 9 Sutra 97
	Vrishabha Rasi: 5.44	Tithi 25 – 26	<b>Gulika</b> 3:59AM – 6:03AM	<b>Krittika</b> Until 2:24PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 3:59AM	Subhakrit 5124
	429755472	Rahu	Yama 2:18PM – 4:22PM	Ganda* Until 8:37AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:29PM	Moon 7 - Phase 14 - 9
Creative Work	Amrita Yoga	8:06AM – 10:10AM	Bava Until 8:08PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Dashami</b> Until 6:59AM	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			

<b>3</b>	<b>Sunday, July 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam				Malmö, Sweden
	Rohini/Mrigashira Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau						Sun 10 Sutra 98
	Vrishabha Rasi: 17.38	Tithi 26 – 27	<b>Gulika</b> 4:21PM – 6:24PM	<b>Rohini</b> Until 5:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:00AM	Subhakrit 5124
	439755472	Rahu	Yama 12:14PM – 2:17PM	Vridhi Until 9:32AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:28PM	Moon 7 - Phase 14 - 10
Creative Work	Siddha Yoga	6:24PM – 8:28PM	Kaulava Until 10:34PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Ekadashi*</b> Until 9:18AM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

<b>4</b>	<b>Monday, July 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam				Malmö, Sweden
	Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Taillita/Gara Karana Dvadashi/Trayodashyam Titau						Sun 11 Sutra 99
	Vrishabha Rasi: 29.28	Tithi 27 – 28	<b>Gulika</b> 2:17PM – 4:20PM	<b>Mrigashira</b> Until 8:37PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:02AM	Subhakrit 5124
	439755472	Rahu	Yama 10:11AM – 12:14PM	Dhruva Until 10:34AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:26PM	Moon 7 - Phase 14 - 11
<b>Family Home Evening</b>	Creative Work	6:05AM – 8:08AM	Gara Until 1:06AM Tue	<b>Nataraja:</b> White		2nd Phase	
Until 8:37PM	Then Creative Work - Siddha Yoga		<b>Dvadashi*</b> Until 11:49AM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Tuesday, July 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam				Malmö, Sweden
	Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistii* Karana Trayodashi/Chaturdashyam Titau						Sun 12 Sutra 100
	Mithuna Rasi: 11.16	Tithi 28 – 29	<b>Gulika</b> 12:14PM – 2:17PM	<b>Ardra</b> Until 11:30PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:04AM	Subhakrit 5124
	439755472	Rahu	Yama 8:09AM – 10:11AM	Vyaghata* Until 11:38AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:24PM	Moon 7 - Phase 14 - 12
Routine Work	Marana Yoga	4:19PM – 6:22PM	Vistii Until 3:34AM Wed	<b>Nataraja:</b> White		2nd Phase	
Until 11:30PM	Then Creative Work - Siddha Yoga		<b>Trayodashi*</b> Until 2:20PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

<b>6</b>	<b>Wednesday, July 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam				Malmö, Sweden
	Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Sun 13 Sutra 101
	Mithuna Rasi: 23.07	Tithi 29 – 30	<b>Gulika</b> 10:12AM – 12:14PM	<b>Punarvasu</b> Until 2:35AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:05AM	Subhakrit 5124
	441755472	Rahu	Yama 6:08AM – 8:10AM	Harshana Until 12:37PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:23PM	Moon 7 - Phase 14 - 13
Creative Work	Siddha Yoga	12:14PM – 2:16PM	Catuspada Until 5:52AM Thu	<b>Nataraja:</b> White		2nd Phase	
Until 2:35AM Thu	Then Creative Work - Amrita Yoga		<b>Chaturdashi*</b> Until 4:44PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	<b>Thursday, July 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam				Malmö, Sweden
	<b>Retreat Star</b>		Pushya Nakshatra Vajra*/Siddhi Yoga Naga* Karana Amavasyayam Titau				Sun 14 Sutra 102
	Kataka Rasi: 5.01	Tithi 30	<b>Gulika</b> 8:11AM – 10:12AM	<b>Pushya</b> Until 5:16AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:07AM	Subhakrit 5124
	441755472	Rahu	Yama 4:07AM – 6:09AM	Vajra* Until 1:26PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:21PM	Moon 7 - Phase 14 - 14
Creative Work	Amrita Yoga	2:16PM – 4:17PM	Naga Until 6:55PM	<b>Nataraja:</b> White		Amavasya	
Until 5:16AM Fri	Then Routine Work - Marana Yoga		<b>Amavasya*</b> Until 6:55PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

<b>Retreat Star</b>	<b>Friday, July 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam				Malmö, Sweden
	<b>Retreat Star</b>		Ashlesha* Nakshatra Siddhi/Vyalipata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 15 Sutra 103
	Kataka Rasi: 17.01	Tithi 1	<b>Gulika</b> 6:10AM – 8:11AM	<b>Ashlesha*</b> Until 7:31AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:09AM	Subhakrit 5124
	441755472	Rahu	Yama 4:17PM – 6:18PM	Siddhi Until 2:04PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:19PM	Moon 7 - Phase 14 - 15
Routine Work	Marana Yoga	10:13AM – 12:14PM	Kintughna Until 7:57AM	<b>Nataraja:</b> White		Prathama	
Until 7:31AM Sat	Then Creative Work - Amrita Yoga		<b>Prathama*</b> Until 8:51PM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana*Adi		Devaloka Time: 9:AM to 12:PM	

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

<b>1</b>		<b>Saturday, July 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Malmö, Sweden
Kataka Rasi: 29.08	Tithi 2	Gulika 4:11AM – 6:12AM	Ashlesha* Until 7:31AM	Ganesha: Yellow	Sunrise: 4:11AM	Sun 16	Sutra 104	Subhakrit 5124
		Yama 2:15PM – 4:16PM	Vyatipata* Until 2:30PM	Muruqa: Green	Sunset: 8:17PM	Moon 7 - Phase 15 - 16		
		441755472 Rahu 8:12AM – 10:13AM	Balava Until 9:44AM	Nataraja: White		3rd Phase		
Routine Work	Marana Yoga		Dvitiya Until 10:29PM	Moon – Blue		<b>Bhuloka Day</b>		
Until 7:31AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Amrita Yoga								

<b>2</b>		<b>Sunday, July 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Malmö, Sweden
Simha Rasi: 11.22	Tithi 3	Gulika 4:15PM – 6:15PM	Magha* Until 9:48AM	Ganesha: Red	Sunrise: 4:13AM	Sun 17	Sutra 105	Subhakrit 5124
		Yama 12:14PM – 2:14PM	Varyan Until 2:39PM	Muruqa: Green	Sunset: 8:15PM	Moon 7 - Phase 15 - 17		
		451755472 Rahu 6:15PM – 8:15PM	Taitila Until 11:12AM	Nataraja: White		3rd Phase		
Routine Work	Marana Yoga		Tritiya Until 11:47PM	Moon – Red		<b>Bhuloka Day</b>		
Until 9:48AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Monday, August 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturtham Titau				Malmö, Sweden
Simha Rasi: 23.45	Tithi 4	Gulika 2:14PM – 4:14PM	Purvaphalguni Until 11:35AM	Ganesha: Red	Sunrise: 4:14AM	Sun 18	Sutra 106	Subhakrit 5124
<b>Family Home Evening</b>		Yama 10:14AM – 12:14PM	Parigha* Until 2:32PM	Muruqa: Green	Sunset: 8:13PM	Moon 7 - Phase 15 - 18		
		451755472 Rahu 6:14AM – 8:14AM	Vanija Until 12:19PM	Nataraja: White		3rd Phase		
Creative Work	Siddha Yoga		Chaturthi* Until 12:43AM Tue	Moon – Red		<b>Bhuloka Day</b>		
				Sravana*Adi		Devaloka Time: 9:AM to12:PM		

<b>4</b>		<b>Tuesday, August 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Malmö, Sweden
Kanya Rasi: 6.19	Tithi 5	Gulika 12:14PM – 2:13PM	Uttaraphalguni Until 12:48PM	Ganesha: Red	Sunrise: 4:16AM	Sun 19	Sutra 107	Subhakrit 5124
		Yama 8:15AM – 10:14AM	Shiva Until 2:06PM	Muruqa: Green	Sunset: 8:11PM	Moon 7 - Phase 15 - 19		
		451755472 Rahu 4:13PM – 6:12PM	Bava Until 1:02PM	Nataraja: White		3rd Phase		
Creative Work	Amrita Yoga		Panchami Until 1:12AM Wed	Moon – Red		<b>Bhuloka Day</b>		
Until 12:48PM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Wednesday, August 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashtham Titau				Malmö, Sweden
Kanya Rasi: 19.04	Tithi 6	Gulika 10:15AM – 12:14PM	Hasta Until 1:53PM	Ganesha: Blue	Sunrise: 4:18AM	Sun 20	Sutra 108	Subhakrit 5124
		Yama 6:17AM – 8:16AM	Siddha Until 1:17PM	Muruqa: Green	Sunset: 8:09PM	Moon 7 - Phase 15 - 20		
		461755472 Rahu 12:14PM – 2:13PM	Kaulava Until 1:17PM	Nataraja: White		3rd Phase		
Routine Work	Marana Yoga		Shashthi* Until 1:11AM Thu	Moon – Green		<b>Devaloka Day</b>		
Until 1:53PM				Sravana*Adi				
Then Creative Work - Siddha Yoga								

<b>6</b>		<b>Thursday, August 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Malmö, Sweden
Tula Rasi: 2.05	Tithi 7	Gulika 8:17AM – 10:15AM	Chitra Until 2:17PM	Ganesha: Blue	Sunrise: 4:20AM	Sun 21	Sutra 109	Subhakrit 5124
		Yama 4:20AM – 6:18AM	Sadhya Until 12:03PM	Muruqa: Green	Sunset: 8:07PM	Moon 7 - Phase 15 - 21		
		461755472 Rahu 2:12PM – 4:11PM	Gara Until 1:00PM	Nataraja: White		3rd Phase		
Creative Work	Siddha Yoga		Saptami Until 12:37AM Fri	Moon – Green		<b>Devaloka Day</b>		
Until 2:17PM				Sravana*Adi				
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Friday, August 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Malmö, Sweden
Tula Rasi: 15.25	Tithi 8	Gulika 6:20AM – 8:18AM	Svati Until 1:58PM	Ganesha: Blue	Sunrise: 4:22AM	Sun 22	Sutra 110	Subhakrit 5124
		Yama 4:09PM – 6:07PM	Subha Until 10:22AM	Muruqa: White	Sunset: 8:05PM	Moon 7 - Phase 15 - 22		
		461765472 Rahu 10:16AM – 12:14PM	Visti Until 12:07PM	Nataraja: White		Ashtami		
Creative Work	Siddha Yoga		Ashtami* Until 11:26PM	Moon – Green		<b>Devaloka Day</b>		
				Sravana*Adi				
Varalakshmi Vratam								

<b>Retreat Star</b>		<b>Saturday, August 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Malmö, Sweden
Tula Rasi: 29.05	Tithi 9	Gulika 4:23AM – 6:21AM	Vishakha Until 1:19PM	Ganesha: White	Sunrise: 4:23AM	Sun 23	Sutra 111	Subhakrit 5124
		Yama 2:11PM – 4:08PM	Sukla Until 8:09AM	Muruqa: White	Sunset: 8:03PM	Moon 7 - Phase 15 - 23		
		472765472 Rahu 8:18AM – 10:16AM	Balava Until 10:38AM	Nataraja: White		Navami		
Creative Work	Siddha Yoga		Navami* Until 9:38PM	Moon – Orange		<b>Bhuloka Day</b>		
				Sravana*Adi				

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

11 times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<h1>1</h1>	<b>Sunday, August 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau			Malmö, Sweden Sun 24 Sutra 112 Subhakrit 5124
	Vrischika Rasi: 13.08 Tithi 10	<b>Gulika</b> 4:07PM – 6:04PM	<b>Anuradha</b> Until 11:56AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:25AM	
	472865472	<b>Yama</b> 12:13PM – 2:10PM	Indra Until 2:20AM Mon	<b>Muruqa:</b> White <i>Sunset:</i> 8:01PM	Moon 7 - Phase 16 - 24
	Routine Work Marana Yoga	<b>Rahu</b> 6:04PM – 8:01PM	Taitila Until 8:32AM	<b>Nataraja:</b> White Moon – Orange	4th Phase
			<b>Dashami</b> Until 7:16PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<h1>2</h1>	<b>Monday, August 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Malmö, Sweden Sun 25 Sutra 113 Subhakrit 5124
	Vrischika Rasi: 27.32 Tithi 11 – 12	<b>Gulika</b> 2:10PM – 4:06PM	<b>Jyeshtha*</b> Until 9:53AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:27AM	
	472865472	<b>Yama</b> 10:17AM – 12:13PM	Vaidhriti* Until 10:48PM	<b>Muruqa:</b> White <i>Sunset:</i> 7:59PM	Moon 7 - Phase 16 - 25
	<b>Family Home Evening</b> Creative Work Siddha Yoga	<b>Rahu</b> 6:24AM – 8:20AM	Bava Until 2:51AM Tue	<b>Nataraja:</b> White Moon – Orange	4th Phase
			<b>Ekadashi</b> Until 4:25PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<h1>3</h1>	<b>Tuesday, August 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Malmö, Sweden Sun 26 Sutra 114 Subhakrit 5124
	Dhanus Rasi: 12.16 Tithi 12 – 13	<b>Gulika</b> 12:13PM – 2:09PM	<b>Mula*</b> Until 7:41AM	<b>Ganesha:</b> White <i>Sunrise:</i> 4:29AM	
	482865472	<b>Yama</b> 8:21AM – 10:17AM	Vishkambha* Until 6:59PM	<b>Muruqa:</b> White <i>Sunset:</i> 7:57PM	Moon 7 - Phase 16 - 26
	Creative Work Amrita Yoga Until 7:41AM Then Creative Work - Siddha Yoga	<b>Rahu</b> 4:05PM – 6:01PM	Kaulava Until 11:28PM	<b>Nataraja:</b> White Moon – Light Blue	4th Phase
			<b>Dvadashi</b> Until 1:10PM	<b>Devaloka Day</b>	
<i>Pradosha Vrata</i>					

<h1>4</h1>	<b>Wednesday, August 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Malmö, Sweden Sun 27 Sutra 115 Subhakrit 5124
	Dhanus Rasi: 27.14 Tithi 13 – 14	<b>Gulika</b> 10:17AM – 12:13PM	<b>Uttarashadha</b> Until 2:11AM Thu	<b>Ganesha:</b> White <i>Sunrise:</i> 4:31AM	
	482865472	<b>Yama</b> 6:26AM – 8:22AM	Priti Until 3:01PM	<b>Muruqa:</b> White <i>Sunset:</i> 7:57PM	Moon 7 - Phase 16 - 27
	Creative Work Amrita Yoga Until 2:11AM Thu Then Creative Work - Siddha Yoga	<b>Rahu</b> 12:13PM – 2:08PM	Gara Until 7:55PM	<b>Nataraja:</b> White Moon – Light Blue	4th Phase
			<b>Trayodashi</b> Until 9:41AM	<b>Devaloka Day</b>	

	<b>Thursday, August 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau			Malmö, Sweden Sutra 116 Subhakrit 5124
	Makara Rasi: 12.18 Tithi 14 – 15	<b>Gulika</b> 8:23AM – 10:18AM	<b>Shravana</b> Until 11:36PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:33AM	
	492865472	<b>Yama</b> 4:33AM – 6:28AM	Ayushman Until 10:59AM	<b>Muruqa:</b> White <i>Sunset:</i> 7:53PM	Moon 7 - Phase 16 -
	Creative Work Siddha Yoga	<b>Rahu</b> 2:08PM – 4:03PM	Bava Until 2:35AM Fri	<b>Nataraja:</b> White Moon – Purple	Purnima
<b>Raksha Bandhan</b>			<b>Chaturdashi*</b> Until 6:06AM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<h1>5</h1>	<b>Friday, August 12, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Malmö, Sweden Sutra 117 Subhakrit 5124
	Makara Rasi: 27.19 Tithi 16	<b>Gulika</b> 6:29AM – 8:24AM	<b>Dhanishtha</b> Until 9:06PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:35AM	
	492865472	<b>Yama</b> 4:01PM – 5:56PM	Saubhagya Until 7:02AM	<b>Muruqa:</b> White <i>Sunset:</i> 7:50PM	Moon 7 - Phase 16 -
	Creative Work Siddha Yoga	<b>Rahu</b> 10:18AM – 12:13PM	Balava Until 12:55PM	<b>Nataraja:</b> White Moon – Purple	Prathama
			<b>Prathama*</b> Until 11:18PM	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

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





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

Kumbha Rasi: 12.07    Tithi 17  
492865472  
Creative Work    Amrita Yoga  
Until 6:51PM  
Then Routine Work - Marana Yoga

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

**Gulika**    4:37AM – 6:31AM  
Yama    2:06PM – 4:00PM  
**Rahu**    8:24AM – 10:18AM  
**Shatabhishak** **Until 6:51PM**  
Athiganda\* **Until 11:59PM**  
Taitila **Until 9:50AM**  
**Dvitiya** **Until 8:26PM**

Marmo, Sweden  
Sun 1    Sutra 118  
Subhakrit 5124  
Moon 8 - Phase 17 - 1  
1st Phase  
**Ganesh:** Clear    *Sunrise:* 4:37AM  
**Muruqa:** White    *Sunset:* 7:48PM  
**Nataraja:** White  
Moon – Purple  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**1**

**Sunday, August 14, 2022**

Kumbha Rasi: 26.34    Tithi 18  
412865472  
Creative Work    Siddha Yoga  
Until 5:27PM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaproshtapada/Uttaraproshtapada Nakshatra Sukarna Yoga Vanija/Visti\* Karana Tritiyayam Titau

**Gulika**    3:59PM – 5:52PM  
Yama    12:12PM – 2:06PM  
**Rahu**    5:52PM – 7:46PM  
**Purvaproshtapada** **Until 5:27PM**  
Sukarna **Until 9:08PM**  
Vanija **Until 7:13AM**  
**Tritiya** **Until 6:08PM**

Marmo, Sweden  
Sun 2    Sutra 119  
Subhakrit 5124  
Moon 8 - Phase 17 - 2  
1st Phase  
**Ganesh:** Yellow    *Sunrise:* 4:38AM  
**Muruqa:** White    *Sunset:* 7:46PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**2**

**Monday, August 15, 2022**

Meena Rasi: 11    Tithi 19 – 20  
412865472  
Family Home Evening  
Creative Work    Siddha Yoga

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

**Gulika**    2:05PM – 3:58PM  
Yama    10:19AM – 12:12PM  
**Rahu**    6:33AM – 8:26AM  
**Uttaraproshtapada** **Until 4:37PM**  
Dhriti **Until 6:53PM**  
Kaulava **Until 4:05AM Tue**  
**Chaturthi** **Until 4:33PM**

Marmo, Sweden  
Sun 3    Sutra 120  
Subhakrit 5124  
Moon 8 - Phase 17 - 3  
1st Phase  
**Ganesh:** Yellow    *Sunrise:* 4:40AM  
**Muruqa:** White    *Sunset:* 7:44PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**3**

**Tuesday, August 16, 2022**

Meena Rasi: 24.09    Tithi 20 – 21  
412865472  
Creative Work    Siddha Yoga

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

**Gulika**    12:12PM – 2:04PM  
Yama    8:27AM – 10:19AM  
**Rahu**    3:57PM – 5:49PM  
**Revati** **Until 4:27PM**  
Shula\* **Until 5:18PM**  
Gara **Until 3:46AM Wed**  
**Panchami** **Until 3:48PM**

Marmo, Sweden  
Sun 4    Sutra 121  
Subhakrit 5124  
Moon 8 - Phase 17 - 4  
1st Phase  
**Ganesh:** Yellow    *Sunrise:* 4:42AM  
**Muruqa:** White    *Sunset:* 7:41PM  
**Nataraja:** White  
Moon – Clear  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**4**

**Wednesday, August 17, 2022**

Mesha Rasi: 7.14    Tithi 21 – 22  
522865472  
Routine Work    Marana Yoga  
Until 5:27PM  
Then Creative Work - Siddha Yoga

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

**Gulika**    10:20AM – 12:12PM  
Yama    6:36AM – 8:28AM  
**Rahu**    12:12PM – 2:03PM  
**Ashvini** **Until 5:27PM**  
Ganda\* **Until 4:25PM**  
Visti **Until 4:19AM Thu**  
**Shashthi** **Until 3:55PM**

Marmo, Sweden  
Sun 5    Sutra 122  
Subhakrit 5124  
Moon 8 - Phase 17 - 5  
1st Phase  
**Ganesh:** Yellow    *Sunrise:* 4:44AM  
**Muruqa:** White    *Sunset:* 7:39PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**5**

**Thursday, August 18, 2022**

Mesha Rasi: 19.53    Tithi 22 – 23  
522865472  
Creative Work    Siddha Yoga  
Until 7:06PM  
Then Routine Work - Marana Yoga

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

**Gulika**    8:29AM – 10:20AM  
Yama    4:46AM – 6:37AM  
**Rahu**    2:03PM – 3:54PM  
**Bharani** **Until 7:06PM**  
Vridhhi **Until 4:12PM**  
Balava **Until 5:40AM Fri**  
**Saptami** **Until 4:53PM**

Marmo, Sweden  
Sun 6    Sutra 123  
Subhakrit 5124  
Moon 8 - Phase 17 - 6  
1st Phase  
**Ganesh:** Yellow    *Sunrise:* 4:46AM  
**Muruqa:** White    *Sunset:* 7:37PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**D**

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

Vrishabha Rasi: 2.13    Tithi 23  
523865472  
Creative Work    Siddha Yoga  
Until 9:16PM  
Then Routine Work - Marana Yoga

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

**Gulika**    6:39AM – 8:30AM  
Yama    3:53PM – 5:44PM  
**Rahu**    10:20AM – 12:11PM  
**Krittika** **Until 9:16PM**  
Dhruva **Until 4:30PM**  
Kaulava **Until 6:33PM**  
**Ashtami** **Until 6:33PM**

Marmo, Sweden  
Sun 7    Sutra 124  
Subhakrit 5124  
Moon 8 - Phase 17 - 7  
Ashtami  
**Ganesh:** White    *Sunrise:* 4:48AM  
**Muruqa:** White    *Sunset:* 7:34PM  
**Nataraja:** White  
Moon – White  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**Saturday, August 20, 2022**

**Retreat Star**

Vrishabha Rasi: 14.17    Tithi 24  
533865472  
Creative Work    Amrita Yoga  
Until 12:13AM Sun  
Then Creative Work - Siddha Yoga

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

**Gulika**    4:50AM – 6:40AM  
Yama    2:01PM – 3:51PM  
**Rahu**    8:30AM – 10:21AM  
**Rohini** **Until 12:13AM Sun**  
Vyaghata\* **Until 5:13PM**  
Taitila **Until 7:37AM**  
**Navami** **Until 8:44PM**

Marmo, Sweden  
Sun 8    Sutra 125  
Subhakrit 5124  
Moon 8 - Phase 17 - 8  
Navami  
**Ganesh:** Yellow    *Sunrise:* 4:50AM  
**Muruqa:** White    *Sunset:* 7:32PM  
**Nataraja:** White  
Moon – Yellow  
**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

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

It times are standard time. Calculated for Malmo, Sweden on 5/1/2

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<b>1</b>		<b>Sunday, August 21, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam		Malmö, Sweden	
Wishabha Rasi: 26.11		Titthi 25		Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 126	
533865472		<b>Gulika</b> 3:50PM – 5:40PM	<b>Mrigashira</b> Untill 3:14AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:52AM	Subhakarit 5124	
Creative Work Siddha Yoga		Yama 12:11PM – 2:00PM	Harshana Untill 6:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:30PM	Moon 8 - Phase 18 - 9	
		<b>Rahu</b> 5:40PM – 7:30PM	Vanija Untill 9:57AM	<b>Nataraja:</b> White		2nd Phase	
			<b>Dashami</b> Untill 11:10PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>2</b>		<b>Monday, August 22, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam		Malmö, Sweden	
Mithuna Rasi: 8.01		Titthi 26		Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10 Sutra 127	
533865472		<b>Gulika</b> 2:00PM – 3:49PM	<b>Ardra</b> Untill 6:05AM Tue	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:54AM	Subhakarit 5124	
Family Home Evening		Yama 10:21AM – 12:10PM	Vajra* Untill 7:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:27PM	Moon 8 - Phase 18 - 10	
Creative Work Siddha Yoga		<b>Rahu</b> 6:43AM – 8:32AM	Bava Untill 12:27PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Ekadashi*</b> Untill 1:40AM Tue	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>3</b>		<b>Tuesday, August 23, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam		Malmö, Sweden	
Mithuna Rasi: 19.52		Titthi 27		Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitilla Karana Dvadashtyam Titau		Sun 11 Sutra 128	
533865472		<b>Gulika</b> 12:10PM – 1:59PM	<b>Ardra</b> Untill 6:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:56AM	Subhakarit 5124	
Routine Work Marana Yoga		Yama 8:33AM – 10:22AM	Siddhi Untill 8:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:25PM	Moon 8 - Phase 18 - 11	
Until 6:05AM		<b>Rahu</b> 3:47PM – 5:36PM	Kaulava Untill 2:54PM	<b>Nataraja:</b> White		2nd Phase	
Then Creative Work - Siddha Yoga			<b>Dvadashti*</b> Untill 4:02AM Wed	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>4</b>		<b>Wednesday, August 24, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam		Malmö, Sweden	
Kataka Rasi: 1.46		Titthi 28		Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 129	
533865472		<b>Gulika</b> 10:22AM – 12:10PM	<b>Punarvasu</b> Untill 9:08AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:57AM	Subhakarit 5124	
Creative Work Siddha Yoga		Yama 6:46AM – 8:34AM	Vyatipata* Untill 8:54PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:22PM	Moon 8 - Phase 18 - 12	
		<b>Rahu</b> 12:10PM – 1:58PM	Gara Untill 5:08PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Trayodashi*</b> Untill 6:08AM Thu	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Thursday, August 25, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam		Malmö, Sweden	
Kataka Rasi: 13.46		Titthi 28 – 29		Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13 Sutra 130	
533865472		<b>Gulika</b> 8:34AM – 10:22AM	<b>Pushya</b> Untill 11:45AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:59AM	Subhakarit 5124	
Creative Work Amrita Yoga		Yama 4:59AM – 6:47AM	Variyan Untill 9:24PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:20PM	Moon 8 - Phase 18 - 13	
Until 11:45AM		<b>Rahu</b> 1:57PM – 3:45PM	Visti Untill 7:04PM	<b>Nataraja:</b> White		2nd Phase	
Then Creative Work - Siddha Yoga			<b>Trayodashi*</b> Untill 6:08AM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani			

<b>Retreat Star</b>		<b>Friday, August 26, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam		Malmö, Sweden	
Kataka Rasi: 25.54		Titthi 29 – 30		Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 14 Sutra 131	
533865472		<b>Gulika</b> 6:48AM – 8:35AM	<b>Ashlesha*</b> Untill 1:51PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:01AM	Subhakarit 5124	
Routine Work Marana Yoga		Yama 3:43PM – 5:30PM	Parigha* Untill 9:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:17PM	Moon 8 - Phase 18 - 14	
		<b>Rahu</b> 10:22AM – 12:09PM	Catuspada Untill 8:38PM	<b>Nataraja:</b> White		Amavasya	
			<b>Chaturdashi*</b> Untill 7:53AM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani			

<b>Retreat Star</b>		<b>Saturday, August 27, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam		Malmö, Sweden	
Simha Rasi: 8.12		Titthi 30 – 1		Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 15 Sutra 132	
533865472		<b>Gulika</b> 5:03AM – 6:50AM	<b>Magha*</b> Untill 3:54PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:03AM	Subhakarit 5124	
Creative Work Amrita Yoga		Yama 1:56PM – 3:42PM	Shiva Untill 9:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:15PM	Moon 8 - Phase 18 - 15	
Until 3:54PM		<b>Rahu</b> 8:36AM – 10:23AM	Kintughna Untill 9:49PM	<b>Nataraja:</b> White		Prathama	
Then Creative Work - Siddha Yoga			<b>Amavasya*</b> Untill 9:15AM	Moon – Red		<b>Bhuloka Day</b>	
				Bhadrapada-Avani			

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1 Sunday, August 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Malmö, Sweden
Simha Rasi: 20.4	Tithi 1 – 2	<b>Gulika</b> 3:41PM – 5:26PM	<b>Purvaphalguni Until 5:24PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:05AM	Sun 16 Sutra 133
		Yama 12:09PM – 1:55PM	Siddha Until 9:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:12PM	Subhakrit 5124
		553865473 <b>Rahu</b> 5:26PM – 7:12PM	Balava Until 10:36PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 16
Creative Work	Siddha Yoga			Moon – Red		3rd Phase
Until 5:24PM			<b>Prathama* Until 10:14AM</b>	<b>Bhadrapada*Avani</b>	<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga					Devaloka Time: 6:PM to 9:PM	

<b>2 Monday, August 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Malmö, Sweden
Kanya Rasi: 3.19	Tithi 2 – 3	<b>Gulika</b> 1:54PM – 3:39PM	<b>Uttaraphalguni Until 6:22PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:07AM	Sun 17 Sutra 134
<b>Family Home Evening</b>		Yama 10:23AM – 12:08PM	Sadhya Until 8:30PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:10PM	Subhakrit 5124
		553865473 <b>Rahu</b> 6:52AM – 8:38AM	Taitila Until 10:59PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 17
Creative Work	Siddha Yoga			Moon – Red		3rd Phase
			<b>Dvitiya Until 10:49AM</b>	<b>Bhadrapada*Avani</b>	<b>Bhuloka Day</b>	
					Devaloka Time: 6:PM to 9:PM	

<b>3 Tuesday, August 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtthyam Titau				Malmö, Sweden
Kanya Rasi: 16.08	Tithi 3 – 4	<b>Gulika</b> 12:08PM – 1:53PM	<b>Hasta Until 7:17PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:09AM	Sun 18 Sutra 135
		Yama 8:39AM – 10:23AM	Subha Until 7:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:07PM	Subhakrit 5124
		563865473 <b>Rahu</b> 3:38PM – 5:23PM	Vanija Until 11:00PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 18
Creative Work	Siddha Yoga			Moon – Green		3rd Phase
		<b>Ganesha Chaturthi</b>	<b>Tritiya Until 11:01AM</b>	<b>Bhadrapada*Avani</b>	<b>Bhuloka Day</b>	
					Devaloka Time: 6:PM to 9:PM	

<b>4 Wednesday, August 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Malmö, Sweden
Kanya Rasi: 29.1	Tithi 4 – 5	<b>Gulika</b> 10:24AM – 12:08PM	<b>Chitra Until 7:39PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:11AM	Sun 19 Sutra 136
		Yama 6:55AM – 8:39AM	Sukla Until 6:14PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:05PM	Subhakrit 5124
		563865473 <b>Rahu</b> 12:08PM – 1:52PM	Bava Until 10:38PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 19
Creative Work	Siddha Yoga			Moon – Green		3rd Phase
			<b>Chaturthi* Until 10:51AM</b>	<b>Bhadrapada*Avani</b>	<b>Bhuloka Day</b>	
					Devaloka Time: 6:PM to 9:PM	

<b>5 Thursday, September 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Malmö, Sweden
Tula Rasi: 12.23	Tithi 5 – 6	<b>Gulika</b> 8:40AM – 10:24AM	<b>Svati Until 7:30PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:13AM	Sun 20 Sutra 137
		Yama 5:13AM – 6:56AM	Brahma Until 4:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:02PM	Subhakrit 5124
		563965473 <b>Rahu</b> 1:51PM – 3:35PM	Kaulava Until 9:52PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 20
Creative Work	Amrita Yoga			Moon – Green		3rd Phase
Until 7:30PM			<b>Panchami Until 10:17AM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga						

<b>6 Friday, September 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Malmö, Sweden
Tula Rasi: 25.49	Tithi 6 – 7	<b>Gulika</b> 6:58AM – 8:41AM	<b>Vishakha Until 7:14PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:15AM	Sun 21 Sutra 138
		Yama 3:34PM – 5:17PM	Indra Until 2:43PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:00PM	Subhakrit 5124
		573965473 <b>Rahu</b> 10:24AM – 12:07PM	Gara Until 8:41PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 21
Creative Work	Siddha Yoga			Moon – Orange		3rd Phase
			<b>Shashthi* Until 9:18AM</b>	<b>Bhadrapada*Avani</b>	<b>Sivaloka Day</b>	

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Malmö, Sweden
Vrischika Rasi: 9.29	Tithi 7 – 8	<b>Gulika</b> 5:16AM – 6:59AM	<b>Anuradha Until 6:24PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:16AM	Sun 22 Sutra 139
		Yama 1:49PM – 3:32PM	Vaidhriti* Until 12:26PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:57PM	Subhakrit 5124
		574965473 <b>Rahu</b> 8:42AM – 10:24AM	Visti Until 7:05PM	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 22
Creative Work	Siddha Yoga			Moon – Orange		Ashtami
			<b>Saptami Until 7:55AM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Day</b>	

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vishkambha*/Priti Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau				Malmö, Sweden
Vrischika Rasi: 23.26	Tithi 8 – 9	<b>Gulika</b> 3:31PM – 5:13PM	<b>Jyeshtha* Until 5:01PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:18AM	Sun 23 Sutra 140
		Yama 12:07PM – 1:49PM	Vishkambha* Until 9:49AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:55PM	Subhakrit 5124
		574965473 <b>Rahu</b> 5:13PM – 6:55PM	Kaulava Until 3:55AM Mon	<b>Nataraja:</b> Clear		Moon 8 - Phase 19 - 23
Routine Work	Marana Yoga			Moon – Orange		Navami
Until 5:01PM			<b>Ashtami* Until 6:07AM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga						


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

<b>Monday, September 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau				Malmö, Sweden Sun 24 Sutra 141 Subhakrit 5124
<b>1</b>		<b>Gulika</b> 1:48PM – 3:29PM	<b>Mula* Until 3:32PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:20AM	
Dhanus Rasi: 7.37	Tithi 10	Yama 10:25AM – 12:06PM	Priti Until 6:55AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:52PM	Moon 8 - Phase 20 - 24
<b>Family Home Evening</b>	584965473	<b>Rahu</b> 7:02AM – 8:43AM	Taitila Until 2:42PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Dashami Until 1:22AM Tue</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 3:32PM				<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Routine Work - Marana Yoga						

<b>Tuesday, September 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau				Malmö, Sweden Sun 25 Sutra 142 Subhakrit 5124
<b>2</b>		<b>Gulika</b> 12:06PM – 1:47PM	<b>Purvashadha* Until 1:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:22AM	
Dhanus Rasi: 22.02	Tithi 11	Yama 8:44AM – 10:25AM	Saubhagya Until 12:16AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:50PM	Moon 8 - Phase 20 - 25
584965473		<b>Rahu</b> 3:28PM – 5:09PM	Vanija Until 12:00PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi Until 10:33PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 1:36PM				<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Routine Work - Prabarashita Yoga						

<b>Wednesday, September 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Malmö, Sweden Sun 26 Sutra 143 Subhakrit 5124
<b>3</b>		<b>Gulika</b> 10:25AM – 12:06PM	<b>Uttarashadha Until 11:20AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:24AM	
Makara Rasi: 6.38	Tithi 12	Yama 7:04AM – 8:45AM	Sobhana Until 8:44PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:47PM	Moon 8 - Phase 20 - 26
584965473		<b>Rahu</b> 12:06PM – 1:46PM	Bava Until 9:05AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Amrita Yoga			<b>Dvadashi Until 7:34PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 11:20AM				<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Creative Work - Siddha Yoga						

<b>Thursday, September 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau				Malmö, Sweden Sun 27 Sutra 144 Subhakrit 5124
<b>4</b>		<b>Gulika</b> 8:46AM – 10:25AM	<b>Shravana Until 9:15AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:26AM	
Makara Rasi: 21.2	Tithi 13 – 14	Yama 5:26AM – 7:06AM	Athiganda* Until 5:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:44PM	Moon 8 - Phase 20 - 27
594965473		<b>Rahu</b> 1:45PM – 3:25PM	Kaulava Until 6:04AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi Until 4:33PM</b>	Moon – Purple	<b>Devaloka Day</b>	
		<b>Chidambaram Abhishekam</b>		<b>Bhadrapada-Avani</b>		
			<i>Pradosha Vrata</i>			

<b>Friday, September 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Malmö, Sweden Sutra 145 Subhakrit 5124
	<b>Copper Retreat Star</b>	<b>Gulika</b> 7:07AM – 8:46AM	<b>Dhanishtha Until 7:04AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:28AM	
Kumbha Rasi: 6	Tithi 14 – 15	Yama 3:23PM – 5:03PM	Sukarma Until 1:40PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM	Moon 8 - Phase 20 -
594965473		<b>Rahu</b> 10:26AM – 12:05PM	Visti Until 12:17AM Sat	<b>Nataraja:</b> Clear		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi* Until 1:38PM</b>	Moon – Purple	<b>Devaloka Day</b>	
				<b>Bhadrapada-Avani</b>		

<b>Saturday, September 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Malmö, Sweden Sutra 146 Subhakrit 5124
	<b>Silver Retreat Star</b>	<b>Gulika</b> 5:30AM – 7:08AM	<b>Purvaproshtapada* Until 3:31AM Sun</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:30AM	
Kumbha Rasi: 20.31	Tithi 15 – 16	Yama 1:43PM – 3:22PM	Dhriti Until 10:25AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 20 -
514965473		<b>Rahu</b> 8:47AM – 10:26AM	Balava Until 9:49PM	<b>Nataraja:</b> Clear		Prathama
Routine Work Marana Yoga			<b>Purnima* Until 10:59AM</b>	Moon – Clear	<b>Devaloka Day</b>	
Until 3:31AM Sun				<b>Bhadrapada-Avani</b>		
Then Creative Work - Amrita Yoga						

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



Sunday, September 11, 2022

Gold Retreat Star

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

Malmö, Sweden

Sutra 147

Subhakrit 5124

Meena Rasi: 4.47 Tithi 16 - 17

514965473

**Gulika** 3:20PM - 4:59PM  
Yama 12:04PM - 1:42PM  
**Rahu** 4:59PM - 6:37PM

**Uttaraproshtapada** Until 2:27AM Mon

Shula\* Until 7:28AM

Taitila Until 7:51PM

**Prathama\*** Until 8:45AM

**Ganesha:** Clear *Sunrise:* 5:32AM

**Muruqa:** White *Sunset:* 6:37PM

**Nataraja:** Clear

Moon - Clear

**Bhadrapada-Avani**

**Devaloka Day**

Moon 9 - Phase 21 -

1st Phase

Creative Work Amrita Yoga

Until 2:27AM Mon

Then Creative Work - Siddha Yoga

**Grandparent's Day**

**1** Monday, September 12, 2022

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

Malmö, Sweden

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 18.41 Tithi 17 - 18

514965473

**Gulika** 1:41PM - 3:19PM  
Yama 10:26AM - 12:04PM  
**Rahu** 7:11AM - 8:49AM

**Revati** Until 1:55AM Tue

Vriddhi Until 3:04AM Tue

Vanija Until 6:31PM

**Dvitiya** Until 7:05AM

**Ganesha:** Clear *Sunrise:* 5:34AM

**Muruqa:** White *Sunset:* 6:34PM

**Nataraja:** Clear

Moon - Clear

**Bhadrapada-Avani**

**Devaloka Day**

Moon 9 - Phase 21 - 1

1st Phase

Creative Work Siddha Yoga

Family Home Evening

**2** Tuesday, September 13, 2022

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

Malmö, Sweden

Sun 2 Sutra 149

Subhakrit 5124

Mesha Rasi: 2.1 Tithi 18 - 19

524965473

**Gulika** 12:03PM - 1:40PM  
Yama 8:49AM - 10:26AM  
**Rahu** 3:17PM - 4:55PM

**Ashvini** Until 2:25AM Wed

Dhruva Until 1:44AM Wed

Balava Until 5:55AM Wed

**Tritiya** Until 6:06AM

**Ganesha:** White *Sunrise:* 5:35AM

**Muruqa:** White *Sunset:* 6:32PM

**Nataraja:** Clear

Moon - White

**Bhadrapada-Avani**

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

Moon 9 - Phase 21 - 2

1st Phase

Creative Work Siddha Yoga

**3** Wednesday, September 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Bharani Nakshatra Vyaghata\* Yoga Vanija/Visti\* Karana Panchamiyam Titau

Malmö, Sweden

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 15.14 Tithi 20

524965473

**Gulika** 10:27AM - 12:03PM  
Yama 7:14AM - 8:50AM  
**Rahu** 12:03PM - 1:40PM

**Bharani** Until 3:34AM Thu

Vyaghata\* Until 1:03AM Thu

Kaulava Until 6:09PM

**Panchami** Until 6:32AM Thu

**Ganesha:** White *Sunrise:* 5:37AM

**Muruqa:** White *Sunset:* 6:29PM

**Nataraja:** Clear

Moon - White

**Bhadrapada-Avani**

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

Moon 9 - Phase 21 - 3

1st Phase

Creative Work Siddha Yoga

Until 3:34AM Thu

Then Routine Work - Marana Yoga

**4** Thursday, September 15, 2022

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

Malmö, Sweden

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 27.55 Tithi 20 - 21

525965473

**Gulika** 8:51AM - 10:27AM  
Yama 5:39AM - 7:15AM  
**Rahu** 1:39PM - 3:15PM

**Krittika** Until 5:17AM Fri

Harshana Until 12:59AM Fri

Gara Until 7:08PM

**Panchami** Until 6:32AM

**Ganesha:** Clear *Sunrise:* 5:39AM

**Muruqa:** White *Sunset:* 6:26PM

**Nataraja:** Clear

Moon - White

**Bhadrapada-Avani**

**Devaloka Day**

Moon 9 - Phase 21 - 4

1st Phase

Routine Work Marana Yoga

**5** Friday, September 16, 2022

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

Malmö, Sweden

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 10.16 Tithi 21 - 22

535965473

**Gulika** 7:16AM - 8:52AM  
Yama 3:13PM - 4:48PM  
**Rahu** 10:27AM - 12:02PM

**Rohini** Until 7:55AM Sat

Vajra\* Until 1:22AM Sat

Visti Until 8:49PM

**Shashthi\*** Until 7:53AM

**Ganesha:** White *Sunrise:* 5:41AM

**Muruqa:** White *Sunset:* 6:24PM

**Nataraja:** Clear

Moon - Yellow

**Bhadrapada-Avani**

**Sivaloka Day**

Moon 9 - Phase 21 - 5

1st Phase

Routine Work Marana Yoga

Until 7:55AM Sat

Then Creative Work - Siddha Yoga

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

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

Malmö, Sweden

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 22.22 Tithi 22 - 23

535965473

**Gulika** 5:43AM - 7:18AM  
Yama 1:37PM - 3:12PM  
**Rahu** 8:52AM - 10:27AM

**Rohini** Until 7:55AM

Siddhi Until 2:06AM Sun

Balava Until 10:58PM

**Saptami** Until 9:50AM

**Ganesha:** White *Sunrise:* 5:43AM

**Muruqa:** White *Sunset:* 6:21PM

**Nataraja:** Clear

Moon - Yellow

**Bhadrapada-Puratasi**

**Sivaloka Day**

Moon 9 - Phase 21 - 6

Ashtami

Creative Work Amrita Yoga

Until 7:55AM

Then Creative Work - Siddha Yoga

**Retreat Star** Sunday, September 18, 2022

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

Malmö, Sweden

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 4.19 Tithi 23 - 24

535965473

**Gulika** 3:10PM - 4:44PM  
Yama 12:02PM - 1:36PM  
**Rahu** 4:44PM - 6:19PM

**Mrigashira** Until 10:44AM

Vyatipata\* Until 3:01AM Mon

Taitila Until 1:23AM Mon

**Ashtami\*** Until 12:09PM

**Ganesha:** White *Sunrise:* 5:45AM

**Muruqa:** White *Sunset:* 6:19PM

**Nataraja:** Clear

Moon - Yellow

**Bhadrapada-Puratasi**

**Sivaloka Day**

Moon 9 - Phase 21 - 7

Navami

Creative Work Siddha Yoga

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

all times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>	<b>Monday, September 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam			Malmö, Sweden	
			Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Sun 8 Sutra 155	
	Mithuna Rasi: 16.11	Tithi 24 – 25	Gulika 1:35PM – 3:09PM	Ardra Until 1:33PM	Ganesha: White	Sunrise: 5:47AM	Subhakrit 5124
	Family Home Evening	535965473	Yama 10:28AM – 12:01PM	Variyan Until 3:54AM Tue	Muruga: White	Sunset: 6:16PM	Moon 9 - Phase 22 - 8
Creative Work	Siddha Yoga	Rahu 7:20AM – 8:54AM	Vanija Until 3:49AM Tue	Nataraja: Clear		2nd Phase	
Until 1:33PM			Navami* Until 2:36PM	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			


<b>2</b>	<b>Tuesday, September 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam			Malmö, Sweden	
			Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Sun 9 Sutra 156	
	Mithuna Rasi: 28.03	Tithi 25 – 26	Gulika 12:01PM – 1:34PM	Punarvasu Until 4:36PM	Ganesha: Yellow	Sunrise: 5:49AM	Subhakrit 5124
	545965473		Yama 8:55AM – 10:28AM	Parigha* Until 4:40AM Wed	Muruga: White	Sunset: 6:13PM	Moon 9 - Phase 22 - 9
Creative Work	Siddha Yoga	Rahu 3:07PM – 4:40PM	Bava Until 6:05AM Wed	Nataraja: Clear		2nd Phase	
			Dashami Until 4:58PM	Moon – Blue		<b>Devaloka Day</b>	
				Bhadrapada-Puratasi			

<b>3</b>	<b>Wednesday, September 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam			Malmö, Sweden	
			Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau			Sun 10 Sutra 157	
	Kataka Rasi: 10	Tithi 26	Gulika 10:28AM – 12:01PM	Pushya Until 7:15PM	Ganesha: Yellow	Sunrise: 5:51AM	Subhakrit 5124
	545965473		Yama 7:23AM – 8:56AM	Shiva Until 5:12AM Thu	Muruga: White	Sunset: 6:11PM	Moon 9 - Phase 22 - 10
Creative Work	Siddha Yoga	Rahu 12:01PM – 1:33PM	Bava Until 6:05AM	Nataraja: Clear		2nd Phase	
			Ekadashi* Until 7:04PM	Moon – Blue		<b>Devaloka Day</b>	
				Bhadrapada-Puratasi			

<b>4</b>	<b>Thursday, September 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam			Malmö, Sweden	
			Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau			Sun 11 Sutra 158	
	Kataka Rasi: 22.05	Tithi 27	Gulika 8:56AM – 10:28AM	Ashlesha* Until 9:20PM	Ganesha: Yellow	Sunrise: 5:52AM	Subhakrit 5124
	545965473		Yama 5:52AM – 7:24AM	Siddha Until 5:21AM Fri	Muruga: White	Sunset: 6:08PM	Moon 9 - Phase 22 - 11
Creative Work	Siddha Yoga	Rahu 1:32PM – 3:04PM	Kaulava Until 7:59AM	Nataraja: Clear		2nd Phase	
Until 9:20PM			Dvadashi* Until 8:46PM	Moon – Blue		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

<b>5</b>	<b>Friday, September 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam			Malmö, Sweden	
			Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau			Sun 12 Sutra 159	
	Simha Rasi: 4.21	Tithi 28	Gulika 7:26AM – 8:57AM	Magha* Until 11:18PM	Ganesha: Red	Sunrise: 5:54AM	Subhakrit 5124
	555965473		Yama 3:03PM – 4:34PM	Sadhya Until 5:09AM Sat	Muruga: White	Sunset: 6:05PM	Moon 9 - Phase 22 - 12
Routine Work	Marana Yoga	Rahu 10:29AM – 12:00PM	Gara Until 9:27AM	Nataraja: Clear		2nd Phase	
Until 11:18PM			Trayodashi* Until 9:59PM	Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	Bhadrapada-Puratasi			

<b>6</b>	<b>Saturday, September 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam			Malmö, Sweden	
			Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Sun 13 Sutra 160	
	Simha Rasi: 16.5	Tithi 29	Gulika 5:56AM – 7:27AM	Purvaphalguni Until 12:36AM Sun	Ganesha: Green	Sunrise: 5:56AM	Subhakrit 5124
	556965473		Yama 1:30PM – 3:01PM	Subha Until 4:34AM Sun	Muruga: White	Sunset: 6:03PM	Moon 9 - Phase 22 - 13
Creative Work	Siddha Yoga	Rahu 8:58AM – 10:29AM	Visti Until 10:26AM	Nataraja: Clear		2nd Phase	
Until 12:36AM Sun			Chaturdashi* Until 10:42PM	Moon – Red		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

	<b>Sunday, September 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam			Malmö, Sweden	
	<b>Retreat Star</b>		Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Sun 14 Sutra 161	
	Simha Rasi: 29.32	Tithi 30	Gulika 3:00PM – 4:30PM	Uttaraphalguni Until 1:15AM Mon	Ganesha: Blue	Sunrise: 5:58AM	Subhakrit 5124
	556165473		Yama 11:59AM – 1:29PM	Sukla Until 3:33AM Mon	Muruga: White	Sunset: 6:00PM	Moon 9 - Phase 22 - 14
Creative Work	Amrita Yoga	Rahu 4:30PM – 6:00PM	Catuspada Until 10:53AM	Nataraja: Clear		Amavasya	
Until 1:15AM Mon			Amavasya* Until 10:54PM	Moon – Red		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga		Mahalaya Amavasai (Tamil Nadu)		Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>Retreat Star</b>	<b>Monday, September 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam			Malmö, Sweden	
			Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau			Sun 15 Sutra 162	
	Kanya Rasi: 12.29	Tithi 1	Gulika 1:29PM – 2:58PM	Hasta Until 1:45AM Tue	Ganesha: Blue	Sunrise: 6:00AM	Subhakrit 5124
	566165473		Yama 10:29AM – 11:59AM	Brahma Until 2:11AM Tue	Muruga: White	Sunset: 5:58PM	Moon 9 - Phase 22 - 15
Family Home Evening		Rahu 7:30AM – 8:59AM	Kintughna Until 10:50AM	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 10:38PM	Moon – Green		<b>Bhuloka Day</b>	
		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

<b>1</b>	<b>Tuesday, September 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Malmö, Sweden
	Kanya Rasi: 25.4	Tithi 2	Gulika 11:59AM – 1:28PM	<b>Chitra Until 1:41AM Wed</b>	Ganesha: Blue	Sunrise: 6:02AM	Sun 16 Sutra 163
			Yama 9:00AM – 10:29AM	Indra Until 12:31AM Wed	Muruḡa: White	Sunset: 5:55PM	Subhakrit 5124
	Creative Work	Siddha Yoga	566165473 Rahu 2:57PM – 4:26PM	Balava Until 10:21AM	Nataraja: Clear		Moon 9 - Phase 23 - 16 3rd Phase
			<b>Dvitiya Until 9:57PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>2</b>	<b>Wednesday, September 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau				Malmö, Sweden
	Tula Rasi: 9.05	Tithi 3	Gulika 10:30AM – 11:58AM	<b>Svati Until 1:09AM Thu</b>	Ganesha: Blue	Sunrise: 6:04AM	Sun 17 Sutra 164
			Yama 7:32AM – 9:01AM	Vaidhriti* Until 10:32PM	Muruḡa: White	Sunset: 5:52PM	Subhakrit 5124
	Creative Work	Siddha Yoga	666165473 Rahu 11:58AM – 1:27PM	Taitila Until 9:29AM	Nataraja: Clear		Moon 9 - Phase 23 - 17 3rd Phase
			<b>Tritiya Until 8:54PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>3</b>	<b>Thursday, September 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau				Malmö, Sweden
	Tula Rasi: 22.4	Tithi 4	Gulika 9:02AM – 10:30AM	<b>Vishakha Until 12:37AM Fri</b>	Ganesha: Blue	Sunrise: 6:06AM	Sun 18 Sutra 165
			Yama 6:06AM – 7:34AM	Vishkambha* Until 8:19PM	Muruḡa: White	Sunset: 5:50PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 1:26PM – 2:54PM	Vanija Until 8:17AM	Nataraja: Clear		Moon 9 - Phase 23 - 18 3rd Phase
			<b>Chaturthi* Until 7:34PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>4</b>	<b>Friday, September 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Kaulava Karana Panchami/Shashtham Titau				Malmö, Sweden
	Vrischika Rasi: 6.25	Tithi 5 – 6	Gulika 7:35AM – 9:03AM	<b>Anuradha Until 11:41PM</b>	Ganesha: Blue	Sunrise: 6:08AM	Sun 19 Sutra 166
			Yama 2:52PM – 4:20PM	Priti Until 5:56PM	Muruḡa: White	Sunset: 5:47PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 10:30AM – 11:58AM	Bava Until 6:49AM	Nataraja: Clear		Moon 9 - Phase 23 - 19 3rd Phase
			<b>Panchami Until 5:58PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>5</b>	<b>Saturday, October 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Malmö, Sweden
	Vrischika Rasi: 20.19	Tithi 6 – 7	Gulika 6:10AM – 7:37AM	<b>Jyeshtha* Until 10:26PM</b>	Ganesha: Blue	Sunrise: 6:10AM	Sun 20 Sutra 167
			Yama 1:24PM – 2:51PM	Ayushman Until 3:21PM	Muruḡa: White	Sunset: 5:45PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 9:03AM – 10:30AM	Gara Until 3:13AM Sun	Nataraja: Clear		Moon 9 - Phase 23 - 20 3rd Phase
			<b>Shashthi* Until 4:10PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>D</b>	<b>Sunday, October 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Malmö, Sweden
	<b>Retreat Star</b>		Gulika 2:50PM – 4:16PM	<b>Mula* Until 9:17PM</b>	Ganesha: Blue	Sunrise: 6:12AM	Sun 21 Sutra 168
	Dhanus Rasi: 4.2	Tithi 7 – 8	Yama 11:57AM – 1:23PM	Saubhagya Until 12:38PM	Muruḡa: Green	Sunset: 5:42PM	Subhakrit 5124
	Creative Work	Amrita Yoga	687166473 Rahu 4:16PM – 5:42PM	Visiti Until 1:10AM Mon	Nataraja: Clear		Moon 9 - Phase 23 - 21 Ashtami
			<b>Saptami Until 2:12PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

<b>D</b>	<b>Monday, October 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Malmö, Sweden
	<b>Retreat Star</b>		Gulika 1:22PM – 2:48PM	<b>Purvashadha* Until 7:52PM</b>	Ganesha: Blue	Sunrise: 6:14AM	Sun 22 Sutra 169
	Dhanus Rasi: 18.28	Tithi 8 – 9	Yama 10:31AM – 11:57AM	Sobhana Until 9:48AM	Muruḡa: Green	Sunset: 5:40PM	Subhakrit 5124
	<b>Family Home Evening</b>		687166473 Rahu 7:39AM – 9:05AM	Balava Until 10:59PM	Nataraja: Clear		Moon 9 - Phase 23 - 22 Navami
			<b>Ashtami* Until 12:05PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

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

Il times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>		<b>Tuesday, October 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Alhiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Malmö, Sweden Sun 23 Sutra 170	
Makara Rasi: 2.4	Tithi 9 – 10	<b>Gulika</b>	11:56AM – 1:21PM	<b>Uttarashadha</b> Until 6:12PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	Subhakrit 5124	
		Yama	9:06AM – 10:31AM	Athiganda* Until 6:51AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 24 - 23	
	687166473	<b>Rahu</b>	2:47PM – 4:12PM	Taitila Until 8:43PM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Prabalarishta Yoga			<b>Navami*</b> Until 9:50AM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 6:12PM					Ashvina+Puratasi			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Wednesday, October 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Malmö, Sweden Sun 24 Sutra 171	
Makara Rasi: 16.55	Tithi 10 – 11	<b>Gulika</b>	10:31AM – 11:56AM	<b>Shravana</b> Until 4:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:17AM	Subhakrit 5124	
		Yama	7:42AM – 9:07AM	Dhriti Until 12:50AM Thu	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 24 - 24	
	697166473	<b>Rahu</b>	11:56AM – 1:21PM	Vanija Until 6:24PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Dashami</b> Until 7:32AM	Moon – Purple		<b>Devaloka Day</b>	
Until 4:46PM		<b>Vijaya Dasami</b>			Ashvina+Puratasi			
Then Routine Work - Prabalarishta Yoga								

<b>3</b>		<b>Thursday, October 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau			Malmö, Sweden Sun 25 Sutra 172	
Kumbha Rasi: 1.11	Tithi 12	<b>Gulika</b>	9:08AM – 10:32AM	<b>Dhanishtha</b> Until 3:14PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:19AM	Subhakrit 5124	
		Yama	6:19AM – 7:43AM	Shula* Until 9:51PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 24 - 25	
	697166473	<b>Rahu</b>	1:20PM – 2:44PM	Bava Until 4:07PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Dvadashi</b> Until 3:00AM Fri	Moon – Purple		<b>Devaloka Day</b>	
					Ashvina+Puratasi			

<b>4</b>		<b>Friday, October 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Malmö, Sweden Sun 26 Sutra 173	
Kumbha Rasi: 15.23	Tithi 13	<b>Gulika</b>	7:45AM – 9:08AM	<b>Shatabhishak</b> Until 1:41PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:21AM	Subhakrit 5124	
		Yama	2:42PM – 4:06PM	Ganda* Until 7:01PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:29PM	Moon 9 - Phase 24 - 26	
	697166473	<b>Rahu</b>	10:32AM – 11:55AM	Kaulava Until 1:58PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Siddha Yoga			<b>Trayodashi</b> Until 12:58AM Sat	Moon – Purple		<b>Devaloka Day</b>	
		<b>Kadaitswami Mahasamadhi</b>			Ashvina+Puratasi			
					<i>Pradosha Vrata</i>			

<b>5</b>		<b>Saturday, October 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau			Malmö, Sweden Sun 27 Sutra 174	
Kumbha Rasi: 29.28	Tithi 14	<b>Gulika</b>	6:23AM – 7:46AM	<b>Purvaproshtapada*</b> Until 12:39PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:23AM	Subhakrit 5124	
		Yama	1:18PM – 2:41PM	Vriddhi Until 4:25PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:27PM	Moon 9 - Phase 24 - 27	
	618166474	<b>Rahu</b>	9:09AM – 10:32AM	Gara Until 12:04PM	<b>Nataraja:</b> Purple		4th Phase	
Routine Work	Marana Yoga			<b>Chaturdashi*</b> Until 11:13PM	Moon – Clear		<b>Bhuloka Day</b>	
Until 12:39PM		<b>Chidambaram Abhishekam</b>			Ashvina+Puratasi			
Then Creative Work - Siddha Yoga								

		<b>Sunday, October 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarproshthapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau			Malmö, Sweden Sutra 175	
<b>Copper Retreat Star</b>		<b>Gulika</b>	2:40PM – 4:02PM	<b>Uttarproshthapada</b> Until 11:50AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
Meena Rasi: 13.19	Tithi 15	Yama	11:55AM – 1:17PM	Dhruva Until 2:05PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:24PM	Moon 9 - Phase 24 - Purnima	
	618166474	<b>Rahu</b>	4:02PM – 5:24PM	Visti Until 10:31AM	<b>Nataraja:</b> Purple			
Creative Work	Amrita Yoga			<b>Purnima*</b> Until 9:54PM	Moon – Clear		<b>Bhuloka Day</b>	
					Ashvina+Puratasi			

<b>Monday, October 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau			Malmö, Sweden Sutra 176		
<b>Silver Retreat Star</b>		<b>Gulika</b>	1:16PM – 2:38PM	<b>Revati</b> Until 11:21AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:27AM	Subhakrit 5124
Meena Rasi: 26.55	Tithi 16	Yama	10:33AM – 11:55AM	Vyaghata* Until 12:10PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:22PM	Moon 9 - Phase 24 - Prathama
<b>Family Home Evening</b>	618166474	<b>Rahu</b>	7:49AM – 9:11AM	Balava Until 9:28AM	<b>Nataraja:</b> Purple		
Creative Work	Siddha Yoga			<b>Prathama*</b> Until 9:07PM	Moon – Clear		<b>Bhuloka Day</b>
					Ashvina+Puratasi		





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

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

Malmö, Sweden  
 Sun 1 Sutra 177

Mesha Rasi: 10.11 Tithi 17

628176474

**Gulika** 11:54AM – 1:16PM  
**Yama** 9:12AM – 10:33AM  
**Rahu** 2:37PM – 3:58PM

**Ashvini Until 11:45AM**  
 Harshana Until 10:44AM  
 Taitila Until 8:59AM  
**Dvitiya Until 8:58PM**

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

Moon 10 - Phase 25 - 1  
 1st Phase

Creative Work Siddha Yoga

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

**1**

**Wednesday, October 12, 2022**

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

Malmö, Sweden  
 Sun 2 Sutra 178

Mesha Rasi: 23.08 Tithi 18

628176474

**Gulika** 10:33AM – 11:54AM  
**Yama** 7:52AM – 9:13AM  
**Rahu** 11:54AM – 1:15PM

**Bharani Until 12:38PM**  
 Vajra\* Until 9:47AM  
 Vanija Until 9:10AM  
**Tritiya Until 9:30PM**

**Ganesha:** Yellow *Sunrise: 6:31AM*  
**Muruqa:** White *Sunset: 5:17PM*  
**Nataraja:** Purple  
 Moon – White

Moon 10 - Phase 25 - 2  
 1st Phase

Creative Work Siddha Yoga

Until 12:38PM  
 Then Creative Work - Amrita Yoga

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

**2**

**Thursday, October 13, 2022**

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

Malmö, Sweden  
 Sun 3 Sutra 179

Vrishabha Rasi: 5.45 Tithi 19

628176474

**Gulika** 9:13AM – 10:34AM  
**Yama** 6:33AM – 7:53AM  
**Rahu** 1:14PM – 2:34PM

**Krittika Until 2:01PM**  
 Siddhi Until 9:23AM  
 Bava Until 10:02AM  
**Chaturthi\* Until 10:41PM**

**Ganesha:** Yellow *Sunrise: 6:33AM*  
**Muruqa:** White *Sunset: 5:14PM*  
**Nataraja:** Purple  
 Moon – White

Moon 10 - Phase 25 - 3  
 1st Phase

Routine Work Marana Yoga

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

**3**

**Friday, October 14, 2022**

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

Malmö, Sweden  
 Sun 4 Sutra 180

Vrishabha Rasi: 18.05 Tithi 20

638176474

**Gulika** 7:55AM – 9:14AM  
**Yama** 2:33PM – 3:52PM  
**Rahu** 10:34AM – 11:54AM

**Rohini Until 4:19PM**  
 Vyatipata\* Until 9:28AM  
 Kaulava Until 11:32AM  
**Panchami Until 12:27AM Sat**

**Ganesha:** Blue *Sunrise: 6:35AM*  
**Muruqa:** White *Sunset: 5:12PM*  
**Nataraja:** Purple  
 Moon – Yellow

Moon 10 - Phase 25 - 4  
 1st Phase

Routine Work Marana Yoga

Until 4:19PM  
 Then Creative Work - Siddha Yoga

**Bhuloka Day**

**4**

**Saturday, October 15, 2022**

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

Malmö, Sweden  
 Sun 5 Sutra 181

Mithuna Rasi: 0.12 Tithi 21

639176474

**Gulika** 6:37AM – 7:56AM  
**Yama** 1:12PM – 2:31PM  
**Rahu** 9:15AM – 10:34AM

**Mrigashira Until 6:55PM**  
 Variyan Until 9:56AM  
 Gara Until 1:32PM  
**Shashthi\* Until 2:39AM Sun**

**Ganesha:** Red *Sunrise: 6:37AM*  
**Muruqa:** White *Sunset: 5:09PM*  
**Nataraja:** Purple  
 Moon – Yellow

Moon 10 - Phase 25 - 5  
 1st Phase

Creative Work Siddha Yoga

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

**5**

**Sunday, October 16, 2022**

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

Malmö, Sweden  
 Sun 6 Sutra 182

Mithuna Rasi: 12.1 Tithi 22

639176474

**Gulika** 2:30PM – 3:49PM  
**Yama** 11:53AM – 1:12PM  
**Rahu** 3:49PM – 5:07PM

**Ardra Until 9:37PM**  
 Parigha\* Until 10:40AM  
 Visti Until 3:52PM  
**Saptami Until 5:04AM Mon**

**Ganesha:** Red *Sunrise: 6:39AM*  
**Muruqa:** White *Sunset: 5:07PM*  
**Nataraja:** Purple  
 Moon – Yellow

Moon 10 - Phase 25 - 6  
 1st Phase

Creative Work Siddha Yoga

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

**D**

**Monday, October 17, 2022**

**Retreat Star**

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

Malmö, Sweden  
 Sun 7 Sutra 183

Mithuna Rasi: 24.04 Tithi 23

649176474

**Gulika** 1:11PM – 2:29PM  
**Yama** 10:35AM – 11:53AM  
**Rahu** 7:59AM – 9:17AM

**Punarvasu Until 12:42AM Tue**  
 Shiva Until 11:32AM  
 Balava Until 6:18PM  
**Ashtami\* Until 7:29AM Tue**

**Ganesha:** Green *Sunrise: 6:41AM*  
**Muruqa:** White *Sunset: 5:05PM*  
**Nataraja:** Purple  
 Moon – Blue

Moon 10 - Phase 25 - 7  
 Ashtami

Creative Work Amrita Yoga

Until 12:42AM Tue  
 Then Creative Work - Siddha Yoga

**Devaloka Day**

**Tuesday, October 18, 2022**

**Retreat Star**

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

Malmö, Sweden  
 Sun 8 Sutra 184

Kataka Rasi: 5.57 Tithi 23 – 24

649176474

**Gulika** 11:53AM – 1:10PM  
**Yama** 9:18AM – 10:35AM  
**Rahu** 2:27PM – 3:45PM

**Pushya Until 3:29AM Wed**  
 Siddha Until 12:20PM  
 Taitila Until 8:39PM  
**Ashtami\* Until 7:29AM**

**Ganesha:** Green *Sunrise: 6:43AM*  
**Muruqa:** White *Sunset: 5:02PM*  
**Nataraja:** Purple  
 Moon – Blue

Moon 10 - Phase 25 - 8  
 Navami

Creative Work Siddha Yoga

**Devaloka Day**  
 Ashvina-Aipasi

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 Malmö, Sweden on 5/1/2

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<b>1</b>	<b>Wednesday, October 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam				Malmö, Sweden
	Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 9		Sutra 185		
Kataka Rasi: 17.55	Tithi 24 – 25	649176474	<b>Gulika</b> 10:36AM – 11:52AM	<b>Ashlesha* Until 5:47AM Thu</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:45AM	Subhakrit 5124	
			Yama 8:02AM – 9:19AM	Sadhya Until 12:58PM	<b>Muruqa:</b> White <i>Sunset:</i> 5:00PM	Moon 10 - Phase 26 - 9	
			<b>Rahu</b> 11:52AM – 1:09PM	Vanija Until 10:42PM	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work Siddha Yoga				<b>Navami* Until 9:42AM</b>	Moon – Blue	<b>Devaloka Day</b>	
Until 5:47AM Thu					Ashvina-Aipasi		
Then Creative Work - Amrita Yoga							

<b>2</b>	<b>Thursday, October 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam				Malmö, Sweden
	Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 10		Sutra 186		
Simha Rasi: 0.01	Tithi 25 – 26	659276474	<b>Gulika</b> 9:20AM – 10:36AM	<b>Magha* Until 7:55AM Fri</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:47AM	Subhakrit 5124	
			Yama 6:47AM – 8:04AM	Subha Until 1:19PM	<b>Muruqa:</b> White <i>Sunset:</i> 4:57PM	Moon 10 - Phase 26 - 10	
			<b>Rahu</b> 1:09PM – 2:25PM	Bava Until 12:17AM Fri	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work Amrita Yoga				<b>Dashami Until 11:32AM</b>	Moon – Red	<b>Bhuloka Day</b>	
Until 7:55AM Fri					Ashvina-Aipasi		
Then Creative Work - Siddha Yoga							

<b>3</b>	<b>Friday, October 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam				Malmö, Sweden
	Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 11		Sutra 187		
Simha Rasi: 12.2	Tithi 26 – 27	659276474	<b>Gulika</b> 8:05AM – 9:21AM	<b>Magha* Until 7:55AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:49AM	Subhakrit 5124	
			Yama 2:24PM – 3:39PM	Sukla Until 1:13PM	<b>Muruqa:</b> White <i>Sunset:</i> 4:55PM	Moon 10 - Phase 26 - 11	
			<b>Rahu</b> 10:36AM – 11:52AM	Kaulava Until 1:18AM Sat	<b>Nataraja:</b> Purple	2nd Phase	
Routine Work Marana Yoga				<b>Ekadashi* Until 12:51PM</b>	Moon – Red	<b>Bhuloka Day</b>	
Until 7:55AM					Ashvina-Aipasi		
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Saturday, October 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam				Malmö, Sweden
	Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Sun 12		Sutra 188		
Simha Rasi: 24.54	Tithi 27 – 28	659276474	<b>Gulika</b> 6:51AM – 8:06AM	<b>Purvaphalguni Until 9:18AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:51AM	Subhakrit 5124	
			Yama 1:07PM – 2:22PM	Brahma Until 12:39PM	<b>Muruqa:</b> White <i>Sunset:</i> 4:53PM	Moon 10 - Phase 26 - 12	
			<b>Rahu</b> 9:22AM – 10:37AM	Gara Until 1:40AM Sun	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work Siddha Yoga				<b>Dvadashi* Until 1:33PM</b>	Moon – Red	<b>Bhuloka Day</b>	
Until 9:18AM					Ashvina-Aipasi		
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Sunday, October 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam				Malmö, Sweden
	Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13		Sutra 189		
Kanya Rasi: 7.46	Tithi 28 – 29	651276474	<b>Gulika</b> 2:21PM – 3:36PM	<b>Uttaraphalguni Until 9:55AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:53AM	Subhakrit 5124	
			Yama 11:52AM – 1:06PM	Indra Until 11:37AM	<b>Muruqa:</b> White <i>Sunset:</i> 4:50PM	Moon 10 - Phase 26 - 13	
			<b>Rahu</b> 3:36PM – 4:50PM	Visti Until 1:23AM Mon	<b>Nataraja:</b> Purple	2nd Phase	
Creative Work Amrita Yoga				<b>Trayodashi* Until 1:35PM</b>	Moon – Red	<b>Bhuloka Day</b>	
Until 10:13AM					Ashvina-Aipasi		
Then Routine Work - Prabalarishta Yoga							
						<b>Deepavali Hindu Solidarity Day</b>	

	<b>Monday, October 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam				Malmö, Sweden
	<b>Retreat Star</b>		Hasla/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 14		Sutra 190
Kanya Rasi: 20.58	Tithi 29 – 30	661276474	<b>Gulika</b> 1:06PM – 2:20PM	<b>Hasta Until 10:13AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:55AM	Subhakrit 5124	
<b>Family Home Evening</b>			Yama 10:38AM – 11:52AM	Vaidhriti* Until 10:02AM	<b>Muruqa:</b> White <i>Sunset:</i> 4:48PM	Moon 10 - Phase 26 - 14	
Creative Work Siddha Yoga			<b>Rahu</b> 8:09AM – 9:24AM	Catuspada Until 12:30AM Tue	<b>Nataraja:</b> Purple	Amavasya	
Until 10:13AM				<b>Chaturdashi* Until 1:00PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Then Routine Work - Prabalarishta Yoga					Ashvina-Aipasi		
						<b>Subramuniyaswami Mahasamadhi</b>	

<b>Retreat Star</b>	<b>Tuesday, October 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam				Malmö, Sweden
	Chitra/Svati Nakshatra Vishkambha*/Prili Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 15		Sutra 191		
Tula Rasi: 4.29	Tithi 30 – 1	661276474	<b>Gulika</b> 11:52AM – 1:05PM	<b>Chitra Until 9:47AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:57AM	Subhakrit 5124	
			Yama 9:25AM – 10:38AM	Vishkambha* Until 8:01AM	<b>Muruqa:</b> White <i>Sunset:</i> 4:46PM	Moon 10 - Phase 26 - 15	
			<b>Rahu</b> 2:19PM – 3:32PM	Kintughna Until 11:06PM	<b>Nataraja:</b> Purple	Prathama	
Creative Work Siddha Yoga				<b>Amavasya* Until 11:50AM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 10:13AM					Kartika-Aipasi		
Then Routine Work - Prabalarishta Yoga							
						<b>Skanda Shasthi Begins</b>	

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

<b>1</b>	<b>Wednesday, October 26, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Malmö, Sweden
	Tula Rasi: 18.19      Tithi 1 – 2		Svati/Vishakha Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 16      Sutra 192
	Creative Work      Siddha Yoga	661276574	<b>Gulika</b> 10:38AM – 11:51AM Yama 8:13AM – 9:25AM <b>Rahu</b> 11:51AM – 1:04PM	<b>Svati Until 8:45AM</b> Ayushman Until 2:54AM Thu Balava Until 9:16PM <b>Prathama* Until 10:13AM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 7:00AM <b>Sunset:</b> 4:43PM	Moon 10 - Phase 27 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>2</b>	<b>Thursday, October 27, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam				Malmö, Sweden
	Vrischika Rasi: 2.22      Tithi 2 – 3		Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Sun 17      Sutra 193
	Creative Work      Siddha Yoga	671276574	<b>Gulika</b> 9:26AM – 10:39AM Yama 7:02AM – 8:14AM <b>Rahu</b> 1:04PM – 2:16PM	<b>Vishakha Until 7:38AM</b> Saubhagya Until 11:57PM Taitila Until 7:09PM <b>Dvitiya Until 8:13AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:02AM <b>Sunset:</b> 4:41PM	Moon 10 - Phase 27 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>3</b>	<b>Friday, October 28, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam				Malmö, Sweden
	Vrischika Rasi: 16.35      Tithi 3 – 4		Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau				Sun 18      Sutra 194
	Creative Work      Siddha Yoga Until 6:07AM Then Routine Work - Marana Yoga	671276574	<b>Gulika</b> 8:16AM – 9:27AM Yama 2:15PM – 3:27PM <b>Rahu</b> 10:39AM – 11:51AM	<b>Anuradha Until 6:07AM</b> Sobhana Until 8:54PM Visti Until 3:38AM Sat <b>Tritiya Until 6:00AM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 7:04AM <b>Sunset:</b> 4:39PM	Moon 10 - Phase 27 - 18 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>4</b>	<b>Saturday, October 29, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam				Malmö, Sweden
	Dhanus Rasi: 0.53      Tithi 5		Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Sun 19      Sutra 195
	Creative Work      Siddha Yoga	681276574	<b>Gulika</b> 7:06AM – 8:17AM Yama 1:03PM – 2:14PM <b>Rahu</b> 9:28AM – 10:40AM	<b>Mula* Until 2:49AM Sun</b> Athiganda* Until 5:45PM Bava Until 2:27PM <b>Panchami Until 1:14AM Sun</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:06AM <b>Sunset:</b> 4:37PM	Moon 10 - Phase 27 - 19 3rd Phase <b>Devaloka Day</b>

<b>5</b>	<b>Sunday, October 30, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam				Malmö, Sweden
	Dhanus Rasi: 15.13      Tithi 6		Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Sun 20      Sutra 196
	Creative Work      Siddha Yoga Until 1:11AM Mon Then Routine Work - Marana Yoga	681276574	<b>Gulika</b> 2:13PM – 3:24PM Yama 11:51AM – 1:02PM <b>Rahu</b> 3:24PM – 4:35PM	<b>Purvashadha* Until 1:11AM Mon</b> Sukarma Until 2:39PM Kaulava Until 12:03PM <b>Shashthi* Until 10:52PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:08AM <b>Sunset:</b> 4:35PM	Moon 10 - Phase 27 - 20 3rd Phase <b>Devaloka Day</b>

<b>6</b>	<b>Monday, October 31, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam				Malmö, Sweden
	Dhanus Rasi: 29.31      Tithi 7		Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau				Sun 21      Sutra 197
	<b>Family Home Evening</b> Routine Work      Marana Yoga Until 11:33PM Then Creative Work - Amrita Yoga	681276574	<b>Gulika</b> 1:01PM – 2:12PM Yama 10:41AM – 11:51AM <b>Rahu</b> 8:20AM – 9:30AM	<b>Uttarashadha Until 11:33PM</b> Dhriti Until 11:37AM Gara Until 9:45AM <b>Saptami Until 8:38PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 7:10AM <b>Sunset:</b> 4:32PM	Moon 10 - Phase 27 - 21 3rd Phase <b>Devaloka Day</b>

<b>☾</b>	<b>Tuesday, November 1, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam				Malmö, Sweden
	<b>Retreat Star</b>		Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Sun 22      Sutra 198
	Makara Rasi: 13.43      Tithi 8	691276574	<b>Gulika</b> 11:51AM – 1:01PM Yama 9:31AM – 10:41AM <b>Rahu</b> 2:11PM – 3:20PM	<b>Shravana Until 10:21PM</b> Shula* Until 8:41AM Visti Until 7:35AM <b>Ashtami* Until 6:33PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:12AM <b>Sunset:</b> 4:30PM	Moon 10 - Phase 27 - 22 Ashtami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

<b>☾</b>	<b>Wednesday, November 2, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Malmö, Sweden
	<b>Retreat Star</b>		Dhanishtha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Sun 23      Sutra 199
	Makara Rasi: 27.47      Tithi 9 – 10	692276574	<b>Gulika</b> 10:42AM – 11:51AM Yama 8:23AM – 9:33AM <b>Rahu</b> 11:51AM – 1:00PM	<b>Dhanishtha Until 9:14PM</b> Vriddhi Until 3:20AM Thu Taitila Until 3:51AM Thu <b>Navami* Until 4:41PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 7:14AM <b>Sunset:</b> 4:28PM	Moon 10 - Phase 27 - 23 Navami <b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2


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<b>1</b>	<b>Thursday, November 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Malmö, Sweden Sun 24 Sutra 200
	Kumbha Rasi: 11.44	Tithi 10 – 11	<b>Gulika</b> 9:34AM – 10:42AM	<b>Shatabhishak</b> Until 8:12PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 7:16AM	Subhakrit 5124
			Yama 7:16AM – 8:25AM	Dhruva Until 12:56AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:26PM	Moon 10 - Phase 28 - 24
	Creative Work	Siddha Yoga	692276574 <b>Rahu</b> 1:00PM – 2:09PM	Vanija Until 2:22AM Fri	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> Until 3:03PM	Moon – Purple		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Friday, November 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Malmö, Sweden Sun 25 Sutra 201
	Kumbha Rasi: 25.31	Tithi 11 – 12	<b>Gulika</b> 8:26AM – 9:35AM	<b>Purvaproshtapada*</b> Until 7:44PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:18AM	Subhakrit 5124
			Yama 2:08PM – 3:16PM	Vyaghata* Until 10:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:24PM	Moon 10 - Phase 28 - 25
	Creative Work	Siddha Yoga	612276574 <b>Rahu</b> 10:43AM – 11:51AM	Bava Until 1:10AM Sat	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> Until 1:42PM	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Saturday, November 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Malmö, Sweden Sun 26 Sutra 202
	Meena Rasi: 9.07	Tithi 12 – 13	<b>Gulika</b> 7:20AM – 8:28AM	<b>Uttaraproshtapada</b> Until 7:28PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:20AM	Subhakrit 5124
			Yama 12:59PM – 2:07PM	Harshana Until 8:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:22PM	Moon 10 - Phase 28 - 26
	Creative Work	Siddha Yoga	612276574 <b>Rahu</b> 9:36AM – 10:43AM	Kaulava Until 12:19AM Sun	<b>Nataraja:</b> Clear		4th Phase
			<b>Dvadashi</b> Until 12:40PM	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	
			<i>Pradosha Vrata</i>				

<b>4</b>	<b>Sunday, November 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Malmö, Sweden Sun 27 Sutra 203
	Meena Rasi: 22.31	Tithi 13 – 14	<b>Gulika</b> 2:06PM – 3:13PM	<b>Revati</b> Until 7:25PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:22AM	Subhakrit 5124
			Yama 11:51AM – 12:58PM	Vajra* Until 7:18PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:20PM	Moon 10 - Phase 28 - 27
	Creative Work	Amrita Yoga	612276574 <b>Rahu</b> 3:13PM – 4:20PM	Gara Until 11:52PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> Until 12:01PM	Moon – Clear		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	

	<b>Monday, November 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Malmö, Sweden Sutra 204
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:58PM – 2:05PM	<b>Ashvini</b> Until 8:07PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:24AM	Subhakrit 5124
	Mesha Rasi: 5.41	Tithi 14 – 15	Yama 10:44AM – 11:51AM	Siddhi Until 6:05PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:18PM	Moon 10 - Phase 28 -
	<b>Family Home Evening</b>		722276574 <b>Rahu</b> 8:31AM – 9:38AM	Visti Until 11:52PM	<b>Nataraja:</b> Clear		Purnima
			<b>Chaturdashi*</b> Until 11:47AM	Moon – White		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	

<b>5</b>	<b>Tuesday, November 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Malmö, Sweden Sutra 205
	<b>Silver Retreat Star</b>		<b>Gulika</b> 11:51AM – 12:57PM	<b>Bharani</b> Until 9:08PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:26AM	Subhakrit 5124
	Mesha Rasi: 18.37	Tithi 15 – 16	Yama 9:39AM – 10:45AM	Vyatipata* Until 5:14PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:16PM	Moon 10 - Phase 28 -
	Creative Work	Siddha Yoga	722276574 <b>Rahu</b> 2:04PM – 3:10PM	Balava Until 12:23AM Wed	<b>Nataraja:</b> Clear		Prathama
			<b>Purnima*</b> Until 12:02PM	Moon – White		<b>Bhuloka Day</b>	
				<b>Karttika•Aipasi</b>		Devaloka Time: 3:PM to 6:PM	

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Malmö, Sweden

Sutra 206

Wrishabha Rasi: 1.19 Tithi 16 - 17

722276574

**Gulika** 10:46AM - 11:51AM  
**Yama** 8:34AM - 9:40AM  
**Rahu** 11:51AM - 12:57PM

**Krittika** Until 10:29PM  
Varyan Until 4:46PM  
Taitila Until 1:25AM Thu  
Prathama\* Until 12:49PM

**Ganesha:** Blue *Sunrise:* 7:28AM  
**Muruqa:** Clear *Sunset:* 4:14PM  
**Nataraja:** Clear  
Moon - White  
Karttika-Aipasi

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

Creative Work Amrita Yoga  
Until 10:29PM  
Then Creative Work - Siddha Yoga

**Thursday, November 10, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Malmö, Sweden  
Rohini Nakshatra Parigha\*/Shiva Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau Sun 1 Sutra 207

**1** Wrishabha Rasi: 13.47 Tithi 17 - 18  
732276574

**Gulika** 9:41AM - 10:46AM  
**Yama** 7:30AM - 8:36AM  
**Rahu** 12:57PM - 2:02PM

**Rohini** Until 12:39AM Fri  
Parigha\* Until 4:42PM  
Vanija Until 2:56AM Fri  
Dvitiya Until 2:06PM

**Ganesha:** Red *Sunrise:* 7:30AM  
**Muruqa:** Clear *Sunset:* 4:12PM  
**Nataraja:** Clear  
Moon - Yellow  
Karttika-Aipasi

**Devaloka Day**

Routine Work Marana Yoga  
Until 12:39AM Fri  
Then Creative Work - Siddha Yoga

**Friday, November 11, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Malmö, Sweden  
Mrigashira Nakshatra Shiva/Siddha Yoga Visti\*/Bava Karana Tritiya/Chaturthayam Titau Sun 2 Sutra 208

**2** Wrishabha Rasi: 26.02 Tithi 18 - 19  
732276574

**Gulika** 8:37AM - 9:42AM  
**Yama** 2:01PM - 3:06PM  
**Rahu** 10:47AM - 11:52AM

**Mrigashira** Until 3:05AM Sat  
Shiva Until 5:00PM  
Bava Until 4:55AM Sat  
Tritiya Until 3:51PM

**Ganesha:** Red *Sunrise:* 7:33AM  
**Muruqa:** Clear *Sunset:* 4:11PM  
**Nataraja:** Clear  
Moon - Yellow  
Karttika-Aipasi

**Devaloka Day**

Creative Work Siddha Yoga

**Saturday, November 12, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Malmö, Sweden  
Ardra Nakshatra Siddha/Sadhya Yoga Balava Karana Chaturthayam Titau Sun 3 Sutra 209

**3** Mithuna Rasi: 8.07 Tithi 19  
732276574

**Gulika** 7:35AM - 8:39AM  
**Yama** 12:56PM - 2:00PM  
**Rahu** 9:43AM - 10:47AM

**Ardra** Until 5:39AM Sun  
Siddha Until 5:34PM  
Balava Until 6:00PM  
Chaturthi\* Until 6:00PM

**Ganesha:** Red *Sunrise:* 7:35AM  
**Muruqa:** Clear *Sunset:* 4:09PM  
**Nataraja:** Clear  
Moon - Yellow  
Karttika-Aipasi

**Devaloka Day**

Creative Work Siddha Yoga

**Sunday, November 13, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Malmö, Sweden  
Punarvasu Nakshatra Sadhya Yoga Kaulava/Taitila Karana Panchamyam Titau Sun 4 Sutra 210

**4** Mithuna Rasi: 20.04 Tithi 20  
742276574

**Gulika** 1:59PM - 3:03PM  
**Yama** 11:52AM - 12:56PM  
**Rahu** 3:03PM - 4:07PM

**Punarvasu** Until 8:45AM Mon  
Sadhya Until 6:19PM  
Kaulava Until 7:12AM  
Panchami Until 8:24PM

**Ganesha:** Green *Sunrise:* 7:37AM  
**Muruqa:** Clear *Sunset:* 4:07PM  
**Nataraja:** Clear  
Moon - Blue  
Karttika-Aipasi

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

Creative Work Siddha Yoga

**Monday, November 14, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Malmö, Sweden  
Punarvasu/Pushya Nakshatra Subha Yoga Gara/Vanija Karana Shashthyam Titau Sun 5 Sutra 211

**5** Kataka Rasi: 1.58 Tithi 21  
742376574

**Gulika** 12:55PM - 1:59PM  
**Yama** 10:49AM - 11:52AM  
**Rahu** 8:42AM - 9:45AM

**Punarvasu** Until 8:45AM  
Subha Until 7:11PM  
Gara Until 9:41AM  
Shashthi\* Until 10:54PM

**Ganesha:** White *Sunrise:* 7:39AM  
**Muruqa:** Clear *Sunset:* 4:05PM  
**Nataraja:** Clear  
Moon - Blue  
Karttika-Aipasi

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

Family Home Evening  
Creative Work Amrita Yoga  
Until 8:45AM  
Then Creative Work - Siddha Yoga

**Tuesday, November 15, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Malmö, Sweden  
Pushya/Ashlesha\* Nakshatra Sukla Yoga Visti\*/Bava Karana Saptamyam Titau Sun 6 Sutra 212

**6** Kataka Rasi: 13.5 Tithi 22  
743376574

**Gulika** 11:52AM - 12:55PM  
**Yama** 9:46AM - 10:49AM  
**Rahu** 1:58PM - 3:01PM

**Pushya** Until 11:40AM  
Sukla Until 7:57PM  
Visti Until 12:09PM  
Saptami Until 1:18AM Wed

**Ganesha:** Green *Sunrise:* 7:41AM  
**Muruqa:** Clear *Sunset:* 4:04PM  
**Nataraja:** Clear  
Moon - Blue  
Karttika-Aipasi

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

Creative Work Siddha Yoga

**Wednesday, November 16, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Malmö, Sweden  
Ashlesha\*/Magha\* Nakshatra Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau Sun 7 Sutra 213

**Retreat Star** Kataka Rasi: 25.47 Tithi 23  
743376574

**Gulika** 10:50AM - 11:52AM  
**Yama** 8:45AM - 9:47AM  
**Rahu** 11:52AM - 12:55PM

**Ashlesha\*** Until 2:15PM  
Brahma Until 8:33PM  
Balava Until 2:26PM  
Ashtami\* Until 3:24AM Thu

**Ganesha:** Green *Sunrise:* 7:43AM  
**Muruqa:** Clear *Sunset:* 4:02PM  
**Nataraja:** Clear  
Moon - Blue  
Karttika-Karttikai

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

Creative Work Siddha Yoga

**Thursday, November 17, 2022** Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Malmö, Sweden  
Magha\*/Purvaphalguni Nakshatra Indra Yoga Taitila/Gara Karana Navamyam Titau Sun 8 Sutra 214

**Retreat Star** Simha Rasi: 7.5 Tithi 24  
753376575

**Gulika** 9:49AM - 10:51AM  
**Yama** 7:45AM - 8:47AM  
**Rahu** 12:54PM - 1:56PM

**Magha\*** Until 4:47PM  
Indra Until 8:49PM  
Taitila Until 4:19PM  
Navami\* Until 5:01AM Fri

**Ganesha:** Orange *Sunrise:* 7:45AM  
**Muruqa:** Clear *Sunset:* 4:00PM  
**Nataraja:** Purple  
Moon - Red  
Karttika-Karttikai

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 4:47PM  
Then Creative Work - Siddha Yoga

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


<b>1</b>		<b>Friday, November 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam		Malmö, Sweden	
		Purvaphalguni Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 9 Sutra 215	
Simha Rasi: 20.07	Tithi 25	<b>Gulika</b> 8:48AM – 9:50AM	<b>Purvaphalguni</b> Until 6:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:47AM	Subhakrit 5124	
		Yama 1:56PM – 2:57PM	Vaidhriti* Until 8:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:59PM	Moon 11 - Phase 30 - 9	
	753376575	<b>Rahu</b> 10:51AM – 11:53AM	Vanija Until 5:37PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:00AM Sat	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

<b>2</b>		<b>Saturday, November 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam		Malmö, Sweden	
		Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekashyam Titau				Sun 10 Sutra 216	
Kanya Rasi: 2.4	Tithi 25 – 26	<b>Gulika</b> 7:49AM – 8:50AM	<b>Uttaraphalguni</b> Until 7:34PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:49AM	Subhakrit 5124	
		Yama 12:54PM – 1:55PM	Vishkambha* Until 7:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:57PM	Moon 11 - Phase 30 - 10	
	753376575	<b>Rahu</b> 9:51AM – 10:52AM	Bava Until 6:13PM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga		<b>Dashami</b> Until 6:00AM	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

<b>3</b>		<b>Sunday, November 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam		Malmö, Sweden	
		Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Sun 11 Sutra 217	
Kanya Rasi: 15.33	Tithi 26 – 27	<b>Gulika</b> 1:54PM – 2:55PM	<b>Hasta</b> Until 8:07PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:51AM	Subhakrit 5124	
		Yama 11:53AM – 12:54PM	Priti Until 6:33PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:56PM	Moon 11 - Phase 30 - 11	
	763376575	<b>Rahu</b> 2:55PM – 3:56PM	Kaulava Until 6:03PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 6:13AM	Moon – Green		<b>Devaloka Day</b>	
Until 8:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, November 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam		Malmö, Sweden	
		Chitra Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau				Sun 12 Sutra 218	
Kanya Rasi: 28.51	Tithi 28	<b>Gulika</b> 12:54PM – 1:54PM	<b>Chitra</b> Until 7:45PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:52AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:53AM – 11:53AM	Ayushman Until 4:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:54PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	<b>Rahu</b> 8:53AM – 9:53AM	Gara Until 5:07PM	<b>Nataraja:</b> Purple		2nd Phase	
Until 7:45PM			<b>Trayodashi*</b> Until 4:22AM Tue	Moon – Green		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Tuesday, November 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam		Malmö, Sweden	
		Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 13 Sutra 219	
Tula Rasi: 12.34	Tithi 29	<b>Gulika</b> 11:54AM – 12:54PM	<b>Svati</b> Until 6:34PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:54AM	Subhakrit 5124	
		Yama 9:54AM – 10:54AM	Saubhagya Until 2:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:53PM	Moon 11 - Phase 30 - 13	
	763376575	<b>Rahu</b> 1:53PM – 2:53PM	Visti Until 3:30PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:26AM Wed	Moon – Green		<b>Devaloka Day</b>	
Until 6:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

		<b>Wednesday, November 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam		Malmö, Sweden	
<b>Retreat Star</b>		Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 14 Sutra 220	
Tula Rasi: 26.4	Tithi 30	<b>Gulika</b> 10:55AM – 11:54AM	<b>Vishakha</b> Until 5:07PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:56AM	Subhakrit 5124	
		Yama 8:56AM – 9:55AM	Sobhana Until 11:09AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:52PM	Moon 11 - Phase 30 - 14	
	773376575	<b>Rahu</b> 11:54AM – 12:53PM	Catuspada Until 1:16PM	<b>Nataraja:</b> Purple		Amavasya	
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 11:58PM	Moon – Orange		<b>Devaloka Day</b>	
				Karttika-Karttikai			

<b>Thursday, November 24, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam		Malmö, Sweden	
		Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 15 Sutra 221	
Vrischika Rasi: 11.07	Tithi 1	<b>Gulika</b> 9:56AM – 10:55AM	<b>Anuradha</b> Until 3:06PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:58AM	Subhakrit 5124	
		Yama 7:58AM – 8:57AM	Athiganda* Until 7:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:50PM	Moon 11 - Phase 30 - 15	
	773376575	<b>Rahu</b> 12:53PM – 1:52PM	Kintughna Until 10:36AM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 9:08PM	Moon – Orange		<b>Devaloka Day</b>	
Until 3:06PM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

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

all times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>		<b>Friday, November 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau		Malmo, Sweden Sun 16 Sutra 222	
Vrischika Rasi: 25.47	Tithi 2	<b>Gulika</b> 8:59AM – 9:57AM	<b>Jyeshtha* Until 12:41PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 8:00AM	Subhakrit 5124	
		Yama 1:52PM – 2:51PM	Dhriti Until 12:27AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:49PM	Moon 11 - Phase 31 - 16	
		773376575 <b>Rahu</b> 10:56AM – 11:55AM	Balava Until 7:39AM	<b>Nataraja:</b> Purple		3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya Until 6:05PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Until 12:41PM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
<b>2</b>		<b>Saturday, November 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Malmo, Sweden Sun 17 Sutra 223	
Dhanus Rasi: 10.35	Tithi 3 – 4	<b>Gulika</b> 8:02AM – 9:00AM	<b>Mula* Until 10:26AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 8:02AM	Subhakrit 5124	
		Yama 12:53PM – 1:51PM	Shula* Until 8:41PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:48PM	Moon 11 - Phase 31 - 17	
		783376575 <b>Rahu</b> 9:58AM – 10:57AM	Vanija Until 1:26AM Sun	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 2:57PM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Sunday, November 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau		Malmo, Sweden Sun 18 Sutra 224	
Dhanus Rasi: 25.22	Tithi 4 – 5	<b>Gulika</b> 1:51PM – 2:49PM	<b>Purvashadha* Until 8:06AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 8:04AM	Subhakrit 5124	
		Yama 11:55AM – 12:53PM	Ganda* Until 5:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:47PM	Moon 11 - Phase 31 - 18	
		783376575 <b>Rahu</b> 2:49PM – 3:47PM	Bava Until 10:29PM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi* Until 11:55AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 8:06AM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Monday, November 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Malmo, Sweden Sun 19 Sutra 225	
Makara Rasi: 10.01	Tithi 5 – 6	<b>Gulika</b> 12:53PM – 1:51PM	<b>Shravana Until 4:06AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:05AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:58AM – 11:56AM	Vridhi Until 1:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:46PM	Moon 11 - Phase 31 - 19	
Creative Work	Amrita Yoga	793376575 <b>Rahu</b> 9:03AM – 10:00AM	Kaulava Until 7:47PM	<b>Nataraja:</b> Purple		3rd Phase	
Until 4:06AM Tue			<b>Panchami Until 9:04AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				Margasira-Karttikai			
<b>5</b>		<b>Tuesday, November 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Vanija Karana Shashthi/Saptamyam Titau		Malmo, Sweden Sun 20 Sutra 226	
Makara Rasi: 24.27	Tithi 6 – 7	<b>Gulika</b> 11:56AM – 12:53PM	<b>Dhanishtha Until 2:39AM Wed</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:07AM	Subhakrit 5124	
		Yama 10:01AM – 10:59AM	Dhruva Until 10:20AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:45PM	Moon 11 - Phase 31 - 20	
		793376575 <b>Rahu</b> 1:50PM – 2:48PM	Vanija Until 4:28AM Wed	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi* Until 6:34AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
				Margasira-Karttikai			
<b>Retreat Star</b>		<b>Wednesday, November 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau		Malmo, Sweden Sun 21 Sutra 227	
Kumbha Rasi: 8.37	Tithi 8	<b>Gulika</b> 10:59AM – 11:56AM	<b>Shatabhishak Until 1:32AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:09AM	Subhakrit 5124	
		Yama 9:06AM – 10:02AM	Vyaghata* Until 7:29AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:44PM	Moon 11 - Phase 31 - 21	
		794376575 <b>Rahu</b> 11:56AM – 12:53PM	Visti Until 3:37PM	<b>Nataraja:</b> Purple		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 2:51AM Thu</b>	Moon – Purple		<b>Sivaloka Day</b>	
				Margasira-Karttikai			
<b>Retreat Star</b>		<b>Thursday, December 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau		Malmo, Sweden Sun 22 Sutra 228	
Kumbha Rasi: 22.28	Tithi 9	<b>Gulika</b> 10:03AM – 11:00AM	<b>Purvaproshtapada* Until 1:12AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 8:10AM	Subhakrit 5124	
		Yama 8:10AM – 9:07AM	Vajra* Until 2:57AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:43PM	Moon 11 - Phase 31 - 22	
		714376575 <b>Rahu</b> 12:53PM – 1:50PM	Balava Until 2:15PM	<b>Nataraja:</b> Purple		Navami	
Creative Work	Siddha Yoga		<b>Navami* Until 1:45AM Fri</b>	Moon – Clear		<b>Sivaloka Day</b>	
				Margasira-Karttikai			

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


<b>1</b>		<b>Friday, December 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam			Malmö, Sweden	
Meena Rasi: 6		Tithi 10		Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Sun 23 Sutra 229	
714376575		<b>Gulika</b>	<b>9:08AM – 10:04AM</b>	<b>Uttaraproshtapada</b> Until 1:14AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 8:12AM	Subhakrit 5124	
Creative Work Siddha Yoga		<b>Yama</b>	1:50PM – 2:46PM	Siddhi Until 1:18AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:42PM	Moon 11 - Phase 32 - 23	
Until 1:14AM Sat		<b>Rahu</b>	<b>11:01AM – 11:57AM</b>	Taitila Until 1:25PM	<b>Nataraja:</b> Purple		4th Phase	
Then Routine Work - Prabalarishta Yoga					<b>Dashami</b> Until 1:10AM Sat	<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>	

<b>2</b>		<b>Saturday, December 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam			Malmö, Sweden	
Meena Rasi: 19.16		Tithi 11		Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Sun 24 Sutra 230	
714376575		<b>Gulika</b>	<b>8:13AM – 9:09AM</b>	<b>Revati</b> Until 1:37AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 8:13AM	Subhakrit 5124	
Routine Work Prabalarishta Yoga		<b>Yama</b>	12:53PM – 1:49PM	Vyatipata* Until 12:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:41PM	Moon 11 - Phase 32 - 24	
Until 1:37AM Sun		<b>Rahu</b>	<b>10:05AM – 11:01AM</b>	Vanija Until 1:05PM	<b>Nataraja:</b> Purple		4th Phase	
Then Creative Work - Siddha Yoga					<b>Ekadashi</b> Until 1:06AM Sun	<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>	

<b>3</b>		<b>Sunday, December 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam			Malmö, Sweden	
Mesha Rasi: 2.16		Tithi 12		Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Sun 25 Sutra 231	
724376575		<b>Gulika</b>	<b>1:49PM – 2:45PM</b>	<b>Ashvini</b> Until 2:45AM Mon	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:15AM	Subhakrit 5124	
Creative Work Siddha Yoga		<b>Yama</b>	11:58AM – 12:54PM	Varyan Until 11:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:41PM	Moon 11 - Phase 32 - 25	
		<b>Rahu</b>	<b>2:45PM – 3:41PM</b>	Bava Until 1:15PM	<b>Nataraja:</b> Purple		4th Phase	
					<b>Dvodashi</b> Until 1:30AM Mon	<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	

<b>4</b>		<b>Monday, December 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam			Malmö, Sweden	
Mesha Rasi: 15.02		Tithi 13		Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Sun 26 Sutra 232	
724376575		<b>Gulika</b>	<b>12:54PM – 1:49PM</b>	<b>Bharani</b> Until 4:09AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:17AM	Subhakrit 5124	
Family Home Evening		<b>Yama</b>	11:03AM – 11:58AM	Parigha* Until 10:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:40PM	Moon 11 - Phase 32 - 26	
Creative Work Siddha Yoga		<b>Rahu</b>	<b>9:12AM – 10:07AM</b>	Kaulava Until 1:53PM	<b>Nataraja:</b> Purple		4th Phase	
					<b>Trayodashi</b> Until 2:20AM Tue	<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	
		<i>Pradosha Vrata</i>						

<b>5</b>		<b>Tuesday, December 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam			Malmö, Sweden	
Mesha Rasi: 27.37		Tithi 14		Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Sun 27 Sutra 233	
724376575		<b>Gulika</b>	<b>11:59AM – 12:54PM</b>	<b>Krittika</b> Until 5:47AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:18AM	Subhakrit 5124	
Creative Work Siddha Yoga		<b>Yama</b>	10:08AM – 11:04AM	Shiva Until 10:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:39PM	Moon 11 - Phase 32 - 27	
		<b>Rahu</b>	<b>1:49PM – 2:44PM</b>	Gara Until 2:56PM	<b>Nataraja:</b> Purple		4th Phase	
					<b>Chaturdashi*</b> Until 3:35AM Wed	<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	
		<b>Krittika Deepam</b>						

		<b>Wednesday, December 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam			Malmö, Sweden	
Copper Retreat Star		Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau					Sutra 234	
734376575		<b>Gulika</b>	<b>11:04AM – 11:59AM</b>	<b>Rohini</b> Until 8:05AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:19AM	Subhakrit 5124	
Vrishabha Rasi: 10.01		Tithi 15		Siddha Until 10:25PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:39PM	Moon 11 - Phase 32 - Purnima	
734376575		<b>Yama</b>	9:14AM – 10:09AM	Visti Until 4:22PM	<b>Nataraja:</b> Purple			
Creative Work Siddha Yoga		<b>Rahu</b>	<b>11:59AM – 12:54PM</b>	<b>Purnima*</b> Until 5:12AM Thu	<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>		
Until 8:05AM Thu								
Then Routine Work - Marana Yoga								

<b>Thursday, December 8, 2022</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam			Malmö, Sweden	
		Rohini/Mrigashira Nakshatra Sadhya Yoga Balava Karana Prathamayam Titau					Sutra 235	
734376575		<b>Gulika</b>	<b>10:10AM – 11:05AM</b>	<b>Rohini</b> Until 8:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:21AM	Subhakrit 5124	
Vrishabha Rasi: 22.16		Tithi 16		Sadhya Until 10:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:38PM	Moon 11 - Phase 32 - Prathama	
734376575		<b>Yama</b>	8:21AM – 9:15AM	Balava Until 6:10PM	<b>Nataraja:</b> Purple			
Routine Work Marana Yoga		<b>Rahu</b>	<b>12:54PM – 1:49PM</b>	<b>Prathama*</b> Until 7:09AM Fri	<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>		
		<b>Vinayaga Viratam Begins</b>						

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





**Friday, December 9, 2022**  
**Gold Retreat Star**

Mithuna Rasi: 4.23    Tithi 16 – 17

734476575

Creative Work    Siddha Yoga

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** 9:17AM – 10:11AM  
**Yama** 1:49PM – 2:44PM  
**Rahu** 11:06AM – 12:00PM

**Mrigashira** Until 10:32AM  
Subha Until 11:14PM  
Taitila Until 8:15PM  
**Prathama\*** Until 7:09AM

**Ganesha:** Red    *Sunrise:* 8:22AM  
**Muruqa:** Clear    *Sunset:* 3:38PM  
**Nataraja:** Purple  
Moon – Yellow  
**Margasira-Karttikai**

Malmö, Sweden  
Sutra 236  
Subhakrit 5124  
Moon 12 - Phase 33 -  
1st Phase

**Sivaloka Day**

**1**

**Saturday, December 10, 2022**

Mithuna Rasi: 16.23    Tithi 17 – 18

734476575

Creative Work    Siddha Yoga

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** 8:23AM – 9:18AM  
**Yama** 12:55PM – 1:49PM  
**Rahu** 10:12AM – 11:06AM

**Ardra** Until 1:03PM  
Sukla Until 11:54PM  
Vanija Until 10:35PM  
**Dvitiya** Until 9:22AM

**Ganesha:** Red    *Sunrise:* 8:23AM  
**Muruqa:** Clear    *Sunset:* 3:38PM  
**Nataraja:** Purple  
Moon – Yellow  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 1    Sutra 237  
Subhakrit 5124  
Moon 12 - Phase 33 - 1  
1st Phase

**Sivaloka Day**

**2**

**Sunday, December 11, 2022**

Mithuna Rasi: 28.19    Tithi 18 – 19

744476575

Creative Work    Siddha Yoga

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

**Gulika** 1:49PM – 2:43PM  
**Yama** 12:01PM – 12:55PM  
**Rahu** 2:43PM – 3:37PM

**Punarvasu** Until 4:06PM  
Brahma Until 12:42AM Mon  
Bava Until 1:04AM Mon  
**Tritiya** Until 11:47AM

**Ganesha:** Green    *Sunrise:* 8:24AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Blue  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 2    Sutra 238  
Subhakrit 5124  
Moon 12 - Phase 33 - 2  
1st Phase

**Devaloka Day**

**3**

**Monday, December 12, 2022**

Kataka Rasi: 10.12    Tithi 19 – 20

**Family Home Evening**

745476575

Creative Work    Siddha Yoga

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

**Gulika** 12:55PM – 1:49PM  
**Yama** 11:07AM – 12:01PM  
**Rahu** 9:20AM – 10:14AM

**Pushya** Until 7:03PM  
Indra Until 1:33AM Tue  
Kaulava Until 3:36AM Tue  
**Chaturthi\*** Until 2:19PM

**Ganesha:** White    *Sunrise:* 8:26AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Blue  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 3    Sutra 239  
Subhakrit 5124  
Moon 12 - Phase 33 - 3  
1st Phase

**Devaloka Day**

**4**

**Tuesday, December 13, 2022**

Kataka Rasi: 22.04    Tithi 20 – 21

745476575

Creative Work    Siddha Yoga

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

**Gulika** 12:02PM – 12:56PM  
**Yama** 10:14AM – 11:08AM  
**Rahu** 1:50PM – 2:43PM

**Ashlesha\*** Until 9:48PM  
Vaidhriti\* Until 2:19AM Wed  
Gara Until 6:03AM Wed  
**Panchami** Until 4:49PM

**Ganesha:** White    *Sunrise:* 8:27AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Blue  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 4    Sutra 240  
Subhakrit 5124  
Moon 12 - Phase 33 - 4  
1st Phase

**Devaloka Day**

**5**

**Wednesday, December 14, 2022**

Simha Rasi: 3.59    Tithi 21

755476575

Creative Work    Siddha Yoga

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

**Gulika** 11:09AM – 12:02PM  
**Yama** 9:21AM – 10:15AM  
**Rahu** 12:02PM – 12:56PM

**Magha\*** Until 12:42AM Thu  
Vishkambha\* Until 2:55AM Thu  
Gara Until 6:03AM  
**Shashthi\*** Until 7:10PM

**Ganesha:** Clear    *Sunrise:* 8:28AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Red  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 5    Sutra 241  
Subhakrit 5124  
Moon 12 - Phase 33 - 5  
1st Phase

**Sivaloka Day**

**6**

**Thursday, December 15, 2022**

Simha Rasi: 15.59    Tithi 22

755476575

Creative Work    Siddha Yoga

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

**Gulika** 10:16AM – 11:09AM  
**Yama** 8:29AM – 9:22AM  
**Rahu** 12:56PM – 1:50PM

**Purvaphalguni** Until 3:02AM Fri  
Priti Until 3:13AM Fri  
Visti Until 8:14AM  
**Saptami** Until 9:08PM

**Ganesha:** Clear    *Sunrise:* 8:29AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Red  
**Margasira-Karttikai**

Malmö, Sweden  
Sun 6    Sutra 242  
Subhakrit 5124  
Moon 12 - Phase 33 - 6  
1st Phase

**Sivaloka Day**

**Retreat Star**

**Friday, December 16, 2022**

Simha Rasi: 28.1    Tithi 23

855476575

Creative Work    Siddha Yoga

Until 4:38AM Sat

Then Routine Work - Marana Yoga

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

**Gulika** 9:23AM – 10:17AM  
**Yama** 1:50PM – 2:44PM  
**Rahu** 11:10AM – 12:03PM

**Markali Pillaiyar**

**Uttaraphalguni** Until 4:38AM Sat  
Ayushman Until 3:02AM Sat  
Balava Until 9:57AM  
**Ashtami\*** Until 10:33PM

**Ganesha:** White    *Sunrise:* 8:30AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Red  
**Margasira-Markali**

Malmö, Sweden  
Sun 7    Sutra 243  
Subhakrit 5124  
Moon 12 - Phase 33 - 7  
Ashtami

**Devaloka Day**

**Saturday, December 17, 2022**

**Retreat Star**

Kanya Rasi: 10.37    Tithi 24

865476575

Routine Work    Marana Yoga

Until 5:49AM Sun

Then Creative Work - Siddha Yoga

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

**Gulika** 8:30AM – 9:24AM  
**Yama** 12:57PM – 1:51PM  
**Rahu** 10:17AM – 11:11AM

**Hasta** Until 5:49AM Sun  
Saubhagya Until 2:17AM Sun  
Taitila Until 11:01AM  
**Navami\*** Until 11:14PM

**Ganesha:** Clear    *Sunrise:* 8:30AM  
**Muruqa:** Clear    *Sunset:* 3:37PM  
**Nataraja:** Purple  
Moon – Green  
**Margasira-Markali**

Malmö, Sweden  
Sun 8    Sutra 244  
Subhakrit 5124  
Moon 12 - Phase 33 - 8  
Navami

**Sivaloka Day**

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

ll times are standard time. Calculated for Malmo, Sweden on 5/1/2


www.gurudeva.org/panchang

<b>1</b>		<b>Sunday, December 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau		Malmö, Sweden Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 23.25	Tithi 25	<b>Gulika</b> 1:51PM – 2:44PM	<b>Chitra</b> Until 6:01AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:31AM		
		Yama 12:04PM – 12:58PM	Sobhana Until 12:54AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:38PM	Moon 12 - Phase 34 - 9	
		865476575 <b>Rahu</b> 2:44PM – 3:38PM	Vanija Until 11:17AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 11:05PM	Moon – Green		<b>Sivaloka Day</b>	
Until 6:01AM Mon				Margasira*Markali			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Monday, December 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Malmö, Sweden Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 6.38	Tithi 26	<b>Gulika</b> 12:58PM – 1:51PM	<b>Chitra</b> Until 6:01AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:32AM		
<b>Family Home Evening</b>		Yama 11:12AM – 12:05PM	Athiganda* Until 10:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:38PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	865476575 <b>Rahu</b> 9:25AM – 10:18AM	Bava Until 10:42AM	<b>Nataraja:</b> Purple		2nd Phase	
Until 6:01AM			<b>Ekadashi*</b> Until 10:04PM	Moon – Green		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Margasira*Markali			

<b>3</b>		<b>Tuesday, December 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Dvadashtyam Titau		Malmö, Sweden Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 20.2	Tithi 27	<b>Gulika</b> 12:05PM – 12:59PM	<b>Vishakha</b> Until 4:01AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 8:33AM		
		Yama 10:19AM – 11:12AM	Sukarma Until 8:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:38PM	Moon 12 - Phase 34 - 11	
		875476575 <b>Rahu</b> 1:52PM – 2:45PM	Kaulava Until 9:17AM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga		<b>Dvadashti*</b> Until 8:15PM	Moon – Orange		<b>Devaloka Day</b>	
Until 4:01AM Wed				Margasira*Markali			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Wednesday, December 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau		Malmö, Sweden Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 4.31	Tithi 28 – 29	<b>Gulika</b> 11:13AM – 12:06PM	<b>Anuradha</b> Until 2:00AM Thu	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:33AM		
		Yama 9:26AM – 10:20AM	Dhriti Until 4:52PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:39PM	Moon 12 - Phase 34 - 12	
		876476575 <b>Rahu</b> 12:06PM – 12:59PM	Gara Until 7:06AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 5:45PM	Moon – Orange		<b>Sivaloka Day</b>	
Until 2:00AM Thu		<b>Day 1 of Pancha Ganapati</b>		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>				

		<b>Thursday, December 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashy/Amavasyayam Titau		Malmö, Sweden Sun 13 Sutra 249 Subhakrit 5124	
<b>Retreat Star</b>		<b>Gulika</b> 10:20AM – 11:13AM	<b>Jyeshtha*</b> Until 11:22PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:34AM		
Vrischika Rasi: 19.07	Tithi 29 – 30	Yama 8:34AM – 9:27AM	Shula* Until 1:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:39PM	Moon 12 - Phase 34 - 13	
		876476575 <b>Rahu</b> 1:00PM – 1:53PM	Catuspada Until 1:02AM Fri	<b>Nataraja:</b> Purple		Amavasya	
Routine Work	Prabalarishta Yoga		<b>Chaturdashy*</b> Until 2:42PM	Moon – Orange		<b>Sivaloka Day</b>	
Until 11:22PM		<b>Day 2 of Pancha Ganapati</b>		Margasira*Markali			
Then Creative Work - Siddha Yoga							

<b>Friday, December 23, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhdhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Malmö, Sweden Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 4.04	Tithi 30 – 1	<b>Gulika</b> 9:27AM – 10:21AM	<b>Mula*</b> Until 8:42PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 8:34AM		
		Yama 1:53PM – 2:47PM	Ganda* Until 9:08AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 3:40PM	Moon 12 - Phase 34 - 14	
		886476575 <b>Rahu</b> 11:14AM – 12:07PM	Kintughna Until 9:29PM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 11:16AM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 8:42PM		<b>Day 3 of Pancha Ganapati</b>		Pausha*Markali			
Then Routine Work - Prabalarishta Yoga							

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>	<b>Saturday, December 24, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Malmö, Sweden
	Dhanus Rasi: 19.12	Tithi 1 – 2	886486575	<b>Gulika</b> 8:35AM – 9:28AM Yama 1:01PM – 1:54PM <b>Rahu</b> 10:21AM – 11:14AM	<b>Purvashadha* Until 5:46PM</b> Dhruva Until 12:40AM Sun Kaulava Until 3:58AM Sun <b>Prathama* Until 7:38AM</b>	<b>Ganesha:</b> Orange <b>Muruḡa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue Pausha*Markali	Sun 15 Sutra 251 Subhakrit 5124 Moon 12 - Phase 35 - 15 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work	Siddha Yoga		<b>Day 4 of Pancha Ganapati</b>			
	Until 5:46PM						
Then Routine Work - Marana Yoga							

<b>2</b>	<b>Sunday, December 25, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Malmö, Sweden
	Makara Rasi: 4.23	Tithi 3	886486575	<b>Gulika</b> 1:55PM – 2:48PM Yama 12:08PM – 1:01PM <b>Rahu</b> 2:48PM – 3:41PM	<b>Uttarashadha Until 2:46PM</b> Vyaghata* Until 8:30PM Taitila Until 2:11PM <b>Tritiya Until 12:26AM Mon</b>	<b>Ganesha:</b> Orange <b>Muruḡa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue Pausha*Markali	Sun 16 Sutra 252 Subhakrit 5124 Moon 12 - Phase 35 - 16 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work	Amrita Yoga		<b>Day 5 of Pancha Ganapati</b>			
	Until 5:46PM						
Then Routine Work - Marana Yoga							

<b>3</b>	<b>Monday, December 26, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthyam Titau				Malmö, Sweden
	Makara Rasi: 19.26	Tithi 4	896486576	<b>Gulika</b> 1:02PM – 1:55PM Yama 11:15AM – 12:09PM <b>Rahu</b> 9:29AM – 10:22AM	<b>Shravana Until 12:15PM</b> Harshana Until 4:35PM Vanija Until 10:48AM <b>Chaturthi* Until 9:13PM</b>	<b>Ganesha:</b> Clear <b>Muruḡa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha*Markali	Sun 17 Sutra 253 Subhakrit 5124 Moon 12 - Phase 35 - 17 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Amrita Yoga		<b>Day 6 of Pancha Ganapati</b>			
	Until 12:15PM						
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Tuesday, December 27, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Malmö, Sweden
	Kumbha Rasi: 4.14	Tithi 5	896486576	<b>Gulika</b> 12:09PM – 1:02PM Yama 10:22AM – 11:16AM <b>Rahu</b> 1:56PM – 2:49PM	<b>Dhanishtha Until 10:00AM</b> Vajra* Until 12:58PM Bava Until 7:47AM <b>Panchami Until 6:27PM</b>	<b>Ganesha:</b> Clear <b>Muruḡa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha*Markali	Sun 18 Sutra 254 Subhakrit 5124 Moon 12 - Phase 35 - 18 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Siddha Yoga		<b>Day 7 of Pancha Ganapati</b>			
	Until 10:00AM						
Then Routine Work - Marana Yoga							

<b>5</b>	<b>Wednesday, December 28, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Malmö, Sweden
	Kumbha Rasi: 18.38	Tithi 6 – 7	896486576	<b>Gulika</b> 11:16AM – 12:10PM Yama 9:29AM – 10:23AM <b>Rahu</b> 12:10PM – 1:03PM	<b>Shatabhishak Until 8:08AM</b> Siddhi Until 9:50AM Gara Until 3:27AM Thu <b>Shashthi* Until 4:16PM</b>	<b>Ganesha:</b> Clear <b>Muruḡa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha*Markali	Sun 19 Sutra 255 Subhakrit 5124 Moon 12 - Phase 35 - 19 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Siddha Yoga		<b>Day 8 of Pancha Ganapati</b>			
	Until 8:08AM						
Then Creative Work - Amrita Yoga			<b>Vinayaga Viratam Ends</b>				

<b>☾</b>	<b>Thursday, December 29, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Malmö, Sweden
	<b>Retreat Star</b>		817486576	<b>Gulika</b> 10:23AM – 11:16AM Yama 8:36AM – 9:29AM <b>Rahu</b> 1:04PM – 1:57PM	<b>Purvaprosarthapada* Until 7:12AM</b> Vyatipata* Until 7:14AM Visti Until 2:20AM Fri <b>Saptami Until 2:47PM</b>	<b>Ganesha:</b> Blue <b>Muruḡa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear Pausha*Markali	Sun 20 Sutra 256 Subhakrit 5124 Moon 12 - Phase 35 - 20 Ashtami <b>Devaloka Day</b>
	Creative Work	Siddha Yoga		<b>Day 9 of Pancha Ganapati</b>			
	Until 8:08AM						
Then Creative Work - Amrita Yoga							

<b>☾</b>	<b>Friday, December 30, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraprosarthapada/Revati Nakshatra Parigha* Yoga Bava/Balava Karana Ashlami/Navamyam Titau				Malmö, Sweden
	<b>Retreat Star</b>		817486576	<b>Gulika</b> 9:29AM – 10:23AM Yama 1:58PM – 2:52PM <b>Rahu</b> 11:17AM – 12:11PM	<b>Uttaraprosarthapada Until 6:51AM</b> Parigha* Until 3:44AM Sat Balava Until 1:57AM Sat <b>Ashtami* Until 2:02PM</b>	<b>Ganesha:</b> Blue <b>Muruḡa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear Pausha*Markali	Sun 21 Sutra 257 Subhakrit 5124 Moon 12 - Phase 35 - 21 Navami <b>Devaloka Day</b>
	Creative Work	Siddha Yoga		<b>Day 10 of Pancha Ganapati</b>			
	Until 8:08AM						
Then Creative Work - Amrita Yoga							

<b>1</b>	<b>Saturday, December 31, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mantla Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Malmö, Sweden Sun 22 Sutra 258	
	Meena Rasi: 29.2	Tithi 9 – 10	Gulika 8:35AM – 9:29AM Yama 1:05PM – 1:59PM Rahu 10:23AM – 11:17AM	Revati Until 7:04AM Shiva Until 2:51AM Sun Taitila Until 2:17AM Sun Navami* Until 2:01PM	Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – Clear	Sunrise: 8:35AM Sunset: 3:47PM Moon 12 - Phase 36 - 22 4th Phase
Routine Work Prabalarishta Yoga Until 7:04AM Then Creative Work - Siddha Yoga			Devaloka Day Pausha-Markali			

<b>2</b>	<b>Sunday, January 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Malmö, Sweden Sun 23 Sutra 259	
	Mesha Rasi: 12.08	Tithi 10 – 11	Gulika 2:00PM – 2:54PM Yama 12:12PM – 1:06PM Rahu 2:54PM – 3:48PM	Ashvini Until 8:16AM Siddha Until 2:24AM Mon Vanija Until 3:16AM Mon Dashami Until 2:41PM	Ganesha: Yellow Muruga: Purple Nataraja: Clear Moon – White	Sunrise: 8:35AM Sunset: 3:48PM Moon 12 - Phase 36 - 23 4th Phase
Creative Work Siddha Yoga Until 8:16AM Then Routine Work - Prabalarishta Yoga			Sivaloka Day Pausha-Markali			

<b>3</b>	<b>Monday, January 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Malmö, Sweden Sun 24 Sutra 260	
	Mesha Rasi: 24.39	Tithi 11 – 12	Gulika 1:06PM – 2:00PM Yama 11:18AM – 12:12PM Rahu 9:29AM – 10:24AM	Bharani Until 9:53AM Sadhya Until 2:22AM Tue Bava Until 4:44AM Tue Ekadashi Until 3:55PM	Ganesha: Yellow Muruga: Purple Nataraja: Clear Moon – White	Sunrise: 8:35AM Sunset: 3:49PM Moon 12 - Phase 36 - 24 4th Phase
Family Home Evening Creative Work Siddha Yoga Until 9:53AM Then Routine Work - Marana Yoga			Sivaloka Day Pausha-Markali			

<b>4</b>	<b>Tuesday, January 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Malmö, Sweden Sun 25 Sutra 261	
	Vrishabha Rasi: 6.58	Tithi 12 – 13	Gulika 12:13PM – 1:07PM Yama 10:24AM – 11:18AM Rahu 2:01PM – 2:56PM	Krittika Until 11:47AM Subha Until 2:38AM Wed Kaulava Until 6:35AM Wed Dvadashi Until 5:36PM	Ganesha: Blue Muruga: Purple Nataraja: Clear Moon – White	Sunrise: 8:35AM Sunset: 3:50PM Moon 12 - Phase 36 - 25 4th Phase
Creative Work Siddha Yoga Until 11:47AM Then Creative Work - Amrita Yoga			Subha Sivaloka Day Pradosha Vrata Pausha-Markali			

<b>5</b>	<b>Wednesday, January 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Malmö, Sweden Sun 26 Sutra 262	
	Vrishabha Rasi: 19.07	Tithi 13	Gulika 11:18AM – 12:13PM Yama 9:24AM – 10:24AM Rahu 12:13PM – 1:08PM	Rohini Until 2:21PM Sukla Until 3:05AM Thu Kaulava Until 6:35AM Trayodashi Until 7:36PM	Ganesha: White Muruga: Purple Nataraja: Clear Moon – Yellow	Sunrise: 8:34AM Sunset: 3:51PM Moon 12 - Phase 36 - 26 4th Phase
Creative Work Siddha Yoga			Devaloka Day Pausha-Markali			

<b>6</b>	<b>Thursday, January 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Malmö, Sweden Sun 27 Sutra 263	
	Mithuna Rasi: 1.1	Tithi 14	Gulika 10:24AM – 11:19AM Yama 8:34AM – 9:29AM Rahu 1:08PM – 2:03PM	Mrigashira Until 4:59PM Brahma Until 3:42AM Fri Gara Until 8:43AM Chaturdashi* Until 9:50PM	Ganesha: White Muruga: Purple Nataraja: Clear Moon – Yellow	Sunrise: 8:34AM Sunset: 3:53PM Moon 12 - Phase 36 - 27 4th Phase
Routine Work Marana Yoga Subramuniyaswami Jayanti			Devaloka Day Pausha-Markali			

<b>○</b>	<b>Friday, January 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau		Malmö, Sweden Sutra 264	
	Mithuna Rasi: 13.08	Tithi 15	Gulika 9:29AM – 10:24AM Yama 2:04PM – 2:59PM Rahu 11:19AM – 12:14PM	Ardra Until 7:36PM Indra Until 4:25AM Sat Visti Until 11:01AM Purnima* Until 12:12AM Sat	Ganesha: White Muruga: Purple Nataraja: Clear Moon – Yellow	Sunrise: 8:34AM Sunset: 3:54PM Moon 12 - Phase 36 - Purnima
Creative Work Siddha Yoga Ardra Darshanam			Devaloka Day Pausha-Markali			

<b>○</b>	<b>Saturday, January 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Malmö, Sweden Sutra 265	
	Mithuna Rasi: 25.04	Tithi 16	Gulika 8:33AM – 9:28AM Yama 1:10PM – 2:05PM Rahu 10:24AM – 11:19AM	Punarvasu Until 10:38PM Vaidhriti* Until 5:10AM Sun Balava Until 1:26PM Prathama* Until 2:39AM Sun	Ganesha: Clear Muruga: Purple Nataraja: Clear Moon – Blue	Sunrise: 8:33AM Sunset: 3:56PM Moon 12 - Phase 36 - Prathama
Creative Work Siddha Yoga			Sivaloka Day Pausha-Markali			

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



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

Kataka Rasi: 6.58      Tithi 17  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya Nakshatra Vishkambha\* Yoga Taitila/Gara Karana Dvitiyayam Titau  
Gulika 2:06PM – 3:02PM      Pushya Until 1:33AM Mon  
Yama 12:15PM – 1:10PM      Vishkambha\* Until 5:57AM Mon  
848586576 Rahu 3:02PM – 3:57PM      Taitila Until 3:55PM  
Dvitiya Until 5:09AM Mon

Marmo, Sweden  
Sutra 266  
Subhakrit 5124  
Moon 1 - Phase 37 - 1st Phase  
Ganesha: Clear      Sunrise: 8:32AM  
Muruqa: Purple      Sunset: 3:57PM  
Nataraja: Clear  
Moon – Blue      Sivaloka Day  
Pausha-Markali

**1**

**Monday, January 9, 2023**

Kataka Rasi: 18.52      Tithi 18  
Family Home Evening  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\* Nakshatra Priti Yoga Vanija Karana Tritiyayam Titau  
Gulika 1:11PM – 2:07PM      Ashlesha\* Until 4:17AM Tue  
Yama 11:19AM – 12:15PM      Priti Until 6:45AM Tue  
848586576 Rahu 9:28AM – 10:24AM      Vanija Until 6:25PM  
Tritiya Until 7:37AM Tue

Marmo, Sweden  
Sun 1      Sutra 267  
Subhakrit 5124  
Moon 1 - Phase 37 - 1st Phase  
Ganesha: Clear      Sunrise: 8:32AM  
Muruqa: Purple      Sunset: 3:59PM  
Nataraja: Clear  
Moon – Blue      Sivaloka Day  
Pausha-Markali

**2**

**Tuesday, January 10, 2023**

Simha Rasi: 0.46      Tithi 18 – 19  
Creative Work      Siddha Yoga  
Until 7:16AM Wed  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\* Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau  
Gulika 12:16PM – 1:12PM      Magha\* Until 7:16AM Wed  
Yama 10:23AM – 11:20AM      Priti Until 6:45AM  
858586576 Rahu 2:08PM – 3:04PM      Bava Until 8:51PM  
Tritiya Until 7:37AM

Marmo, Sweden  
Sun 2      Sutra 268  
Subhakrit 5124  
Moon 1 - Phase 37 - 2 1st Phase  
Ganesha: Purple      Sunrise: 8:31AM  
Muruqa: Purple      Sunset: 4:00PM  
Nataraja: Clear  
Moon – Red      Devaloka Day  
Pausha-Markali

**3**

**Wednesday, January 11, 2023**

Simha Rasi: 12.41      Tithi 19 – 20  
Creative Work      Siddha Yoga  
Until 7:16AM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
Gulika 11:20AM – 12:16PM      Magha\* Until 7:16AM  
Yama 9:27AM – 10:23AM      Ayushman Until 7:26AM  
859586576 Rahu 12:16PM – 1:13PM      Kaulava Until 11:07PM  
Chaturthi\* Until 9:59AM

Marmo, Sweden  
Sun 3      Sutra 269  
Subhakrit 5124  
Moon 1 - Phase 37 - 3 1st Phase  
Ganesha: Clear      Sunrise: 8:30AM  
Muruqa: Purple      Sunset: 4:02PM  
Nataraja: Clear  
Moon – Red      Sivaloka Day  
Pausha-Markali

**4**

**Thursday, January 12, 2023**

Simha Rasi: 24.43      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 10:23AM – 11:20AM      Purvaphalguni Until 9:51AM  
Yama 8:29AM – 9:26AM      Saubhagya Until 7:58AM  
859586576 Rahu 1:13PM – 2:10PM      Gara Until 1:03AM Fri  
Panchami Until 12:07PM

Marmo, Sweden  
Sun 4      Sutra 270  
Subhakrit 5124  
Moon 1 - Phase 37 - 4 1st Phase  
Ganesha: Clear      Sunrise: 8:29AM  
Muruqa: Purple      Sunset: 4:04PM  
Nataraja: Clear  
Moon – Red      Sivaloka Day  
Pausha-Markali

**5**

**Friday, January 13, 2023**

Kanya Rasi: 6.52      Tithi 21 – 22  
Creative Work      Siddha Yoga  
Until 11:55AM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
Gulika 9:26AM – 10:23AM      Uttaraphalguni Until 11:55AM  
Yama 2:11PM – 3:08PM      Sobhana Until 8:13AM  
859586576 Rahu 11:20AM – 12:17PM      Visti Until 2:30AM Sat  
Shashthi\* Until 1:50PM

Marmo, Sweden  
Sun 5      Sutra 271  
Subhakrit 5124  
Moon 1 - Phase 37 - 5 1st Phase  
Ganesha: Clear      Sunrise: 8:28AM  
Muruqa: Purple      Sunset: 4:05PM  
Nataraja: Clear  
Moon – Red      Sivaloka Day  
Pausha-Markali

**D**

**Saturday, January 14, 2023**  
**Retreat Star**

Kanya Rasi: 19.15      Tithi 22 – 23  
Routine Work      Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta/Chitra Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
Gulika 8:28AM – 9:25AM      Hasta Until 1:46PM  
Yama 1:15PM – 2:12PM      Athiganda\* Until 8:03AM  
869586576 Rahu 10:22AM – 11:20AM      Balava Until 3:17AM Sun  
Saptami Until 2:58PM

Marmo, Sweden  
Sun 6      Sutra 272  
Subhakrit 5124  
Moon 1 - Phase 37 - 6 Ashtami  
Ganesha: White      Sunrise: 8:28AM  
Muruqa: Purple      Sunset: 4:07PM  
Nataraja: Clear  
Moon – Green      Subha Sivaloka Day  
Pausha-Thai

**Sunday, January 15, 2023**

**Retreat Star**

Tula Rasi: 1.56      Tithi 23 – 24  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Svati Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
Gulika 2:13PM – 3:11PM      Chitra Until 2:45PM  
Yama 12:18PM – 1:15PM      Sukarma Until 7:21AM  
869586576 Rahu 3:11PM – 4:09PM      Taitila Until 3:15AM Mon  
Ashtami\* Until 3:21PM

Marmo, Sweden  
Sun 7      Sutra 273  
Subhakrit 5124  
Moon 1 - Phase 37 - 7 Navami  
Ganesha: White      Sunrise: 8:27AM  
Muruqa: Purple      Sunset: 4:09PM  
Nataraja: Clear  
Moon – Green      Subha Sivaloka Day  
Pausha-Thai

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


<b>Monday, January 16, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam			Malmö, Sweden	
<b>1</b>		Svati/Vishakha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Sun 8	Sutra 274
Tula Rasi: 15.01	Tithi 24 – 25	<b>Gulika</b>	1:16PM – 2:14PM	<b>Svati Until 2:46PM</b>	<b>Ganesha:</b> White	Sunrise: 8:25AM
<b>Family Home Evening</b>	869586576	Yama	11:20AM – 12:18PM	Dhriti Until 6:03AM	<b>Muruqa:</b> Purple	Sunset: 4:11PM
Creative Work	Amrita Yoga	<b>Rahu</b>	9:24AM – 10:22AM	Vanija Until 2:23AM Tue	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 8
Until 2:46PM				<b>Navami* Until 2:54PM</b>	Moon – Green	2nd Phase
Then Routine Work - Marana Yoga					Pausha*Thai	<b>Subha Sivaloka Day</b>

<b>Tuesday, January 17, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam			Malmö, Sweden	
<b>2</b>		Vishakha/Anuradha Nakshatra Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Sun 9	Sutra 275
Tula Rasi: 28.33	Tithi 25 – 26	<b>Gulika</b>	12:18PM – 1:17PM	<b>Vishakha Until 2:15PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 8:24AM
	879586576	Yama	10:21AM – 11:20AM	Ganda* Until 1:24AM Wed	<b>Muruqa:</b> Purple	Sunset: 4:12PM
Routine Work	Marana Yoga	<b>Rahu</b>	2:15PM – 3:14PM	Bava Until 12:40AM Wed	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 9
Until 2:15PM				<b>Dashami Until 1:36PM</b>	Moon – Orange	2nd Phase
Then Creative Work - Siddha Yoga					Pausha*Thai	<b>Sivaloka Day</b>

<b>Wednesday, January 18, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam			Malmö, Sweden	
<b>3</b>		Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Sun 10	Sutra 276
Vischika Rasi: 12.35	Tithi 26 – 27	<b>Gulika</b>	11:20AM – 12:19PM	<b>Anuradha Until 12:48PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 8:23AM
	879586576	Yama	9:22AM – 10:21AM	Vriddhi Until 10:11PM	<b>Muruqa:</b> Purple	Sunset: 4:14PM
Creative Work	Siddha Yoga	<b>Rahu</b>	12:19PM – 1:18PM	Kaulava Until 10:13PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 10
				<b>Ekadashi* Until 11:30AM</b>	Moon – Orange	2nd Phase
					Pausha*Thai	<b>Sivaloka Day</b>

<b>Thursday, January 19, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam			Malmö, Sweden	
<b>4</b>		Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau			Sun 11	Sutra 277
Vischika Rasi: 27.06	Tithi 27 – 28	<b>Gulika</b>	10:20AM – 11:20AM	<b>Jyeshtha* Until 10:33AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 8:22AM
	871586576	Yama	8:22AM – 9:21AM	Dhruva Until 6:26PM	<b>Muruqa:</b> Purple	Sunset: 4:16PM
Routine Work	Prabalarishta Yoga	<b>Rahu</b>	1:18PM – 2:18PM	Gara Until 7:09PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 11
Until 10:33AM				<b>Dvadashi* Until 8:44AM</b>	Moon – Orange	2nd Phase
Then Creative Work - Siddha Yoga					Pausha*Thai	<b>Sivaloka Day</b>
						<i>Pradosha Vrata (Fasting)</i>

<b>Friday, January 20, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam			Malmö, Sweden	
<b>5</b>		Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Sun 12	Sutra 278
Dhanus Rasi: 12.01	Tithi 29	<b>Gulika</b>	9:20AM – 10:20AM	<b>Mula* Until 8:04AM</b>	<b>Ganesha:</b> Red	Sunrise: 8:21AM
	881586576	Yama	2:19PM – 3:18PM	Vyaghata* Until 2:20PM	<b>Muruqa:</b> Purple	Sunset: 4:18PM
Creative Work	Amrita Yoga	<b>Rahu</b>	11:20AM – 12:19PM	Visti Until 3:38PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 12
Until 8:04AM				<b>Chaturdashi* Until 1:44AM Sat</b>	Moon – Light Blue	2nd Phase
Then Routine Work - Prabalarishta Yoga					Pausha*Thai	<b>Sivaloka Day</b>

<b>Saturday, January 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam			Malmö, Sweden	
	<b>Retreat Star</b>	Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Sun 13	Sutra 279
Dhanus Rasi: 27.14	Tithi 30	<b>Gulika</b>	8:19AM – 9:19AM	<b>Uttarashadha Until 1:51AM Sun</b>	<b>Ganesha:</b> Red	Sunrise: 8:19AM
	881586576	Yama	1:20PM – 2:20PM	Harshana Until 10:01AM	<b>Muruqa:</b> Purple	Sunset: 4:20PM
Routine Work	Marana Yoga	<b>Rahu</b>	10:19AM – 11:20AM	Catuspada Until 11:50AM	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 13
Until 1:51AM Sun				<b>Amavasya* Until 9:53PM</b>	Moon – Light Blue	Amavasya
Then Creative Work - Amrita Yoga					Pausha*Thai	<b>Sivaloka Day</b>

<b>Sunday, January 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam			Malmö, Sweden	
<b>Retreat Star</b>		Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau			Sun 14	Sutra 280
Makara Rasi: 12.34	Tithi 1	<b>Gulika</b>	2:21PM – 3:21PM	<b>Shravana Until 10:53PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 8:18AM
	891586576	Yama	12:20PM – 1:20PM	Siddhi Until 1:11AM Mon	<b>Muruqa:</b> Purple	Sunset: 4:22PM
Creative Work	Amrita Yoga	<b>Rahu</b>	3:21PM – 4:22PM	Kintughna Until 7:57AM	<b>Nataraja:</b> Clear	Moon 1 - Phase 38 - 14
Until 10:53PM				<b>Prathama* Until 6:01PM</b>	Moon – Purple	Prathama
Then Routine Work - Marana Yoga					Magha*Thai	<b>Sivaloka Day</b>

Five-armed is He, elephant-faced with tusks protruding, crescent-shaped, son of Siva, wisdom's flower, in heart enshrined, His feet I praise. Tirumantiram Invocation to Vinayaka

<b>Monday, January 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Malmö, Sweden
<b>1</b>		<b>Gulika</b> 1:21PM – 2:22PM	<b>Dhanishtha</b> Until 8:00PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:16AM	Sun 15 Sutra 281
Makara Rasi: 27.5	Tithi 2 – 3	Yama 11:19AM – 12:20PM	Vyatipata* Until 9:01PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:24PM	Subhakrit 5124
<b>Family Home Evening</b>	891586576	<b>Rahu</b> 9:17AM – 10:18AM	Taitila Until 12:36AM Tue	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 15
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 2:19PM	Moon – Purple	3rd Phase
				<b>Magha-Thai</b>	<b>Sivaloka Day</b>

<b>Tuesday, January 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturthiyam Titau			Malmö, Sweden
<b>2</b>		<b>Gulika</b> 12:20PM – 1:22PM	<b>Shatabhishak</b> Until 5:24PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:15AM	Sun 16 Sutra 282
Kumbha Rasi: 12.53	Tithi 3 – 4	Yama 10:18AM – 11:19AM	Variyan Until 5:09PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:26PM	Subhakrit 5124
<b>Family Home Evening</b>	891586576	<b>Rahu</b> 2:23PM – 3:25PM	Vanija Until 9:31PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 16
Routine Work	Marana Yoga		<b>Tritiya</b> Until 10:59AM	Moon – Purple	3rd Phase
				<b>Magha-Thai</b>	<b>Sivaloka Day</b>

<b>Wednesday, January 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Malmö, Sweden
<b>3</b>		<b>Gulika</b> 11:19AM – 12:21PM	<b>Purvaproshtapada*</b> Until 3:38PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:13AM	Sun 17 Sutra 283
Kumbha Rasi: 27.34	Tithi 4 – 5	Yama 9:15AM – 10:17AM	Parigha* Until 1:46PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:28PM	Subhakrit 5124
<b>Family Home Evening</b>	911586576	<b>Rahu</b> 12:21PM – 1:23PM	Bava Until 7:01PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 17
Creative Work	Amrita Yoga		<b>Chaturthi*</b> Until 8:09AM	Moon – Clear	3rd Phase
Until 3:38PM				<b>Magha-Thai</b>	<b>Subha Sivaloka Day</b>
Then Creative Work - Siddha Yoga					

<b>Thursday, January 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Panchami/Shashthyam Titau			Malmö, Sweden
<b>4</b>		<b>Gulika</b> 10:16AM – 11:19AM	<b>Uttaraproshtapada</b> Until 2:26PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:12AM	Sun 18 Sutra 284
Meena Rasi: 11.46	Tithi 5 – 6	Yama 8:12AM – 9:14AM	Shiva Until 10:59AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:30PM	Subhakrit 5124
<b>Family Home Evening</b>	911586576	<b>Rahu</b> 1:23PM – 2:25PM	Taitila Until 4:40AM Fri	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 18
Creative Work	Siddha Yoga		<b>Panchami</b> Until 6:01AM	Moon – Clear	3rd Phase
				<b>Magha-Thai</b>	<b>Subha Sivaloka Day</b>

<b>Friday, January 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau			Malmö, Sweden
<b>5</b>		<b>Gulika</b> 9:13AM – 10:16AM	<b>Revati</b> Until 1:55PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 8:10AM	Sun 19 Sutra 285
Meena Rasi: 25.29	Tithi 7	Yama 2:27PM – 3:29PM	Siddha Until 8:48AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:32PM	Subhakrit 5124
<b>Family Home Evening</b>	911586576	<b>Rahu</b> 11:18AM – 12:21PM	Gara Until 4:20PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 19
Creative Work	Siddha Yoga		<b>Saptami</b> Until 4:11AM Sat	Moon – Clear	3rd Phase
Until 1:55PM				<b>Magha-Thai</b>	<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga					

<b>Saturday, January 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau			Malmö, Sweden
<b>Retreat Star</b>		<b>Gulika</b> 8:09AM – 9:12AM	<b>Ashvini</b> Until 2:32PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:09AM	Sun 20 Sutra 286
Mesha Rasi: 8.43	Tithi 8	Yama 1:25PM – 2:28PM	Sadhya Until 7:20AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:34PM	Subhakrit 5124
<b>Family Home Evening</b>	921586576	<b>Rahu</b> 10:15AM – 11:18AM	Visti Until 4:18PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 20
Creative Work	Siddha Yoga		<b>Ashtami*</b> Until 4:34AM Sun	Moon – White	Ashtami
				<b>Magha-Thai</b>	<b>Sivaloka Day</b>

<b>Sunday, January 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Navamyam Titau			Malmö, Sweden
<b>Retreat Star</b>		<b>Gulika</b> 2:29PM – 3:33PM	<b>Bharani</b> Until 3:48PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 8:07AM	Sun 21 Sutra 287
Mesha Rasi: 21.32	Tithi 9	Yama 12:22PM – 1:25PM	Subha Until 6:31AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 4:36PM	Subhakrit 5124
<b>Family Home Evening</b>	922686576	<b>Rahu</b> 3:33PM – 4:36PM	Balava Until 5:04PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 39 - 21
Routine Work	Prabalarishta Yoga		<b>Navami*</b> Until 5:42AM Mon	Moon – White	Navami
Until 3:48PM				<b>Magha-Thai</b>	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					

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

<b>Monday, January 30, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam		Malmö, Sweden	
<b>1</b>		Krittika/Rohini Nakshatra Sukla/Brahma Yoga Taila Karana Dashamyam Titau		Sun 22	Sutra 288
Virshabha Rasi: 3.59	Tithi 10	<b>Gulika</b> 1:26PM – 2:30PM	<b>Krittika</b> Until 5:35PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:05AM
<b>Family Home Evening</b>	922686576	Yama 11:18AM – 12:22PM	Sukla Until 6:16AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:38PM
Routine Work Marana Yoga		<b>Rahu</b> 9:09AM – 10:13AM	Taitila Until 6:32PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 40 - 22
Until 5:35PM			<b>Dashami</b> Until 7:27AM Tue	Moon – White	4th Phase
Then Creative Work - Amrita Yoga				Magha-Thai	<b>Sivaloka Day</b>


<b>Tuesday, January 31, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam		Malmö, Sweden	
<b>2</b>		Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekashyam Titau		Sun 23	Sutra 289
Virshabha Rasi: 16.11	Tithi 10 – 11	<b>Gulika</b> 12:22PM – 1:27PM	<b>Rohini</b> Until 8:11PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:03AM
	932686576	Yama 10:13AM – 11:17AM	Brahma Until 6:28AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:40PM
Creative Work Amrita Yoga		<b>Rahu</b> 2:31PM – 3:36PM	Vanija Until 8:31PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 40 - 23
Until 8:11PM			<b>Dashami</b> Until 7:27AM	Moon – Yellow	4th Phase
Then Creative Work - Siddha Yoga				Magha-Thai	<b>Subha Sivaloka Day</b>

<b>Wednesday, February 1, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam		Malmö, Sweden	
<b>3</b>		Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau		Sun 24	Sutra 290
Virshabha Rasi: 28.14	Tithi 11 – 12	<b>Gulika</b> 11:17AM – 12:22PM	<b>Mrigashira</b> Until 10:56PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:03AM
	932686576	Yama 9:08AM – 10:13AM	Indra Until 7:01AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:40PM
Creative Work Siddha Yoga		<b>Rahu</b> 12:22PM – 1:27PM	Bava Until 10:50PM	<b>Nataraja:</b> Clear	Moon 1 - Phase 40 - 24
			<b>Ekadashi</b> Until 9:37AM	Moon – Yellow	4th Phase
				Magha-Thai	<b>Subha Sivaloka Day</b>

<b>Thursday, February 2, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam		Malmö, Sweden	
<b>4</b>		Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau		Sun 25	Sutra 291
Mithuna Rasi: 10.1	Tithi 12 – 13	<b>Gulika</b> 10:12AM – 11:17AM	<b>Ardra</b> Until 1:40AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:02AM
	932686576	Yama 8:02AM – 9:07AM	Vaidhriti* Until 7:43AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:42PM
Routine Work Marana Yoga		<b>Rahu</b> 1:27PM – 2:32PM	Kaulava Until 1:18AM Fri	<b>Nataraja:</b> Clear	Moon 1 - Phase 40 - 25
Until 1:40AM Fri			<b>Dvodashi</b> Until 12:02PM	Moon – Yellow	4th Phase
Then Creative Work - Siddha Yoga				Magha-Thai	<b>Subha Sivaloka Day</b>
			<i>Pradosha Vrata</i>		

<b>Friday, February 3, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam		Malmö, Sweden	
<b>5</b>		Punarvasu Nakshatra Vishkambha*/Priti Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau		Sun 26	Sutra 292
Mithuna Rasi: 22.03	Tithi 13 – 14	<b>Gulika</b> 9:05AM – 10:11AM	<b>Punarvasu</b> Until 4:47AM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:00AM
	942686576	Yama 2:33PM – 3:39PM	Vishkambha* Until 8:32AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:45PM
Creative Work Siddha Yoga		<b>Rahu</b> 11:17AM – 12:22PM	Gara Until 3:49AM Sat	<b>Nataraja:</b> Clear	Moon 1 - Phase 40 - 26
			<b>Trayodashi</b> Until 2:32PM	Moon – Blue	4th Phase
				Magha-Thai	<b>Sivaloka Day</b>

<b>Saturday, February 4, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam		Malmö, Sweden	
<b>6</b>		Pushya Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Sun 27	Sutra 293
Kataka Rasi: 3.55	Tithi 14 – 15	<b>Gulika</b> 7:58AM – 9:04AM	<b>Pushya</b> Until 7:41AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:58AM
	942686577	Yama 1:28PM – 2:35PM	Priti Until 9:22AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:47PM
Creative Work Siddha Yoga		<b>Rahu</b> 10:10AM – 11:16AM	Visti Until 6:17AM Sun	<b>Nataraja:</b> Orange	Moon 1 - Phase 40 - 27
		<b>Thai Pusam</b>	<b>Chaturdashi*</b> Until 5:02PM	Moon – Blue	4th Phase
				Magha-Thai	<b>Sivaloka Day</b>

<b>Sunday, February 5, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam		Malmö, Sweden	
		Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Sutra 294	
Kataka Rasi: 15.49	Tithi 15	<b>Gulika</b> 2:36PM – 3:42PM	<b>Pushya</b> Until 7:41AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:56AM
	942686577	Yama 12:22PM – 1:29PM	Ayushman Until 10:08AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:49PM
Creative Work Siddha Yoga		<b>Rahu</b> 3:42PM – 4:49PM	Visti Until 6:17AM	<b>Nataraja:</b> Orange	Moon 1 - Phase 40 - Purnima
			<b>Purnima*</b> Until 7:27PM	Moon – Blue	
				Magha-Thai	<b>Sivaloka Day</b>

<b>Monday, February 6, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam		Malmö, Sweden	
<b>Silver Retreat Star</b>		Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Sutra 295	
Kataka Rasi: 27.45	Tithi 16	<b>Gulika</b> 1:30PM – 2:37PM	<b>Ashlesha*</b> Until 10:19AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:54AM
<b>Family Home Evening</b>	942686577	Yama 11:15AM – 12:23PM	Saubhagya Until 10:50AM	<b>Muruḡa:</b> Purple	<i>Sunset:</i> 4:51PM
Creative Work Siddha Yoga		<b>Rahu</b> 9:01AM – 10:08AM	Balava Until 8:39AM	<b>Nataraja:</b> Orange	Moon 1 - Phase 40 - Prathama
Until 10:19AM			<b>Prathama*</b> Until 9:46PM	Moon – Blue	
Then Routine Work - Marana Yoga				Magha-Thai	<b>Sivaloka Day</b>





Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 9.44      Tithi 17  
Creative Work      Siddha Yoga

952686577

Gulika 12:23PM - 1:30PM  
Yama 10:07AM - 11:15AM  
Rahu 2:38PM - 3:45PM

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

Magha\* Until 1:10PM  
Sobhana Until 11:27AM  
Taitila Until 10:54AM  
Dvitiya Until 11:55PM

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

Sunrise: 7:52AM  
Sunset: 4:53PM

Malmö, Sweden  
Sun 1 Sutra 296  
Subhakrit 5124  
Moon 2 - Phase 41 - 1  
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 21.47      Tithi 18  
Creative Work      Amrita Yoga

952686577

Gulika 11:15AM - 12:23PM  
Yama 8:58AM - 10:06AM  
Rahu 12:23PM - 1:31PM

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

Purvaphalguni Until 3:40PM  
Athiganda\* Until 11:54AM  
Vanija Until 12:57PM  
Tritiya Until 1:52AM Thu

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

Sunrise: 7:50AM  
Sunset: 4:57PM

Malmö, Sweden  
Sun 2 Sutra 297  
Subhakrit 5124  
Moon 2 - Phase 41 - 2  
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 3.55      Tithi 19  
Amrita Yoga  
Until 5:45PM  
Then Routine Work - Marana Yoga

952686577

Gulika 10:05AM - 11:14AM  
Yama 7:48AM - 8:57AM  
Rahu 1:31PM - 2:40PM

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

Uttaraphalguni Until 5:45PM  
Sukarma Until 12:11PM  
Bava Until 2:44PM  
Chaturthi\* Until 3:29AM Fri

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

Sunrise: 7:48AM  
Sunset: 4:57PM

Malmö, Sweden  
Sun 3 Sutra 298  
Subhakrit 5124  
Moon 2 - Phase 41 - 3  
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 16.11      Tithi 20  
Creative Work      Amrita Yoga  
Until 7:48PM  
Then Creative Work - Siddha Yoga

962686577

Gulika 8:55AM - 10:04AM  
Yama 2:41PM - 3:50PM  
Rahu 11:14AM - 12:23PM

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

Hasta Until 7:48PM  
Dhriti Until 12:13PM  
Kaulava Until 4:11PM  
Panchami Until 4:42AM Sat

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

Sunrise: 7:46AM  
Sunset: 5:00PM

Malmö, Sweden  
Sun 4 Sutra 299  
Subhakrit 5124  
Moon 2 - Phase 41 - 4  
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 28.38      Tithi 21  
Routine Work      Marana Yoga  
Until 9:13PM  
Then Creative Work - Siddha Yoga

963686577

Gulika 7:44AM - 8:54AM  
Yama 1:32PM - 2:42PM  
Rahu 10:03AM - 11:13AM

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

Chitra Until 9:13PM  
Shula\* Until 11:52AM  
Gara Until 5:08PM  
Shashthi\* Until 5:22AM Sun

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

Sunrise: 7:44AM  
Sunset: 5:02PM

Malmö, Sweden  
Sun 5 Sutra 300  
Subhakrit 5124  
Moon 2 - Phase 41 - 5  
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 11.2      Tithi 22  
Creative Work      Siddha Yoga  
Until 9:52PM  
Then Routine Work - Marana Yoga

963686577

Gulika 2:43PM - 3:54PM  
Yama 12:23PM - 1:33PM  
Rahu 3:54PM - 5:04PM

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

Svati Until 9:52PM  
Ganda\* Until 11:06AM  
Visti Until 5:29PM  
Saptami Until 5:22AM Mon

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

Sunrise: 7:42AM  
Sunset: 5:04PM

Malmö, Sweden  
Sun 6 Sutra 301  
Subhakrit 5124  
Moon 2 - Phase 41 - 6  
1st Phase

Devaloka Day

Monday, February 13, 2023

Retreat Star

Tula Rasi: 24.21      Tithi 23  
Family Home Evening  
Routine Work      Marana Yoga  
Until 10:08PM  
Then Creative Work - Siddha Yoga

973686577

Gulika 1:34PM - 2:44PM  
Yama 11:12AM - 12:23PM  
Rahu 8:50AM - 10:01AM

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

Vishakha Until 10:08PM  
Vridhhi Until 9:49AM  
Balava Until 5:07PM  
Ashtami\* Until 4:39AM Tue

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

Sunrise: 7:40AM  
Sunset: 5:06PM

Malmö, Sweden  
Sun 7 Sutra 302  
Subhakrit 5124  
Moon 2 - Phase 41 - 7  
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.45      Tithi 24  
Creative Work      Siddha Yoga  
Until 9:32PM  
Then Routine Work - Marana Yoga

973686577

Gulika 12:23PM - 1:34PM  
Yama 10:00AM - 11:11AM  
Rahu 2:45PM - 3:57PM

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

Anuradha Until 9:32PM  
Dhruva Until 7:56AM  
Taitila Until 4:02PM  
Navami\* Until 3:11AM Wed

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

Sunrise: 7:38AM  
Sunset: 5:08PM

Malmö, Sweden  
Sun 8 Sutra 303  
Subhakrit 5124  
Moon 2 - Phase 41 - 8  
Navami

Sivaloka Day

1	<b>Wednesday, February 15, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau				Malmö, Sweden Sun 9 Sutra 304 Subhakra 5124
	Vrischika Rasi: 21.35	Tithi 25	Gulika 11:11AM – 12:23PM	Yama 8:47AM – 9:59AM	Rahu 12:23PM – 1:35PM	Jyeshtha* Until 8:05PM Harshana Until 2:29AM Thu Vanija Until 2:13PM Dashami Until 1:02AM Thu	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Orange Magha-Masi
	Creative Work Siddha Yoga						Sunrise: 7:35AM Sunset: 5:10PM Moon 2 - Phase 42 - 9 2nd Phase
	Until 8:05PM Then Routine Work - Marana Yoga						Sivaloka Day

2	<b>Thursday, February 16, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Malmö, Sweden Sun 10 Sutra 305 Subhakra 5124
	Dhanus Rasi: 5.51	Tithi 26	Gulika 9:58AM – 11:10AM	Yama 7:33AM – 8:46AM	Rahu 1:35PM – 2:48PM	Mula* Until 6:18PM Vajra* Until 10:59PM Bava Until 11:44AM Ekadashi* Until 10:16PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Creative Work Siddha Yoga						Sunrise: 7:33AM Sunset: 5:12PM Moon 2 - Phase 42 - 10 2nd Phase
							Devaloka Day

3	<b>Friday, February 17, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Malmö, Sweden Sun 11 Sutra 306 Subhakra 5124
	Dhanus Rasi: 20.31	Tithi 27	Gulika 8:44AM – 9:57AM	Yama 2:49PM – 4:02PM	Rahu 11:10AM – 12:23PM	Purvashadha* Until 3:53PM Siddhi Until 7:08PM Kaulava Until 8:43AM Dvadashi* Until 7:02PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Prabalarishta Yoga						Sunrise: 7:31AM Sunset: 5:14PM Moon 2 - Phase 42 - 11 2nd Phase
	Until 3:53PM Then Routine Work - Marana Yoga						Devaloka Day

4	<b>Saturday, February 18, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Malmö, Sweden Sun 12 Sutra 307 Subhakra 5124
	Makara Rasi: 5.3	Tithi 28 – 29	Gulika 7:29AM – 8:42AM	Yama 1:36PM – 2:50PM	Rahu 9:56AM – 11:09AM	Uttarashadha Until 12:59PM Vyatipata* Until 3:01PM Visti Until 1:40AM Sun Trayodashi* Until 3:29PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Marana Yoga						Sunrise: 7:29AM Sunset: 5:17PM Moon 2 - Phase 42 - 12 2nd Phase
	Until 12:59PM Then Creative Work - Siddha Yoga						Devaloka Day <i>Pradosha Vrata (Fasting)</i>

●	<b>Sunday, February 19, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Malmö, Sweden Sun 13 Sutra 308 Subhakra 5124
	<b>Retreat Star</b>		Gulika 2:51PM – 4:05PM	Yama 12:23PM – 1:37PM	Rahu 4:05PM – 5:19PM	Shravana Until 10:11AM Variyan Until 10:45AM Catuspada Until 9:57PM Chaturdashi* Until 11:47AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi
	Makara Rasi: 20.4	Tithi 29 – 30					Sunrise: 7:26AM Sunset: 5:19PM Moon 2 - Phase 42 - 13 Amavasya
	Creative Work Amrita Yoga						Devaloka Day

●	<b>Monday, February 20, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Malmö, Sweden Sun 14 Sutra 309 Subhakra 5124
	<b>Retreat Star</b>		Gulika 1:37PM – 2:52PM	Yama 11:08AM – 12:22PM	Rahu 8:39AM – 9:53AM	Dhanishtha Until 7:16AM Parigha* Until 6:31AM Kintughna Until 6:21PM Amavasya* Until 8:07AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Phalgun-Masi
	Kumbha Rasi: 5.52	Tithi 30 – 1					Sunrise: 7:24AM Sunset: 5:21PM Moon 2 - Phase 42 - 14 Prathama
	Family Home Evening						Devaloka Day

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

all times are standard time. Calculated for Malmö, Sweden on 5/1/2

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1	<b>Tuesday, February 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Malmö, Sweden
	Kumbha Rasi: 20.54	Tithi 2	913686577	Gulika Yama Rahu	12:22PM – 1:38PM 9:52AM – 11:07AM 2:53PM – 4:08PM	Purvaproshtapada* Siddha Until 10:38PM Balava Until 3:02PM Dvitiya Until 1:31AM Wed	Sun 15 Subhakra 5124 Moon 2 - Phase 43 - 15 3rd Phase
	Routine Work	Marana Yoga				Ganesha: Red Muruga: Purple Nataraja: Orange Moon – Clear	Sunrise: 7:22AM Sunset: 5:23PM <b>Sivaloka Day</b>
	Until 2:10AM Wed Then Creative Work - Siddha Yoga					Phalguna-Masi	

2	<b>Wednesday, February 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Malmö, Sweden
	Meena Rasi: 5.39	Tithi 3	913686577	Gulika Yama Rahu	11:07AM – 12:22PM 8:35AM – 9:51AM 12:22PM – 1:38PM	Uttaraproshtapada Sadhya Until 7:16PM Taitila Until 12:11PM Tritya Until 10:57PM	Sun 16 Subhakra 5124 Moon 2 - Phase 43 - 16 3rd Phase
	Creative Work	Siddha Yoga				Ganesha: Red Muruga: Purple Nataraja: Orange Moon – Clear	Sunrise: 7:19AM Sunset: 5:25PM <b>Sivaloka Day</b>
						Phalguna-Masi	

3	<b>Thursday, February 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Malmö, Sweden
	Meena Rasi: 19.59	Tithi 4	913786577	Gulika Yama Rahu	9:50AM – 11:06AM 7:17AM – 8:33AM 1:38PM – 2:55PM	Revati Until 11:05PM Subha Until 4:27PM Vanija Until 9:57AM Chaturthi* Until 9:05PM	Sun 17 Subhakra 5124 Moon 2 - Phase 43 - 17 3rd Phase
	Creative Work	Siddha Yoga				Ganesha: Blue Muruga: Purple Nataraja: Orange Moon – Clear	Sunrise: 7:17AM Sunset: 5:27PM <b>Subha Sivaloka Day</b>
	Until 11:05PM Then Creative Work - Amrita Yoga				Subramuniyaswami Siva Vision Day	Phalguna-Masi	

4	<b>Friday, February 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Malmö, Sweden
	Mesha Rasi: 3.51	Tithi 5	923786577	Gulika Yama Rahu	8:32AM – 9:48AM 2:56PM – 4:12PM 11:05AM – 12:22PM	Ashvini Until 10:55PM Sukla Until 2:15PM Bava Until 8:28AM Panchami Until 8:02PM	Sun 18 Subhakra 5124 Moon 2 - Phase 43 - 18 3rd Phase
	Creative Work	Amrita Yoga				Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon – White	Sunrise: 7:15AM Sunset: 5:29PM <b>Sivaloka Day</b>
	Until 10:55PM Then Creative Work - Siddha Yoga					Phalguna-Masi	


5	<b>Saturday, February 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Malmö, Sweden
	Mesha Rasi: 17.13	Tithi 6	923786577	Gulika Yama Rahu	7:12AM – 8:30AM 1:39PM – 2:57PM 9:47AM – 11:04AM	Bharani Until 11:27PM Brahma Until 12:44PM Kaulava Until 7:51AM Shashthi* Until 7:50PM	Sun 19 Subhakra 5124 Moon 2 - Phase 43 - 19 3rd Phase
	Creative Work	Siddha Yoga				Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon – White	Sunrise: 7:12AM Sunset: 5:31PM <b>Sivaloka Day</b>
	Until 11:27PM Then Creative Work - Amrita Yoga					Phalguna-Masi	

6	<b>Sunday, February 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Malmö, Sweden
	Vrishabha Rasi: 0.08	Tithi 7	924786577	Gulika Yama Rahu	2:58PM – 4:16PM 12:22PM – 1:40PM 4:16PM – 5:33PM	Krittika Until 12:39AM Mon Indra Until 11:55AM Gara Until 8:05AM Saptami Until 8:30PM	Sun 20 Subhakra 5124 Moon 2 - Phase 43 - 20 3rd Phase
	Creative Work	Siddha Yoga				Ganesha: Blue Muruga: Purple Nataraja: Orange Moon – White	Sunrise: 7:10AM Sunset: 5:33PM <b>Devaloka Day</b>
	Until 12:39AM Mon Then Creative Work - Amrita Yoga					Phalguna-Masi	

D	<b>Monday, February 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Malmö, Sweden
	Vrishabha Rasi: 12.4	Tithi 8	934786577	Gulika Yama Rahu	1:40PM – 2:59PM 11:03AM – 12:22PM 8:26AM – 9:45AM	Rohini Until 2:51AM Tue Vaidhriti* Until 11:41AM Visti Until 9:09AM Ashtami* Until 9:55PM	Sun 21 Subhakra 5124 Moon 2 - Phase 43 - 21 Ashtami
	Family Home Evening	Amrita Yoga				Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon – Yellow	Sunrise: 7:08AM Sunset: 5:36PM <b>Sivaloka Day</b>
	Until 2:51AM Tue Then Creative Work - Siddha Yoga					Phalguna-Masi	

D	<b>Tuesday, February 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Malmö, Sweden
	Vrishabha Rasi: 24.55	Tithi 9	934786577	Gulika Yama Rahu	12:21PM – 1:40PM 9:43AM – 11:02AM 3:00PM – 4:19PM	Mrigashira Until 5:24AM Wed Vishkambha* Until 11:57AM Balava Until 10:52AM Navami* Until 11:54PM	Sun 22 Subhakra 5124 Moon 2 - Phase 43 - 22 Navami
	Creative Work	Siddha Yoga				Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon – Yellow	Sunrise: 7:05AM Sunset: 5:38PM <b>Sivaloka Day</b>
						Phalguna-Masi	

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

<b>1</b>		<b>Wednesday, March 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Malmö, Sweden Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 6.57	Tithi 10	Gulika 11:01AM – 12:21PM	<b>Ardra Until 8:06AM Thu</b>	Ganesha: Yellow	Sunrise: 7:00AM	Moon 2 - Phase 44 - 23	4th Phase
		Yama 8:20AM – 9:41AM	Priti Until 12:34PM	Muruqa: Purple	Sunset: 5:42PM		
		934786577 Rahu 12:21PM – 1:41PM	Taitila Until 1:04PM	Nataraja: Orange			
Creative Work Siddha Yoga			<b>Dashami Until 2:15AM Thu</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 8:06AM Thu				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
<b>2</b>		<b>Thursday, March 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Malmö, Sweden Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 11	Gulika 9:39AM – 11:00AM	<b>Ardra Until 8:06AM</b>	Ganesha: Yellow	Sunrise: 6:58AM	Moon 2 - Phase 44 - 24	4th Phase
		Yama 6:58AM – 8:19AM	Ayushman Until 1:22PM	Muruqa: Purple	Sunset: 5:44PM		
		934786577 Rahu 1:42PM – 3:02PM	Vanija Until 3:31PM	Nataraja: Orange			
Routine Work Marana Yoga			<b>Ekadashi Until 4:45AM Fri</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 8:06AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Friday, March 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Malmö, Sweden Sun 25 Sutra 320 Subhakrit 5124	
Kataka Rasi: 0.44	Tithi 12	Gulika 8:17AM – 9:38AM	<b>Punarvasu Until 11:14AM</b>	Ganesha: White	Sunrise: 6:55AM	Moon 2 - Phase 44 - 25	4th Phase
		Yama 3:03PM – 4:25PM	Saubhagya Until 2:14PM	Muruqa: Purple	Sunset: 5:46PM		
		944786577 Rahu 10:59AM – 12:21PM	Bava Until 6:02PM	Nataraja: Orange			
Creative Work Siddha Yoga			<b>Dvadashi Until 7:15AM Sat</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 11:14AM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
<b>4</b>		<b>Saturday, March 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Malmö, Sweden Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 13	Tithi 12 – 13	Gulika 6:53AM – 8:15AM	<b>Pushya Until 2:10PM</b>	Ganesha: White	Sunrise: 6:53AM	Moon 2 - Phase 44 - 26	4th Phase
		Yama 1:42PM – 3:04PM	Sobhana Until 3:05PM	Muruqa: Purple	Sunset: 5:48PM		
		944786577 Rahu 9:37AM – 10:59AM	Kaulava Until 8:28PM	Nataraja: Orange			
Creative Work Siddha Yoga			<b>Dvadashi Until 7:15AM</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 2:10PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			
<b>5</b>		<b>Sunday, March 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Malmö, Sweden Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 24.31	Tithi 13 – 14	Gulika 3:05PM – 4:28PM	<b>Ashlesha* Until 4:47PM</b>	Ganesha: Purple	Sunrise: 6:50AM	Moon 2 - Phase 44 - 27	4th Phase
		Yama 12:20PM – 1:43PM	Athiganda* Until 3:47PM	Muruqa: Purple	Sunset: 5:50PM		
		144786577 Rahu 4:28PM – 5:50PM	Gara Until 10:44PM	Nataraja: Orange			
Creative Work Siddha Yoga			<b>Trayodashi Until 9:37AM</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 4:47PM		Chidambaram Abhishekam		Phalguna-Masi			
Then Routine Work - Marana Yoga							
		<b>Monday, March 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Malmö, Sweden Sutra 323 Subhakrit 5124	
Simha Rasi: 6.31	Tithi 14 – 15	Gulika 1:43PM – 3:06PM	<b>Magha* Until 7:31PM</b>	Ganesha: Clear	Sunrise: 6:48AM	Moon 2 - Phase 44 - Purnima	
<b>Family Home Evening</b>		Yama 10:57AM – 12:20PM	Sukarma Until 4:19PM	Muruqa: Purple	Sunset: 5:52PM		
Routine Work Marana Yoga		154786577 Rahu 8:11AM – 9:34AM	Visti Until 12:45AM Tue	Nataraja: Orange			
Until 7:31PM			<b>Chaturdashi* Until 11:45AM</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga		Holi		Phalguna-Masi			
<b>6</b>		<b>Tuesday, March 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Malmö, Sweden Sutra 324 Subhakrit 5124	
Simha Rasi: 18.37	Tithi 15 – 16	Gulika 12:20PM – 1:43PM	<b>Purvaphalguni Until 9:48PM</b>	Ganesha: Clear	Sunrise: 6:45AM	Moon 2 - Phase 44 - Prathama	
		Yama 9:33AM – 10:56AM	Dhriti Until 4:40PM	Muruqa: Purple	Sunset: 5:54PM		
		154786577 Rahu 3:07PM – 4:31PM	Balava Until 2:28AM Wed	Nataraja: Orange			
Creative Work Siddha Yoga			<b>Purnima* Until 1:38PM</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 9:48PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Malmö, Sweden

Sutra 325

Kanya Rasi: 0.5      Tithi 16 – 17

**Gulika** 10:55AM – 12:20PM  
Yama 8:07AM – 9:31AM  
154786577 **Rahu** 12:20PM – 1:44PM

**Uttaraphalguni** Until 11:37PM  
Shula\* Until 4:44PM  
Taitila Until 3:52AM Thu  
Prathama\* Until 3:11PM

**Ganesha:** Clear      *Sunrise:* 6:43AM  
**Muruqa:** Purple      *Sunset:* 5:56PM  
**Nataraja:** Orange  
Moon – Red  
Phalguna-Masi

Subhakrit 5124  
Moon 3 - Phase 45 -  
1st Phase

Creative Work      Amrita Yoga

Until 11:37PM

Then Routine Work - Marana Yoga

**Sivaloka Day**

Thursday, March 9, 2023

1

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

Malmö, Sweden

Sun 1      Sutra 326

Kanya Rasi: 13.13      Tithi 17 – 18

**Gulika** 9:30AM – 10:55AM  
Yama 6:40AM – 8:05AM  
164786577 **Rahu** 1:44PM – 3:09PM

**Hasta** Until 1:25AM Fri  
Ganda\* Until 4:34PM  
Vanija Until 4:53AM Fri  
Dvitiya Until 4:24PM

**Ganesha:** White      *Sunrise:* 6:40AM  
**Muruqa:** Purple      *Sunset:* 5:58PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

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

Routine Work      Marana Yoga

Until 1:25AM Fri

Then Creative Work - Siddha Yoga

**Devaloka Day**

Friday, March 10, 2023

2

Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra Nakshatra Vridhi/Dhruva Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Malmö, Sweden

Sun 2      Sutra 327

Kanya Rasi: 25.44      Tithi 18 – 19

**Gulika** 8:03AM – 9:28AM  
Yama 3:10PM – 4:35PM  
165786577 **Rahu** 10:54AM – 12:19PM

**Chitra** Until 2:40AM Sat  
Vridhi Until 4:07PM  
Bava Until 5:30AM Sat  
Tritiya Until 5:13PM

**Ganesha:** Yellow      *Sunrise:* 6:38AM  
**Muruqa:** Purple      *Sunset:* 6:00PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

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

Creative Work      Siddha Yoga

**Sivaloka Day**

Saturday, March 11, 2023

3

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

Malmö, Sweden

Sun 3      Sutra 328

Tula Rasi: 8.26      Tithi 19 – 20

**Gulika** 6:35AM – 8:01AM  
Yama 1:45PM – 3:11PM  
165786577 **Rahu** 9:27AM – 10:53AM

**Svati** Until 3:21AM Sun  
Dhruva Until 3:19PM  
Kaulava Until 5:41AM Sun  
Chaturthi\* Until 5:38PM

**Ganesha:** Yellow      *Sunrise:* 6:35AM  
**Muruqa:** Purple      *Sunset:* 6:02PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

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

Creative Work      Siddha Yoga

Until 3:21AM Sun

Then Routine Work - Marana Yoga

**Sivaloka Day**

Sunday, March 12, 2023

4

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

Malmö, Sweden

Sun 4      Sutra 329

Tula Rasi: 21.2      Tithi 20 – 21

**Gulika** 3:11PM – 4:38PM  
Yama 12:18PM – 1:45PM  
175786577 **Rahu** 4:38PM – 6:04PM

**Vishakha** Until 3:52AM Mon  
Vyaghata\* Until 2:11PM  
Gara Until 5:23AM Mon  
Panchami Until 5:34PM

**Ganesha:** Blue      *Sunrise:* 6:33AM  
**Muruqa:** Purple      *Sunset:* 6:04PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

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

Routine Work      Marana Yoga

Until 3:52AM Mon

Then Creative Work - Siddha Yoga

**Subha Sivaloka Day**

Monday, March 13, 2023

5

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

Malmö, Sweden

Sun 5      Sutra 330

Vrischika Rasi: 4.3      Tithi 21 – 22

**Gulika** 1:45PM – 3:12PM  
Yama 10:51AM – 12:18PM  
175786577 **Rahu** 7:57AM – 9:24AM

**Anuradha** Until 3:44AM Tue  
Harshana Until 12:40PM  
Visti Until 4:33AM Tue  
Shashthi\* Until 5:01PM

**Ganesha:** Blue      *Sunrise:* 6:30AM  
**Muruqa:** Purple      *Sunset:* 6:06PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

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

Creative Work      Siddha Yoga

Until 3:44AM Tue

Then Routine Work - Marana Yoga

**Subha Sivaloka Day**

Tuesday, March 14, 2023

6

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

Malmö, Sweden

Sun 6      Sutra 331

Vrischika Rasi: 17.56      Tithi 22 – 23

**Gulika** 12:18PM – 1:46PM  
Yama 9:23AM – 10:50AM  
175786577 **Rahu** 3:13PM – 4:41PM

**Jyeshtha\*** Until 2:56AM Wed  
Vajra\* Until 10:43AM  
Balava Until 3:12AM Wed  
Saptami Until 3:56PM

**Ganesha:** Blue      *Sunrise:* 6:28AM  
**Muruqa:** Purple      *Sunset:* 6:08PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

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

Routine Work      Marana Yoga

**Subha Sivaloka Day**

Wednesday, March 15, 2023

D

Retreat Star

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

Malmö, Sweden

Sun 7      Sutra 332

Dhanus Rasi: 1.41      Tithi 23 – 24

**Gulika** 10:49AM – 12:18PM  
Yama 7:53AM – 9:21AM  
185786578 **Rahu** 12:18PM – 1:46PM

**Mula\*** Until 1:55AM Thu  
Siddhi Until 8:22AM  
Taitila Until 1:20AM Thu  
Ashtami\* Until 2:19PM

**Ganesha:** Red      *Sunrise:* 6:25AM  
**Muruqa:** Purple      *Sunset:* 6:10PM  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

Subhakrit 5124  
Moon 3 - Phase 45 - 7  
Ashtami

Routine Work      Marana Yoga

Until 1:55AM Thu

Then Creative Work - Siddha Yoga

**Sivaloka Day**

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

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

Malmö, Sweden

Sun 8      Sutra 333

Dhanus Rasi: 15.44      Tithi 24 – 25

**Gulika** 9:20AM – 10:49AM  
Yama 6:22AM – 7:51AM  
185786578 **Rahu** 1:46PM – 3:15PM

**Purvashadha\*** Until 12:17AM Fri  
Variyan Until 2:28AM Fri  
Vanija Until 11:00PM  
Navami\* Until 12:12PM

**Ganesha:** Red      *Sunrise:* 6:22AM  
**Muruqa:** Purple      *Sunset:* 6:12PM  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

Subhakrit 5124  
Moon 3 - Phase 45 - 8  
Navami

Creative Work      Siddha Yoga

Until 12:17AM Fri

Then Routine Work - Marana Yoga

**Sivaloka Day**

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

Il times are standard time. Calculated for Malmö, Sweden on 5/1/2

www.gurudeva.org/panchang

1	<b>Friday, March 17, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Malmö, Sweden Sun 9 Sutra 334
	Makara Rasi: 0.06	Tithi 25 – 26	<b>Gulika</b> 7:49AM – 9:18AM	<b>Uttarashadha</b> Until 10:08PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:20AM	Subhakrit 5124
			Yama 3:16PM – 4:45PM	Parigha* Until 11:02PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:14PM	Moon 3 - Phase 46 - 9
	Routine Work	Marana Yoga	185786578 <b>Rahu</b> 10:48AM – 12:17PM	Bava Until 8:16PM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Dashami</b> Until 9:39AM	Moon – Light Blue	<b>Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

2	<b>Saturday, March 18, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau				Malmö, Sweden Sun 10 Sutra 335
	Makara Rasi: 14.43	Tithi 26 – 27	<b>Gulika</b> 6:17AM – 7:47AM	<b>Shravana</b> Until 7:59PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:17AM	Subhakrit 5124
			Yama 1:47PM – 3:17PM	Shiva Until 7:23PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 10
	Creative Work	Siddha Yoga	195786578 <b>Rahu</b> 9:17AM – 10:47AM	Taitila Until 3:39AM Sun	<b>Nataraja:</b> Clear	2nd Phase
			<b>Ekadashi*</b> Until 6:46AM	Moon – Purple	<b>Subha Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

3	<b>Sunday, March 19, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Malmö, Sweden Sun 11 Sutra 336
	Makara Rasi: 29.3	Tithi 28	<b>Gulika</b> 3:17PM – 4:48PM	<b>Dhanishtha</b> Until 5:34PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:15AM	Subhakrit 5124
			Yama 12:17PM – 1:47PM	Siddha Until 3:35PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:18PM	Moon 3 - Phase 46 - 11
	Routine Work	Marana Yoga	196796578 <b>Rahu</b> 4:48PM – 6:18PM	Gara Until 2:04PM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Trayodashi*</b> Until 12:27AM Mon	Moon – Purple	<b>Devaloka Day</b>	
				<b>Phalguna</b> •Panguni		
				<i>Pradosha Vrata (Fasting)</i>		

4	<b>Monday, March 20, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Malmö, Sweden Sun 12 Sutra 337
	Kumbha Rasi: 14.2	Tithi 29	<b>Gulika</b> 1:47PM – 3:18PM	<b>Shatabhishak</b> Until 3:01PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:12AM	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 10:45AM – 12:16PM	Sadhya Until 11:49AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:20PM	Moon 3 - Phase 46 - 12
	Creative Work	Siddha Yoga	196896578 <b>Rahu</b> 7:43AM – 9:14AM	Visti Until 10:53AM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Chaturdashi*</b> Until 9:19PM	Moon – Purple	<b>Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

●	<b>Tuesday, March 21, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Malmö, Sweden Sun 13 Sutra 338
	<b>Retreat Star</b>		<b>Gulika</b> 12:16PM – 1:48PM	<b>Purvaproshtapada*</b> Until 12:55PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:10AM	Subhakrit 5124
	Kumbha Rasi: 29.06	Tithi 30	Yama 9:13AM – 10:44AM	Subha Until 8:11AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:22PM	Moon 3 - Phase 46 - 13
	Routine Work	Marana Yoga	116896578 <b>Rahu</b> 3:19PM – 4:51PM	Catuspada Until 7:50AM	<b>Nataraja:</b> Clear	Amavasya
			<b>Amavasya*</b> Until 6:24PM	Moon – Clear	<b>Devaloka Day</b>	
				<b>Phalguna</b> •Panguni		

●	<b>Wednesday, March 22, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Malmö, Sweden Sun 14 Sutra 339
	<b>Retreat Star</b>		<b>Gulika</b> 10:43AM – 12:16PM	<b>Uttaraproshtapada</b> Until 11:01AM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:07AM	Subhakrit 5124
	Meena Rasi: 13.39	Tithi 1 – 2	Yama 7:39AM – 9:11AM	Brahma Until 1:43AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:24PM	Moon 3 - Phase 46 - 14
	Creative Work	Siddha Yoga	116896578 <b>Rahu</b> 12:16PM – 1:48PM	Balava Until 2:48AM Thu	<b>Nataraja:</b> Clear	Prathama
			<b>Prathama*</b> Until 3:52PM	Moon – Clear	<b>Devaloka Day</b>	
		<b>Yugadhi</b>		<b>Chaitra</b> •Panguni		

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>		<b>Thursday, March 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Malmö, Sweden Sun 15 Sutra 340	
Meena Rasi: 27.53	Tithi 2 – 3	<b>Gulika</b> 9:10AM – 10:43AM	<b>Revati Until 9:28AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:04AM		Subhakrit 5124
		Yama 6:04AM – 7:37AM	Indra Until 11:11PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 47 - 15	
		116896578 <b>Rahu</b> 1:48PM – 3:21PM	Taitila Until 1:06AM Fri	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Dvitiya Until 1:51PM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 9:28AM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, March 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Malmö, Sweden Sun 16 Sutra 341	
Mesha Rasi: 11.43	Tithi 3 – 4	<b>Gulika</b> 7:35AM – 9:08AM	<b>Ashvini Until 8:50AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:02AM		Subhakrit 5124
		Yama 3:22PM – 4:55PM	Vaidhriti* Until 9:10PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 47 - 16	
		126896578 <b>Rahu</b> 10:42AM – 12:15PM	Vanija Until 12:07AM Sat	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Tritiya Until 12:30PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 8:50AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, March 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Malmö, Sweden Sun 17 Sutra 342	
Mesha Rasi: 25.07	Tithi 4 – 5	<b>Gulika</b> 5:59AM – 7:33AM	<b>Bharani Until 8:48AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:59AM		Subhakrit 5124
		Yama 1:49PM – 3:22PM	Vishkambha* Until 7:48PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:30PM	Moon 3 - Phase 47 - 17	
		126896578 <b>Rahu</b> 9:07AM – 10:41AM	Bava Until 11:55PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Chaturthi* Until 11:54AM</b>	Moon – White		<b>Devaloka Day</b>	
Until 8:48AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, March 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Malmö, Sweden Sun 18 Sutra 343	
Vrishabha Rasi: 8.07	Tithi 5 – 6	<b>Gulika</b> 3:23PM – 4:58PM	<b>Krittika Until 9:22AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:57AM		Subhakrit 5124
		Yama 12:14PM – 1:49PM	Priti Until 7:03PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 47 - 18	
		126896578 <b>Rahu</b> 4:58PM – 6:32PM	Kaulava Until 12:30AM Mon	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Panchami Until 12:05PM</b>	Moon – White		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>5</b>		<b>Monday, March 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Malmö, Sweden Sun 19 Sutra 344	
Vrishabha Rasi: 20.44	Tithi 6 – 7	<b>Gulika</b> 1:49PM – 3:24PM	<b>Rohini Until 10:59AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM		Subhakrit 5124
<b>Family Home Evening</b>		Yama 10:39AM – 12:14PM	Ayushman Until 6:50PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 3 - Phase 47 - 19	
		137896578 <b>Rahu</b> 7:29AM – 9:04AM	Gara Until 1:47AM Tue	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Shashthi* Until 1:02PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>Retreat Star</b>		<b>Tuesday, March 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Malmö, Sweden Sun 20 Sutra 345	
Mithuna Rasi: 3.04	Tithi 7 – 8	<b>Gulika</b> 12:14PM – 1:49PM	<b>Mrigashira Until 1:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:51AM		Subhakrit 5124
		Yama 9:03AM – 10:38AM	Saubhagya Until 7:07PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 47 - 20	
		137896578 <b>Rahu</b> 3:25PM – 5:01PM	Visti Until 3:39AM Wed	<b>Nataraja:</b> Clear		Ashtami	
Creative Work Siddha Yoga			<b>Saptami Until 2:38PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 1:05PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, March 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Malmö, Sweden Sun 21 Sutra 346	
Mithuna Rasi: 15.1	Tithi 8 – 9	<b>Gulika</b> 10:37AM – 12:14PM	<b>Ardra Until 3:30PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:49AM		Subhakrit 5124
		Yama 7:25AM – 9:01AM	Sobhana Until 7:45PM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 47 - 21	
		137896578 <b>Rahu</b> 12:14PM – 1:50PM	Balava Until 5:53AM Thu	<b>Nataraja:</b> Clear		Navami	
Creative Work Siddha Yoga			<b>Ashtami* Until 4:42PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
		Sri Rama Navami		Chaitra•Panguni			

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

ll times are standard time. Calculated for Malmö, Sweden on 5/1/2

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<b>1</b>		<b>Thursday, March 30, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam		Malmö, Sweden	
Mithuna Rasi: 27.07		Titithi 9		Punarvasu Nakshatra Athiganda* Yoga Kaulava Karana Navamyam Titau		Sun 22 Sutra 347	
Creative Work		Amrita Yoga		Gulika 9:00AM – 10:36AM		Ganesha: White Sunrise: 5:46AM	
		147896578		Yama 5:46AM – 7:23AM		Muruga: Clear Sunset: 6:40PM	
		Rahu 1:50PM – 3:27PM		Punarvasu Until 6:30PM		Moon 3 - Phase 48 - 22	
				Athiganda* Until 8:32PM		4th Phase	
				Kaulava Until 7:03PM		Nataraja: Clear	
				Navami* Until 7:03PM		Moon – Blue	
						Chaitra•Panguni	
						Devaloka Time: 3:PM to 6:PM	

<b>2</b>		<b>Friday, March 31, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam		Malmö, Sweden	
Kataka Rasi: 9.01		Titithi 10		Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 348	
Routine Work		Marana Yoga		Gulika 7:21AM – 8:58AM		Ganesha: White Sunrise: 5:44AM	
		147896578		Yama 3:28PM – 5:05PM		Muruga: Clear Sunset: 6:42PM	
		Rahu 10:36AM – 12:13PM		Pushya Until 9:26PM		Moon 3 - Phase 48 - 23	
				Sukarma Until 9:23PM		4th Phase	
				Taitila Until 8:17AM		Nataraja: Clear	
				Dashami Until 9:29PM		Moon – Blue	
						Chaitra•Panguni	
						Devaloka Time: 3:PM to 6:PM	

<b>3</b>		<b>Saturday, April 1, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam		Malmö, Sweden	
Kataka Rasi: 20.55		Titithi 11		Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 349	
Routine Work		Marana Yoga		Gulika 5:44AM – 7:21AM		Ganesha: White Sunrise: 5:44AM	
		147896578		Yama 1:50PM – 3:28PM		Muruga: Clear Sunset: 6:42PM	
		Rahu 8:58AM – 10:36AM		Ashlesha* Until 12:05AM Sun		Moon 3 - Phase 48 - 24	
				Dhriti Until 10:11PM		4th Phase	
				Vanija Until 10:41AM		Nataraja: Clear	
				Ekadashi Until 11:48PM		Moon – Blue	
		Yogaswami Mahasamadhi				Chaitra•Panguni	
						Devaloka Time: 3:PM to 6:PM	

<b>4</b>		<b>Sunday, April 2, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam		Malmö, Sweden	
Simha Rasi: 2.52		Titithi 12		Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 350	
Routine Work		Marana Yoga		Gulika 3:28PM – 5:06PM		Ganesha: Red Sunrise: 5:41AM	
Until 2:50AM Mon				Yama 12:13PM – 1:50PM		Muruga: Clear Sunset: 6:44PM	
Then Creative Work - Siddha Yoga				Rahu 5:06PM – 6:44PM		Moon 3 - Phase 48 - 25	
				Magha* Until 2:50AM Mon		4th Phase	
				Shula* Until 10:46PM		Nataraja: Clear	
				Bava Until 12:54PM		Moon – Red	
				Dvadashi Until 1:52AM Mon		Chaitra•Panguni	
						Devaloka Day	

<b>5</b>		<b>Monday, April 3, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam		Malmö, Sweden	
Simha Rasi: 14.55		Titithi 13		Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 351	
Family Home Evening				Gulika 1:51PM – 3:29PM		Ganesha: Red Sunrise: 5:39AM	
Creative Work		Siddha Yoga		Yama 10:34AM – 12:12PM		Muruga: Clear Sunset: 6:46PM	
Until 5:04AM Tue				Rahu 7:17AM – 8:55AM		Moon 3 - Phase 48 - 26	
Then Creative Work - Amrita Yoga				Ganda* Until 11:06PM		4th Phase	
				Kaulava Until 2:48PM		Nataraja: Clear	
				Trayodashi Until 3:34AM Tue		Moon – Red	
				Pradosha Vrata		Chaitra•Panguni	
						Devaloka Day	

<b>6</b>		<b>Tuesday, April 4, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam		Malmö, Sweden	
Simha Rasi: 27.08		Titithi 14		Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 352	
Creative Work		Amrita Yoga		Gulika 12:12PM – 1:51PM		Ganesha: Red Sunrise: 5:36AM	
Until 6:42AM Wed				Yama 8:54AM – 10:33AM		Muruga: Clear Sunset: 6:48PM	
Then Routine Work - Marana Yoga				Rahu 3:30PM – 5:09PM		Moon 3 - Phase 48 - 27	
				Uttaraphalguni Until 6:42AM Wed		4th Phase	
				Vriddhi Until 11:07PM		Nataraja: Clear	
				Gara Until 4:17PM		Moon – Red	
				Chaturdashi* Until 4:50AM Wed		Chaitra•Panguni	
						Devaloka Day	

<b>○</b>		<b>Wednesday, April 5, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam		Malmö, Sweden	
Copper Retreat Star				Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau		Sutra 353	
Kanya Rasi: 9.32		Titithi 15		Gulika 10:32AM – 12:12PM		Ganesha: Red Sunrise: 5:33AM	
Creative Work		Amrita Yoga		Yama 7:13AM – 8:53AM		Muruga: Clear Sunset: 6:50PM	
Until 6:42AM				Rahu 12:12PM – 1:51PM		Moon 3 - Phase 48 -	
Then Routine Work - Marana Yoga				Dhruva Until 10:44PM		Purnima	
				Visti Until 5:17PM		Nataraja: Clear	
				Purnima* Until 5:36AM Thu		Moon – Red	
		Panguni Uttiram				Chaitra•Panguni	
		Hanuman Jayanti				Devaloka Day	

<b>○</b>		<b>Thursday, April 6, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam		Malmö, Sweden	
Silver Retreat Star				Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau		Sutra 354	
Kanya Rasi: 22.1		Titithi 16		Gulika 8:51AM – 10:31AM		Ganesha: Blue Sunrise: 5:31AM	
Routine Work		Marana Yoga		Yama 5:31AM – 7:11AM		Muruga: Clear Sunset: 6:52PM	
Until 8:11AM				Rahu 1:52PM – 3:32PM		Moon 3 - Phase 48 -	
Then Creative Work - Siddha Yoga				Hasta Until 8:11AM		Prathama	
				Vyaghata* Until 10:00PM		Nataraja: Clear	
				Balava Until 5:49PM		Moon – Green	
				Prathama* Until 5:52AM Fri		Chaitra•Panguni	
						Devaloka Time: 3:PM to 6:PM	

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





**Friday, April 7, 2023**  
**Gold Retreat Star**

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

Malmö, Sweden  
Sutra 355

Tula Rasi: 5.01      Tithi 17  
168896578 Rahu

**Gulika** 7:09AM – 8:50AM  
Yama 3:33PM – 5:13PM  
**Rahu** 10:30AM – 12:11PM

**Chitra** Until 9:03AM  
Harshana Until 8:54PM  
Taitila Until 5:51PM  
**Dvitiya** Until 5:41AM Sat

**Ganesha:** Blue      *Sunrise:* 5:28AM  
**Muruqa:** Clear      *Sunset:* 6:54PM  
**Nataraja:** Clear  
Moon – Green

Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

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

Creative Work      Siddha Yoga

**1**

**Saturday, April 8, 2023**

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

Malmö, Sweden  
Sun 1      Sutra 356

Tula Rasi: 18.05      Tithi 18  
168896578 Rahu

**Gulika** 5:26AM – 7:07AM  
Yama 1:52PM – 3:33PM  
**Rahu** 8:48AM – 10:30AM

**Svati** Until 9:18AM  
Vajra\* Until 7:26PM  
Vanija Until 5:27PM  
**Tritiya** Until 5:05AM Sun

**Ganesha:** Blue      *Sunrise:* 5:26AM  
**Muruqa:** Clear      *Sunset:* 6:56PM  
**Nataraja:** Clear  
Moon – Green

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

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

Creative Work      Siddha Yoga

**2**

**Sunday, April 9, 2023**

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

Malmö, Sweden  
Sun 2      Sutra 357

Vrischika Rasi: 1.23      Tithi 19  
179896578 Rahu

**Gulika** 3:34PM – 5:16PM  
Yama 12:11PM – 1:52PM  
**Rahu** 5:16PM – 6:58PM

**Vishakha** Until 9:28AM  
Siddhi Until 5:40PM  
Bava Until 4:40PM  
**Chaturthi\*** Until 4:06AM Mon

**Ganesha:** Red      *Sunrise:* 5:23AM  
**Muruqa:** Clear      *Sunset:* 6:58PM  
**Nataraja:** Clear  
Moon – Orange

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

**Devaloka Day**

Routine Work      Marana Yoga

**3**

**Monday, April 10, 2023**

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

Malmö, Sweden  
Sun 3      Sutra 358

Vrischika Rasi: 14.53      Tithi 20  
179896578 Rahu  
**Family Home Evening**

**Gulika** 1:53PM – 3:35PM  
Yama 10:28AM – 12:10PM  
**Rahu** 7:03AM – 8:45AM

**Anuradha** Until 9:07AM  
Vyatipata\* Until 3:38PM  
Kaulava Until 3:30PM  
**Panchami** Until 2:47AM Tue

**Ganesha:** Red      *Sunrise:* 5:21AM  
**Muruqa:** Clear      *Sunset:* 7:00PM  
**Nataraja:** Clear  
Moon – Orange

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

**Devaloka Day**

Creative Work      Siddha Yoga

**4**

**Tuesday, April 11, 2023**

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

Malmö, Sweden  
Sun 4      Sutra 359

Vrischika Rasi: 28.35      Tithi 21  
179896578 Rahu

**Gulika** 12:10PM – 1:53PM  
Yama 8:44AM – 10:27AM  
**Rahu** 3:36PM – 5:19PM

**Jyeshtha\*** Until 8:17AM  
Varyayan Until 1:19PM  
Gara Until 2:02PM  
**Shashthi\*** Until 1:10AM Wed

**Ganesha:** Red      *Sunrise:* 5:18AM  
**Muruqa:** Clear      *Sunset:* 7:02PM  
**Nataraja:** Clear  
Moon – Orange

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

**Devaloka Day**

Routine Work      Marana Yoga

Until 8:17AM

Then Creative Work - Amrita Yoga

**5**

**Wednesday, April 12, 2023**

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

Malmö, Sweden  
Sun 5      Sutra 360

Dhanus Rasi: 12.28      Tithi 22  
189896578 Rahu

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

**Mula\*** Until 7:28AM  
Parigha\* Until 10:47AM  
Visti Until 12:16PM  
**Saptami** Until 11:16PM

**Ganesha:** Green      *Sunrise:* 5:16AM  
**Muruqa:** Clear      *Sunset:* 7:04PM  
**Nataraja:** Clear  
Moon – Light Blue

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

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

Routine Work      Marana Yoga

Until 7:28AM

Then Creative Work - Amrita Yoga

**D**

**Thursday, April 13, 2023**

**Retreat Star**

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

Malmö, Sweden  
Sun 6      Sutra 361

Dhanus Rasi: 26.31      Tithi 23  
189996578 Rahu

**Gulika** 8:41AM – 10:25AM  
Yama 5:13AM – 6:57AM  
**Rahu** 1:54PM – 3:38PM

**Purvashadha\*** Until 6:14AM  
Shiva Until 8:04AM  
Balava Until 10:15AM  
**Ashtami\*** Until 9:09PM

**Ganesha:** White      *Sunrise:* 5:13AM  
**Muruqa:** Clear      *Sunset:* 7:06PM  
**Nataraja:** Clear  
Moon – Light Blue

Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

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

Creative Work      Siddha Yoga

Until 6:14AM

Then Routine Work - Marana Yoga

**Friday, April 14, 2023**

**Retreat Star**

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

Malmö, Sweden  
Sun 7      Sutra 362

Makara Rasi: 10.43      Tithi 24  
199996578 Rahu

**Gulika** 6:55AM – 8:40AM  
Yama 3:39PM – 5:23PM  
**Rahu** 10:25AM – 12:09PM

**Shravana** Until 3:10AM Sat  
Sadhya Until 2:05AM Sat  
Taitila Until 8:01AM  
**Navami\*** Until 6:49PM

**Ganesha:** Clear      *Sunrise:* 5:11AM  
**Muruqa:** Clear      *Sunset:* 7:08PM  
**Nataraja:** Clear  
Moon – Purple

Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami

**Devaloka Day**

Routine Work      Marana Yoga

Until 3:10AM Sat

Then Creative Work - Siddha Yoga

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


**Chaitra\*Chaitra**

<b>1</b>	<b>Saturday, April 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Malmö, Sweden
	Makara Rasi: 25.01	Tithi 25 – 26	Gulika 5:08AM – 6:53AM	Dhanishtha Until 1:26AM Sun	Ganesha: White	Sunrise: 5:08AM	Sun 8 Sutra 363
	299996578	Rahu	Yama 1:54PM – 3:39PM	Subha Until 10:57PM	Muruga: Clear	Sunset: 7:10PM	Sobhana 5125
	Creative Work	Siddha Yoga	Rahu 8:39AM – 10:24AM	Bava Until 3:08AM Sun	Nataraja: Clear		Moon 4 - Phase 1 - 8 2nd Phase
			Dashedmi Until 4:22PM	Moon – Purple	<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM
			Chaitra*Chaitra				

<b>2</b>	<b>Sunday, April 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Malmö, Sweden
	Kumbha Rasi: 9.23	Tithi 26 – 27	Gulika 3:40PM – 5:26PM	Shatabhishak Until 11:33PM	Ganesha: White	Sunrise: 5:06AM	Sun 9 Sutra 364
	299996578	Rahu	Yama 12:09PM – 1:54PM	Sukla Until 7:46PM	Muruga: Clear	Sunset: 7:12PM	Sobhana 5125
	Creative Work	Siddha Yoga	Rahu 5:26PM – 7:12PM	Kaulava Until 12:37AM Mon	Nataraja: Clear		Moon 4 - Phase 1 - 9 2nd Phase
			Ekadashi* Until 1:51PM	Moon – Purple	<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM
			Chaitra*Chaitra				

<b>3</b>	<b>Monday, April 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Malmö, Sweden
	Kumbha Rasi: 23.46	Tithi 27 – 28	Gulika 1:55PM – 3:41PM	Purvaproshtapada* Until 10:01PM	Ganesha: Orange	Sunrise: 5:03AM	Sun 10 Sutra 1
	211996578	Rahu	Yama 10:22AM – 12:08PM	Brahma Until 4:39PM	Muruga: Clear	Sunset: 7:14PM	Sobhana 5125
	Family Home Evening	Marana Yoga	Rahu 6:49AM – 8:36AM	Gara Until 10:11PM	Nataraja: Clear		Moon 4 - Phase 1 - 10 2nd Phase
			Dvadashi* Until 11:22AM	Moon – Clear	<b>Devaloka Day</b>		
			Pradosha Vrata (Fasting)				

<b>4</b>	<b>Tuesday, April 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Malmö, Sweden
	Meena Rasi: 8.04	Tithi 28 – 29	Gulika 12:08PM – 1:55PM	Uttaraproshtapada Until 8:32PM	Ganesha: Orange	Sunrise: 5:01AM	Sun 11 Sutra 2
	211996578	Rahu	Yama 8:34AM – 10:21AM	Indra Until 1:40PM	Muruga: Clear	Sunset: 7:16PM	Sobhana 5125
	Creative Work	Amrita Yoga	Rahu 3:42PM – 5:29PM	Visti Until 7:57PM	Nataraja: Clear		Moon 4 - Phase 1 - 11 2nd Phase
			Trayodashi* Until 9:01AM	Moon – Clear	<b>Devaloka Day</b>		
			Chaitra*Chaitra				

	<b>Wednesday, April 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Malmö, Sweden
	<b>Retreat Star</b>		Gulika 10:21AM – 12:08PM	Revati Until 7:14PM	Ganesha: Orange	Sunrise: 4:58AM	Sun 12 Sutra 3
	Meena Rasi: 22.13	Tithi 29 – 30	Yama 6:46AM – 8:33AM	Vaidhriti* Until 10:54AM	Muruga: Clear	Sunset: 7:18PM	Sobhana 5125
	211996578	Rahu	Rahu 12:08PM – 1:55PM	Catuspada Until 6:02PM	Nataraja: Clear		Moon 4 - Phase 1 - 12 Amavasya
			Chaturdashi* Until 6:55AM	Moon – Clear	<b>Devaloka Day</b>		
			Chaitra*Chaitra				

<b>Retreat Star</b>	<b>Thursday, April 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Malmö, Sweden
	Mesha Rasi: 6.07	Tithi 1	Gulika 8:32AM – 10:20AM	Ashvini Until 6:39PM	Ganesha: Clear	Sunrise: 4:56AM	Sun 13 Sutra 4
	221996578	Rahu	Yama 4:56AM – 6:44AM	Vishkambha* Until 8:28AM	Muruga: Clear	Sunset: 7:20PM	Sobhana 5125
	Creative Work	Amrita Yoga	Rahu 1:56PM – 3:44PM	Kintughna Until 4:32PM	Nataraja: Clear		Moon 4 - Phase 1 - 13 Prathama
			Prathama* Until 3:58AM Fri	Moon – White	<b>Devaloka Day</b>		
			Vaisaka*Chaitra				

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

Il times are standard time. Calculated for Malmö, Sweden on 5/1/2

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1	<b>Friday, April 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Malmö, Sweden Sun 14 Sutra 5
	Mesha Rasi: 19.43	Tithi 2	<b>Gulika</b> 6:42AM – 8:30AM	<b>Bharani</b> Until 6:28PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:53AM	Sobhana 5125
			Yama 3:45PM – 5:33PM	Priti Until 6:27AM	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:22PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 <b>Rahu</b> 10:19AM – 12:08PM	Balava Until 3:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> Until 3:19AM Sat	Moon – White		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

2	<b>Saturday, April 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Malmö, Sweden Sun 15 Sutra 6
	Wrishabha Rasi: 3	Tithi 3	<b>Gulika</b> 4:51AM – 6:40AM	<b>Krittika</b> Until 6:44PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:51AM	Sobhana 5125
			Yama 1:56PM – 3:45PM	Saubhagya Until 3:51AM Sun	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:24PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 8:29AM – 10:18AM	Taitila Until 3:15PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> Until 3:19AM Sun	Moon – White		<b>Devaloka Day</b>	
			Akshaya Tritiya	Vaisaka-Chaitra			

3	<b>Sunday, April 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Malmö, Sweden Sun 16 Sutra 7
	Wrishabha Rasi: 15.56	Tithi 4	<b>Gulika</b> 3:46PM – 5:36PM	<b>Rohini</b> Until 7:58PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:49AM	Sobhana 5125
			Yama 12:07PM – 1:57PM	Sobhana Until 3:20AM Mon	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:26PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 <b>Rahu</b> 5:36PM – 7:26PM	Vanija Until 3:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi*</b> Until 3:59AM Mon	Moon – Yellow		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

4	<b>Monday, April 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Malmö, Sweden Sun 17 Sutra 8
	Wrishabha Rasi: 28.34	Tithi 5	<b>Gulika</b> 1:57PM – 3:47PM	<b>Mrigashira</b> Until 9:40PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:46AM	Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:17AM – 12:07PM	Athiganda* Until 3:17AM Tue	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:28PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 <b>Rahu</b> 6:36AM – 8:27AM	Bava Until 4:34PM	<b>Nataraja:</b> Clear		3rd Phase
Until 9:40PM			<b>Panchami</b> Until 5:15AM Tue	Moon – Yellow		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

5	<b>Tuesday, April 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Kaulava Karana Shashthyam Titau				Malmö, Sweden Sun 18 Sutra 9
	Mithuna Rasi: 10.55	Tithi 6	<b>Gulika</b> 12:07PM – 1:57PM	<b>Ardra</b> Until 11:44PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 4:44AM	Sobhana 5125
			Yama 8:25AM – 10:16AM	Sukarma Until 3:38AM Wed	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:30PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 <b>Rahu</b> 3:48PM – 5:39PM	Kaulava Until 6:07PM	<b>Nataraja:</b> Purple		3rd Phase
Until 11:44PM			<b>Shashthi*</b> Until 7:02AM Wed	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

6	<b>Wednesday, April 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Malmö, Sweden Sun 19 Sutra 10
	Mithuna Rasi: 23.04	Tithi 6 – 7	<b>Gulika</b> 10:15AM – 12:07PM	<b>Punarvasu</b> Until 2:31AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 4:42AM	Sobhana 5125
			Yama 6:33AM – 8:24AM	Dhriti Until 4:18AM Thu	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:32PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 <b>Rahu</b> 12:07PM – 1:58PM	Gara Until 8:06PM	<b>Nataraja:</b> Purple		3rd Phase
Until 2:31AM Thu			<b>Shashthi*</b> Until 7:02AM	Moon – Blue		<b>Subha Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra			

D	<b>Thursday, April 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Malmö, Sweden Sun 20 Sutra 11
	Kataka Rasi: 5.04	Tithi 7 – 8	<b>Gulika</b> 8:23AM – 10:15AM	<b>Pushya</b> Until 5:21AM Fri	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:39AM	Sobhana 5125
			Yama 4:39AM – 6:31AM	Shula* Until 5:06AM Fri	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:34PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 <b>Rahu</b> 1:58PM – 3:50PM	Visti Until 10:21PM	<b>Nataraja:</b> Purple		Ashtami
Until 5:21AM Fri			<b>Saptami</b> Until 9:11AM	Moon – Blue		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				Vaisaka-Chaitra			

D	<b>Friday, April 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Malmö, Sweden Sun 21 Sutra 12
	Kataka Rasi: 16.59	Tithi 8 – 9	<b>Gulika</b> 6:29AM – 8:22AM	<b>Ashlesha*</b> Until 8:03AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 4:37AM	Sobhana 5125
			Yama 3:51PM – 5:43PM	Ganda* Until 5:57AM Sat	<b>Muruḡa:</b> Clear	<i>Sunset:</i> 7:35PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 <b>Rahu</b> 10:14AM – 12:06PM	Balava Until 12:42AM Sat	<b>Nataraja:</b> Purple		Navami
Until 8:03AM Sat			<b>Ashtami*</b> Until 11:30AM	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				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

<b>1</b>	<b>Saturday, April 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Vridhhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Malmö, Sweden
	Kataka Rasi: 28.53	Tithi 9 – 10	242996579	<b>Gulika</b> 4:35AM – 6:27AM Yama 1:59PM – 3:52PM <b>Rahu</b> 8:20AM – 10:13AM	<b>Ashlesha* Until 8:03AM</b> Vridhhi Until 6:42AM Sun Taitila Until 2:55AM Sun <b>Navami* Until 1:49PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Blue Vaisaka*Chaitra	Sun 22 Sutra 13 Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 8:03AM Then Creative Work - Amrita Yoga							


<b>2</b>	<b>Sunday, April 30, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Malmö, Sweden
	Simha Rasi: 10.51	Tithi 10 – 11	252996579	<b>Gulika</b> 3:53PM – 5:46PM Yama 12:06PM – 1:59PM <b>Rahu</b> 5:46PM – 7:39PM	<b>Magha* Until 10:56AM</b> Vridhhi Until 6:42AM Vanija Until 4:51AM Mon <b>Dashami Until 3:55PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Red Vaisaka*Chaitra	Sun 23 Sutra 14 Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase <b>Devaloka Day</b>
Routine Work Marana Yoga Until 10:56AM Then Creative Work - Siddha Yoga							


<b>3</b>	<b>Monday, May 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Yaghalata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Malmö, Sweden
	Simha Rasi: 22.56	Tithi 11 – 12	252996579	<b>Gulika</b> 2:00PM – 3:54PM Yama 10:11AM – 12:06PM <b>Rahu</b> 6:22AM – 8:17AM	<b>Purvaphalguni Until 1:17PM</b> Dhruva Until 7:10AM Bava Until 6:19AM Tue <b>Ekadashi Until 5:38PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Red Vaisaka*Chaitra	Sun 24 Sutra 15 Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase <b>Devaloka Day</b>
Family Home Evening Creative Work Siddha Yoga							

<b>4</b>	<b>Tuesday, May 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Malmö, Sweden
	Kanya Rasi: 5.14	Tithi 12	252996579	<b>Gulika</b> 12:05PM – 2:00PM Yama 8:16AM – 10:11AM <b>Rahu</b> 3:55PM – 5:50PM	<b>Uttaraphalguni Until 3:00PM</b> Vyaghata* Until 7:17AM Bava Until 6:19AM <b>Dvadashi Until 6:48PM</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Red Vaisaka*Chaitra	Sun 25 Sutra 16 Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase <b>Devaloka Day</b>
Creative Work Amrita Yoga Until 3:00PM Then Creative Work - Siddha Yoga							

<b>5</b>	<b>Wednesday, May 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yukhtayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Malmö, Sweden
	Kanya Rasi: 17.46	Tithi 13	262996579	<b>Gulika</b> 10:10AM – 12:05PM Yama 6:19AM – 8:14AM <b>Rahu</b> 12:05PM – 2:01PM	<b>Hasta Until 4:27PM</b> Harshana Until 6:58AM Kaulava Until 7:11AM <b>Trayodashi Until 7:22PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green Vaisaka*Chaitra	Sun 26 Sutra 17 Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase <b>Sivaloka Day</b>
Routine Work Marana Yoga Until 4:27PM Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				

<b>6</b>	<b>Thursday, May 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yukhtayam Chitra/Svati Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Malmö, Sweden
	Tula Rasi: 1	Tithi 14	262996579	<b>Gulika</b> 8:13AM – 10:09AM Yama 4:21AM – 6:17AM <b>Rahu</b> 2:01PM – 3:57PM	<b>Chitra Until 5:07PM</b> Vajra* Until 6:07AM Gara Until 7:26AM <b>Chaturdashi* Until 7:18PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green Vaisaka*Chaitra	Sun 27 Sutra 18 Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 5:07PM Then Creative Work - Amrita Yoga							

	<b>Friday, May 5, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yukhtayam Svati/Vishakha Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Malmö, Sweden
	Tula Rasi: 13.45	Tithi 15	262996579	<b>Gulika</b> 6:16AM – 8:12AM Yama 3:58PM – 5:55PM <b>Rahu</b> 10:09AM – 12:05PM	<b>Svati Until 5:02PM</b> Vyatipata* Until 3:01AM Sat Visti Until 7:03AM <b>Purnima* Until 6:37PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green Vaisaka*Chaitra	Sun 28 Sutra 19 Sobhana 5125 Moon 4 - Phase 3 - Purnima <b>Sivaloka Day</b>
Creative Work Siddha Yoga Budha Purnima (Tamil Nadu)							

	<b>Saturday, May 6, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau				Malmö, Sweden
	Tula Rasi: 27.13	Tithi 16 – 17	272996579	<b>Gulika</b> 4:17AM – 6:14AM Yama 2:02PM – 3:59PM <b>Rahu</b> 8:11AM – 10:08AM	<b>Vishakha Until 4:43PM</b> Variyan Until 12:50AM Sun Balava Until 6:05AM <b>Prathama* Until 5:24PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Orange Vaisaka*Chaitra	Sun 29 Sutra 20 Sobhana 5125 Moon 4 - Phase 3 - Prathama <b>Devaloka Day</b>
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