



Monday, April 18, 2022
Gold Retreat Star

Tula Rasi: 21.46 Tithi 17 – 18
Family Home Evening 278345478
Routine Work Marana Yoga
Until 1:07AM Tue
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yukтайam
Vishakha Nakshatra Siddhi/Vyatipata* Yoga Taitila/Vanija Karana Dvitiya/Trityayam Titau

Gulika 1:15PM – 2:51PM
Yama 10:02AM – 11:38AM
Rahu 6:49AM – 8:26AM
Vishakha Until 1:07AM Tue
Siddhi Until 5:51PM
Taitila Until 6:16AM
Dvitiya Until 4:54PM

Ganesha: Purple *Sunrise: 5:13AM*
Muruqa: White *Sunset: 6:03PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

Virschika Rasi: 6.17 Tithi 18 – 19
278345478
Creative Work Siddha Yoga
Until 11:06PM
Then Routine Work - Marana Yoga

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

Gulika 11:38AM – 1:14PM
Yama 8:25AM – 10:02AM
Rahu 2:51PM – 4:27PM
Anuradha Until 11:06PM
Vyatipata* Until 2:29PM
Bava Until 12:45AM Wed
Tritya Until 2:07PM

Ganesha: Purple *Sunrise: 5:12AM*
Muruqa: White *Sunset: 6:04PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sun 1
Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

Virschika Rasi: 20.5 Tithi 19 – 20
278345478
Creative Work Siddha Yoga
Until 9:00PM
Then Routine Work - Marana Yoga

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

Gulika 10:01AM – 11:38AM
Yama 6:48AM – 8:25AM
Rahu 11:38AM – 1:14PM
Jyeshtha* Until 9:00PM
Variyan Until 11:05AM
Kaulava Until 10:01PM
Chaturthi* Until 11:21AM

Ganesha: Purple *Sunrise: 5:11AM*
Muruqa: White *Sunset: 6:04PM*
Nataraja: White
Moon – Orange
Chaitra*Chaitra

Manama, Bahrain
Sun 2
Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 -
2nd Phase

Bhuloka Day

3

Thursday, April 21, 2022

Dhanus Rasi: 5.2 Tithi 20 – 21
288345478
Creative Work Siddha Yoga

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

Gulika 8:24AM – 10:01AM
Yama 5:10AM – 6:47AM
Rahu 1:14PM – 2:51PM
Mula* Until 7:19PM
Parigha* Until 7:47AM
Gara Until 7:25PM
Panchami Until 8:40AM

Ganesha: Clear *Sunrise: 5:10AM*
Muruqa: White *Sunset: 6:05PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 3
Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 -
3rd Phase

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

4

Friday, April 22, 2022

Dhanus Rasi: 19.42 Tithi 21 – 22
289345478
Routine Work Prabalarishta Yoga
Until 5:43PM
Then Routine Work - Marana Yoga

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

Gulika 6:46AM – 8:23AM
Yama 2:51PM – 4:28PM
Rahu 10:00AM – 11:37AM
Purvashadha* Until 5:43PM
Siddha Until 1:42AM Sat
Bava Until 3:57AM Sat
Shashthi* Until 6:11AM

Ganesha: Purple *Sunrise: 5:09AM*
Muruqa: White *Sunset: 6:05PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 4
Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 -
4th Phase

Devaloka Day

5

Saturday, April 23, 2022
Retreat Star

Makara Rasi: 3.54 Tithi 23
289345478
Routine Work Marana Yoga
Until 4:15PM
Then Creative Work - Siddha Yoga

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

Gulika 5:09AM – 6:46AM
Yama 1:14PM – 2:52PM
Rahu 8:23AM – 10:00AM
Uttarashadha Until 4:15PM
Sadhya Until 11:00PM
Balava Until 2:58PM
Ashtami* Until 2:02AM Sun

Ganesha: Purple *Sunrise: 5:09AM*
Muruqa: White *Sunset: 6:06PM*
Nataraja: White
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 5
Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 -
5th Phase

Devaloka Day

Sunday, April 24, 2022

Retreat Star

Makara Rasi: 17.54 Tithi 24
299345478
Creative Work Amrita Yoga
Until 3:24PM
Then Routine Work - Marana Yoga

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

Gulika 2:52PM – 4:29PM
Yama 11:37AM – 1:14PM
Rahu 4:29PM – 6:06PM
Shravana Until 3:24PM
Subha Until 8:35PM
Taitila Until 1:12PM
Navami* Until 12:26AM Mon

Ganesha: Clear *Sunrise: 5:08AM*
Muruqa: White *Sunset: 6:06PM*
Nataraja: White
Moon – Purple
Chaitra*Chaitra

Manama, Bahrain
Sun 6
Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 -
6th Phase

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

1	Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 7 Sutra 8
	Kumbha Rasi: 1.41	Tithi 25	Gulika 1:14PM – 2:52PM	Dhanishtha Until 2:45PM	Ganesha: Clear	Sunrise: 5:07AM	Subhakrit 5124
	Family Home Evening	299345479	Yama 9:59AM – 11:37AM	Sukla Until 6:26PM	Muruqa: White	Sunset: 6:07PM	Moon 4 - Phase 2 - 7
	Creative Work	Siddha Yoga	Rahu 6:44AM – 8:22AM	Vanija Until 11:47AM	Nataraja: Clear		2nd Phase
			Dashami Until 11:12PM	Chaitra*Chaitra	Devaloka Day		

2	Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 8 Sutra 9
	Kumbha Rasi: 15.15	Tithi 26	Gulika 11:37AM – 1:14PM	Shatabhishak Until 2:19PM	Ganesha: Clear	Sunrise: 5:06AM	Subhakrit 5124
	Routine Work	Marana Yoga	Yama 8:21AM – 9:59AM	Brahma Until 4:36PM	Muruqa: White	Sunset: 6:07PM	Moon 4 - Phase 2 - 8
	299345479		Rahu 2:52PM – 4:30PM	Bava Until 10:45AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 10:21PM	Chaitra*Chaitra	Devaloka Day		

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain Sun 9 Sutra 10
	Kumbha Rasi: 28.35	Tithi 27	Gulika 9:59AM – 11:36AM	Purvaproshtapada* Until 2:36PM	Ganesha: Red	Sunrise: 5:05AM	Subhakrit 5124
	Creative Work	Amrita Yoga	Yama 6:43AM – 8:21AM	Indra Until 3:07PM	Muruqa: White	Sunset: 6:08PM	Moon 4 - Phase 2 - 9
	Until 2:36PM	219345479	Rahu 11:36AM – 1:14PM	Kaulava Until 10:07AM	Nataraja: Clear		2nd Phase
Then Creative Work - Siddha Yoga			Dvadashi* Until 9:56PM	Chaitra*Chaitra	Devaloka Day		

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarproshthapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Manama, Bahrain Sun 10 Sutra 11
	Meena Rasi: 11.43	Tithi 28	Gulika 8:20AM – 9:58AM	Uttarproshthapada Until 3:10PM	Ganesha: Blue	Sunrise: 5:04AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 5:04AM – 6:42AM	Vaidhriti* Until 1:57PM	Muruqa: White	Sunset: 6:08PM	Moon 4 - Phase 2 - 10
	219445479		Rahu 1:14PM – 2:52PM	Gara Until 9:54AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 9:57PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM
<i>Pradosha Vrata (Fasting)</i>							

5	Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 11 Sutra 12
	Meena Rasi: 24.35	Tithi 29	Gulika 6:42AM – 8:20AM	Revati Until 4:02PM	Ganesha: Blue	Sunrise: 5:03AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 2:53PM – 4:31PM	Vishkambha* Until 1:11PM	Muruqa: White	Sunset: 6:09PM	Moon 4 - Phase 2 - 11
	Until 4:02PM	219445479	Rahu 9:58AM – 11:36AM	Visti Until 10:10AM	Nataraja: Clear		2nd Phase
Then Creative Work - Amrita Yoga			Chaturdashi* Until 10:27PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM

	Saturday, April 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 12 Sutra 13	
	Retreat Star		Mesha Rasi: 7.14	Tithi 30	Gulika 5:03AM – 6:41AM	Ashvini Until 5:41PM	Ganesha: Green	Sunrise: 5:03AM
	Creative Work	Siddha Yoga	Yama 1:14PM – 2:53PM	Priti Until 12:48PM	Muruqa: White	Sunset: 6:10PM	Moon 4 - Phase 2 - 12	
	221445479		Rahu 8:19AM – 9:58AM	Catuspada Until 10:55AM	Nataraja: Clear		Amavasya	
			Amavasya* Until 11:27PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM	

Retreat Star	Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 13 Sutra 14
	Mesha Rasi: 19.4	Tithi 1	Gulika 2:53PM – 4:32PM	Bharani Until 7:40PM	Ganesha: Green	Sunrise: 5:02AM	Subhakrit 5124
	Routine Work	Prabalarishta Yoga	Yama 11:36AM – 1:14PM	Ayushman Until 12:46PM	Muruqa: White	Sunset: 6:10PM	Moon 4 - Phase 2 - 13
	Until 7:40PM	221445479	Rahu 4:32PM – 6:10PM	Kintughna Until 12:10PM	Nataraja: Clear		Prathama
Then Creative Work - Siddha Yoga			Prathama* Until 12:56AM Mon	Vaisaka*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM

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

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Manama, Bahrain Sun 14 Sutra 15 Subhakrit 5124
1	Vrishabha Rasi: 1.54 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 9:55PM Then Creative Work - Amrita Yoga	Gulika 1:14PM – 2:53PM Yama 9:57AM – 11:36AM 221445479 Rahu 6:40AM – 8:18AM	Krittika Until 9:55PM Saubhagya Until 1:07PM Balava Until 1:52PM Dvitiya Until 2:51AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:01AM Sunset: 6:11PM	Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 15 Sutra 16 Subhakrit 5124
2	Vrishabha Rasi: 13.57 Tithi 3 Creative Work Amrita Yoga Until 12:50AM Wed Then Creative Work - Siddha Yoga	Gulika 11:36AM – 1:15PM Yama 8:18AM – 9:57AM 231445479 Rahu 2:53PM – 4:32PM	Rohini Until 12:50AM Wed Sobhana Until 1:47PM Taitila Until 3:58PM Tritiya Until 5:06AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:00AM Sunset: 6:11PM	Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija Karana Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 17 Subhakrit 5124
3	Vrishabha Rasi: 25.53 Tithi 4 Creative Work Siddha Yoga Until 3:48AM Thu Then Routine Work - Marana Yoga	Gulika 9:57AM – 11:36AM Yama 6:39AM – 8:18AM 231445479 Rahu 11:36AM – 1:15PM	Mrigashira Until 3:48AM Thu Athiganda* Until 2:38PM Vanija Until 6:21PM Chaturthi* Until 7:34AM Thu	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:00AM Sunset: 6:12PM	Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 18 Subhakrit 5124
4	Mithuna Rasi: 7.44 Tithi 4 – 5 Routine Work Marana Yoga Until 6:40AM Fri Then Creative Work - Siddha Yoga	Gulika 8:17AM – 9:56AM Yama 4:59AM – 6:38AM 231445479 Rahu 1:15PM – 2:54PM	Ardra Until 6:40AM Fri Sukarma Until 3:37PM Bava Until 8:51PM Chaturthi* Until 7:34AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:59AM Sunset: 6:12PM	Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Manama, Bahrain Sun 18 Sutra 19 Subhakrit 5124
5	Mithuna Rasi: 19.34 Tithi 5 – 6 Creative Work Siddha Yoga	Gulika 6:37AM – 8:17AM Yama 2:54PM – 4:33PM 231445479 Rahu 9:56AM – 11:35AM	Ardra Until 6:40AM Dhriti Until 4:36PM Kaulava Until 11:18PM Panchami Until 10:04AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:58AM Sunset: 6:13PM	Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 19 Sutra 20 Subhakrit 5124
6	Kataka Rasi: 1.27 Tithi 6 – 7 Creative Work Siddha Yoga	Gulika 4:57AM – 6:37AM Yama 1:15PM – 2:54PM 241445479 Rahu 8:16AM – 9:56AM	Punarvasu Until 9:46AM Shula* Until 5:26PM Gara Until 1:31AM Sun Shashthi* Until 12:26PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:57AM Sunset: 6:13PM	Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 21 Subhakrit 5124
Retreat Star	Kataka Rasi: 13.26 Tithi 7 – 8 Creative Work Siddha Yoga	Gulika 2:55PM – 4:34PM Yama 11:35AM – 1:15PM 241445479 Rahu 4:34PM – 6:14PM	Pushya Until 12:25PM Ganda* Until 6:00PM Visti Until 3:20AM Mon Saptami Until 2:28PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:57AM Sunset: 6:14PM	Moon 4 - Phase 3 - 20 Ashtami Devaloka Day

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 22 Subhakrit 5124
Retreat Star	Kataka Rasi: 25.35 Tithi 8 – 9 Family Home Evening Creative Work Siddha Yoga Until 2:25PM Then Routine Work - Marana Yoga	Gulika 1:15PM – 2:55PM Yama 9:55AM – 11:35AM 241445479 Rahu 6:36AM – 8:16AM	Ashlesha* Until 2:25PM Vriddhi Until 6:11PM Balava Until 4:33AM Tue Ashtami* Until 4:00PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:56AM Sunset: 6:14PM	Moon 4 - Phase 3 - 21 Navami Devaloka Day


1		Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 23	
Simha Rasi: 7.59	Tithi 9 – 10	Gulika	11:35AM – 1:15PM	Magha* Until 4:08PM	Ganesha: Clear	<i>Sunrise:</i> 4:55AM		Subhakrit 5124	
		Yama	8:15AM – 9:55AM	Dhruva Until 5:49PM	Muruqa: White	<i>Sunset:</i> 6:15PM		Moon 4 - Phase 4 - 22	
		252445479 Rahu	2:55PM – 4:35PM	Taitila Until 5:04AM Wed	Nataraja: Clear			4th Phase	
Creative Work	Siddha Yoga			Navami* Until 4:53PM	Moon – Red			Devaloka Day	
					Vaisaka-Chaitra				

2		Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 23 Sutra 24	
Simha Rasi: 20.43	Tithi 10 – 11	Gulika	9:55AM – 11:35AM	Purvaphalguni Until 4:57PM	Ganesha: Clear	<i>Sunrise:</i> 4:55AM		Subhakrit 5124	
		Yama	6:35AM – 8:15AM	Vyaghata* Until 4:53PM	Muruqa: White	<i>Sunset:</i> 6:15PM		Moon 4 - Phase 4 - 23	
		252445479 Rahu	11:35AM – 1:15PM	Vanija Until 4:49AM Thu	Nataraja: Clear			4th Phase	
Creative Work	Amrita Yoga			Dashami Until 5:01PM	Moon – Red			Devaloka Day	
					Vaisaka-Chaitra				

3		Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 24 Sutra 25	
Kanya Rasi: 3.5	Tithi 11 – 12	Gulika	8:15AM – 9:55AM	Uttaraphalguni Until 4:51PM	Ganesha: Clear	<i>Sunrise:</i> 4:54AM		Subhakrit 5124	
		Yama	4:54AM – 6:34AM	Harshana Until 3:21PM	Muruqa: White	<i>Sunset:</i> 6:16PM		Moon 4 - Phase 4 - 24	
		252445479 Rahu	1:15PM – 2:56PM	Bava Until 3:47AM Fri	Nataraja: Clear			4th Phase	
	Amrita Yoga			Ekadashi Until 4:23PM	Moon – Red			Devaloka Day	
Until 4:51PM					Vaisaka-Chaitra				
Then Routine Work - Marana Yoga									

4		Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 25 Sutra 26	
Kanya Rasi: 17.22	Tithi 12 – 13	Gulika	6:34AM – 8:14AM	Hasta Until 4:19PM	Ganesha: White	<i>Sunrise:</i> 4:54AM		Subhakrit 5124	
		Yama	2:56PM – 4:36PM	Vajra* Until 1:11PM	Muruqa: White	<i>Sunset:</i> 6:16PM		Moon 4 - Phase 4 - 25	
		262445479 Rahu	9:55AM – 11:35AM	Kaulava Until 2:02AM Sat	Nataraja: Clear			4th Phase	
Creative Work	Amrita Yoga			Dvadashi Until 2:58PM	Moon – Green			Sivaloka Day	
Until 4:19PM					Vaisaka-Chaitra				
Then Creative Work - Siddha Yoga									
					<i>Pradosha Vrata</i>				

5		Saturday, May 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 26 Sutra 27	
Tula Rasi: 1.2	Tithi 13 – 14	Gulika	4:53AM – 6:34AM	Chitra Until 2:58PM	Ganesha: White	<i>Sunrise:</i> 4:53AM		Subhakrit 5124	
		Yama	1:16PM – 2:56PM	Siddhi Until 10:28AM	Muruqa: White	<i>Sunset:</i> 6:17PM		Moon 4 - Phase 4 - 26	
		262445479 Rahu	8:14AM – 9:55AM	Gara Until 11:40PM	Nataraja: Clear			4th Phase	
Routine Work	Marana Yoga			Trayodashi Until 12:54PM	Moon – Green			Sivaloka Day	
Until 2:58PM					Vaisaka-Chaitra				
Then Creative Work - Siddha Yoga									

		Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sun 27 Sutra 28	
Copper Retreat Star		Gulika	2:56PM – 4:37PM	Svati Until 12:56PM	Ganesha: White	<i>Sunrise:</i> 4:53AM		Subhakrit 5124	
Tula Rasi: 15.41	Tithi 14 – 15	Yama	11:35AM – 1:16PM	Vyatipata* Until 7:19AM	Muruqa: White	<i>Sunset:</i> 6:18PM		Moon 4 - Phase 4 - 27	
		262445479 Rahu	4:37PM – 6:18PM	Visti Until 8:49PM	Nataraja: Clear			Purnima	
Creative Work	Siddha Yoga			Chaturdashi* Until 10:16AM	Moon – Green			Sivaloka Day	
Until 12:56PM					Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga									

Monday, May 16, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 29			
Silver Retreat Star		Gulika	1:16PM – 2:57PM	Vishakha Until 10:47AM	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM		Subhakrit 5124	
Vrischika Rasi: 0.22	Tithi 15 – 16	Yama	9:54AM – 11:35AM	Parigha* Until 12:00AM Tue	Muruqa: White	<i>Sunset:</i> 6:18PM		Moon 4 - Phase 4 -	
Family Home Evening		272445479 Rahu	6:33AM – 8:14AM	Kaulava Until 3:56AM Tue	Nataraja: Clear			Prathama	
Routine Work	Marana Yoga			Purnima* Until 7:14AM	Moon – Orange			Devaloka Day	
Until 10:47AM					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

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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

Manama, Bahrain
Sutra 30

Vrischika Rasi: 15.15 Tithi 17

272445479

Gulika 11:35AM – 1:16PM
Yama 8:13AM – 9:54AM
Rahu 2:57PM – 4:38PM

Anuradha Until 8:15AM

Shiva Until 8:07PM

Taitila Until 2:14PM

Dvitiya Until 12:31AM Wed

Ganesha: Yellow *Sunrise:* 4:52AM

Muruqa: White *Sunset:* 6:19PM

Nataraja: Clear

Moon – Orange

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 -

1st Phase

Creative Work Siddha Yoga

Until 8:15AM

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

Manama, Bahrain
Sun 1 Sutra 31

Dhanus Rasi: 0.13 Tithi 18

282445479

Gulika 9:54AM – 11:35AM
Yama 6:32AM – 8:13AM
Rahu 11:35AM – 1:16PM

Mula* Until 3:07AM Thu

Siddha Until 4:13PM

Vanija Until 10:49AM

Tritiya Until 9:08PM

Ganesha: Blue *Sunrise:* 4:51AM

Muruqa: White *Sunset:* 6:19PM

Nataraja: Clear

Moon – Light Blue

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 1

1st Phase

Routine Work Marana Yoga

Until 3:07AM Thu

Then Creative Work - Siddha Yoga

Sivaloka Day

2

Thursday, May 19, 2022

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

Manama, Bahrain
Sun 2 Sutra 32

Dhanus Rasi: 15.07 Tithi 19 – 20

282445479

Gulika 8:13AM – 9:54AM
Yama 4:51AM – 6:32AM
Rahu 1:16PM – 2:57PM

Purvashadha* Until 12:47AM Fri

Sadhya Until 12:27PM

Bava Until 7:30AM

Chaturthi* Until 5:55PM

Ganesha: Blue *Sunrise:* 4:51AM

Muruqa: White *Sunset:* 6:20PM

Nataraja: Clear

Moon – Light Blue

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 2

1st Phase

Creative Work Siddha Yoga

Until 12:47AM Fri

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

Manama, Bahrain
Sun 3 Sutra 33

Dhanus Rasi: 29.5 Tithi 20 – 21

282445479

Gulika 6:31AM – 8:13AM
Yama 2:58PM – 4:39PM
Rahu 9:54AM – 11:35AM

Uttarashadha Until 10:40PM

Subha Until 8:55AM

Gara Until 1:43AM Sat

Panchami Until 3:01PM

Ganesha: Blue *Sunrise:* 4:50AM

Muruqa: White *Sunset:* 6:20PM

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

Manama, Bahrain
Sun 4 Sutra 34

Makara Rasi: 14.17 Tithi 21 – 22

292445479

Gulika 4:50AM – 6:31AM
Yama 1:17PM – 2:58PM
Rahu 8:13AM – 9:54AM

Shravana Until 9:17PM

Brahma Until 2:51AM Sun

Visti Until 11:28PM

Shashthi* Until 12:31PM

Ganesha: Red *Sunrise:* 4:50AM

Muruqa: White *Sunset:* 6:21PM

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

Manama, Bahrain
Sun 5 Sutra 35

Makara Rasi: 28.25 Tithi 22 – 23

292445479

Gulika 2:58PM – 4:40PM
Yama 11:35AM – 1:17PM
Rahu 4:40PM – 6:21PM

Dhanishtha Until 8:17PM

Indra Until 12:29AM Mon

Balava Until 9:45PM

Saptami Until 10:31AM

Ganesha: Red *Sunrise:* 4:49AM

Muruqa: White *Sunset:* 6:21PM

Nataraja: Clear

Moon – Purple

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 5

Ashtami

Routine Work Marana Yoga

Until 8:17PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022

Retreat Star

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

Manama, Bahrain
Sun 6 Sutra 36

Kumbha Rasi: 12.11 Tithi 23 – 24

293445479

Gulika 1:17PM – 2:59PM
Yama 9:54AM – 11:35AM
Rahu 6:31AM – 8:12AM

Shatabhishak Until 7:43PM

Vaidhriti* Until 10:34PM

Taitila Until 8:38PM

Ashtami* Until 9:06AM

Ganesha: Green *Sunrise:* 4:49AM

Muruqa: White *Sunset:* 6:22PM

Nataraja: Clear

Moon – Purple

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 6

Navami

Creative Work Siddha Yoga

Until 7:43PM

Then Routine Work - Marana Yoga

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

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

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1		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 7 Sutra 37	
Kumbha Rasi: 25.37	Tithi 24 – 25	Gulika 11:35AM – 1:17PM	Purvaproshtapada* Until 8:03PM	Ganesha: Clear	<i>Sunrise:</i> 4:49AM			Subhakrit 5124	
		Yama 8:12AM – 9:54AM	Vishkambha* Until 9:09PM	Muruqa: White	<i>Sunset:</i> 6:22PM			Moon 5 - Phase 6 - 7	
		213545479 Rahu 2:59PM – 4:41PM	Vanija Until 8:06PM	Nataraja: Clear				2nd Phase	
Routine Work	Marana Yoga		Navami* Until 8:16AM	Moon – Clear				Devaloka Day	
Until 8:03PM				Vaisaka-Vaikasi					
Then Creative Work - Amrita Yoga									

2		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		Manama, Bahrain Sun 8 Sutra 38	
Meena Rasi: 8.43	Tithi 25 – 26	Gulika 9:54AM – 11:36AM	Uttaraproshtapada Until 8:48PM	Ganesha: Clear	<i>Sunrise:</i> 4:48AM			Subhakrit 5124	
		Yama 6:30AM – 8:12AM	Priti Until 8:13PM	Muruqa: White	<i>Sunset:</i> 6:23PM			Moon 5 - Phase 6 - 8	
		213545479 Rahu 11:36AM – 1:17PM	Bava Until 8:10PM	Nataraja: Clear				2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 8:02AM	Moon – Clear				Devaloka Day	
Until 8:48PM				Vaisaka-Vaikasi					
Then Routine Work - Marana Yoga									

3		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 9 Sutra 39	
Meena Rasi: 21.32	Tithi 26 – 27	Gulika 8:12AM – 9:54AM	Revati Until 9:57PM	Ganesha: Purple	<i>Sunrise:</i> 4:48AM			Subhakrit 5124	
		Yama 4:48AM – 6:30AM	Ayushman Until 7:42PM	Muruqa: White	<i>Sunset:</i> 6:23PM			Moon 5 - Phase 6 - 9	
		313545479 Rahu 1:18PM – 3:00PM	Kaulava Until 8:47PM	Nataraja: Clear				2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 8:23AM	Moon – Clear				Sivaloka Day	
Until 9:57PM				Vaisaka-Vaikasi					
Then Creative Work - Amrita Yoga									

4		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 10 Sutra 40	
Mesha Rasi: 4.05	Tithi 27 – 28	Gulika 6:30AM – 8:12AM	Ashvini Until 11:54PM	Ganesha: Clear	<i>Sunrise:</i> 4:48AM			Subhakrit 5124	
		Yama 3:00PM – 4:42PM	Saubhagya Until 7:35PM	Muruqa: White	<i>Sunset:</i> 6:24PM			Moon 5 - Phase 6 - 10	
		323545479 Rahu 9:54AM – 11:36AM	Gara Until 9:55PM	Nataraja: Clear				2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 9:17AM	Moon – White				Devaloka Day	
Until 11:54PM				Vaisaka-Vaikasi					
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>					

5		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 11 Sutra 41	
Mesha Rasi: 16.26	Tithi 28 – 29	Gulika 4:47AM – 6:30AM	Bharani Until 2:08AM Sun	Ganesha: Clear	<i>Sunrise:</i> 4:47AM			Subhakrit 5124	
		Yama 1:18PM – 3:00PM	Sobhana Until 7:51PM	Muruqa: White	<i>Sunset:</i> 6:24PM			Moon 5 - Phase 6 - 11	
		323545479 Rahu 8:12AM – 9:54AM	Visti Until 11:30PM	Nataraja: Clear				2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 10:39AM	Moon – White				Devaloka Day	
Until 4:32AM Mon				Vaisaka-Vaikasi					
Then Creative Work - Amrita Yoga									

●		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		Manama, Bahrain Sun 12 Sutra 42	
Retreat Star		Gulika 3:00PM – 4:43PM	Krittika Until 4:32AM Mon	Ganesha: Clear	<i>Sunrise:</i> 4:47AM			Subhakrit 5124	
Mesha Rasi: 28.37	Tithi 29 – 30	Yama 11:36AM – 1:18PM	Athiganda* Until 8:22PM	Muruqa: White	<i>Sunset:</i> 6:25PM			Moon 5 - Phase 6 - 12	
		323545479 Rahu 4:43PM – 6:25PM	Catuspada Until 1:28AM Mon	Nataraja: Clear				Amavasya	
Creative Work	Siddha Yoga		Chaturdashi* Until 12:25PM	Moon – White				Devaloka Day	
Until 4:32AM Mon				Vaisaka-Vaikasi					
Then Creative Work - Amrita Yoga									

Monday, May 30, 2022		Retreat Star				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 13 Sutra 43	
Vrshabha Rasi: 10.38	Tithi 30 – 1	Gulika 1:18PM – 3:01PM	Rohini Until 7:33AM Tue	Ganesha: Orange	<i>Sunrise:</i> 4:47AM			Subhakrit 5124	
Family Home Evening		Yama 9:54AM – 11:36AM	Sukarma Until 9:09PM	Muruqa: White	<i>Sunset:</i> 6:25PM			Moon 5 - Phase 6 - 13	
		333545479 Rahu 6:29AM – 8:12AM	Kintughna Until 3:42AM Tue	Nataraja: Clear				Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 2:32PM	Moon – Yellow				Devaloka Day	
Until 7:33AM 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

1	Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Manama, Bahrain Sun 14 Sutra 44
	Wrisabha Rasi: 22.34	Tithi 1 – 2	Gulika 11:36AM – 1:19PM Yama 8:11AM – 9:54AM Rahu 3:01PM – 4:43PM	Rohini Until 7:33AM Dhriti Until 10:06PM Balava Until 6:07AM Wed Prathama* Until 4:52PM	Ganesha: Orange <i>Sunrise:</i> 4:47AM Muruqa: White <i>Sunset:</i> 6:26PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 14 3rd Phase	
	Creative Work	Amrita Yoga				Devaloka Day	
		333545479					

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvityayam Titau				Manama, Bahrain Sun 15 Sutra 45
	Mithuna Rasi: 4.25	Tithi 2	Gulika 9:54AM – 11:36AM Yama 6:29AM – 8:11AM Rahu 11:36AM – 1:19PM	Mrigashira Until 10:33AM Shula* Until 11:05PM Balava Until 6:07AM Dvitiya Until 7:20PM	Ganesha: Orange <i>Sunrise:</i> 4:46AM Muruqa: White <i>Sunset:</i> 6:26PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 15 3rd Phase	
	Creative Work	Siddha Yoga				Devaloka Day	
		333545479					

3	Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 46
	Mithuna Rasi: 16.14	Tithi 3	Gulika 8:11AM – 9:54AM Yama 4:46AM – 6:29AM Rahu 1:19PM – 3:02PM	Ardra Until 1:25PM Ganda* Until 12:06AM Fri Taitila Until 8:36AM Tritiya Until 9:49PM	Ganesha: Orange <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 16 3rd Phase	
	Routine Work	Marana Yoga				Devaloka Day	
		333555479					

4	Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 47
	Mithuna Rasi: 28.05	Tithi 4	Gulika 6:29AM – 8:11AM Yama 3:02PM – 4:45PM Rahu 9:54AM – 11:37AM	Punarvasu Until 4:35PM Vriddhi Until 1:03AM Sat Vanija Until 11:03AM Chaturthi* Until 12:12AM Sat	Ganesha: Clear <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 17 3rd Phase	
	Creative Work	Siddha Yoga				Devaloka Day	
		343555479					

5	Saturday, June 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 48
	Kataka Rasi: 9.59	Tithi 5	Gulika 4:46AM – 6:29AM Yama 1:20PM – 3:02PM Rahu 8:11AM – 9:54AM	Pushya Until 7:23PM Dhruva Until 1:47AM Sun Bava Until 1:20PM Panchami Until 2:21AM Sun	Ganesha: Clear <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:28PM Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 18 3rd Phase	
	Creative Work	Siddha Yoga				Devaloka Day	
		343555479					

6	Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 49
	Kataka Rasi: 21.59	Tithi 6	Gulika 3:03PM – 4:45PM Yama 11:37AM – 1:20PM Rahu 4:45PM – 6:28PM	Ashlesha* Until 9:42PM Vyaghata* Until 2:15AM Mon Kaulava Until 3:19PM Shashthi* Until 4:08AM Mon	Ganesha: Clear <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:28PM Nataraja: Yellow Moon – Blue Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 19 3rd Phase	
	Creative Work	Siddha Yoga				Devaloka Day	
		343555471					

Monday, June 6, 2022	Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Manama, Bahrain Sun 20 Sutra 50
	Simha Rasi: 4.08	Tithi 7	Gulika 1:20PM – 3:03PM Yama 9:54AM – 11:37AM Rahu 6:29AM – 8:12AM	Magha* Until 11:53PM Harshana Until 2:21AM Tue Gara Until 4:51PM Saptami Until 5:23AM Tue	Ganesha: Purple <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:29PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 20 3rd Phase	
	Family Home Evening	Marana Yoga				Sivaloka Day	
		353555471					

Tuesday, June 7, 2022	Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Manama, Bahrain Sun 21 Sutra 51
	Simha Rasi: 16.3	Tithi 8	Gulika 11:37AM – 1:20PM Yama 8:12AM – 9:54AM Rahu 3:03PM – 4:46PM	Purvaphalguni Until 1:18AM Wed Vajra* Until 1:55AM Wed Visti Until 5:48PM Ashtami* Until 6:00AM Wed	Ganesha: Clear <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:29PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 21 Ashtami	
	Creative Work	Siddha Yoga				Devaloka Day	
		354555471					

Wednesday, June 8, 2022	Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 22 Sutra 52
	Simha Rasi: 29.1	Tithi 8 – 9	Gulika 9:55AM – 11:38AM Yama 6:29AM – 8:12AM Rahu 11:38AM – 1:21PM	Uttaraphalguni Until 1:51AM Thu Siddhi Until 12:55AM Thu Balava Until 6:03PM Ashtami* Until 6:00AM	Ganesha: Clear <i>Sunrise:</i> 4:46AM Muruqa: Green <i>Sunset:</i> 6:29PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Subhakit 5124 Moon 5 - Phase 7 - 22 Navami	
	Creative Work	Amrita Yoga				Devaloka Day	
		354555471					

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

1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 53
	Kanya Rasi: 12.11	Tithi 10	Gulika 8:12AM – 9:55AM	Hasta Until 1:55AM Fri	Ganesha: White <i>Sunrise:</i> 4:46AM	Subhakrit 5124
			Yama 4:46AM – 6:29AM	Vyatipata* Until 11:19PM	Muruqa: Green <i>Sunset:</i> 6:30PM	Moon 5 - Phase 8 - 23
	364555471		Rahu 1:21PM – 3:04PM	Taitila Until 5:31PM	Nataraja: Yellow	4th Phase
Routine Work Marana Yoga			Dashami Until 4:56AM Fri	Moon – Green	Bhuloka Day	
Until 1:55AM Fri				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga						

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau			Manama, Bahrain Sun 24 Sutra 54
	Kanya Rasi: 25.38	Tithi 11	Gulika 6:29AM – 8:12AM	Chitra Until 1:05AM Sat	Ganesha: White <i>Sunrise:</i> 4:46AM	Subhakrit 5124
			Yama 3:04PM – 4:47PM	Variyan Until 9:03PM	Muruqa: Green <i>Sunset:</i> 6:30PM	Moon 5 - Phase 8 - 24
	364555471		Rahu 9:55AM – 11:38AM	Vanija Until 4:12PM	Nataraja: Yellow	4th Phase
Creative Work Siddha Yoga			Ekadashi Until 3:14AM Sat	Moon – Green	Bhuloka Day	
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau			Manama, Bahrain Sun 25 Sutra 55
	Tula Rasi: 9.32	Tithi 12	Gulika 4:46AM – 6:29AM	Svati Until 11:24PM	Ganesha: White <i>Sunrise:</i> 4:46AM	Subhakrit 5124
			Yama 1:21PM – 3:04PM	Parigha* Until 6:13PM	Muruqa: Green <i>Sunset:</i> 6:31PM	Moon 5 - Phase 8 - 25
	364555471		Rahu 8:12AM – 9:55AM	Bava Until 2:08PM	Nataraja: Yellow	4th Phase
Creative Work Siddha Yoga			Dvadashi Until 12:51AM Sun	Moon – Green	Bhuloka Day	
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM	

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 56
	Tula Rasi: 23.53	Tithi 13	Gulika 3:05PM – 4:48PM	Vishakha Until 9:24PM	Ganesha: Yellow <i>Sunrise:</i> 4:46AM	Subhakrit 5124
			Yama 11:38AM – 1:22PM	Shiva Until 2:53PM	Muruqa: Green <i>Sunset:</i> 6:31PM	Moon 5 - Phase 8 - 26
	374555471		Rahu 4:48PM – 6:31PM	Kaulava Until 11:27AM	Nataraja: Yellow	4th Phase
Routine Work Marana Yoga			Trayodashi Until 9:53PM	Moon – Orange	Devaloka Day	
		Vaikasi Visakam		Jyeshtha-Vaikasi		
			<i>Pradosha Vrata</i>			

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 57
	Vrischika Rasi: 8.38	Tithi 14	Gulika 1:22PM – 3:05PM	Anuradha Until 6:50PM	Ganesha: Yellow <i>Sunrise:</i> 4:46AM	Subhakrit 5124
			Yama 9:55AM – 11:39AM	Siddha Until 11:08AM	Muruqa: Green <i>Sunset:</i> 6:31PM	Moon 5 - Phase 8 - 27
	374555471		Rahu 6:29AM – 8:12AM	Gara Until 8:15AM	Nataraja: Yellow	4th Phase
Family Home Evening			Chaturdashi* Until 6:30PM	Moon – Orange	Devaloka Day	
Creative Work Siddha Yoga				Jyeshtha-Vaikasi		

○	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Manama, Bahrain Sun 28 Sutra 58
	Copper Retreat Star		Gulika 11:39AM – 1:22PM	Jyeshtha* Until 3:52PM	Ganesha: Yellow <i>Sunrise:</i> 4:46AM	Subhakrit 5124
	Vrischika Rasi: 23.4	Tithi 15 – 16	Yama 8:12AM – 9:56AM	Sadhya Until 7:06AM	Muruqa: Green <i>Sunset:</i> 6:32PM	Moon 5 - Phase 8 - Purnima
	374555471		Rahu 3:05PM – 4:48PM	Balava Until 12:57AM Wed	Nataraja: Yellow	
Routine Work Marana Yoga			Purnima* Until 2:49PM	Moon – Orange	Devaloka Day	
Until 3:52PM				Jyeshtha-Vaikasi		
Then Creative Work - Amrita Yoga						

○	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau			Manama, Bahrain Sun 29 Sutra 59
	Silver Retreat Star		Gulika 9:56AM – 11:39AM	Mula* Until 1:02PM	Ganesha: Blue <i>Sunrise:</i> 4:46AM	Subhakrit 5124
	Dhanus Rasi: 8.52	Tithi 16 – 17	Yama 6:29AM – 8:12AM	Sukla Until 10:44PM	Muruqa: Green <i>Sunset:</i> 6:32PM	Moon 5 - Phase 8 - Prathama
	384555471		Rahu 11:39AM – 1:22PM	Taitila Until 9:09PM	Nataraja: Yellow	
Routine Work Marana Yoga			Prathama* Until 11:02AM	Moon – Light Blue	Bhuloka Day	
Until 1:02PM				Jyeshtha-Ani	Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga						



Thursday, June 16, 2022

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 24.03 Tithi 17 - 18

384555471

Gulika 8:13AM - 9:56AM
Yama 4:46AM - 6:29AM
Rahu 1:22PM - 3:06PM

Purvashadha* Until 10:08AM

Brahma Until 6:40PM

Visti Until 3:45AM Fri

Dvitiya Until 7:17AM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue

Jyeshtha-Ani

Sunrise: 4:46AM

Sunset: 6:32PM

Moon 6 - Phase 9 - 1

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 10:08AM

Then Routine Work - Marana Yoga

1

Friday, June 17, 2022

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

Manama, Bahrain

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 9.04 Tithi 19

384555471

Gulika 6:30AM - 8:13AM
Yama 3:06PM - 4:49PM
Rahu 9:56AM - 11:39AM

Uttarashadha Until 7:21AM

Indra Until 2:51PM

Bava Until 2:07PM

Chaturthi* Until 12:34AM Sat

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue

Jyeshtha-Ani

Sunrise: 4:46AM

Sunset: 6:32PM

Moon 6 - Phase 9 - 2

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga

2

Saturday, June 18, 2022

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

Manama, Bahrain

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 23.48 Tithi 20

394655471

Gulika 4:46AM - 6:30AM
Yama 1:23PM - 3:06PM
Rahu 8:13AM - 9:56AM

Dhanishtha Until 3:29AM Sun

Vaidhriti* Until 11:23AM

Kaulava Until 11:11AM

Panchami Until 9:54PM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Purple

Jyeshtha-Ani

Sunrise: 4:46AM

Sunset: 6:33PM

Moon 6 - Phase 9 - 3

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, June 19, 2022

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

Manama, Bahrain

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 8.08 Tithi 21

395655471

Gulika 3:06PM - 4:50PM
Yama 11:40AM - 1:23PM
Rahu 4:50PM - 6:33PM

Shatabhishak Until 2:16AM Mon

Vishkambha* Until 8:24AM

Gara Until 8:49AM

Shashthi* Until 7:52PM

Ganesha: Red

Muruqa: Green

Nataraja: Yellow

Moon - Purple

Jyeshtha-Ani

Sunrise: 4:47AM

Sunset: 6:33PM

Moon 6 - Phase 9 - 4

1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 2:16AM Mon

Then Routine Work - Marana Yoga

4

Monday, June 20, 2022

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

Manama, Bahrain

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 22.02 Tithi 22

315655471

Family Home Evening

Gulika 1:23PM - 3:07PM
Yama 9:57AM - 11:40AM
Rahu 6:30AM - 8:13AM

Purvaprossthapada* Until 2:05AM Tue

Variyan Until 6:00AM

Visti Until 7:08AM

Saptami Until 6:33PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:47AM

Sunset: 6:33PM

Moon 6 - Phase 9 - 5

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 2:05AM Tue

Then Creative Work - Amrita Yoga

5

Tuesday, June 21, 2022

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 5.29 Tithi 23

315655471

Gulika 11:40AM - 1:24PM
Yama 8:14AM - 9:57AM
Rahu 3:07PM - 4:50PM

Uttaraprossthapada Until 2:32AM Wed

Saubhagya Until 2:59AM Wed

Balava Until 6:12AM

Ashtami* Until 6:01PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:47AM

Sunset: 6:34PM

Moon 6 - Phase 9 - 6

Ashtami

Devaloka Day

Creative Work Amrita Yoga

Until 2:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 18.31 Tithi 24

315655471

Gulika 9:57AM - 11:40AM
Yama 6:30AM - 8:14AM
Rahu 11:40AM - 1:24PM

Revati Until 3:32AM Thu

Sobhana Until 2:24AM Thu

Taitila Until 6:03AM

Navami* Until 6:14PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:47AM

Sunset: 6:34PM

Moon 6 - Phase 9 - 7

Navami

Devaloka Day

Routine Work Marana Yoga

Until 3:32AM 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

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Manama, Bahrain Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 1.11	Tithi 25	Gulika 8:14AM – 9:57AM	Ashvini Until 5:31AM Fri	Ganesha: Purple	Sunrise: 4:47AM	Moon 6 - Phase 10 - 8	2nd Phase
		Yama 4:47AM – 6:31AM	Athiganda* Until 2:19AM Fri	Muruqa: Green	Sunset: 6:34PM		
		325655471 Rahu 1:24PM – 3:07PM	Vanija Until 6:38AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dashami Until 7:10PM	Moon – White			
Until 5:31AM Fri				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 13.34	Tithi 26	Gulika 6:31AM – 8:14AM	Bharani Until 7:52AM Sat	Ganesha: Purple	Sunrise: 4:48AM	Moon 6 - Phase 10 - 9	2nd Phase
		Yama 3:08PM – 4:51PM	Sukarma Until 2:41AM Sat	Muruqa: Green	Sunset: 6:34PM		
		325655471 Rahu 9:58AM – 11:41AM	Bava Until 7:53AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Bava Until 7:53AM	Moon – White			
Until 7:52AM Sat			Ekadashi* Until 8:41PM	Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvodashyam Titau		Manama, Bahrain Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 25.43	Tithi 27	Gulika 4:48AM – 6:31AM	Bharani Until 7:52AM	Ganesha: Purple	Sunrise: 4:48AM	Moon 6 - Phase 10 - 10	2nd Phase
		Yama 1:24PM – 3:08PM	Dhriti Until 3:23AM Sun	Muruqa: Green	Sunset: 6:34PM		
		325655471 Rahu 8:14AM – 9:58AM	Kaulava Until 9:39AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Dvadashi* Until 10:40PM	Moon – White			
Until 7:52AM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Manama, Bahrain Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 7.43	Tithi 28	Gulika 3:08PM – 4:51PM	Krittika Until 10:25AM	Ganesha: Purple	Sunrise: 4:48AM	Moon 6 - Phase 10 - 11	2nd Phase
		Yama 11:41AM – 1:25PM	Shula* Until 4:17AM Mon	Muruqa: Green	Sunset: 6:34PM		
		325655471 Rahu 4:51PM – 6:34PM	Gara Until 11:48AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Trayodashi* Until 12:57AM Mon	Moon – White			
Until 7:52AM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
				<i>Pradosha Vrata (Fasting)</i>			
5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Manama, Bahrain Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 19.35	Tithi 29	Gulika 1:25PM – 3:08PM	Rohini Until 1:33PM	Ganesha: Light Blue	Sunrise: 4:48AM	Moon 6 - Phase 10 - 12	2nd Phase
Family Home Evening		Yama 9:58AM – 11:42AM	Ganda* Until 5:18AM Tue	Muruqa: Green	Sunset: 6:35PM		
		335655471 Rahu 6:32AM – 8:15AM	Visti Until 2:11PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Chaturdashi* Until 3:25AM Tue	Moon – Yellow			
Until 4:37PM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 1.26	Tithi 30	Gulika 11:42AM – 1:25PM	Mrigashira Until 4:37PM	Ganesha: Light Blue	Sunrise: 4:49AM	Moon 6 - Phase 10 - 13	Amavasya
		Yama 8:15AM – 9:58AM	Vriddhi Until 6:22AM Wed	Muruqa: Green	Sunset: 6:35PM		
		335655471 Rahu 3:08PM – 4:51PM	Catuspada Until 4:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 5:55AM Wed	Moon – Yellow			
Until 4:37PM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Wednesday, June 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vriddhi/Dhruva Yoga Kintughna* Karana Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 13.15	Tithi 1	Gulika 9:59AM – 11:42AM	Ardra Until 7:30PM	Ganesha: Purple	Sunrise: 4:49AM	Moon 6 - Phase 10 - 14	Prathama
		Yama 6:32AM – 8:15AM	Vriddhi Until 6:22AM	Muruqa: Green	Sunset: 6:35PM		
		336655471 Rahu 11:42AM – 1:25PM	Kintughna Until 7:10PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Prathama* Until 8:22AM Thu	Moon – Yellow			
Until 4:37PM				Ashada-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							

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

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1		Thursday, June 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Manama, Bahrain Sun 15 Sutra 74 Subhakarit 5124	
Mithuna Rasi: 25.05	Tithi 1 – 2	Gulika 8:16AM – 9:59AM	Punarvasu Until 10:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:49AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 4:49AM – 6:33AM	Dhruva Until 7:22AM	Nataraja: Yellow		Moon 6 - Phase 11 - 15	3rd Phase
Creative Work	Amrita Yoga	346655471 Rahu 1:25PM – 3:08PM	Balava Until 9:34PM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			Prathama* Until 8:22AM	Ashada* Ani			
2		Friday, July 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 16 Sutra 75 Subhakarit 5124	
Kataka Rasi: 6.59	Tithi 2 – 3	Gulika 6:33AM – 8:16AM	Pushya Until 1:26AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 4:50AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 3:09PM – 4:52PM	Vyaghata* Until 8:16AM	Nataraja: Yellow		Moon 6 - Phase 11 - 16	3rd Phase
Routine Work	Marana Yoga	346655471 Rahu 9:59AM – 11:42AM	Taitila Until 11:47PM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			Dvitiya Until 10:41AM	Ashada* Ani			
3		Saturday, July 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Manama, Bahrain Sun 17 Sutra 76 Subhakarit 5124	
Kataka Rasi: 18.56	Tithi 3 – 4	Gulika 4:50AM – 6:33AM	Ashlesha* Until 3:49AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 4:50AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 1:26PM – 3:09PM	Harshana Until 9:02AM	Nataraja: Yellow		Moon 6 - Phase 11 - 17	3rd Phase
Routine Work	Marana Yoga	346655471 Rahu 8:16AM – 9:59AM	Vanija Until 1:45AM Sun	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			Tritiya Until 12:47PM	Ashada* Ani			
4		Sunday, July 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 18 Sutra 77 Subhakarit 5124	
Simha Rasi: 1.01	Tithi 4 – 5	Gulika 3:09PM – 4:52PM	Magha* Until 6:12AM Mon	Ganesha: Orange	<i>Sunrise:</i> 4:50AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 11:43AM – 1:26PM	Vajra* Until 9:34AM	Nataraja: Yellow		Moon 6 - Phase 11 - 18	3rd Phase
Routine Work	Marana Yoga	356655471 Rahu 4:52PM – 6:35PM	Bava Until 3:23AM Mon	Moon – Red		Devaloka Day	
Until 6:12AM Mon			Chaturthi* Until 2:36PM	Ashada* Ani			
Then Creative Work - Siddha Yoga							
5		Monday, July 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyalipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Manama, Bahrain Sun 19 Sutra 78 Subhakarit 5124	
Simha Rasi: 13.13	Tithi 5 – 6	Gulika 1:26PM – 3:09PM	Magha* Until 6:12AM	Ganesha: Orange	<i>Sunrise:</i> 4:51AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
Family Home Evening		Yama 10:00AM – 11:43AM	Siddhi Until 9:50AM	Nataraja: Yellow		Moon 6 - Phase 11 - 19	3rd Phase
Routine Work	Marana Yoga	356655471 Rahu 6:34AM – 8:17AM	Kaulava Until 4:35AM Tue	Moon – Red		Devaloka Day	
Until 6:12AM			Panchami Until 4:02PM	Ashada* Ani			
Then Creative Work - Siddha Yoga							
6		Tuesday, July 5, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Manama, Bahrain Sun 20 Sutra 79 Subhakarit 5124	
Simha Rasi: 25.37	Tithi 6 – 7	Gulika 11:43AM – 1:26PM	Purvaphalguni Until 7:59AM	Ganesha: Orange	<i>Sunrise:</i> 4:51AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 8:17AM – 10:00AM	Vyatipata* Until 9:45AM	Nataraja: Yellow		Moon 6 - Phase 11 - 20	3rd Phase
Creative Work	Siddha Yoga	356655471 Rahu 3:09PM – 4:52PM	Gara Until 5:15AM Wed	Moon – Red		Devaloka Day	
Until 7:59AM			Shashthi* Until 4:58PM	Ashada* Ani			
Then Creative Work - Amrita Yoga		Chidambaram Abhishekam					
Retreat Star		Wednesday, July 6, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Manama, Bahrain Sun 21 Sutra 80 Subhakarit 5124	
Kanya Rasi: 8.16	Tithi 7 – 8	Gulika 10:00AM – 11:43AM	Uttaraphalguni Until 9:04AM	Ganesha: Clear	<i>Sunrise:</i> 4:52AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 6:35AM – 8:17AM	Variyan Until 9:12AM	Nataraja: Yellow		Moon 6 - Phase 11 - 21	3rd Phase
Creative Work	Amrita Yoga	357655471 Rahu 11:43AM – 1:26PM	Visti Until 5:16AM Thu	Moon – Red		Devaloka Day	
Until 9:04AM			Saptami Until 5:19PM	Ashada* Ani			
Then Routine Work - Marana Yoga							
Retreat Star		Thursday, July 7, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Manama, Bahrain Sun 22 Sutra 81 Subhakarit 5124	
Kanya Rasi: 21.13	Tithi 8 – 9	Gulika 8:18AM – 10:01AM	Hasta Until 9:50AM	Ganesha: Clear	<i>Sunrise:</i> 4:52AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 4:52AM – 6:35AM	Parigha* Until 8:08AM	Nataraja: Yellow		Moon 6 - Phase 11 - 22	Ashtami
Routine Work	Marana Yoga	467655471 Rahu 1:26PM – 3:09PM	Balava Until 4:33AM Fri	Moon – Green		Devaloka Day	
Until 9:50AM			Ashtami* Until 4:59PM	Ashada* Ani			
Then Creative Work - Siddha Yoga							
Retreat Star		Friday, July 8, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 82 Subhakarit 5124	
Tula Rasi: 4.34	Tithi 9 – 10	Gulika 6:35AM – 8:18AM	Chitra Until 9:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:52AM	Muruqa: Green	<i>Sunset:</i> 6:35PM
		Yama 3:09PM – 4:52PM	Shiva Until 6:31AM	Nataraja: Yellow		Moon 6 - Phase 11 - 23	Navami
Creative Work	Siddha Yoga	467655471 Rahu 10:01AM – 11:44AM	Taitila Until 3:07AM Sat	Moon – Green		Devaloka Day	
			Navami* Until 3:55PM	Ashada* Ani			


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

1	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 83
	Tula Rasi: 18.19	Tithi 10 - 11	Gulika 4:53AM - 6:36AM	Svati Until 8:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:53AM	Subhakrit 5124
			Yama 1:26PM - 3:09PM	Sadhya Until 1:27AM Sun	Muruqa: Green	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:18AM - 10:01AM	Vanija Until 12:58AM Sun	Nataraja: Yellow		4th Phase
			Dashami Until 2:07PM	Moon - Green		Devaloka Day	
				Ashada*Ani			

2	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visi/Bava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 84
	Vrischika Rasi: 2.31	Tithi 11 - 12	Gulika 3:09PM - 4:52PM	Vishakha Until 7:20AM	Ganesha: White	<i>Sunrise:</i> 4:53AM	Subhakrit 5124
			Yama 11:44AM - 1:26PM	Subha Until 10:09PM	Muruqa: Green	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 4:52PM - 6:34PM	Bava Until 10:13PM	Nataraja: Yellow		4th Phase
			Ekadashi Until 11:39AM	Moon - Orange		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	

3	Monday, July 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 85
	Vrischika Rasi: 17.08	Tithi 12 - 13	Gulika 1:26PM - 3:09PM	Jyeshtha* Until 2:31AM Tue	Ganesha: White	<i>Sunrise:</i> 4:54AM	Subhakrit 5124
	Family Home Evening		Yama 10:01AM - 11:44AM	Sukla Until 6:24PM	Muruqa: Green	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 6:36AM - 8:19AM	Kaulava Until 6:57PM	Nataraja: Yellow		4th Phase
			Dvadashi Until 8:37AM	Moon - Orange		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
				<i>Pradosha Vrata</i>			

4	Tuesday, July 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 86
	Dhanus Rasi: 2.06	Tithi 14	Gulika 11:44AM - 1:27PM	Mula* Until 11:46PM	Ganesha: White	<i>Sunrise:</i> 4:54AM	Subhakrit 5124
			Yama 8:19AM - 10:02AM	Brahma Until 2:22PM	Muruqa: Green	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 3:09PM - 4:51PM	Gara Until 3:20PM	Nataraja: Yellow		4th Phase
			Chaturdashi* Until 1:26AM Wed	Moon - Light Blue		Sivaloka Day	
				Ashada*Ani			

	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visi/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 87
	Dhanus Rasi: 17.16	Tithi 15	Gulika 10:02AM - 11:44AM	Purvashadha* Until 8:46PM	Ganesha: Yellow	<i>Sunrise:</i> 4:55AM	Subhakrit 5124
			Yama 6:37AM - 8:19AM	Indra Until 10:11AM	Muruqa: Green	<i>Sunset:</i> 6:34PM	Moon 6 - Phase 12 - Purnima
	Creative Work	Amrita Yoga	488755471 Rahu 11:44AM - 1:27PM	Visti Until 11:32AM	Nataraja: Yellow		
			Purnima* Until 9:35PM	Moon - Light Blue		Devaloka Day	
				Ashada*Ani			
				Satguru Purnima			

5	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Manama, Bahrain Sutra 88
	Makara Rasi: 2.31	Tithi 16 - 17	Gulika 8:20AM - 10:02AM	Uttarashadha Until 5:40PM	Ganesha: Yellow	<i>Sunrise:</i> 4:55AM	Subhakrit 5124
			Yama 4:55AM - 6:37AM	Vishkambha* Until 1:47AM Fri	Muruqa: Green	<i>Sunset:</i> 6:33PM	Moon 6 - Phase 12 - Prathama
	Routine Work	Marana Yoga	488755471 Rahu 1:27PM - 3:09PM	Balava Until 7:41AM	Nataraja: Yellow		
			Prathama* Until 5:47PM	Moon - Light Blue		Devaloka Day	
				Ashada*Ani			

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



Friday, July 15, 2022
Gold Retreat Star

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

Manama, Bahrain
Sun 1 Sutra 89

Makara Rasi: 17.4 Tithi 17 - 18

498755471

Gulika 6:38AM - 8:20AM
Yama 3:09PM - 4:51PM
Rahu 10:02AM - 11:44AM

Shravana Until 3:04PM
Priti Until 9:54PM
Vanija Until 12:35AM Sat
Dvitiya Until 2:13PM

Ganesha: Blue *Sunrise: 4:56AM*
Muruqa: Green *Sunset: 6:33PM*
Nataraja: Yellow
Moon - Purple
Ashada*Ani

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

Routine Work Marana Yoga
Until 3:04PM
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 Yoga Visti*/Bava Karana Tritiya/Chaturtham Titau

Manama, Bahrain
Sun 2 Sutra 90

Kumbha Rasi: 2.32 Tithi 18 - 19

498755471

Gulika 4:56AM - 6:38AM
Yama 1:27PM - 3:09PM
Rahu 8:20AM - 10:02AM

Dhanishtha Until 12:44PM
Ayushman Until 6:22PM
Bava Until 9:40PM
Tritiya Until 11:02AM

Ganesha: Blue *Sunrise: 4:56AM*
Muruqa: Green *Sunset: 6:33PM*
Nataraja: Yellow
Moon - Purple
Ashada*Adi

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

Creative Work Siddha Yoga
Until 12:44PM
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/Kaulava Karana Chaturthi/Panchamyam Titau

Manama, Bahrain
Sun 3 Sutra 91

Kumbha Rasi: 17.02 Tithi 19 - 20

498755472

Gulika 3:09PM - 4:51PM
Yama 11:45AM - 1:27PM
Rahu 4:51PM - 6:33PM

Shatabhishak Until 10:50AM
Saubhagya Until 3:22PM
Kaulava Until 7:22PM
Chaturthi* Until 8:25AM

Ganesha: Blue *Sunrise: 4:57AM*
Muruqa: Green *Sunset: 6:33PM*
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 Taitila/Vanija Karana Panchami/Shashtyam Titau

Manama, Bahrain
Sun 4 Sutra 92

Meena Rasi: 1.04 Tithi 20 - 21

418755472

Gulika 1:27PM - 3:08PM
Yama 10:03AM - 11:45AM
Rahu 6:39AM - 8:21AM

Purvaproshtapada* Until 9:56AM
Sobhana Until 12:58PM
Vanija Until 5:22AM Tue
Panchami Until 6:29AM

Ganesha: White *Sunrise: 4:57AM*
Muruqa: Green *Sunset: 6:32PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

Family Home Evening
Routine Work Marana Yoga
Until 9:56AM
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

Manama, Bahrain
Sun 5 Sutra 93

Meena Rasi: 14.37 Tithi 22

419755472

Gulika 11:45AM - 1:27PM
Yama 8:21AM - 10:03AM
Rahu 3:08PM - 4:50PM

Uttaraproshtapada Until 9:42AM
Athiganda* Until 11:13AM
Visti Until 5:09PM
Saptami Until 5:06AM Wed

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: Green *Sunset: 6:32PM*
Nataraja: White
Moon - Clear
Ashada*Adi

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

Creative Work Amrita Yoga
Until 9:42AM
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

Manama, Bahrain
Sun 6 Sutra 94

Meena Rasi: 27.41 Tithi 23

419755472

Gulika 10:03AM - 11:45AM
Yama 6:40AM - 8:21AM
Rahu 11:45AM - 1:26PM

Revati Until 10:10AM
Sukarma Until 10:11AM
Balava Until 5:19PM
Ashtami* Until 5:42AM Thu

Ganesha: Clear *Sunrise: 4:58AM*
Muruqa: Green *Sunset: 6:32PM*
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 Karana Navamyam Titau

Manama, Bahrain
Sun 7 Sutra 95

Mesha Rasi: 10.2 Tithi 24

429755472

Gulika 8:22AM - 10:03AM
Yama 4:58AM - 6:40AM
Rahu 1:26PM - 3:08PM

Ashvini Until 11:46AM
Dhriti Until 9:49AM
Taitila Until 6:19PM
Navami* Until 7:03AM Fri

Ganesha: Purple *Sunrise: 4:58AM*
Muruqa: Green *Sunset: 6:31PM*
Nataraja: White
Moon - White
Ashada*Adi

Devaloka Day

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

1	Friday, July 22, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Manama, Bahrain Sun 8 Sutra 96
	Mesha Rasi: 22.39 Tithi 24 – 25	Gulika 6:40AM – 8:22AM Yama 3:08PM – 4:49PM	Bharani Until 1:54PM Shula* Until 9:59AM Vanija Until 7:59PM Navami* Until 7:03AM	Ganesha: Purple Muruqa: Green Nataraja: White Moon – White Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 8 2nd Phase
	429755472 Rahu 10:03AM – 11:45AM			Sunrise: 4:59AM Sunset: 6:31PM	
	Creative Work Siddha Yoga				Devaloka Day


2	Saturday, July 23, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda*/Vridhi Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 9 Sutra 97
	Vrishabha Rasi: 4.44 Tithi 25 – 26	Gulika 4:59AM – 6:41AM Yama 1:26PM – 3:08PM	Krittika Until 4:24PM Ganda* Until 10:37AM Bava Until 10:08PM Dashami Until 8:59AM	Ganesha: Purple Muruqa: Green Nataraja: White Moon – White Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 9 2nd Phase
	429755472 Rahu 8:22AM – 10:04AM			Sunrise: 4:59AM Sunset: 6:30PM	
	Creative Work Amrita Yoga				Devaloka Day


3	Sunday, July 24, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 10 Sutra 98
	Vrishabha Rasi: 16.38 Tithi 26 – 27	Gulika 3:07PM – 4:49PM Yama 11:45AM – 1:26PM	Rohini Until 7:32PM Vridhi Until 11:32AM Kaulava Until 12:34AM Mon Ekadashi* Until 11:18AM	Ganesha: Clear Muruqa: Green Nataraja: White Moon – Yellow Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 10 2nd Phase
	439755472 Rahu 4:49PM – 6:30PM			Sunrise: 5:00AM Sunset: 6:30PM	
	Creative Work Siddha Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

4	Monday, July 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Taillita*/Gara Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 11 Sutra 99
	Vrishabha Rasi: 28.29 Tithi 27 – 28 Family Home Evening	Gulika 1:26PM – 3:07PM Yama 10:04AM – 11:45AM	Mrigashira Until 10:37PM Dhruva Until 12:34PM Gara Until 3:06AM Tue Dvadashi* Until 1:49PM	Ganesha: Clear Muruqa: Green Nataraja: White Moon – Yellow Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 11 2nd Phase
	439755472 Rahu 6:42AM – 8:23AM			Sunrise: 5:00AM Sunset: 6:29PM	
	Creative Work Amrita Yoga Until 10:37PM Then Creative Work - Siddha Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM <i>Pradosha Vrata (Fasting)</i>

5	Tuesday, July 26, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistil*/ Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 12 Sutra 100
	Mithuna Rasi: 10.17 Tithi 28 – 29	Gulika 11:45AM – 1:26PM Yama 8:23AM – 10:04AM	Ardra Until 1:30AM Wed Vyaghata* Until 1:38PM Vistil Until 5:34AM Wed Trayodashi* Until 4:20PM	Ganesha: Clear Muruqa: Green Nataraja: White Moon – Yellow Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 12 2nd Phase
	439755472 Rahu 3:07PM – 4:48PM			Sunrise: 5:01AM Sunset: 6:29PM	
	Routine Work Marana Yoga Until 1:30AM Wed Then Creative Work - Siddha Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

6	Wednesday, July 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni* Karana Chaturdashyam Titau			Manama, Bahrain Sun 13 Sutra 101
	Mithuna Rasi: 22.07 Tithi 29	Gulika 10:04AM – 11:45AM Yama 6:42AM – 8:23AM	Punarvasu Until 4:35AM Thu Harshana Until 2:37PM Sakuni Until 6:44PM Chaturdashi* Until 6:44PM	Ganesha: Yellow Muruqa: Green Nataraja: White Moon – Blue Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 13 2nd Phase
	441755472 Rahu 11:45AM – 1:26PM			Sunrise: 5:01AM Sunset: 6:28PM	
	Creative Work Siddha Yoga Until 4:35AM Thu Then Creative Work - Amrita Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

	Thursday, July 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Manama, Bahrain Sun 14 Sutra 102
	Retreat Star Kataka Rasi: 4.02 Tithi 30	Gulika 8:23AM – 10:04AM Yama 5:02AM – 6:43AM	Pushya Until 7:16AM Fri Vajra* Until 3:26PM Catuspada Until 7:52AM Amavasya* Until 8:55PM	Ganesha: Yellow Muruqa: Green Nataraja: White Moon – Blue Ashada*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 14 Amavasya
	441755472 Rahu 1:26PM – 3:06PM			Sunrise: 5:02AM Sunset: 6:28PM	
	Creative Work Amrita Yoga Until 7:16AM Fri Then Routine Work - Marana Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

	Friday, July 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatpata* Yoga Kintughna*/Bava Karana Prathamayam Titau			Manama, Bahrain Sun 15 Sutra 103
	Retreat Star Kataka Rasi: 16.01 Tithi 1	Gulika 6:43AM – 8:24AM Yama 3:06PM – 4:47PM	Pushya Until 7:16AM Siddhi Until 4:04PM Kintughna Until 9:57AM Prathama* Until 10:51PM	Ganesha: Yellow Muruqa: Green Nataraja: White Moon – Blue Sravana*Adi	Subhakrit 5124 Moon 7 - Phase 14 - 15 Prathama
	441755472 Rahu 10:04AM – 11:45AM			Sunrise: 5:02AM Sunset: 6:27PM	
	Routine Work Marana Yoga				Bhuloka Day Devaloka Time: 9:AM to 12:PM

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

1 Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Manama, Bahrain Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 28.07	Tithi 2	Gulika 5:03AM – 6:43AM	Ashlesha* Until 9:31AM	Ganesha: Yellow	<i>Sunrise:</i> 5:03AM	
		Yama 1:25PM – 3:06PM	Vyatipata* Until 4:30PM	Muruqa: Green	<i>Sunset:</i> 6:27PM	Moon 7 - Phase 15 - 16
		441755472 Rahu 8:24AM – 10:04AM	Balava Until 11:44AM	Nataraja: White		3rd Phase
Routine Work	Marana Yoga		Dvitiya Until 12:29AM Sun	Moon – Blue		Bhuloka Day
Until 9:31AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Amrita Yoga						

2 Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Manama, Bahrain Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 10.2	Tithi 3	Gulika 3:06PM – 4:46PM	Magha* Until 11:48AM	Ganesha: Red	<i>Sunrise:</i> 5:04AM	
		Yama 11:45AM – 1:25PM	Varyan Until 4:39PM	Muruqa: Green	<i>Sunset:</i> 6:26PM	Moon 7 - Phase 15 - 17
		451755472 Rahu 4:46PM – 6:26PM	Taitila Until 1:12PM	Nataraja: White		3rd Phase
Routine Work	Marana Yoga		Tritiya Until 1:47AM Mon	Moon – Red		Bhuloka Day
Until 11:48AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

3 Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturtham Titau				Manama, Bahrain Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 22.43	Tithi 4	Gulika 1:25PM – 3:05PM	Purvaphalguni Until 1:35PM	Ganesha: Red	<i>Sunrise:</i> 5:04AM	
Family Home Evening		Yama 10:05AM – 11:45AM	Parigha* Until 4:32PM	Muruqa: Green	<i>Sunset:</i> 6:26PM	Moon 7 - Phase 15 - 18
		451755472 Rahu 6:44AM – 8:24AM	Vanija Until 2:19PM	Nataraja: White		3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 2:43AM Tue	Moon – Red		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

4 Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 5.15	Tithi 5	Gulika 11:45AM – 1:25PM	Uttaraphalguni Until 2:48PM	Ganesha: Red	<i>Sunrise:</i> 5:05AM	
		Yama 8:25AM – 10:05AM	Shiva Until 4:06PM	Muruqa: Green	<i>Sunset:</i> 6:25PM	Moon 7 - Phase 15 - 19
		451755472 Rahu 3:05PM – 4:45PM	Bava Until 3:02PM	Nataraja: White		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 3:12AM Wed	Moon – Red		Bhuloka Day
Until 2:48PM		Nag Panchami		Sravana*Adi		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

5 Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashtham Titau				Manama, Bahrain Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 18	Tithi 6	Gulika 10:05AM – 11:45AM	Hasta Until 3:53PM	Ganesha: Blue	<i>Sunrise:</i> 5:05AM	
		Yama 6:45AM – 8:25AM	Siddha Until 3:17PM	Muruqa: Green	<i>Sunset:</i> 6:24PM	Moon 7 - Phase 15 - 20
		461755472 Rahu 11:45AM – 1:25PM	Kaulava Until 3:17PM	Nataraja: White		3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 3:11AM Thu	Moon – Green		Devaloka Day
Until 3:53PM				Sravana*Adi		
Then Creative Work - Siddha Yoga						

6 Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Manama, Bahrain Sun 21 Sutra 109 Subhakrit 5124
Tula Rasi: 0.59	Tithi 7	Gulika 8:25AM – 10:05AM	Chitra Until 4:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:05AM	
		Yama 5:05AM – 6:45AM	Sadhya Until 2:03PM	Muruqa: Green	<i>Sunset:</i> 6:24PM	Moon 7 - Phase 15 - 21
		461755472 Rahu 1:24PM – 3:04PM	Gara Until 3:00PM	Nataraja: White		3rd Phase
Creative Work	Siddha Yoga		Saptami Until 2:37AM Fri	Moon – Green		Devaloka Day
Until 4:17PM				Sravana*Adi		
Then Creative Work - Amrita Yoga						

Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Manama, Bahrain Sun 22 Sutra 110 Subhakrit 5124
Retreat Star		Gulika 6:46AM – 8:25AM	Svati Until 3:58PM	Ganesha: Blue	<i>Sunrise:</i> 5:06AM	
Tula Rasi: 14.17	Tithi 8	Yama 3:04PM – 4:43PM	Subha Until 12:22PM	Muruqa: White	<i>Sunset:</i> 6:23PM	Moon 7 - Phase 15 - 22
		461765472 Rahu 10:05AM – 11:44AM	Visti Until 2:07PM	Nataraja: White		Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 1:26AM Sat	Moon – Green		Devaloka Day
		Varalakshmi Vratam		Sravana*Adi		

Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Manama, Bahrain Sun 23 Sutra 111 Subhakrit 5124
Retreat Star		Gulika 5:06AM – 6:46AM	Vishakha Until 3:19PM	Ganesha: White	<i>Sunrise:</i> 5:06AM	
Tula Rasi: 27.56	Tithi 9	Yama 1:24PM – 3:03PM	Sukla Until 10:09AM	Muruqa: White	<i>Sunset:</i> 6:22PM	Moon 7 - Phase 15 - 23
		472765472 Rahu 8:25AM – 10:05AM	Balava Until 12:38PM	Nataraja: White		Navami
Creative Work	Siddha Yoga		Navami* Until 11:38PM	Moon – Orange		Bhuloka Day
				Sravana*Adi		

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

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<h1>1</h1>	Sunday, August 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 24 Sutra 112 Subhakrit 5124
	Vrischika Rasi: 11.56 Tithi 10	Gulika 3:03PM – 4:42PM	Anuradha Until 1:56PM	Ganesha: Yellow Sunrise: 5:07AM	Muruqa: White Sunset: 6:21PM	Moon 7 - Phase 16 - 24 4th Phase
	472865472 Rahu 4:42PM – 6:21PM	Yama 11:44AM – 1:24PM	Brahma Until 7:28AM	Nataraja: White	Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM
	Routine Work Marana Yoga	Rahu 4:42PM – 6:21PM	Taitila Until 10:32AM	Moon – Orange	Sravana*Adi	
		Dashami Until 9:16PM				

<h1>2</h1>	Monday, August 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 25 Sutra 113 Subhakrit 5124
	Vrischika Rasi: 26.2 Tithi 11	Gulika 1:23PM – 3:02PM	Jyeshtha* Until 11:53AM	Ganesha: Yellow Sunrise: 5:07AM	Muruqa: White Sunset: 6:21PM	Moon 7 - Phase 16 - 25 4th Phase
	472865472 Rahu 6:47AM – 8:26AM	Yama 10:05AM – 11:44AM	Vaidhriti* Until 12:48AM Tue	Nataraja: White	Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM
	Family Home Evening Creative Work Siddha Yoga	Rahu 6:47AM – 8:26AM	Vanija Until 7:55AM	Moon – Orange	Sravana*Adi	
		Ekadashi Until 6:25PM				

<h1>3</h1>	Tuesday, August 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 114 Subhakrit 5124
	Dhanus Rasi: 11.02 Tithi 12 – 13	Gulika 11:44AM – 1:23PM	Mula* Until 9:41AM	Ganesha: White Sunrise: 5:08AM	Muruqa: White Sunset: 6:20PM	Moon 7 - Phase 16 - 26 4th Phase
	482865472 Rahu 3:02PM – 4:41PM	Yama 8:26AM – 10:05AM	Vishkambha* Until 8:59PM	Nataraja: White	Moon – Light Blue	Devaloka Day
	Creative Work Amrita Yoga Until 9:41AM Then Creative Work - Siddha Yoga	Rahu 3:02PM – 4:41PM	Kaulava Until 1:28AM Wed	Moon – Light Blue	Sravana*Adi	
		Dvodashi Until 3:10PM				
		<i>Pradosha Vrata</i>				

<h1>4</h1>	Wednesday, August 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Prithi/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 115 Subhakrit 5124
	Dhanus Rasi: 25.59 Tithi 13 – 14	Gulika 10:05AM – 11:44AM	Purvashadha* Until 7:04AM	Ganesha: White Sunrise: 5:08AM	Muruqa: White Sunset: 6:19PM	Moon 7 - Phase 16 - 27 4th Phase
	482865472 Rahu 11:44AM – 1:23PM	Yama 6:47AM – 8:26AM	Prithi Until 5:01PM	Nataraja: White	Moon – Light Blue	Devaloka Day
	Creative Work Amrita Yoga	Rahu 11:44AM – 1:23PM	Gara Until 9:55PM	Moon – Light Blue	Sravana*Adi	
		Trayodashi Until 11:41AM				

	Thursday, August 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sutra 116 Subhakrit 5124
	Copper Retreat Star	Gulika 8:26AM – 10:05AM	Shravana Until 1:36AM Fri	Ganesha: Clear Sunrise: 5:09AM	Muruqa: White Sunset: 6:18PM	Moon 7 - Phase 16 - Purnima
	Makara Rasi: 11.02 Tithi 14 – 15	Yama 5:09AM – 6:48AM	Ayushman Until 12:59PM	Nataraja: White	Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM
	492865472 Rahu 1:22PM – 3:01PM	Rahu 1:22PM – 3:01PM	Visti Until 6:20PM	Moon – Purple	Sravana*Adi	
		Raksha Bandhan	Chaturdashi* Until 8:06AM			

<h1>5</h1>	Friday, August 12, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 117 Subhakrit 5124
	Silver Retreat Star	Gulika 6:48AM – 8:26AM	Dhanishtha Until 11:06PM	Ganesha: Clear Sunrise: 5:09AM	Muruqa: White Sunset: 6:18PM	Moon 7 - Phase 16 - Prathama
	Makara Rasi: 26.04 Tithi 16	Yama 3:01PM – 4:39PM	Saubhagya Until 9:02AM	Nataraja: White	Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM
	492865472 Rahu 10:05AM – 11:44AM	Rahu 10:05AM – 11:44AM	Balava Until 2:55PM	Moon – Purple	Sravana*Adi	
		Prathama* Until 1:18AM Sat				

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

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

Manama, Bahrain
Sutra 118

Kumbha Rasi: 10.53 Tithi 17

492865472

Gulika 5:10AM – 6:48AM
Yama 1:22PM – 3:00PM
Rahu 8:27AM – 10:05AM

Shatabhishak **Until 8:51PM**
Athiganda* **Until 1:59AM** Sun
Taitila **Until 11:50AM**
Dvitiya **Until 10:26PM**

Ganesha: Clear *Sunrise:* 5:10AM
Muruqa: White *Sunset:* 6:17PM
Nataraja: White
Moon – Purple

Subhakit 5124
Moon 8 - Phase 17 -
1st Phase

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

Creative Work Amrita Yoga
Until 8:51PM
Then Routine Work - Marana Yoga

1

Sunday, August 14, 2022

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

Manama, Bahrain
Sun 1 Sutra 119

Kumbha Rasi: 25.23 Tithi 18

412865472

Gulika 3:00PM – 4:38PM
Yama 11:43AM – 1:21PM
Rahu 4:38PM – 6:16PM

Purvaproshtapada* **Until 7:27PM**
Sukarma **Until 11:08PM**
Vanija **Until 9:13AM**
Tritiya **Until 8:08PM**

Ganesha: Yellow *Sunrise:* 5:10AM
Muruqa: White *Sunset:* 6:16PM
Nataraja: White
Moon – Clear

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

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

Creative Work Siddha Yoga
Until 7:27PM
Then Creative Work - Amrita Yoga

2

Monday, August 15, 2022

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

Manama, Bahrain
Sun 2 Sutra 120

Meena Rasi: 9.27 Tithi 19

412865472

Gulika 1:21PM – 2:59PM
Yama 10:05AM – 11:43AM
Rahu 6:49AM – 8:27AM

Uttaraproshtapada **Until 6:37PM**
Dhriti **Until 8:53PM**
Bava **Until 7:16AM**
Chaturthi* **Until 6:33PM**

Ganesha: Yellow *Sunrise:* 5:11AM
Muruqa: White *Sunset:* 6:15PM
Nataraja: White
Moon – Clear

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

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

Creative Work Siddha Yoga
Until 7:27PM
Then Creative Work - Amrita Yoga

3

Tuesday, August 16, 2022

Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam
Revati Nakshatra Shula* Yoga Kaulava/Gara Karana Panchami/Shashthyam Titau

Manama, Bahrain
Sun 3 Sutra 121

Meena Rasi: 23.02 Tithi 20 – 21

412865472

Gulika 11:43AM – 1:21PM
Yama 8:27AM – 10:05AM
Rahu 2:59PM – 4:36PM

Revati **Until 6:27PM**
Shula* **Until 7:18PM**
Kaulava **Until 6:05AM**
Panchami **Until 5:48PM**

Ganesha: Yellow *Sunrise:* 5:11AM
Muruqa: White *Sunset:* 6:14PM
Nataraja: White
Moon – Clear

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

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

Creative Work Siddha Yoga
Until 7:27PM
Then Creative Work - Siddha Yoga

4

Wednesday, August 17, 2022

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

Manama, Bahrain
Sun 4 Sutra 122

Mesha Rasi: 6.1 Tithi 21 – 22

522865472

Gulika 10:05AM – 11:43AM
Yama 6:49AM – 8:27AM
Rahu 11:43AM – 1:20PM

Ashvini **Until 7:27PM**
Ganda* **Until 6:25PM**
Visti **Until 6:19AM** Thu
Shashthi* **Until 5:55PM**

Ganesha: Yellow *Sunrise:* 5:12AM
Muruqa: White *Sunset:* 6:13PM
Nataraja: White
Moon – White

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

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

Routine Work Marana Yoga
Until 7:27PM
Then Creative Work - Siddha Yoga

5

Thursday, August 18, 2022

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

Manama, Bahrain
Sun 5 Sutra 123

Mesha Rasi: 18.51 Tithi 22

522865472

Gulika 8:27AM – 10:05AM
Yama 5:12AM – 6:50AM
Rahu 1:20PM – 2:57PM

Bharani **Until 9:06PM**
Vriddhi **Until 6:12PM**
Visti **Until 6:19AM**
Saptami **Until 6:53PM**

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

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

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

Creative Work Siddha Yoga
Until 9:06PM
Then Routine Work - Marana Yoga

D

Friday, August 19, 2022
Retreat Star

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

Manama, Bahrain
Sun 6 Sutra 124

Vrishabha Rasi: 1.12 Tithi 23

523865472

Gulika 6:50AM – 8:27AM
Yama 2:57PM – 4:34PM
Rahu 10:05AM – 11:42AM

Krittika **Until 11:16PM**
Dhruva **Until 6:30PM**
Balava **Until 7:40AM**
Ashtami* **Until 8:33PM**

Ganesha: White *Sunrise:* 5:13AM
Muruqa: White *Sunset:* 6:12PM
Nataraja: White
Moon – White

Subhakit 5124
Moon 8 - Phase 17 - 6
Ashtami

Bhuloka Day

Creative Work Siddha Yoga
Until 11:16PM
Then Routine Work - Marana Yoga

Saturday, August 20, 2022

Retreat Star

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

Manama, Bahrain
Sun 7 Sutra 125

Vrishabha Rasi: 13.17 Tithi 24

533865472

Gulika 5:13AM – 6:50AM
Yama 1:19PM – 2:56PM
Rahu 8:28AM – 10:05AM

Rohini **Until 2:13AM** Sun
Vyaghata* **Until 7:13PM**
Taitila **Until 9:37AM**
Navami* **Until 10:44PM**

Ganesha: Yellow *Sunrise:* 5:13AM
Muruqa: White *Sunset:* 6:11PM
Nataraja: White
Moon – Yellow

Subhakit 5124
Moon 8 - Phase 17 - 7
Navami

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

Creative Work Amrita Yoga
Until 2:13AM Sun
Then Creative Work - Siddha Yoga

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

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1 Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau			Manama, Bahrain Sun 8 Sutra 126 Subhakrit 5124	
Wishabha Rasi: 25.11	Tithi 25	Gulika 2:56PM – 4:33PM	Mrigashira Until 5:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	
		Yama 11:42AM – 1:19PM	Harshana Until 8:11PM	Muruqa: White	<i>Sunset:</i> 6:10PM	Moon 8 - Phase 18 - 8
		533865472 Rahu 4:33PM – 6:10PM	Vanija Until 11:57AM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Dashami Until 1:10AM Mon	Moon – Yellow		
				Sravana-Avani	Bhuloka Day	Devaloka Time: 6:AM to 9:AM

2 Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau			Manama, Bahrain Sun 9 Sutra 127 Subhakrit 5124	
Mithuna Rasi: 7.02	Tithi 26	Gulika 1:18PM – 2:55PM	Ardra Until 8:05AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	
Family Home Evening		Yama 10:05AM – 11:41AM	Vajra* Until 9:11PM	Muruqa: White	<i>Sunset:</i> 6:09PM	Moon 8 - Phase 18 - 9
		533865472 Rahu 6:51AM – 8:28AM	Bava Until 2:27PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 3:40AM Tue	Moon – Yellow		
				Sravana-Avani	Bhuloka Day	Devaloka Time: 6:AM to 9:AM

3 Tuesday, August 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau			Manama, Bahrain Sun 10 Sutra 128 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 27	Gulika 11:41AM – 1:18PM	Ardra Until 8:05AM	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	
		Yama 8:28AM – 10:04AM	Siddhi Until 10:07PM	Muruqa: White	<i>Sunset:</i> 6:08PM	Moon 8 - Phase 18 - 10
		533865472 Rahu 2:54PM – 4:31PM	Kaulava Until 4:54PM	Nataraja: White		2nd Phase
Routine Work	Marana Yoga		Dvadashi* Until 6:02AM Wed	Moon – Yellow		
Until 8:05AM				Sravana-Avani	Bhuloka Day	Devaloka Time: 6:AM to 9:AM
Then Creative Work	Siddha Yoga					

4 Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 11 Sutra 129 Subhakrit 5124	
Kataka Rasi: 0.46	Tithi 27 – 28	Gulika 10:04AM – 11:41AM	Punarvasu Until 11:08AM	Ganesha: Blue	<i>Sunrise:</i> 5:15AM	
		Yama 6:51AM – 8:28AM	Vyatipata* Until 10:54PM	Muruqa: White	<i>Sunset:</i> 6:07PM	Moon 8 - Phase 18 - 11
		533865472 Rahu 11:41AM – 1:17PM	Gara Until 7:08PM	Nataraja: White		2nd Phase
Creative Work	Siddha Yoga		Dvadashi* Until 6:02AM	Moon – Blue		
				Sravana-Avani	Bhuloka Day	
			<i>Pradosha Vrata (Fasting)</i>			

5 Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 12 Sutra 130 Subhakrit 5124	
Kataka Rasi: 12.46	Tithi 28 – 29	Gulika 8:28AM – 10:04AM	Pushya Until 1:45PM	Ganesha: Blue	<i>Sunrise:</i> 5:15AM	
		Yama 5:15AM – 6:52AM	Variyan Until 11:24PM	Muruqa: White	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 18 - 12
		533865472 Rahu 1:17PM – 2:53PM	Visti Until 9:04PM	Nataraja: White		2nd Phase
Creative Work	Amrita Yoga		Trayodashi* Until 8:08AM	Moon – Blue		
Until 1:45PM				Sravana-Avani	Bhuloka Day	
Then Creative Work	Siddha Yoga					

Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Manama, Bahrain Sun 13 Sutra 131 Subhakrit 5124	
Retreat Star		Gulika 6:52AM – 8:28AM	Ashlesha* Until 3:51PM	Ganesha: Blue	<i>Sunrise:</i> 5:16AM	
Kataka Rasi: 24.53	Tithi 29 – 30	Yama 2:53PM – 4:29PM	Parigha* Until 11:38PM	Muruqa: White	<i>Sunset:</i> 6:05PM	Moon 8 - Phase 18 - 13
		533865472 Rahu 10:04AM – 11:40AM	Catuspada Until 10:38PM	Nataraja: White		Amavasya
Routine Work	Marana Yoga		Chaturdashi* Until 9:53AM	Moon – Blue		
				Sravana-Avani	Bhuloka Day	

Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Manama, Bahrain Sun 14 Sutra 132 Subhakrit 5124	
Retreat Star		Gulika 5:16AM – 6:52AM	Magha* Until 5:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:16AM	
Simha Rasi: 7.1	Tithi 30 – 1	Yama 1:16PM – 2:52PM	Shiva Until 11:35PM	Muruqa: White	<i>Sunset:</i> 6:04PM	Moon 8 - Phase 18 - 14
		533865472 Rahu 8:28AM – 10:04AM	Kintughna Until 11:49PM	Nataraja: White		Prathama
Creative Work	Amrita Yoga		Amavasya* Until 11:15AM	Moon – Red		
Until 5:54PM				Bhadrapada-Avani	Bhuloka Day	
Then Creative Work	Siddha Yoga					

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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

www.gurudeva.org/panchang

1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Manama, Bahrain Sun 15 Sutra 133 Subhakrit 5124
Simha Rasi: 19.37	Tithi 1 – 2	Gulika 2:51PM – 4:27PM	Purvaphalguni Until 7:24PM	Ganesha: Blue <i>Sunrise:</i> 5:17AM	
		Yama 11:40AM – 1:16PM	Siddha Until 11:11PM	Muruqa: White <i>Sunset:</i> 6:03PM	Moon 8 - Phase 19 - 15
		553865473 Rahu 4:27PM – 6:03PM	Balava Until 12:36AM Mon	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 12:14PM	Moon – Red	Bhuloka Day
Until 7:24PM				Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga					

2 Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Manama, Bahrain Sun 16 Sutra 134 Subhakrit 5124
Kanya Rasi: 2.15	Tithi 2 – 3	Gulika 1:15PM – 2:51PM	Uttaraphalguni Until 8:22PM	Ganesha: Blue <i>Sunrise:</i> 5:17AM	
Family Home Evening		Yama 10:04AM – 11:39AM	Sadhya Until 10:30PM	Muruqa: White <i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 16
		553865473 Rahu 6:53AM – 8:28AM	Taitila Until 12:59AM Tue	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 12:49PM	Moon – Red	Bhuloka Day
				Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM

3 Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtayam Titau			Manama, Bahrain Sun 17 Sutra 135 Subhakrit 5124
Kanya Rasi: 15.04	Tithi 3 – 4	Gulika 11:39AM – 1:15PM	Hasta Until 9:17PM	Ganesha: Blue <i>Sunrise:</i> 5:17AM	
		Yama 8:28AM – 10:04AM	Subha Until 9:32PM	Muruqa: White <i>Sunset:</i> 6:01PM	Moon 8 - Phase 19 - 17
		563865473 Rahu 2:50PM – 4:25PM	Vanija Until 1:00AM Wed	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 1:01PM	Moon – Green	Bhuloka Day
				Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM

4 Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 136 Subhakrit 5124
Kanya Rasi: 28.04	Tithi 4 – 5	Gulika 10:04AM – 11:39AM	Chitra Until 9:39PM	Ganesha: Blue <i>Sunrise:</i> 5:18AM	
		Yama 6:53AM – 8:28AM	Sukla Until 8:14PM	Muruqa: White <i>Sunset:</i> 6:00PM	Moon 8 - Phase 19 - 18
		563865473 Rahu 11:39AM – 1:14PM	Bava Until 12:38AM Thu	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 12:51PM	Moon – Green	Bhuloka Day
		Ganesha Chaturthi		Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM

5 Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 137 Subhakrit 5124
Tula Rasi: 11.16	Tithi 5 – 6	Gulika 8:28AM – 10:03AM	Svati Until 9:30PM	Ganesha: Red <i>Sunrise:</i> 5:18AM	
		Yama 5:18AM – 6:53AM	Brahma Until 6:38PM	Muruqa: White <i>Sunset:</i> 5:59PM	Moon 8 - Phase 19 - 19
		563965473 Rahu 1:14PM – 2:49PM	Kaulava Until 11:52PM	Nataraja: Clear	3rd Phase
Creative Work	Amrita Yoga		Panchami Until 12:17PM	Moon – Green	Devaloka Day
Until 9:30PM				Bhadrapada*Avani	
Then Creative Work - Siddha Yoga					

6 Friday, September 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Manama, Bahrain Sun 20 Sutra 138 Subhakrit 5124
Tula Rasi: 24.41	Tithi 6 – 7	Gulika 6:54AM – 8:28AM	Vishakha Until 9:14PM	Ganesha: Blue <i>Sunrise:</i> 5:19AM	
		Yama 2:48PM – 4:23PM	Indra Until 4:43PM	Muruqa: White <i>Sunset:</i> 5:58PM	Moon 8 - Phase 19 - 20
		573965473 Rahu 10:03AM – 11:38AM	Gara Until 10:41PM	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 11:18AM	Moon – Orange	Sivaloka Day
				Bhadrapada*Avani	

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Manama, Bahrain Sun 21 Sutra 139 Subhakrit 5124
Vrischika Rasi: 8.2	Tithi 7 – 8	Gulika 5:19AM – 6:54AM	Anuradha Until 8:24PM	Ganesha: Yellow <i>Sunrise:</i> 5:19AM	
		Yama 1:13PM – 2:47PM	Vaidhriti* Until 2:26PM	Muruqa: White <i>Sunset:</i> 5:57PM	Moon 8 - Phase 19 - 21
		574965473 Rahu 8:29AM – 10:03AM	Visti Until 9:05PM	Nataraja: Clear	Ashtami
Creative Work	Siddha Yoga		Saptami Until 9:55AM	Moon – Orange	Devaloka Day
				Bhadrapada*Avani	

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Manama, Bahrain Sun 22 Sutra 140 Subhakrit 5124
Vrischika Rasi: 22.15	Tithi 8 – 9	Gulika 2:47PM – 4:21PM	Jyeshtha* Until 7:01PM	Ganesha: Yellow <i>Sunrise:</i> 5:20AM	
		Yama 11:38AM – 1:12PM	Vishkambha* Until 11:49AM	Muruqa: White <i>Sunset:</i> 5:56PM	Moon 8 - Phase 19 - 22
		574965473 Rahu 4:21PM – 5:56PM	Balava Until 7:05PM	Nataraja: Clear	Navami
Routine Work	Marana Yoga		Ashtami* Until 8:07AM	Moon – Orange	Devaloka Day
Until 7:01PM				Bhadrapada*Avani	
Then Creative Work - Amrita Yoga					

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


1		Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula*Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 141 Subhakrit 5124	
Dhanus Rasi: 6.25	Tithi 10	Gulika	1:12PM – 2:46PM	Mula* Until 5:32PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	
Family Home Evening	584965473	Yama	10:03AM – 11:37AM	Priti Until 8:55AM	Muruqa: White	<i>Sunset:</i> 5:54PM	Moon 8 - Phase 20 - 23
Creative Work Siddha Yoga		Rahu	6:54AM – 8:29AM	Taitila Until 4:42PM	Nataraja: Clear		4th Phase
Until 5:32PM				Dashami Until 3:22AM Tue	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Marana Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

2		Tuesday, September 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 142 Subhakrit 5124	
Dhanus Rasi: 20.5	Tithi 11	Gulika	11:37AM – 1:11PM	Purvashadha* Until 3:36PM	Ganesha: White	<i>Sunrise:</i> 5:20AM	
	584965473	Yama	8:29AM – 10:03AM	Saubhagya Until 2:16AM Wed	Muruqa: White	<i>Sunset:</i> 5:53PM	Moon 8 - Phase 20 - 24
Creative Work Siddha Yoga		Rahu	2:45PM – 4:19PM	Vanija Until 2:00PM	Nataraja: Clear		4th Phase
Until 3:36PM				Ekadashi Until 12:33AM Wed	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Prabararishta Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

3		Wednesday, September 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 143 Subhakrit 5124	
Makara Rasi: 5.25	Tithi 12	Gulika	10:03AM – 11:37AM	Uttarashadha Until 1:20PM	Ganesha: White	<i>Sunrise:</i> 5:21AM	
	584965473	Yama	6:55AM – 8:29AM	Sobhana Until 10:44PM	Muruqa: White	<i>Sunset:</i> 5:52PM	Moon 8 - Phase 20 - 25
Creative Work Amrita Yoga		Rahu	11:37AM – 1:10PM	Bava Until 11:05AM	Nataraja: Clear		4th Phase
Until 1:20PM				Dvadashi Until 9:34PM	Moon – Light Blue	Bhuloka Day	
Then Creative Work - Siddha Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

4		Thursday, September 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 144 Subhakrit 5124	
Makara Rasi: 20.07	Tithi 13	Gulika	8:29AM – 10:02AM	Shravana Until 11:15AM	Ganesha: Clear	<i>Sunrise:</i> 5:21AM	
	594965473	Yama	5:21AM – 6:55AM	Athiganda* Until 7:09PM	Muruqa: White	<i>Sunset:</i> 5:51PM	Moon 8 - Phase 20 - 26
Creative Work Siddha Yoga		Rahu	1:10PM – 2:44PM	Kaulava Until 8:04AM	Nataraja: Clear		4th Phase
				Chidambaram Abhishekam	Moon – Purple	Devaloka Day	
				Trayodashi Until 6:33PM	Bhadrapada*Avani		
				<i>Pradosha Vrata</i>			

5		Friday, September 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha*/Shatabhishak Nakshatra Sukarna/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sun 27 Sutra 145 Subhakrit 5124	
Kumbha Rasi: 4.47	Tithi 14 – 15	Gulika	6:55AM – 8:29AM	Dhanishtha Until 9:04AM	Ganesha: Clear	<i>Sunrise:</i> 5:22AM	
	594965473	Yama	2:43PM – 4:17PM	Sukarna Until 3:40PM	Muruqa: White	<i>Sunset:</i> 5:50PM	Moon 8 - Phase 20 - 27
Creative Work Siddha Yoga		Rahu	10:02AM – 11:36AM	Visti Until 2:17AM Sat	Nataraja: Clear		4th Phase
				Chaturdashi* Until 3:38PM	Moon – Purple	Devaloka Day	
					Bhadrapada*Avani		

		Saturday, September 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sun 27 Sutra 146 Subhakrit 5124	
Kumbha Rasi: 19.19	Tithi 15 – 16	Gulika	5:22AM – 6:55AM	Shatabhishak Until 6:58AM	Ganesha: Clear	<i>Sunrise:</i> 5:22AM	
	594965473	Yama	1:09PM – 2:42PM	Dhriti Until 12:25PM	Muruqa: White	<i>Sunset:</i> 5:49PM	Moon 8 - Phase 20 - Purnima
Creative Work Amrita Yoga		Rahu	8:29AM – 10:02AM	Balava Until 11:49PM	Nataraja: Clear		
Until 6:58AM				Purnima* Until 12:59PM	Moon – Purple	Devaloka Day	
Then Routine Work - Marana Yoga					Bhadrapada*Avani		

Sunday, September 11, 2022		Silver 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		Manama, Bahrain Sun 27 Sutra 147 Subhakrit 5124	
Meena Rasi: 4	Tithi 16 – 17	Gulika	2:42PM – 4:15PM	Uttaraproshtapada Until 4:27AM Mon	Ganesha: Clear	<i>Sunrise:</i> 5:22AM	
	514965473	Yama	11:35AM – 1:08PM	Shula* Until 9:28AM	Muruqa: White	<i>Sunset:</i> 5:48PM	Moon 8 - Phase 20 - Prathama
Creative Work Amrita Yoga		Rahu	4:15PM – 5:48PM	Taitila Until 9:51PM	Nataraja: Clear		
Until 4:27AM Mon				Prathama* Until 10:45AM	Moon – Clear	Devaloka Day	
Then Creative Work - Siddha Yoga		Grandparent's Day			Bhadrapada*Avani		

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



Monday, September 12, 2022

Gold Retreat Star

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

Manama, Bahrain

Sun 1 Sutra 148

Subhakrit 5124

Moon 9 - Phase 21 - 1

1st Phase

Meena Rasi: 17.32 Tithi 17 - 18

Family Home Evening

514965473

Gulika

1:08PM - 2:41PM

Yama

10:02AM - 11:35AM

Rahu

6:56AM - 8:29AM

Revati Until 3:55AM Tue

Ganda* Until 6:59AM

Vanija Until 8:31PM

Dvitiya Until 9:05AM

Ganesha: Clear

Sunrise: 5:23AM

Muruqa: White

Sunset: 5:47PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Bhadrapada*Avani

Creative Work Siddha Yoga

Tuesday, September 13, 2022

1

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

Manama, Bahrain

Sun 2 Sutra 149

Subhakrit 5124

Moon 9 - Phase 21 - 2

1st Phase

Mesha Rasi: 1.04 Tithi 18 - 19

Creative Work Siddha Yoga

524965473

Gulika

11:34AM - 1:07PM

Yama

8:29AM - 10:02AM

Rahu

2:40PM - 4:13PM

Ashvini Until 4:25AM Wed

Dhruva Until 3:44AM Wed

Bava Until 7:56PM

Tritiya Until 8:06AM

Ganesha: White

Sunrise: 5:23AM

Muruqa: White

Sunset: 5:46PM

Nataraja: Clear

Moon - White

Bhuloka Day

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

Wednesday, September 14, 2022

2

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

Manama, Bahrain

Sun 3 Sutra 150

Subhakrit 5124

Moon 9 - Phase 21 - 3

1st Phase

Mesha Rasi: 14.1 Tithi 19 - 20

Creative Work Siddha Yoga

524965473

Gulika

10:01AM - 11:34AM

Yama

6:56AM - 8:29AM

Rahu

11:34AM - 1:07PM

Bharani Until 5:34AM Thu

Vyaghata* Until 3:03AM Thu

Kaulava Until 8:09PM

Chaturthi* Until 7:55AM

Ganesha: White

Sunrise: 5:24AM

Muruqa: White

Sunset: 5:45PM

Nataraja: Clear

Moon - White

Bhuloka Day

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

Until 5:34AM Thu

Then Routine Work - Marana Yoga

Thursday, September 15, 2022

3

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

Manama, Bahrain

Sun 4 Sutra 151

Subhakrit 5124

Moon 9 - Phase 21 - 4

1st Phase

Mesha Rasi: 26.53 Tithi 20 - 21

Routine Work Marana Yoga

525965473

Gulika

8:29AM - 10:01AM

Yama

5:24AM - 6:56AM

Rahu

1:06PM - 2:39PM

Krittika Until 7:17AM Fri

Harshana Until 2:59AM Fri

Gara Until 9:08PM

Panchami Until 8:32AM

Ganesha: Clear

Sunrise: 5:24AM

Muruqa: White

Sunset: 5:43PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Avani

Friday, September 16, 2022

4

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

Manama, Bahrain

Sun 5 Sutra 152

Subhakrit 5124

Moon 9 - Phase 21 - 5

1st Phase

Vrishabha Rasi: 9.15 Tithi 21 - 22

Creative Work Siddha Yoga

525965473

Gulika

6:57AM - 8:29AM

Yama

2:38PM - 4:10PM

Rahu

10:01AM - 11:33AM

Krittika Until 7:17AM

Vajra* Until 3:22AM Sat

Visti Until 10:49PM

Shashthi* Until 9:53AM

Ganesha: Clear

Sunrise: 5:24AM

Muruqa: White

Sunset: 5:42PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada*Avani

Until 7:17AM

Then Routine Work - Marana Yoga

Saturday, September 17, 2022

5

Retreat Star

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

Manama, Bahrain

Sun 6 Sutra 153

Subhakrit 5124

Moon 9 - Phase 21 - 6

Ashtami

Vrishabha Rasi: 21.22 Tithi 22 - 23

Creative Work Amrita Yoga

535965473

Gulika

5:25AM - 6:57AM

Yama

1:05PM - 2:37PM

Rahu

8:29AM - 10:01AM

Rohini Until 9:55AM

Siddhi Until 4:06AM Sun

Balava Until 12:58AM Sun

Saptami Until 11:50AM

Ganesha: White

Sunrise: 5:25AM

Muruqa: White

Sunset: 5:41PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada*Puratasi

Until 9:55AM

Then Creative Work - Siddha Yoga

Sunday, September 18, 2022

6

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 154

Subhakrit 5124

Moon 9 - Phase 21 - 7

Navami

Mithuna Rasi: 3.19 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika

2:36PM - 4:08PM

Yama

11:33AM - 1:05PM

Rahu

4:08PM - 5:40PM

Mrigashira Until 12:44PM

Vyatipata* Until 5:01AM Mon

Taitila Until 3:23AM Mon

Ashtami* Until 2:09PM

Ganesha: White

Sunrise: 5:25AM

Muruqa: White

Sunset: 5:40PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada*Puratasi

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

Times are standard time. Calculated for Manama, Bahrain on 5/1/

www.gurudeva.org/panchang

1	Monday, September 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 8 Sutra 155 Subhakrit 5124
	Mithuna Rasi: 15.11	Tithi 24 – 25	Gulika 1:04PM – 2:36PM	Ardra Until 3:33PM	Ganesha: White	<i>Sunrise:</i> 5:26AM	
	Family Home Evening	535965473	Rahu 6:57AM – 8:29AM	Variyan Until 5:54AM Tue	Muruqa: White	<i>Sunset:</i> 5:39PM	Moon 9 - Phase 22 - 8
	Creative Work Siddha Yoga			Vanija Until 5:49AM Tue	Nataraja: Clear		2nd Phase
Until 3:33PM			Navami* Until 4:36PM	Moon – Yellow		Sivaloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

2	Tuesday, September 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Parigha* Yoga Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 9 Sutra 156 Subhakrit 5124
	Mithuna Rasi: 27.04	Tithi 25	Gulika 11:32AM – 1:03PM	Punarvasu Until 6:36PM	Ganesha: Yellow	<i>Sunrise:</i> 5:26AM	
		545965473	Rahu 2:35PM – 4:06PM	Parigha* Until 6:40AM Wed	Muruqa: White	<i>Sunset:</i> 5:39PM	Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga			Visti Until 6:58PM	Nataraja: Clear		2nd Phase
			Dashami Until 6:58PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

3	Wednesday, September 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 10 Sutra 157 Subhakrit 5124
	Kataka Rasi: 9	Tithi 26	Gulika 10:00AM – 11:32AM	Pushya Until 9:15PM	Ganesha: Yellow	<i>Sunrise:</i> 5:26AM	
		545965473	Rahu 11:32AM – 1:03PM	Parigha* Until 6:40AM	Muruqa: White	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga			Bava Until 8:05AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 9:04PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

4	Thursday, September 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 158 Subhakrit 5124
	Kataka Rasi: 21.05	Tithi 27	Gulika 8:29AM – 10:00AM	Ashlesha* Until 11:20PM	Ganesha: Yellow	<i>Sunrise:</i> 5:27AM	
		545965473	Rahu 1:02PM – 2:33PM	Shiva Until 7:12AM	Muruqa: White	<i>Sunset:</i> 5:36PM	Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga			Kaulava Until 9:59AM	Nataraja: Clear		2nd Phase
Until 11:20PM			Dvadashi* Until 10:46PM	Moon – Blue		Devaloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

5	Friday, September 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Manama, Bahrain Sun 12 Sutra 159 Subhakrit 5124
	Simha Rasi: 3.19	Tithi 28	Gulika 6:58AM – 8:29AM	Magha* Until 1:18AM Sat	Ganesha: Red	<i>Sunrise:</i> 5:27AM	
		555965473	Rahu 10:00AM – 11:31AM	Siddha Until 7:21AM	Muruqa: White	<i>Sunset:</i> 5:35PM	Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga			Gara Until 11:27AM	Nataraja: Clear		2nd Phase
Until 1:18AM Sat			Trayodashi* Until 11:59PM	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Puratasi			
				<i>Pradosha Vrata (Fasting)</i>			

6	Saturday, September 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Manama, Bahrain Sun 13 Sutra 160 Subhakrit 5124
	Simha Rasi: 15.47	Tithi 29	Gulika 5:28AM – 6:58AM	Purvaphalguni Until 2:36AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:28AM	
		556965473	Rahu 8:29AM – 10:00AM	Sadhya Until 7:09AM	Muruqa: White	<i>Sunset:</i> 5:33PM	Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga			Visti Until 12:26PM	Nataraja: Clear		2nd Phase
Until 2:36AM Sun			Chaturdashi* Until 12:42AM Sun	Moon – Red		Bhuloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

●	Sunday, September 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 14 Sutra 161 Subhakrit 5124
	Retreat Star		Gulika 2:31PM – 4:02PM	Uttaraphalguni Until 3:15AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:28AM	
	Simha Rasi: 28.28	Tithi 30	Rahu 4:02PM – 5:32PM	Subha Until 6:34AM	Muruqa: White	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 22 - 14
	Creative Work Amrita Yoga			Catuspada Until 12:53PM	Nataraja: Clear		Amavasya
Until 3:15AM Mon			Amavasya* Until 12:54AM Mon	Moon – Red		Bhuloka Day	
Then Creative Work - Siddha Yoga		Mahalaya Amavasai (Tamil Nadu)		Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

●	Monday, September 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 15 Sutra 162 Subhakrit 5124
	Retreat Star		Gulika 1:00PM – 2:31PM	Hasta Until 3:45AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:29AM	
	Kanya Rasi: 11.24	Tithi 1	Rahu 6:59AM – 8:29AM	Brahma Until 4:11AM Tue	Muruqa: White	<i>Sunset:</i> 5:31PM	Moon 9 - Phase 22 - 15
	Family Home Evening	566165473		Kintughna Until 12:50PM	Nataraja: Clear		Prathama
Creative Work Siddha Yoga			Prathama* Until 12:38AM Tue	Moon – Green		Bhuloka Day	
		Navaratri Begins		Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM	

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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau			Manama, Bahrain Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 24.34	Tithi 2	Gulika 11:30AM – 1:00PM	Chitra Until 3:41AM Wed	Ganesha: Blue <i>Sunrise:</i> 5:29AM	
			Yama 8:29AM – 9:59AM	Indra Until 2:31AM Wed	Muruqa: White <i>Sunset:</i> 5:30PM	Moon 9 - Phase 23 - 16
	Creative Work Siddha Yoga	566165473	Rahu 2:30PM – 4:00PM	Balava Until 12:21PM	Nataraja: Clear	3rd Phase
			Dvitiya Until 11:57PM	Moon – Green	Bhuloka Day	
				Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau			Manama, Bahrain Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 7.57	Tithi 3	Gulika 9:59AM – 11:29AM	Svati Until 3:09AM Thu	Ganesha: Blue <i>Sunrise:</i> 5:29AM	
			Yama 6:59AM – 8:29AM	Vaidhriti* Until 12:32AM Thu	Muruqa: White <i>Sunset:</i> 5:29PM	Moon 9 - Phase 23 - 17
	Creative Work Siddha Yoga	666165473	Rahu 11:29AM – 12:59PM	Taitila Until 11:29AM	Nataraja: Clear	3rd Phase
			Tritiya Until 10:54PM	Moon – Green	Bhuloka Day	
				Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau			Manama, Bahrain Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 21.32	Tithi 4	Gulika 8:29AM – 9:59AM	Vishakha Until 2:37AM Fri	Ganesha: Blue <i>Sunrise:</i> 5:30AM	
			Yama 5:30AM – 7:00AM	Vishkambha* Until 10:19PM	Muruqa: White <i>Sunset:</i> 5:28PM	Moon 9 - Phase 23 - 18
	Creative Work Siddha Yoga	676165473	Rahu 12:59PM – 2:28PM	Vanija Until 10:17AM	Nataraja: Clear	3rd Phase
			Chaturthi* Until 9:34PM	Moon – Orange	Bhuloka Day	
				Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau			Manama, Bahrain Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 5.16	Tithi 5	Gulika 7:00AM – 8:29AM	Anuradha Until 1:41AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:30AM	
			Yama 2:28PM – 3:57PM	Priti Until 7:56PM	Muruqa: White <i>Sunset:</i> 5:27PM	Moon 9 - Phase 23 - 19
	Creative Work Siddha Yoga	676165473	Rahu 9:59AM – 11:29AM	Bava Until 8:49AM	Nataraja: Clear	3rd Phase
			Panchami Until 7:58PM	Moon – Orange	Bhuloka Day	
				Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthiyam Titau			Manama, Bahrain Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 19.1	Tithi 6	Gulika 5:31AM – 7:00AM	Jyeshtha* Until 12:26AM Sun	Ganesha: Blue <i>Sunrise:</i> 5:31AM	
			Yama 12:58PM – 2:27PM	Ayushman Until 5:21PM	Muruqa: White <i>Sunset:</i> 5:26PM	Moon 9 - Phase 23 - 20
	Creative Work Siddha Yoga	676165473	Rahu 8:29AM – 9:59AM	Kaulava Until 7:07AM	Nataraja: Clear	3rd Phase
Until 12:26AM Sun			Shashthi* Until 6:10PM	Moon – Orange	Bhuloka Day	
Then Creative Work - Amrita Yoga				Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

6	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau			Manama, Bahrain Sun 21 Sutra 168 Subhakrit 5124
	Dhanus Rasi: 3.1	Tithi 7 – 8	Gulika 2:26PM – 3:55PM	Mula* Until 11:17PM	Ganesha: Blue <i>Sunrise:</i> 5:31AM	
			Yama 11:28AM – 12:57PM	Saubhagya Until 2:38PM	Muruqa: Green <i>Sunset:</i> 5:25PM	Moon 9 - Phase 23 - 21
	Creative Work Amrita Yoga	687166473	Rahu 3:55PM – 5:25PM	Visiti Until 3:10AM Mon	Nataraja: Clear	3rd Phase
Until 11:17PM			Saptami Until 4:12PM	Moon – Light Blue	Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashvina+Puratasi		

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Manama, Bahrain Sun 22 Sutra 169 Subhakrit 5124
	Retreat Star		Gulika 12:57PM – 2:26PM	Purvashadha* Until 9:52PM	Ganesha: Blue <i>Sunrise:</i> 5:32AM	
	Dhanus Rasi: 17.17	Tithi 8 – 9	Yama 9:59AM – 11:28AM	Sobhana Until 11:48AM	Muruqa: Green <i>Sunset:</i> 5:24PM	Moon 9 - Phase 23 - 22
	Family Home Evening	687166473	Rahu 7:01AM – 8:30AM	Balava Until 12:59AM Tue	Nataraja: Clear	Ashtami
Routine Work Marana Yoga			Ashtami* Until 2:05PM	Moon – Light Blue	Sivaloka Day	
		Durga Ashtami		Ashvina+Puratasi		

D	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 170 Subhakrit 5124
	Retreat Star		Gulika 11:27AM – 12:56PM	Uttarashadha Until 8:12PM	Ganesha: Blue <i>Sunrise:</i> 5:32AM	
	Makara Rasi: 1.28	Tithi 9 – 10	Yama 8:30AM – 9:58AM	Athiganda* Until 8:51AM	Muruqa: Green <i>Sunset:</i> 5:23PM	Moon 9 - Phase 23 - 23
	Routine Work Prabalarishta Yoga	687166473	Rahu 2:25PM – 3:54PM	Taitila Until 10:43PM	Nataraja: Clear	Navami
Until 8:12PM			Navami* Until 11:50AM	Moon – Light Blue	Sivaloka Day	
Then Creative Work - Siddha Yoga		Saraswathi Puja (Tamil Nadu)		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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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1	Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Manama, Bahrain Sun 24 Sutra 171
	Makara Rasi: 15.44	Tithi 10 - 11	697166473	Gulika 9:58AM - 11:27AM Yama 7:01AM - 8:30AM Rahu 11:27AM - 12:56PM	Shravana Until 6:46PM Dhriti Until 2:50AM Thu Vanija Until 8:24PM Vijaya Dasami Dashami Until 9:32AM	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon - Purple	Sunrise: 5:32AM Sunset: 5:21PM Moon 9 - Phase 24 - 24 4th Phase Devaloka Day Ashvina+Puratasi
	Creative Work	Siddha Yoga					
	Until 6:46PM Then Routine Work - Prabalarishta Yoga						

2	Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Manama, Bahrain Sun 25 Sutra 172
	Makara Rasi: 29.59	Tithi 11 - 12	697166473	Gulika 8:30AM - 9:58AM Yama 5:33AM - 7:01AM Rahu 12:55PM - 2:24PM	Dhanishtha Until 5:14PM Shula* Until 11:51PM Bava Until 6:07PM Ekadashi Until 7:14AM	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon - Purple	Sunrise: 5:33AM Sunset: 5:20PM Moon 9 - Phase 24 - 25 4th Phase Devaloka Day Ashvina+Puratasi
	Creative Work	Siddha Yoga					

3	Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 173
	Kumbha Rasi: 14.12	Tithi 13	697166473	Gulika 7:02AM - 8:30AM Yama 2:23PM - 3:51PM Rahu 9:58AM - 11:26AM	Shatabhishak Until 3:41PM Ganda* Until 9:01PM Kaulava Until 3:58PM Trayodashi Until 2:58AM Sat <i>Pradosha Vrata</i>	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon - Purple	Sunrise: 5:33AM Sunset: 5:19PM Moon 9 - Phase 24 - 26 4th Phase Devaloka Day Ashvina+Puratasi
	Creative Work	Siddha Yoga					

4	Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 174
	Kumbha Rasi: 28.17	Tithi 14	618166474	Gulika 5:34AM - 7:02AM Yama 12:54PM - 2:22PM Rahu 8:30AM - 9:58AM	Purvaproshtapada* Until 2:39PM Vriddhi Until 6:25PM Gara Until 2:04PM Chaturdashi* Until 1:13AM Sun	Ganesha: White Muruqa: Green Nataraja: Purple Moon - Clear	Sunrise: 5:34AM Sunset: 5:18PM Moon 9 - Phase 24 - 27 4th Phase Bhuloka Day Ashvina+Puratasi
	Routine Work	Marana Yoga					
	Until 2:39PM Then Creative Work - Siddha Yoga						

○	Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 175
	Copper Retreat Star			Gulika 2:22PM - 3:49PM Yama 11:26AM - 12:54PM Rahu 3:49PM - 5:17PM	Uttaraproshtapada Until 1:50PM Dhruva Until 4:05PM Visti Until 12:31PM Purnima* Until 11:54PM	Ganesha: White Muruqa: Green Nataraja: Purple Moon - Clear	Sunrise: 5:34AM Sunset: 5:17PM Moon 9 - Phase 24 - Purnima Bhuloka Day Ashvina+Puratasi
	Meena Rasi: 12.11	Tithi 15	618166474				
	Creative Work	Amrita Yoga					

○	Monday, October 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 176
	Silver Retreat Star			Gulika 12:53PM - 2:21PM Yama 9:58AM - 11:26AM Rahu 7:02AM - 8:30AM	Revati Until 1:21PM Vyaghata* Until 2:10PM Balava Until 11:28AM Prathama* Until 11:07PM	Ganesha: White Muruqa: Green Nataraja: Purple Moon - Clear	Sunrise: 5:35AM Sunset: 5:16PM Moon 9 - Phase 24 - Prathama Bhuloka Day Ashvina+Puratasi
	Meena Rasi: 25.48	Tithi 16	618166474				
	Family Home Evening	Siddha Yoga					



Tuesday, October 11, 2022
Gold Retreat Star

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

Manama, Bahrain
Sun 1 Sutra 177

Mesha Rasi: 9.06 Tithi 17

628176474

Gulika 11:25AM – 12:53PM
Yama 8:30AM – 9:58AM
Rahu 2:20PM – 3:48PM

Ashvini Until 1:45PM
Harshana Until 12:44PM
Taitila Until 10:59AM
Dvitiya Until 10:58PM

Ganesha: Yellow *Sunrise:* 5:35AM
Muruqa: White *Sunset:* 5:15PM
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

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

Manama, Bahrain
Sun 2 Sutra 178

Mesha Rasi: 22.04 Tithi 18

628176474

Gulika 9:58AM – 11:25AM
Yama 7:03AM – 8:30AM
Rahu 11:25AM – 12:52PM

Bharani Until 2:38PM
Vajra* Until 11:47AM
Vanija Until 11:10AM
Tritiya Until 11:30PM

Ganesha: Yellow *Sunrise:* 5:36AM
Muruqa: White *Sunset:* 5:14PM
Nataraja: Purple
Moon – White

Moon 10 - Phase 25 - 2
1st Phase

Creative Work Siddha Yoga

Until 2:38PM

Then Creative Work - Amrita Yoga

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

2

Thursday, October 13, 2022

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

Manama, Bahrain
Sun 3 Sutra 179

Vrishabha Rasi: 4.43 Tithi 19

628176474

Gulika 8:31AM – 9:58AM
Yama 5:36AM – 7:03AM
Rahu 12:52PM – 2:19PM

Krittika Until 4:01PM
Siddhi Until 11:23AM
Bava Until 12:02PM
Chaturthi* Until 12:41AM Fri

Ganesha: Yellow *Sunrise:* 5:36AM
Muruqa: White *Sunset:* 5:13PM
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

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

Manama, Bahrain
Sun 4 Sutra 180

Vrishabha Rasi: 17.04 Tithi 20

638176474

Gulika 7:04AM – 8:31AM
Yama 2:18PM – 3:45PM
Rahu 9:58AM – 11:25AM

Rohini Until 6:19PM
Vyatipata* Until 11:28AM
Kaulava Until 1:32PM
Panchami Until 2:27AM Sat

Ganesha: Blue *Sunrise:* 5:37AM
Muruqa: White *Sunset:* 5:12PM
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 4
1st Phase

Routine Work Marana Yoga

Until 6:19PM

Then Creative Work - Siddha Yoga

Bhuloka Day

4

Saturday, October 15, 2022

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

Manama, Bahrain
Sun 5 Sutra 181

Vrishabha Rasi: 29.12 Tithi 21

639176474

Gulika 5:37AM – 7:04AM
Yama 12:51PM – 2:18PM
Rahu 8:31AM – 9:58AM

Mrigashira Until 8:55PM
Variyan Until 11:56AM
Gara Until 3:32PM
Shashthi* Until 4:39AM Sun

Ganesha: Red *Sunrise:* 5:37AM
Muruqa: White *Sunset:* 5:11PM
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

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

Manama, Bahrain
Sun 6 Sutra 182

Mithuna Rasi: 11.1 Tithi 22

639176474

Gulika 2:17PM – 3:44PM
Yama 11:24AM – 12:51PM
Rahu 3:44PM – 5:10PM

Ardra Until 11:37PM
Parigha* Until 12:40PM
Visti Until 5:52PM
Saptami Until 7:04AM Mon

Ganesha: Red *Sunrise:* 5:38AM
Muruqa: White *Sunset:* 5:10PM
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

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

Manama, Bahrain
Sun 7 Sutra 183

Mithuna Rasi: 23.04 Tithi 22 – 23

649176474

Gulika 12:50PM – 2:17PM
Yama 9:57AM – 11:24AM
Rahu 7:05AM – 8:31AM

Punarvasu Until 2:42AM Tue
Shiva Until 1:32PM
Balava Until 8:18PM
Saptami Until 7:04AM

Ganesha: Green *Sunrise:* 5:38AM
Muruqa: White *Sunset:* 5:09PM
Nataraja: Purple
Moon – Blue

Moon 10 - Phase 25 - 7
Ashtami

Creative Work Amrita Yoga

Until 2:42AM Tue

Then Creative Work - Siddha Yoga

Devaloka Day

Tuesday, October 18, 2022

Retreat Star

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

Manama, Bahrain
Sun 8 Sutra 184

Kataka Rasi: 4.57 Tithi 23 – 24

649176474

Gulika 11:24AM – 12:50PM
Yama 8:31AM – 9:57AM
Rahu 2:16PM – 3:42PM

Pushya Until 5:29AM Wed
Siddha Until 2:20PM
Taitila Until 10:39PM
Ashtami* Until 9:29AM

Ganesha: Green *Sunrise:* 5:39AM
Muruqa: White *Sunset:* 5:08PM
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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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1		Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Manama, Bahrain Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 16.55	Tithi 24 – 25	649176474	Gulika 9:57AM – 11:23AM Yama 7:05AM – 8:31AM Rahu 11:23AM – 12:49PM	Ashlesha* Until 7:47AM Thu Sadhya Until 2:58PM Vanija Until 12:42AM Thu Navami* Until 11:42AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 5:39AM Sunset: 5:08PM	Moon 10 - Phase 26 - 9 2nd Phase
Creative Work Siddha Yoga Until 7:47AM Thu Then Creative Work - Amrita Yoga						Devaloka Day	


2		Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 10 Sutra 186 Subhakrit 5124	
Kataka Rasi: 29	Tithi 25 – 26	649276474	Gulika 8:32AM – 9:57AM Yama 5:40AM – 7:06AM Rahu 12:49PM – 2:15PM	Ashlesha* Until 7:47AM Subha Until 3:19PM Bava Until 2:17AM Fri Dashami Until 1:32PM	Ganesha: Red Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 5:40AM Sunset: 5:07PM	Moon 10 - Phase 26 - 10 2nd Phase
Creative Work Siddha Yoga Until 7:47AM Then Creative Work - Amrita Yoga						Bhuloka Day Devaloka Time: 6:AM to 9:AM	

3		Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 11.17	Tithi 26 – 27	659276474	Gulika 7:06AM – 8:32AM Yama 2:14PM – 3:40PM Rahu 9:57AM – 11:23AM	Magha* Until 9:55AM Sukla Until 3:13PM Kaulava Until 3:18AM Sat Ekadashi* Until 2:51PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 5:41AM Sunset: 5:06PM	Moon 10 - Phase 26 - 11 2nd Phase
Routine Work Marana Yoga Until 9:55AM Then Creative Work - Siddha Yoga						Bhuloka Day	

4		Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantla Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 23.5	Tithi 27 – 28	659276474	Gulika 5:41AM – 7:07AM Yama 12:48PM – 2:14PM Rahu 8:32AM – 9:57AM	Purvaphalguni Until 11:18AM Brahma Until 2:39PM Gara Until 3:40AM Sun Dvadashi* Until 3:33PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 5:41AM Sunset: 5:05PM	Moon 10 - Phase 26 - 12 2nd Phase
Creative Work Siddha Yoga Until 11:18AM Then Routine Work - Marana Yoga						Bhuloka Day <i>Pradosha Vrata (Fasting)</i>	

5		Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 6.41	Tithi 28 – 29	651276474	Gulika 2:13PM – 3:39PM Yama 11:23AM – 12:48PM Rahu 3:39PM – 5:04PM	Uttaraphalguni Until 11:55AM Indra Until 1:37PM Visti Until 3:23AM Mon Trayodashi* Until 3:35PM	Ganesha: Purple Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 5:42AM Sunset: 5:04PM	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga Until 12:13PM Then Routine Work - Prabalarishta Yoga				Deepavali Hindu Solidarity Day		Bhuloka Day	

6		Monday, October 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Manama, Bahrain Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 19.52	Tithi 29 – 30	661276474	Gulika 12:48PM – 2:13PM Yama 9:58AM – 11:23AM Rahu 7:07AM – 8:32AM	Hasta Until 12:13PM Vaidhriti* Until 12:02PM Catuspada Until 2:30AM Tue Chaturdashi* Until 3:00PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 5:42AM Sunset: 5:03PM	Moon 10 - Phase 26 - 14 2nd Phase
Family Home Evening Creative Work Siddha Yoga Until 12:13PM Then Routine Work - Prabalarishta Yoga				Subramuniyaswami Mahasamadhi		Bhuloka Day	

		Tuesday, October 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 3.21	Tithi 30 – 1	661276474	Gulika 11:23AM – 12:48PM Yama 8:33AM – 9:58AM Rahu 2:12PM – 3:37PM	Chitra Until 11:47AM Vishkambha* Until 10:01AM Kintughna Until 1:06AM Wed Amavasya* Until 1:50PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 5:43AM Sunset: 5:02PM	Moon 10 - Phase 26 - 15 Amavasya
Creative Work Siddha Yoga						Bhuloka Day	

Retreat Star		Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yukhtayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Manama, Bahrain Sun 16 Sutra 192 Subhakrit 5124	
Tula Rasi: 17.08	Tithi 1 – 2	661276574	Gulika 9:58AM – 11:22AM Yama 7:08AM – 8:33AM Rahu 11:22AM – 12:47PM	Svati Until 10:45AM Priti Until 7:37AM Balava Until 11:16PM Prathama* Until 12:13PM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 5:43AM Sunset: 5:02PM	Moon 10 - Phase 26 - 16 Prathama
Creative Work Siddha Yoga				Skanda Shasthi Begins		Bhuloka Day Devaloka Time: 3:PM to 6:PM	

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

1	Thursday, October 27, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 17 Sutra 193 Subhakit 5124
	Vrischika Rasi: 1.11	Tithi 2 - 3	671276574	Gulika 8:33AM - 9:58AM Yama 5:44AM - 7:09AM Rahu 12:47PM - 2:12PM	Vishakha Until 9:38AM Saubhagya Until 1:57AM Fri Taitila Until 9:09PM Dvitiya Until 10:13AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 5:44AM Sunset: 5:01PM Moon 10 - Phase 27 - 17 3rd Phase
	Creative Work Siddha Yoga				Bhuloka Day		Devaloka Time: 3:PM to 6:PM
							Devaloka Time: 3:PM to 6:PM

2	Friday, October 28, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau				Manama, Bahrain Sun 18 Sutra 194 Subhakit 5124
	Vrischika Rasi: 15.23	Tithi 3 - 4	671276574	Gulika 7:09AM - 8:33AM Yama 2:11PM - 3:36PM Rahu 9:58AM - 11:22AM	Anuradha Until 8:07AM Sobhana Until 10:54PM Vanija Until 6:50PM Tritiya Until 8:00AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 5:45AM Sunset: 5:00PM Moon 10 - Phase 27 - 18 3rd Phase
	Creative Work Siddha Yoga				Bhuloka Day		Devaloka Time: 3:PM to 6:PM
	Until 8:07AM Then Routine Work - Marana Yoga						Devaloka Time: 3:PM to 6:PM

3	Saturday, October 29, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 19 Sutra 195 Subhakit 5124
	Vrischika Rasi: 29.42	Tithi 5	671276574	Gulika 5:45AM - 7:09AM Yama 12:46PM - 2:11PM Rahu 8:34AM - 9:58AM	Jyeshtha* Until 6:21AM Athiganda* Until 7:45PM Bava Until 4:27PM Panchami Until 3:14AM Sun	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 5:45AM Sunset: 4:59PM Moon 10 - Phase 27 - 19 3rd Phase
	Creative Work Siddha Yoga				Bhuloka Day		Devaloka Time: 3:PM to 6:PM
							Devaloka Time: 3:PM to 6:PM

4	Sunday, October 30, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 20 Sutra 196 Subhakit 5124
	Dhanus Rasi: 14.02	Tithi 6	681276574	Gulika 2:10PM - 3:34PM Yama 11:22AM - 12:46PM Rahu 3:34PM - 4:58PM	Purvashadha* Until 3:11AM Mon Sukarma Until 4:39PM Kaulava Until 2:03PM Shashthi* Until 12:52AM Mon	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 5:46AM Sunset: 4:58PM Moon 10 - Phase 27 - 20 3rd Phase
	Creative Work Siddha Yoga				Devaloka Day		Devaloka Time: 3:PM to 6:PM
	Until 3:11AM Mon Then Routine Work - Marana Yoga						Devaloka Time: 3:PM to 6:PM

5	Monday, October 31, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau				Manama, Bahrain Sun 21 Sutra 197 Subhakit 5124
	Dhanus Rasi: 28.19	Tithi 7	681276574	Gulika 12:46PM - 2:10PM Yama 9:58AM - 11:22AM Rahu 7:10AM - 8:34AM	Uttarashadha Until 1:33AM Tue Dhriti Until 1:37PM Gara Until 11:45AM Saptami Until 10:38PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 5:46AM Sunset: 4:58PM Moon 10 - Phase 27 - 21 3rd Phase
	Family Home Evening				Devaloka Day		Devaloka Time: 3:PM to 6:PM
	Routine Work Marana Yoga Until 1:33AM Tue Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM

D	Tuesday, November 1, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Manama, Bahrain Sun 22 Sutra 198 Subhakit 5124		
	Retreat Star		Makara Rasi: 12.32	Tithi 8	691276574	Gulika 11:22AM - 12:46PM Yama 8:35AM - 9:58AM Rahu 2:10PM - 3:33PM	Shravana Until 12:21AM Wed Shula* Until 10:41AM Visti Until 9:35AM Ashtami* Until 8:33PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon - Purple Karttika-Aipasi	Sunrise: 5:47AM Sunset: 4:57PM Moon 10 - Phase 27 - 22 Ashtami
	Creative Work Siddha Yoga				Bhuloka Day		Devaloka Time: 3:PM to 6:PM		
	Until 12:21AM Wed Then Routine Work - Prabalarishta Yoga						Devaloka Time: 3:PM to 6:PM		

D	Wednesday, November 2, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhi Yoga Balava/Kaulava Karana Navamyam Titau				Manama, Bahrain Sun 23 Sutra 199 Subhakit 5124		
	Retreat Star		Makara Rasi: 26.37	Tithi 9	692276574	Gulika 9:58AM - 11:22AM Yama 7:11AM - 8:35AM Rahu 11:22AM - 12:46PM	Dhanishtha Until 11:14PM Ganda* Until 7:55AM Balava Until 7:37AM Navami* Until 6:41PM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon - Purple Karttika-Aipasi	Sunrise: 5:48AM Sunset: 4:56PM Moon 10 - Phase 27 - 23 Navami
	Routine Work Prabalarishta Yoga				Bhuloka Day		Devaloka Time: 3:PM to 6:PM		
	Until 11:14PM Then Creative Work - Siddha Yoga						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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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<h1>1</h1>	Thursday, November 3, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 200 Subhakit 5124
	Kumbha Rasi: 10.35 Tithi 10 - 11	Gulika 8:35AM - 9:59AM	Shatabhishak Until 10:12PM	Ganesha: Green <i>Sunrise:</i> 5:48AM
	692276574	Yama 5:48AM - 7:12AM	Dhruva Until 2:56AM Fri	Muruqa: Clear <i>Sunset:</i> 4:56PM
	Creative Work Siddha Yoga	Rahu 12:45PM - 2:09PM	Vanija Until 4:22AM Fri	Nataraja: Clear Moon - Purple
			Dashami Until 5:03PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM

<h1>2</h1>	Friday, November 4, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 201 Subhakit 5124
	Kumbha Rasi: 24.22 Tithi 11 - 12	Gulika 7:12AM - 8:36AM	Purvaproshtapada* Until 9:44PM	Ganesha: Blue <i>Sunrise:</i> 5:49AM
	612276574	Yama 2:09PM - 3:32PM	Vyaghata* Until 12:46AM Sat	Muruqa: Clear <i>Sunset:</i> 4:55PM
	Creative Work Siddha Yoga	Rahu 9:59AM - 11:22AM	Bava Until 3:10AM Sat	Nataraja: Clear Moon - Clear
			Ekadashi Until 3:42PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM

<h1>3</h1>	Saturday, November 5, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 202 Subhakit 5124
	Meena Rasi: 7.59 Tithi 12 - 13	Gulika 5:50AM - 7:13AM	Uttaraproshtapada Until 9:28PM	Ganesha: Blue <i>Sunrise:</i> 5:50AM
	612276574	Yama 12:45PM - 2:08PM	Harshana Until 10:54PM	Muruqa: Clear <i>Sunset:</i> 4:54PM
	Creative Work Siddha Yoga Until 9:28PM Then Routine Work - Prabararishta Yoga	Rahu 8:36AM - 9:59AM	Kaulava Until 2:19AM Sun	Nataraja: Clear Moon - Clear
			Dvadashi Until 2:40PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM

<h1>4</h1>	Sunday, November 6, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 203 Subhakit 5124
	Meena Rasi: 21.24 Tithi 13 - 14	Gulika 2:08PM - 3:31PM	Revati Until 9:25PM	Ganesha: Blue <i>Sunrise:</i> 5:50AM
	612276574	Yama 11:22AM - 12:45PM	Vajra* Until 9:18PM	Muruqa: Clear <i>Sunset:</i> 4:54PM
	Creative Work Amrita Yoga Until 9:25PM Then Creative Work - Siddha Yoga	Rahu 3:31PM - 4:54PM	Gara Until 1:52AM Mon	Nataraja: Clear Moon - Clear
			Trayodashi Until 2:01PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM

<h1>○</h1>	Monday, November 7, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sutra 204 Subhakit 5124
	Copper Retreat Star	Gulika 12:45PM - 2:08PM	Ashvini Until 10:07PM	Ganesha: Blue <i>Sunrise:</i> 5:51AM
	Mesha Rasi: 4.35 Tithi 14 - 15	Yama 9:59AM - 11:22AM	Siddhi Until 8:05PM	Muruqa: Clear <i>Sunset:</i> 4:53PM
	Family Home Evening Creative Work Siddha Yoga	Rahu 7:14AM - 8:37AM	Visti Until 1:52AM Tue	Nataraja: Clear Moon - White
			Chaturdashi* Until 1:47PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM

<h1>○</h1>	Tuesday, November 8, 2022	Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sutra 205 Subhakit 5124
	Silver Retreat Star	Gulika 11:22AM - 12:45PM	Bharani Until 11:08PM	Ganesha: Blue <i>Sunrise:</i> 5:52AM
	Mesha Rasi: 17.33 Tithi 15 - 16	Yama 8:37AM - 10:00AM	Vyatipata* Until 7:14PM	Muruqa: Clear <i>Sunset:</i> 4:53PM
	722276574	Rahu 2:07PM - 3:30PM	Balava Until 2:23AM Wed	Nataraja: Clear Moon - White
			Purnima* Until 2:02PM	Bhuloka Day 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 Yukhtayam
Krittika Nakshatra Varyan Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Manama, Bahrain

Sutra 206

Subhakrit 5124

Vrishabha Rasi: 0.16 Tithi 16 - 17

722276574

Gulika 10:00AM - 11:22AM
Yama 7:15AM - 8:37AM
Rahu 11:22AM - 12:45PM

Krittika **Until 12:29AM Thu**
Varyan **Until 6:46PM**
Taitila **Until 3:25AM Thu**
Prathama* Until 2:49PM

Ganesha: Blue **Sunrise:** 5:52AM
Muruqa: Clear **Sunset:** 4:52PM
Nataraja: Clear
Moon - White
Karttika-Aipasi

Moon 11 - Phase 29 - 1st Phase

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

Creative Work Amrita Yoga

Until 12:29AM Thu

Then Routine Work - Marana Yoga

1

Thursday, November 10, 2022

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

Manama, Bahrain

Sun 1 Sutra 207

Subhakrit 5124

Vrishabha Rasi: 12.45 Tithi 17 - 18

732276574

Gulika 8:38AM - 10:00AM
Yama 5:53AM - 7:15AM
Rahu 12:45PM - 2:07PM

Rohini **Until 2:39AM Fri**
Parigha* **Until 6:42PM**
Vanija **Until 4:56AM Fri**
Dvitiya Until 4:06PM

Ganesha: Red **Sunrise:** 5:53AM
Muruqa: Clear **Sunset:** 4:52PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Moon 11 - Phase 29 - 1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 2:39AM Fri

Then Creative Work - Siddha Yoga

2

Friday, November 11, 2022

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

Manama, Bahrain

Sun 2 Sutra 208

Subhakrit 5124

Vrishabha Rasi: 25.01 Tithi 18 - 19

732276574

Gulika 7:16AM - 8:38AM
Yama 2:07PM - 3:29PM
Rahu 10:00AM - 11:22AM

Mrigashira **Until 5:05AM Sat**
Shiva **Until 7:00PM**
Bava **Until 6:55AM Sat**
Tritiya Until 5:51PM

Ganesha: Red **Sunrise:** 5:54AM
Muruqa: Clear **Sunset:** 4:51PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Moon 11 - Phase 29 - 2nd Phase

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Manama, Bahrain

Sun 3 Sutra 209

Subhakrit 5124

Mithuna Rasi: 7.07 Tithi 19

732276574

Gulika 5:55AM - 7:17AM
Yama 12:45PM - 2:07PM
Rahu 8:39AM - 10:01AM

Ardra **Until 7:39AM Sun**
Siddha **Until 7:34PM**
Bava **Until 6:55AM**
Chaturthi* Until 8:00PM

Ganesha: Red **Sunrise:** 5:55AM
Muruqa: Clear **Sunset:** 4:51PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Moon 11 - Phase 29 - 3rd Phase

Devaloka Day

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Manama, Bahrain

Sun 4 Sutra 210

Subhakrit 5124

Mithuna Rasi: 19.05 Tithi 20

732276574

Gulika 2:06PM - 3:28PM
Yama 11:23AM - 12:45PM
Rahu 3:28PM - 4:50PM

Ardra **Until 7:39AM**
Sadhya **Until 8:19PM**
Kaulava **Until 9:12AM**
Panchami Until 10:24PM

Ganesha: Red **Sunrise:** 5:55AM
Muruqa: Clear **Sunset:** 4:50PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Moon 11 - Phase 29 - 4th Phase

Devaloka Day

Creative Work Siddha Yoga

5

Monday, November 14, 2022

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

Manama, Bahrain

Sun 5 Sutra 211

Subhakrit 5124

Kataka Rasi: 0.58 Tithi 21

742376574

Gulika 12:45PM - 2:06PM
Yama 10:01AM - 11:23AM
Rahu 7:18AM - 8:39AM

Punarvasu **Until 10:45AM**
Subha **Until 9:11PM**
Gara **Until 11:41AM**
Shashthi* Until 12:54AM Tue

Ganesha: White **Sunrise:** 5:56AM
Muruqa: Clear **Sunset:** 4:50PM
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

Moon 11 - Phase 29 - 5th Phase

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

Creative Work Amrita Yoga

Until 10:45AM

Then Creative Work - Siddha Yoga

6

Tuesday, November 15, 2022

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

Manama, Bahrain

Sun 6 Sutra 212

Subhakrit 5124

Kataka Rasi: 12.51 Tithi 22

743376574

Gulika 11:23AM - 12:45PM
Yama 8:40AM - 10:01AM
Rahu 2:06PM - 3:28PM

Pushya **Until 1:40PM**
Sukla **Until 9:57PM**
Visti **Until 2:09PM**
Saptami Until 3:18AM Wed

Ganesha: Green **Sunrise:** 5:57AM
Muruqa: Clear **Sunset:** 4:49PM
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

Moon 11 - Phase 29 - 6th Phase

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

Creative Work Siddha Yoga

7

Wednesday, November 16, 2022

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 213

Subhakrit 5124

Kataka Rasi: 24.47 Tithi 23

743376574

Gulika 10:02AM - 11:23AM
Yama 7:19AM - 8:40AM
Rahu 11:23AM - 12:45PM

Ashlesha* **Until 4:15PM**
Brahma **Until 10:33PM**
Balava **Until 4:26PM**
Ashtami* Until 5:24AM Thu

Ganesha: Green **Sunrise:** 5:57AM
Muruqa: Clear **Sunset:** 4:49PM
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

Moon 11 - Phase 29 - 7th Phase

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

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Manama, Bahrain

Sun 8 Sutra 214

Subhakrit 5124

Simha Rasi: 6.5 Tithi 24

753376575

Gulika 8:41AM - 10:02AM
Yama 5:58AM - 7:19AM
Rahu 12:45PM - 2:06PM

Magha* **Until 6:47PM**
Indra **Until 10:49PM**
Taitila **Until 6:19PM**
Navami* Until 7:01AM Fri

Ganesha: Orange **Sunrise:** 5:58AM
Muruqa: Clear **Sunset:** 4:49PM
Nataraja: Purple
Moon - Red
Karttika-Karttikai

Moon 11 - Phase 29 - 8th Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 6:47PM

Then Creative Work - Siddha Yoga

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

1 times are standard time. Calculated for Manama, Bahrain on 5/1/

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1	Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Manama, Bahrain Sun 9 Sutra 215 Subhakrit 5124
	Simha Rasi: 19.05	Tithi 24 – 25	Gulika 7:20AM – 8:41AM	Purvaphalguni Until 8:35PM	Ganesha: Orange <i>Sunrise: 5:59AM</i>	Muruqa: Clear <i>Sunset: 4:48PM</i>	Moon 11 - Phase 30 - 9
		753376575	Rahu 10:02AM – 11:24AM	Vaidhriti* Until 10:37PM	Nataraja: Purple		2nd Phase
	Creative Work	Siddha Yoga		Vanija Until 7:37PM	Moon – Red	Sivaloka Day	
			Navami* Until 7:01AM		Karttika-Karttikai		

2	Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 10 Sutra 216 Subhakrit 5124
	Kanya Rasi: 2	Tithi 25 – 26	Gulika 6:00AM – 7:21AM	Uttaraphalguni Until 9:34PM	Ganesha: Orange <i>Sunrise: 6:00AM</i>	Muruqa: Clear <i>Sunset: 4:48PM</i>	Moon 11 - Phase 30 - 10
		753376575	Rahu 8:42AM – 10:03AM	Vishkambha* Until 9:53PM	Nataraja: Purple		2nd Phase
	Routine Work	Marana Yoga		Bava Until 8:13PM	Moon – Red	Sivaloka Day	
			Dashami Until 8:00AM		Karttika-Karttikai		

3	Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 217 Subhakrit 5124
	Kanya Rasi: 14.28	Tithi 26 – 27	Gulika 2:06PM – 3:27PM	Hasta Until 10:07PM	Ganesha: Light Blue <i>Sunrise: 6:00AM</i>	Muruqa: Clear <i>Sunset: 4:48PM</i>	Moon 11 - Phase 30 - 11
		763376575	Rahu 3:27PM – 4:48PM	Priti Until 8:33PM	Nataraja: Purple		2nd Phase
	Creative Work	Amrita Yoga		Kaulava Until 8:03PM	Moon – Green	Devaloka Day	
			Ekadashi* Until 8:13AM		Karttika-Karttikai		
						Until 10:07PM Then Creative Work - Siddha Yoga	

4	Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 12 Sutra 218 Subhakrit 5124
	Kanya Rasi: 27.44	Tithi 27 – 28	Gulika 12:45PM – 2:06PM	Chitra Until 9:45PM	Ganesha: Light Blue <i>Sunrise: 6:01AM</i>	Muruqa: Clear <i>Sunset: 4:47PM</i>	Moon 11 - Phase 30 - 12
	Family Home Evening	763376575	Rahu 7:22AM – 8:43AM	Ayushman Until 6:36PM	Nataraja: Purple		2nd Phase
	Routine Work	Prabalarishta Yoga		Gara Until 7:07PM	Moon – Green	Devaloka Day	
			Dvadashi* Until 7:40AM		Karttika-Karttikai		
						Until 9:45PM Then Creative Work - Amrita Yoga	
						<i>Pradosha Vrata (Fasting)</i>	

5	Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 13 Sutra 219 Subhakrit 5124
	Tula Rasi: 11.24	Tithi 28 – 29	Gulika 11:25AM – 12:45PM	Svati Until 8:34PM	Ganesha: Light Blue <i>Sunrise: 6:02AM</i>	Muruqa: Clear <i>Sunset: 4:47PM</i>	Moon 11 - Phase 30 - 13
		763376575	Rahu 2:06PM – 3:27PM	Saubhagya Until 4:07PM	Nataraja: Purple		2nd Phase
	Creative Work	Siddha Yoga		Sakuni Until 4:26AM Wed	Moon – Green	Devaloka Day	
			Trayodashi* Until 6:22AM		Karttika-Karttikai		
						Until 8:34PM Then Routine Work - Marana Yoga	

●	Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain Sun 14 Sutra 220 Subhakrit 5124
	Retreat Star		Gulika 10:04AM – 11:25AM	Vishakha Until 7:07PM	Ganesha: Purple <i>Sunrise: 6:03AM</i>	Muruqa: Clear <i>Sunset: 4:47PM</i>	Moon 11 - Phase 30 - 14
	Tula Rasi: 25.29	Tithi 30	Rahu 11:25AM – 12:45PM	Sobhana Until 1:09PM	Nataraja: Purple		Amavasya
	Creative Work	Siddha Yoga		Catuspada Until 3:16PM	Moon – Orange	Devaloka Day	
			Amavasya* Until 1:58AM Thu		Karttika-Karttikai		

●	Thursday, November 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain Sun 15 Sutra 221 Subhakrit 5124
	Retreat Star		Gulika 8:44AM – 10:05AM	Anuradha Until 5:06PM	Ganesha: Purple <i>Sunrise: 6:03AM</i>	Muruqa: Clear <i>Sunset: 4:47PM</i>	Moon 11 - Phase 30 - 15
	Vrischika Rasi: 9.53	Tithi 1	Rahu 12:46PM – 2:06PM	Athiganda* Until 9:48AM	Nataraja: Purple		Prathama
	Creative Work	Siddha Yoga		Kintughna Until 12:36PM	Moon – Orange	Devaloka Day	
			Prathama* Until 11:08PM		Margasira-Karttikai		
						Until 5:06PM 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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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1	Friday, November 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau			Manama, Bahrain Sun 16 Sutra 222 Subhakrit 5124	
	Vrischika Rasi: 24.34 Tithi 2	733376575	Gulika Yama Rahu	7:24AM – 8:45AM 2:06PM – 3:26PM 10:05AM – 11:25AM	Jyeshtha* Until 2:41PM Sukarma Until 6:11AM Balava Until 9:39AM Dvitiya Until 8:05PM	
	Routine Work Marana Yoga Until 2:41PM Then Creative Work - Amrita Yoga				Ganesha: Purple Sunrise: 6:04AM Muruqa: Clear Sunset: 4:47PM Nataraja: Purple Moon – Orange	Moon 11 - Phase 31 - 16 3rd Phase Devaloka Day
					Margasira-Karttikai	

2	Saturday, November 26, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau			Manama, Bahrain Sun 17 Sutra 223 Subhakrit 5124	
	Dhanus Rasi: 9.21 Tithi 3 – 4	783376575	Gulika Yama Rahu	6:05AM – 7:25AM 12:46PM – 2:06PM 8:45AM – 10:05AM	Mula* Until 12:26PM Shula* Until 10:41PM Tailila Until 6:32AM Tritiya Until 4:57PM	
	Creative Work Siddha Yoga				Ganesha: Light Blue Sunrise: 6:05AM Muruqa: Clear Sunset: 4:47PM Nataraja: Purple Moon – Light Blue	Moon 11 - Phase 31 - 17 3rd Phase Devaloka Day
					Margasira-Karttikai	

3	Sunday, November 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti/7/Bava Karana Chaturthi/Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 224 Subhakrit 5124	
	Dhanus Rasi: 24.08 Tithi 4 – 5	783376575	Gulika Yama Rahu	2:06PM – 3:26PM 11:26AM – 12:46PM 3:26PM – 4:47PM	Purvashadha* Until 10:06AM Ganda* Until 7:00PM Bava Until 12:29AM Mon Chaturthi* Until 1:55PM	
	Creative Work Siddha Yoga Until 10:06AM Then Creative Work - Amrita Yoga				Ganesha: Light Blue Sunrise: 6:06AM Muruqa: Clear Sunset: 4:47PM Nataraja: Purple Moon – Light Blue	Moon 11 - Phase 31 - 18 3rd Phase Devaloka Day
					Margasira-Karttikai	

4	Monday, November 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 225 Subhakrit 5124	
	Makara Rasi: 8.48 Tithi 5 – 6	783376575	Gulika Yama Rahu	12:46PM – 2:06PM 10:06AM – 11:26AM 7:26AM – 8:46AM	Uttarashadha Until 7:49AM Vriddhi Until 3:32PM Kaulava Until 9:47PM Panchami Until 11:04AM	
	Family Home Evening Routine Work Marana Yoga Until 7:49AM Then Creative Work - Amrita Yoga				Ganesha: Light Blue Sunrise: 6:06AM Muruqa: Clear Sunset: 4:46PM Nataraja: Purple Moon – Light Blue	Moon 11 - Phase 31 - 19 3rd Phase Devaloka Day
					Margasira-Karttikai	

5	Tuesday, November 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Manama, Bahrain Sun 20 Sutra 226 Subhakrit 5124	
	Makara Rasi: 23.16 Tithi 6 – 7	793376575	Gulika Yama Rahu	11:27AM – 12:47PM 8:47AM – 10:07AM 2:07PM – 3:26PM	Shravana Until 6:06AM Dhruva Until 12:20PM Gara Until 7:28PM Shashthi* Until 8:34AM	
	Creative Work Siddha Yoga				Ganesha: Orange Sunrise: 6:07AM Muruqa: Clear Sunset: 4:46PM Nataraja: Purple Moon – Purple	Moon 11 - Phase 31 - 20 3rd Phase Sivaloka Day
					Margasira-Karttikai	

D	Wednesday, November 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau			Manama, Bahrain Sun 21 Sutra 227 Subhakrit 5124	
	Retreat Star Kumbha Rasi: 7.26 Tithi 7 – 8	794376575	Gulika Yama Rahu	10:07AM – 11:27AM 7:28AM – 8:47AM 11:27AM – 12:47PM	Shatabhishak Until 3:32AM Thu Vyaghata* Until 9:29AM Bava Until 4:51AM Thu Saptami Until 6:28AM	
	Creative Work Siddha Yoga				Ganesha: Clear Sunrise: 6:08AM Muruqa: Clear Sunset: 4:46PM Nataraja: Purple Moon – Purple	Moon 11 - Phase 31 - 21 Ashtami Sivaloka Day
					Margasira-Karttikai	

D	Thursday, December 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 22 Sutra 228 Subhakrit 5124	
	Retreat Star Kumbha Rasi: 21.19 Tithi 9	714376575	Gulika Yama Rahu	8:48AM – 10:08AM 6:08AM – 7:28AM 12:47PM – 2:07PM	Purvaproshtapada* Until 3:12AM Fri Harshana Until 7:02AM Balava Until 4:15PM Navami* Until 3:45AM Fri	
	Creative Work Siddha Yoga				Ganesha: Red Sunrise: 6:08AM Muruqa: Clear Sunset: 4:46PM Nataraja: Purple Moon – Clear	Moon 11 - Phase 31 - 22 Navami Sivaloka Day
					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

1		Friday, December 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Manama, Bahrain Sun 23 Sutra 229 Subhakrit 5124	
Meena Rasi: 4.53	Tithi 10	Gulika 7:29AM – 8:48AM	Uttaraproshtapada Until 3:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:09AM			
		Yama 2:07PM – 3:27PM	Siddhi Until 3:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 4:46PM		Moon 11 - Phase 32 - 23	
		714376575 Rahu 10:08AM – 11:28AM	Taitila Until 3:25PM	Nataraja: Purple			4th Phase	
Creative Work	Siddha Yoga		Dashami Until 3:10AM Sat	Moon – Clear			Sivaloka Day	
Until 3:14AM Sat				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

2		Saturday, December 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Manama, Bahrain Sun 24 Sutra 230 Subhakrit 5124	
Meena Rasi: 18.1	Tithi 11	Gulika 6:10AM – 7:29AM	Revati Until 3:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:10AM			
		Yama 12:48PM – 2:07PM	Vyatipata* Until 2:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 4:46PM		Moon 11 - Phase 32 - 24	
		714376575 Rahu 8:49AM – 10:09AM	Vanija Until 3:05PM	Nataraja: Purple			4th Phase	
Routine Work	Prabalarishta Yoga		Ekadashi Until 3:06AM Sun	Moon – Clear			Sivaloka Day	
Until 3:37AM Sun				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

3		Sunday, December 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Manama, Bahrain Sun 25 Sutra 231 Subhakrit 5124	
Mesha Rasi: 1.11	Tithi 12	Gulika 2:08PM – 3:27PM	Ashvini Until 4:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:11AM			
		Yama 11:29AM – 12:48PM	Varyan Until 1:10AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:47PM		Moon 11 - Phase 32 - 25	
		724376575 Rahu 3:27PM – 4:47PM	Bava Until 3:15PM	Nataraja: Purple			4th Phase	
Creative Work	Siddha Yoga		Dvodashi Until 3:30AM Mon	Moon – White			Devaloka Day	
				Margasira-Karttikai				

4		Monday, December 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 232 Subhakrit 5124	
Mesha Rasi: 13.59	Tithi 13	Gulika 12:48PM – 2:08PM	Bharani Until 6:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 6:11AM			
Family Home Evening		Yama 10:10AM – 11:29AM	Parigha* Until 12:37AM Tue	Muruqa: Clear	<i>Sunset:</i> 4:47PM		Moon 11 - Phase 32 - 26	
		724376575 Rahu 7:31AM – 8:50AM	Kaulava Until 3:53PM	Nataraja: Purple			4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 4:20AM Tue	Moon – White			Devaloka Day	
				Margasira-Karttikai				

Pradosha Vrata

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 233 Subhakrit 5124	
Mesha Rasi: 26.34	Tithi 14	Gulika 11:29AM – 12:49PM	Bharani Until 6:09AM	Ganesha: Blue	<i>Sunrise:</i> 6:12AM			
		Yama 8:51AM – 10:10AM	Shiva Until 12:23AM Wed	Muruqa: Clear	<i>Sunset:</i> 4:47PM		Moon 11 - Phase 32 - 27	
		724376575 Rahu 2:08PM – 3:27PM	Gara Until 4:56PM	Nataraja: Purple			4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 5:35AM Wed	Moon – White			Devaloka Day	
		Krittika Deepam		Margasira-Karttikai				

○		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Visti* Karana Purnimayam Titau			Manama, Bahrain Sutra 234 Subhakrit 5124	
Copper Retreat Star		Gulika 10:11AM – 11:30AM	Krittika Until 7:47AM	Ganesha: Blue	<i>Sunrise:</i> 6:13AM			
Vrishabha Rasi: 8.59	Tithi 15	Yama 7:32AM – 8:51AM	Siddha Until 12:25AM Thu	Muruqa: Clear	<i>Sunset:</i> 4:47PM		Moon 11 - Phase 32 - Purnima	
		724376575 Rahu 11:30AM – 12:49PM	Visti Until 6:22PM	Nataraja: Purple				
Creative Work	Amrita Yoga		Purnima* Until 7:12AM Thu	Moon – White			Devaloka Day	
Until 7:47AM				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

○		Thursday, December 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Manama, Bahrain Sutra 235 Subhakrit 5124	
Silver Retreat Star		Gulika 8:52AM – 10:11AM	Rohini Until 10:05AM	Ganesha: Yellow	<i>Sunrise:</i> 6:13AM			
Vrishabha Rasi: 21.15	Tithi 15 – 16	Yama 6:13AM – 7:33AM	Sadhya Until 12:43AM Fri	Muruqa: Clear	<i>Sunset:</i> 4:47PM		Moon 11 - Phase 32 - Prathama	
		734376575 Rahu 12:50PM – 2:09PM	Balava Until 8:10PM	Nataraja: Purple				
Routine Work	Marana Yoga		Purnima* Until 7:12AM	Moon – Yellow			Sivaloka Day	
				Margasira-Karttikai				

Vinayaga Viratam Begins

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

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Friday, December 9, 2022

Gold Retreat Star

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

Manama, Bahrain

Sutra 236

Mithuna Rasi: 3.23 Tithi 16 - 17

Gulika 7:33AM - 8:52AM
Yama 2:09PM - 3:28PM
Rahu 10:12AM - 11:31AM

Mrigashira Until 12:32PM
Subha Until 1:14AM Sat
Taitila Until 10:15PM
Prathama* Until 9:09AM

Ganesha: Red Sunrise: 6:14AM
Muruqa: Clear Sunset: 4:47PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Subhakit 5124
Moon 12 - Phase 33 -
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

1

Saturday, December 10, 2022

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

Manama, Bahrain

Sun 1 Sutra 237

Mithuna Rasi: 15.23 Tithi 17 - 18

Gulika 6:15AM - 7:34AM
Yama 12:50PM - 2:09PM
Rahu 8:53AM - 10:12AM

Ardra Until 3:03PM
Sukla Until 1:54AM Sun
Vanija Until 12:35AM Sun
Dvitiya Until 11:22AM

Ganesha: Red Sunrise: 6:15AM
Muruqa: Clear Sunset: 4:48PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

2

Sunday, December 11, 2022

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

Manama, Bahrain

Sun 2 Sutra 238

Mithuna Rasi: 27.2 Tithi 18 - 19

Gulika 2:10PM - 3:29PM
Yama 11:32AM - 12:51PM
Rahu 3:29PM - 4:48PM

Punarvasu Until 6:06PM
Brahma Until 2:42AM Mon
Bava Until 3:04AM Mon
Tritiya Until 1:47PM

Ganesha: Green Sunrise: 6:15AM
Muruqa: Clear Sunset: 4:48PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

3

Monday, December 12, 2022

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

Manama, Bahrain

Sun 3 Sutra 239

Kataka Rasi: 9.13 Tithi 19 - 20

Family Home Evening

745476575

Gulika 12:51PM - 2:10PM
Yama 10:13AM - 11:32AM
Rahu 7:35AM - 8:54AM

Pushya Until 9:03PM
Indra Until 3:33AM Tue
Kaulava Until 5:36AM Tue
Chaturthi* Until 4:19PM

Ganesha: White Sunrise: 6:16AM
Muruqa: Clear Sunset: 4:48PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

4

Tuesday, December 13, 2022

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

Manama, Bahrain

Sun 4 Sutra 240

Kataka Rasi: 21.05 Tithi 20

745476575

Gulika 11:33AM - 12:52PM
Yama 8:55AM - 10:14AM
Rahu 2:11PM - 3:29PM

Ashlesha* Until 11:48PM
Vaidhriti* Until 4:19AM Wed
Taitila Until 6:49PM
Panchami Until 6:49PM

Ganesha: White Sunrise: 6:17AM
Muruqa: Clear Sunset: 4:48PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

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

Creative Work Siddha Yoga

Devaloka Day

5

Wednesday, December 14, 2022

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

Manama, Bahrain

Sun 5 Sutra 241

Simha Rasi: 2.59 Tithi 21

755476575

Gulika 10:14AM - 11:33AM
Yama 7:36AM - 8:55AM
Rahu 11:33AM - 12:52PM

Magha* Until 2:42AM Thu
Vishkambha* Until 4:55AM Thu
Gara Until 8:03AM
Shashthi* Until 9:10PM

Ganesha: Clear Sunrise: 6:17AM
Muruqa: Clear Sunset: 4:49PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

6

Thursday, December 15, 2022

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

Manama, Bahrain

Sun 6 Sutra 242

Simha Rasi: 14.59 Tithi 22

755476575

Gulika 8:56AM - 10:15AM
Yama 6:18AM - 7:37AM
Rahu 12:52PM - 2:11PM

Purvaphalguni Until 5:02AM Fri
Priti Until 5:13AM Fri
Visti Until 10:14AM
Saptami Until 11:08PM

Ganesha: Clear Sunrise: 6:18AM
Muruqa: Clear Sunset: 4:49PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

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

Creative Work Siddha Yoga

Sivaloka Day

7

Friday, December 16, 2022

Retreat Star

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

Manama, Bahrain

Sun 7 Sutra 243

Simha Rasi: 27.09 Tithi 23

755476575

Gulika 7:37AM - 8:56AM
Yama 2:12PM - 3:31PM
Rahu 10:15AM - 11:34AM

Uttaraphalguni Until 6:38AM Sat
Ayushman Until 5:02AM Sat
Balava Until 11:57AM
Ashtami* Until 12:33AM Sat

Ganesha: Clear Sunrise: 6:19AM
Muruqa: Clear Sunset: 4:49PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Subhakit 5124
Moon 12 - Phase 33 - 7
Ashtami

Creative Work Siddha Yoga

Sivaloka Day

Until 6:38AM Sat

Then Routine Work - Marana Yoga

Markali Pillaiyar

Saturday, December 17, 2022

Retreat Star

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

Manama, Bahrain

Sun 8 Sutra 244

Kanya Rasi: 9.34 Tithi 24

855476575

Gulika 6:19AM - 7:38AM
Yama 12:53PM - 2:12PM
Rahu 8:57AM - 10:16AM

Uttaraphalguni Until 6:38AM
Saubhagya Until 4:17AM Sun
Taitila Until 1:01PM
Navami* Until 1:14AM Sun

Ganesha: White Sunrise: 6:19AM
Muruqa: Clear Sunset: 4:50PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Subhakit 5124
Moon 12 - Phase 33 - 8
Navami

Routine Work Marana Yoga

Devaloka Day

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

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1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau		Manama, Bahrain Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 22.2	Tithi 25	Gulika 2:13PM – 3:31PM	Hasta Until 7:49AM	Ganesha: Clear	<i>Sunrise:</i> 6:20AM	Muruqa: Clear	<i>Sunset:</i> 4:50PM
		Yama 11:35AM – 12:54PM	Sobhana Until 2:54AM Mon	Nataraja: Purple		Moon 12 - Phase 34 - 9	2nd Phase
		865476575 Rahu 3:31PM – 4:50PM	Vanija Until 1:17PM	Moon – Green		Sivaloka Day	
Creative Work	Amrita Yoga		Dashami Until 1:05AM Mon	Margasira*Markali			
Until 7:49AM							
Then Creative Work - Siddha Yoga							

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Manama, Bahrain Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 5.31	Tithi 26	Gulika 12:54PM – 2:13PM	Chitra Until 8:01AM	Ganesha: Clear	<i>Sunrise:</i> 6:20AM	Muruqa: Clear	<i>Sunset:</i> 4:51PM
Family Home Evening		Yama 10:17AM – 11:36AM	Athiganda* Until 12:49AM Tue	Nataraja: Purple		Moon 12 - Phase 34 - 10	2nd Phase
Routine Work	Prabalarishta Yoga	865476575 Rahu 7:39AM – 8:58AM	Bava Until 12:42PM	Moon – Green		Sivaloka Day	
Until 8:01AM			Ekadashi* Until 12:04AM Tue	Margasira*Markali			
Then Creative Work - Amrita Yoga							

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau		Manama, Bahrain Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 19.11	Tithi 27	Gulika 11:36AM – 12:55PM	Svati Until 7:15AM	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	Muruqa: Clear	<i>Sunset:</i> 4:51PM
		Yama 8:58AM – 10:17AM	Sukarma Until 10:07PM	Nataraja: Purple		Moon 12 - Phase 34 - 11	2nd Phase
		865476575 Rahu 2:14PM – 3:32PM	Kaulava Until 11:17AM	Moon – Green		Sivaloka Day	
Creative Work	Siddha Yoga		Dvadashi* Until 10:15PM	Margasira*Markali			
Until 7:15AM							
Then Routine Work - Marana Yoga							

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau		Manama, Bahrain Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 3.19	Tithi 28	Gulika 10:18AM – 11:37AM	Vishakha Until 6:01AM	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	Muruqa: Clear	<i>Sunset:</i> 4:52PM
		Yama 7:40AM – 8:59AM	Dhriti Until 6:52PM	Nataraja: Purple		Moon 12 - Phase 34 - 12	2nd Phase
		876476575 Rahu 11:37AM – 12:55PM	Gara Until 9:06AM	Moon – Orange		Sivaloka Day	
Creative Work	Siddha Yoga		Trayodashi* Until 7:45PM	Margasira*Markali			
			<i>Pradosha Vrata (Fasting)</i>				
			Day 1 of Pancha Ganapati				

5		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Manama, Bahrain Sun 13 Sutra 249 Subhakrit 5124	
Vrischika Rasi: 17.53	Tithi 29 – 30	Gulika 8:59AM – 10:18AM	Jyeshtha* Until 1:22AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	Muruqa: Clear	<i>Sunset:</i> 4:52PM
		Yama 6:22AM – 7:41AM	Shula* Until 3:09PM	Nataraja: Purple		Moon 12 - Phase 34 - 13	2nd Phase
		876476575 Rahu 12:56PM – 2:15PM	Visti Until 6:18AM	Moon – Orange		Sivaloka Day	
Routine Work	Prabalarishta Yoga		Chaturdashi* Until 4:42PM	Margasira*Markali			
Until 1:22AM Fri							
Then Creative Work - Amrita Yoga							

Retreat Star		Friday, December 23, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Manama, Bahrain Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 2.49	Tithi 30 – 1	Gulika 7:41AM – 9:00AM	Mula* Until 10:42PM	Ganesha: Orange	<i>Sunrise:</i> 6:22AM	Muruqa: Clear	<i>Sunset:</i> 4:53PM
		Yama 2:15PM – 3:34PM	Ganda* Until 11:08AM	Nataraja: Purple		Moon 12 - Phase 34 - 14	Amavasya
		886476575 Rahu 10:19AM – 11:38AM	Kintughna Until 11:29PM	Moon – Light Blue		Sivaloka Day	
Creative Work	Amrita Yoga		Amavasya* Until 1:16PM	Margasira*Markali			
Until 10:42PM							
Then Routine Work - Prabalarishta Yoga							

Retreat Star		Saturday, December 24, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Manama, Bahrain Sun 15 Sutra 251 Subhakrit 5124	
Dhanus Rasi: 17.56	Tithi 1 – 2	Gulika 6:23AM – 7:42AM	Purvashadha* Until 7:46PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM	Muruqa: Clear	<i>Sunset:</i> 4:53PM
		Yama 12:57PM – 2:16PM	Vridhhi Until 6:56AM	Nataraja: Purple		Moon 12 - Phase 34 - 15	Prathama
		886476575 Rahu 9:00AM – 10:19AM	Balava Until 7:49PM	Moon – Light Blue		Sivaloka Day	
Creative Work	Siddha Yoga		Prathama* Until 9:38AM	Pausha*Markali			
Until 7:46PM							
Then Routine Work - Marana Yoga							

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

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1	Sunday, December 25, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 16 Sutra 252 Subhakrit 5124
	Makara Rasi: 3.07	Tithi 3	Gulika 2:16PM – 3:35PM	Uttarashadha Until 4:46PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM	
			Yama 11:39AM – 12:57PM	Vyaghata* Until 10:30PM	Muruqa: Purple	<i>Sunset:</i> 4:54PM	Moon 12 - Phase 35 - 16
	Creative Work Amrita Yoga	886486575	Rahu 3:35PM – 4:54PM	Taitila Until 4:11PM	Nataraja: Purple		3rd Phase
		Day 5 of Pancha Ganapati		Tritiya Until 2:26AM Mon		Moon – Light Blue Pausha-Markali	Subha Sivaloka Day

2	Monday, December 26, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visiti* Karana Chaturthyam Titau				Manama, Bahrain Sun 17 Sutra 253 Subhakrit 5124
	Makara Rasi: 18.11	Tithi 4	Gulika 12:58PM – 2:17PM	Shravana Until 2:15PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	
	Family Home Evening	896486576	Yama 10:20AM – 11:39AM	Harshana Until 6:35PM	Muruqa: Purple	<i>Sunset:</i> 4:54PM	Moon 12 - Phase 35 - 17
	Creative Work Amrita Yoga		Rahu 7:43AM – 9:01AM	Vanija Until 12:48PM	Nataraja: Clear		3rd Phase
Until 2:15PM			Chaturthi* Until 11:13PM	Moon – Purple Pausha-Markali		Sivaloka Day	
Then Creative Work - Siddha Yoga							

3	Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Manama, Bahrain Sun 18 Sutra 254 Subhakrit 5124
	Kumbha Rasi: 3.01	Tithi 5	Gulika 11:40AM – 12:58PM	Dhanishtha Until 12:00PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	
			Yama 9:02AM – 10:21AM	Vajra* Until 2:58PM	Muruqa: Purple	<i>Sunset:</i> 4:55PM	Moon 12 - Phase 35 - 18
	Creative Work Siddha Yoga	896486576	Rahu 2:17PM – 3:36PM	Bava Until 9:47AM	Nataraja: Clear		3rd Phase
Until 12:00PM			Panchami Until 8:27PM	Moon – Purple Pausha-Markali		Sivaloka Day	
Then Routine Work - Marana Yoga							

4	Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Manama, Bahrain Sun 19 Sutra 255 Subhakrit 5124
	Kumbha Rasi: 17.28	Tithi 6	Gulika 10:21AM – 11:40AM	Shatabhishak Until 10:08AM	Ganesha: Clear	<i>Sunrise:</i> 6:25AM	
			Yama 7:43AM – 9:02AM	Siddhi Until 11:50AM	Muruqa: Purple	<i>Sunset:</i> 4:55PM	Moon 12 - Phase 35 - 19
	Creative Work Siddha Yoga	896486576	Rahu 11:40AM – 12:59PM	Kaulava Until 7:18AM	Nataraja: Clear		3rd Phase
Until 10:08AM			Shashthi* Until 6:16PM	Moon – Purple Pausha-Markali		Sivaloka Day	
Then Creative Work - Amrita Yoga							

5	Thursday, December 29, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 256 Subhakrit 5124
	Meena Rasi: 1.29	Tithi 7 – 8	Gulika 9:03AM – 10:22AM	Purvaproshtapada* Until 9:12AM	Ganesha: Blue	<i>Sunrise:</i> 6:25AM	
			Yama 6:25AM – 7:44AM	Vyatipata* Until 9:14AM	Muruqa: Purple	<i>Sunset:</i> 4:56PM	Moon 12 - Phase 35 - 20
	Creative Work Siddha Yoga	817486576	Rahu 12:59PM – 2:18PM	Visti Until 4:20AM Fri	Nataraja: Clear		3rd Phase
			Saptami Until 4:47PM	Moon – Clear Pausha-Markali		Devaloka Day	

☾	Friday, December 30, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 257 Subhakrit 5124
	Retreat Star		Gulika 7:44AM – 9:03AM	Uttaraproshtapada Until 8:51AM	Ganesha: Blue	<i>Sunrise:</i> 6:25AM	
	Meena Rasi: 15.04	Tithi 8 – 9	Yama 2:19PM – 3:38PM	Variyan Until 7:11AM	Muruqa: Purple	<i>Sunset:</i> 4:57PM	Moon 12 - Phase 35 - 21
	Creative Work Siddha Yoga	817486576	Rahu 10:22AM – 11:41AM	Balava Until 3:57AM Sat	Nataraja: Clear		Ashtami
			Ashtami* Until 4:02PM	Moon – Clear Pausha-Markali		Devaloka Day	

☾	Saturday, December 31, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 258 Subhakrit 5124
	Retreat Star		Gulika 6:26AM – 7:45AM	Revati Until 9:04AM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	
	Meena Rasi: 28.15	Tithi 9 – 10	Yama 1:00PM – 2:19PM	Shiva Until 4:51AM Sun	Muruqa: Purple	<i>Sunset:</i> 4:57PM	Moon 12 - Phase 35 - 22
	Routine Work Prabalarishta Yoga	817486576	Rahu 9:04AM – 10:23AM	Taitila Until 4:17AM Sun	Nataraja: Clear		Navami
Until 9:04AM			Navami* Until 4:01PM	Moon – Clear Pausha-Markali		Devaloka Day	
Then Creative Work - Siddha Yoga							

1 Sunday, January 1, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 23 Sutra 259 Subhakrit 5124
Mesha Rasi: 11.05	Tithi 10 - 11	Gulika 2:20PM - 3:39PM	Ashvini Until 10:16AM	Ganesha: Yellow <i>Sunrise:</i> 6:26AM	
		Yama 11:42AM - 1:01PM	Siddha Until 4:24AM Mon	Muruqa: Purple <i>Sunset:</i> 4:58PM	Moon 12 - Phase 36 - 23
	827486576	Rahu 3:39PM - 4:58PM	Vanija Until 5:16AM Mon	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Dashami Until 4:41PM	Moon - White	Sivaloka Day
Until 10:16AM				Pausha-Markali	
Then Routine Work - Prabalarishta Yoga					

2 Monday, January 2, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 24 Sutra 260 Subhakrit 5124
Mesha Rasi: 23.37	Tithi 11 - 12	Gulika 1:02PM - 2:21PM	Bharani Until 11:53AM	Ganesha: Yellow <i>Sunrise:</i> 6:26AM	
Family Home Evening		Yama 10:23AM - 11:42AM	Sadhya Until 4:22AM Tue	Muruqa: Purple <i>Sunset:</i> 4:59PM	Moon 12 - Phase 36 - 24
	827486576	Rahu 7:45AM - 9:04AM	Bava Until 6:44AM Tue	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 5:55PM	Moon - White	Sivaloka Day
Until 11:53AM		Vaikuntha Ekadasi		Pausha-Markali	
Then Routine Work - Marana Yoga					

3 Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau			Manama, Bahrain Sun 25 Sutra 261 Subhakrit 5124
Vrishabha Rasi: 5.56	Tithi 12	Gulika 11:43AM - 1:02PM	Krittika Until 1:47PM	Ganesha: Blue <i>Sunrise:</i> 6:26AM	
		Yama 9:05AM - 10:24AM	Subha Until 4:38AM Wed	Muruqa: Purple <i>Sunset:</i> 4:59PM	Moon 12 - Phase 36 - 25
	827586576	Rahu 2:21PM - 3:40PM	Bava Until 6:44AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 7:36PM	Moon - White	Subha Sivaloka Day
Until 1:47PM				Pausha-Markali	
Then Creative Work - Amrita Yoga					

4 Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Manama, Bahrain Sun 26 Sutra 262 Subhakrit 5124
Vrishabha Rasi: 18.07	Tithi 13	Gulika 10:24AM - 11:43AM	Rohini Until 4:21PM	Ganesha: White <i>Sunrise:</i> 6:27AM	
		Yama 7:46AM - 9:05AM	Sukla Until 5:05AM Thu	Muruqa: Purple <i>Sunset:</i> 5:00PM	Moon 12 - Phase 36 - 26
	838586576	Rahu 11:43AM - 1:03PM	Kaulava Until 8:35AM	Nataraja: Clear	4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 9:36PM	Moon - Yellow	Devaloka Day
				Pausha-Markali	
<i>Pradosha Vrata</i>					

5 Thursday, January 5, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 263 Subhakrit 5124
Mithuna Rasi: 0.1	Tithi 14	Gulika 9:05AM - 10:25AM	Mrigashira Until 6:59PM	Ganesha: White <i>Sunrise:</i> 6:27AM	
		Yama 6:27AM - 7:46AM	Brahma Until 5:42AM Fri	Muruqa: Purple <i>Sunset:</i> 5:01PM	Moon 12 - Phase 36 - 27
	838586576	Rahu 1:03PM - 2:22PM	Gara Until 10:43AM	Nataraja: Clear	4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 11:50PM	Moon - Yellow	Devaloka Day
		Subramuniyaswami Jayanti		Pausha-Markali	

Friday, January 6, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti/Bava Karana Purnimayam Titau			Manama, Bahrain Sutra 264 Subhakrit 5124
Copper Retreat Star		Gulika 7:46AM - 9:06AM	Ardra Until 9:36PM	Ganesha: White <i>Sunrise:</i> 6:27AM	
Mithuna Rasi: 12.09	Tithi 15	Yama 2:23PM - 3:42PM	Indra Until 6:25AM Sat	Muruqa: Purple <i>Sunset:</i> 5:01PM	Moon 12 - Phase 36 - Purnima
	838586576	Rahu 10:25AM - 11:44AM	Visti Until 1:01PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Purnima* Until 2:12AM Sat	Moon - Yellow	Devaloka Day
				Pausha-Markali	
Ardra Darshanam					

Saturday, January 7, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sutra 265 Subhakrit 5124
Silver Retreat Star		Gulika 6:27AM - 7:47AM	Punarvasu Until 12:38AM Sun	Ganesha: Clear <i>Sunrise:</i> 6:27AM	
Mithuna Rasi: 24.05	Tithi 16	Yama 1:04PM - 2:23PM	Indra Until 6:25AM	Muruqa: Purple <i>Sunset:</i> 5:02PM	Moon 12 - Phase 36 - Prathama
	848586576	Rahu 9:06AM - 10:25AM	Balava Until 3:26PM	Nataraja: Clear	
Creative Work	Siddha Yoga		Prathama* Until 4:39AM Sun	Moon - Blue	Sivaloka Day
				Pausha-Markali	

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 5.59 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:24PM – 3:43PM **Pushya Until 3:33AM Mon**
Yama 11:45AM – 1:05PM Vaidhriti* Until 7:10AM
Rahu 3:43PM – 5:03PM Tailila Until 5:55PM
Dvitiya Until 7:09AM Mon

Manama, Bahrain
Sutra 266
Subhakra 5124
Moon 1 - Phase 37 - 1st Phase

Ganesha: Clear *Sunrise:* 6:27AM
Muruqa: Purple *Sunset:* 5:03PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

1

Monday, January 9, 2023

Kataka Rasi: 17.52 Tithi 17 – 18
Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:05PM – 2:25PM **Ashlesha* Until 6:17AM Tue**
Yama 10:26AM – 11:46AM Vishkamba* Until 7:57AM
Rahu 7:47AM – 9:07AM Vanija Until 8:25PM
Dvitiya Until 7:09AM

Manama, Bahrain
Sun 1 Sutra 267
Subhakra 5124
Moon 1 - Phase 37 - 1st Phase

Ganesha: Clear *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:04PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

2

Tuesday, January 10, 2023

Kataka Rasi: 29.46 Tithi 18 – 19
Creative Work Siddha Yoga

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

Gulika 11:46AM – 1:06PM **Ashlesha* Until 6:17AM**
Yama 9:07AM – 10:26AM Priti Until 8:45AM
Rahu 2:25PM – 3:45PM Bava Until 10:51PM
Tritiya Until 9:37AM

Manama, Bahrain
Sun 2 Sutra 268
Subhakra 5124
Moon 1 - Phase 37 - 2nd Phase

Ganesha: Clear *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:04PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

3

Wednesday, January 11, 2023

Simha Rasi: 11.42 Tithi 19 – 20
Creative Work Siddha Yoga
Until 9:16AM
Then Creative Work - Amrita Yoga

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

Gulika 10:27AM – 11:46AM **Magha* Until 9:16AM**
Yama 7:47AM – 9:07AM Ayushman Until 9:26AM
Rahu 11:46AM – 1:06PM Kaulava Until 1:07AM Thu
Chaturthi* Until 11:59AM

Manama, Bahrain
Sun 3 Sutra 269
Subhakra 5124
Moon 1 - Phase 37 - 3rd Phase

Ganesha: Clear *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:05PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

4

Thursday, January 12, 2023

Simha Rasi: 23.43 Tithi 20 – 21
Creative Work Siddha Yoga

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

Gulika 9:07AM – 10:27AM **Purvaphalguni Until 11:51AM**
Yama 6:28AM – 7:47AM Saubhagya Until 9:58AM
Rahu 1:07PM – 2:26PM Gara Until 3:03AM Fri
Panchami Until 2:07PM

Manama, Bahrain
Sun 4 Sutra 270
Subhakra 5124
Moon 1 - Phase 37 - 4th Phase

Ganesha: Clear *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:06PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

5

Friday, January 13, 2023

Kanya Rasi: 5.51 Tithi 21 – 22
Creative Work Siddha Yoga
Until 1:55PM
Then Creative Work - Amrita Yoga

Subhakra 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 7:48AM – 9:07AM **Uttaraphalguni Until 1:55PM**
Yama 2:27PM – 3:47PM Sobhana Until 10:13AM
Rahu 10:27AM – 11:47AM Visti Until 4:30AM Sat
Shashthi* Until 3:50PM

Manama, Bahrain
Sun 5 Sutra 271
Subhakra 5124
Moon 1 - Phase 37 - 5th Phase

Ganesha: Clear *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:07PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

6

Saturday, January 14, 2023

Kanya Rasi: 18.13 Tithi 22 – 23
Routine Work Marana Yoga

Subhakra 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 6:28AM – 7:48AM **Hasta Until 3:46PM**
Yama 1:08PM – 2:28PM Athiganda* Until 10:03AM
Rahu 9:08AM – 10:28AM Balava Until 5:17AM Sun
Saptami Until 4:58PM

Manama, Bahrain
Sun 6 Sutra 272
Subhakra 5124
Moon 1 - Phase 37 - 6th Phase

Ganesha: White *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:07PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

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Sunday, January 15, 2023

Retreat Star

Tula Rasi: 0.52 Tithi 23 – 24
Creative Work Siddha Yoga

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

Gulika 2:28PM – 3:48PM **Chitra Until 4:45PM**
Yama 11:48AM – 1:08PM Sukarma Until 9:21AM
Rahu 3:48PM – 5:08PM Tailila Until 5:15AM Mon
Ashtami* Until 5:21PM

Manama, Bahrain
Sun 7 Sutra 273
Subhakra 5124
Moon 1 - Phase 37 - 7th Phase

Ganesha: White *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:08PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

Monday, January 16, 2023

Retreat Star

Tula Rasi: 13.55 Tithi 24 – 25
Family Home Evening
Creative Work Amrita Yoga
Until 4:46PM
Then Routine Work - Marana Yoga

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

Gulika 1:08PM – 2:29PM **Svati Until 4:46PM**
Yama 10:28AM – 11:48AM Dhriti Until 8:03AM
Rahu 7:48AM – 9:08AM Vanija Until 4:23AM Tue
Navami* Until 4:54PM

Manama, Bahrain
Sun 8 Sutra 274
Subhakra 5124
Moon 1 - Phase 37 - 8th Phase

Ganesha: White *Sunrise:* 6:28AM
Muruqa: Purple *Sunset:* 5:09PM
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

l times are standard time. Calculated for Manama, Bahrain on 5/1/


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1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula*/Ganda* Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau				Manama, Bahrain
	Tula Rasi: 27.25	Tithi 25 – 26	Gulika 11:49AM – 1:09PM	Vishakha Until 4:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM	Sun 9 Sutra 275
			Yama 9:08AM – 10:28AM	Shula* Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 5:10PM	Subhakrit 5124
		879586576	Rahu 2:29PM – 3:49PM	Bava Until 2:40AM Wed	Nataraja: Clear		Moon 1 - Phase 38 - 9
Routine Work Marana Yoga			Dashami Until 3:36PM	Moon – Orange		2nd Phase	
Until 4:15PM				Pausha -Thai		Sivaloka Day	
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain
	Vrischika Rasi: 11.24	Tithi 26 – 27	Gulika 10:29AM – 11:49AM	Anuradha Until 2:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Sun 10 Sutra 276
			Yama 7:48AM – 9:08AM	Vriddhi Until 12:11AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:11PM	Subhakrit 5124
		879586576	Rahu 11:49AM – 1:09PM	Kaulava Until 12:13AM Thu	Nataraja: Clear		Moon 1 - Phase 38 - 10
Creative Work Siddha Yoga			Ekadashi* Until 1:30PM	Moon – Orange		2nd Phase	
				Pausha -Thai		Sivaloka Day	

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain
	Vrischika Rasi: 25.52	Tithi 27 – 28	Gulika 9:08AM – 10:29AM	Jyeshtha* Until 12:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Sun 11 Sutra 277
			Yama 6:27AM – 7:48AM	Dhruva Until 8:26PM	Muruqa: Purple	<i>Sunset:</i> 5:11PM	Subhakrit 5124
		871586576	Rahu 1:10PM – 2:30PM	Gara Until 9:09PM	Nataraja: Clear		Moon 1 - Phase 38 - 11
Routine Work Prabalarishta Yoga			Dvadashi* Until 10:44AM	Moon – Orange		2nd Phase	
Until 12:33PM				Pausha -Thai		Sivaloka Day	
Then Creative Work - Siddha Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghala*/Harshana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain
	Dhanus Rasi: 10.46	Tithi 28 – 29	Gulika 7:48AM – 9:08AM	Mula* Until 10:04AM	Ganesha: Red	<i>Sunrise:</i> 6:27AM	Sun 12 Sutra 278
			Yama 2:31PM – 3:51PM	Vyaghata* Until 4:20PM	Muruqa: Purple	<i>Sunset:</i> 5:12PM	Subhakrit 5124
		881586576	Rahu 10:29AM – 11:50AM	Sakuni Until 3:44AM Sat	Nataraja: Clear		Moon 1 - Phase 38 - 12
Creative Work Amrita Yoga			Trayodashi* Until 7:25AM	Moon – Light Blue		2nd Phase	
Until 10:04AM				Pausha -Thai		Sivaloka Day	
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Manama, Bahrain
	Retreat Star		Gulika 6:27AM – 7:48AM	Purvashadha* Until 7:06AM	Ganesha: Red	<i>Sunrise:</i> 6:27AM	Sun 13 Sutra 279
	Dhanus Rasi: 25.57	Tithi 30	Yama 1:11PM – 2:31PM	Harshana Until 12:01PM	Muruqa: Purple	<i>Sunset:</i> 5:13PM	Subhakrit 5124
		881586576	Rahu 9:08AM – 10:29AM	Catuspada Until 1:50PM	Nataraja: Clear		Moon 1 - Phase 38 - 13
Creative Work Siddha Yoga			Amavasya* Until 11:53PM	Moon – Light Blue		Amavasya	
Until 7:06AM				Pausha -Thai		Sivaloka Day	
Then Routine Work - Marana Yoga							

Retreat Star	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Manama, Bahrain
	Makara Rasi: 11.17	Tithi 1	Gulika 2:32PM – 3:53PM	Shravana Until 12:53AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Sun 14 Sutra 280
			Yama 11:50AM – 1:11PM	Vajra* Until 7:34AM	Muruqa: Purple	<i>Sunset:</i> 5:14PM	Subhakrit 5124
		891586576	Rahu 3:53PM – 5:14PM	Kintughna Until 9:57AM	Nataraja: Clear		Moon 1 - Phase 38 - 14
Creative Work Amrita Yoga			Prathama* Until 8:01PM	Moon – Purple		Prathama	
Until 12:53AM Mon				Magha -Thai		Sivaloka Day	
Then Creative Work - Siddha Yoga							

1	Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau				Manama, Bahrain Sun 15 Sutra 281 Subhakrit 5124
	Makara Rasi: 26.34	Tithi 2 – 3	Gulika 1:11PM – 2:32PM	Dhanishtha Until 10:00PM	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	
	Family Home Evening	891586576	Yama 10:29AM – 11:50AM	Vyatipata* Until 11:01PM	Muruqa: Purple	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 39 - 15
	Creative Work Siddha Yoga		Rahu 7:47AM – 9:08AM	Balava Until 6:09AM	Nataraja: Clear		3rd Phase
			Dvitiya Until 4:19PM	Magha*Thai	Sivaloka Day		

2	Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Manama, Bahrain Sun 16 Sutra 282 Subhakrit 5124
	Kumbha Rasi: 11.38	Tithi 3 – 4	Gulika 11:51AM – 1:12PM	Shatabhishak Until 7:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:26AM	
		891586576	Yama 9:08AM – 10:30AM	Variyan Until 7:09PM	Muruqa: Purple	<i>Sunset:</i> 5:15PM	Moon 1 - Phase 39 - 16
	Routine Work Marana Yoga		Rahu 2:33PM – 3:54PM	Vanija Until 11:31PM	Nataraja: Clear		3rd Phase
			Tritiya Until 12:59PM	Magha*Thai	Sivaloka Day		

3	Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*Shiva Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Manama, Bahrain Sun 17 Sutra 283 Subhakrit 5124
	Kumbha Rasi: 26.21	Tithi 4 – 5	Gulika 10:30AM – 11:51AM	Purvaproshtapada* Until 5:38PM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	
		911586576	Yama 7:47AM – 9:08AM	Parigha* Until 3:46PM	Muruqa: Purple	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 39 - 17
	Creative Work Amrita Yoga Until 5:38PM Then Creative Work - Siddha Yoga		Rahu 11:51AM – 1:12PM	Bava Until 9:01PM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 10:09AM	Magha*Thai	Subha Sivaloka Day		

4	Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 18 Sutra 284 Subhakrit 5124
	Meena Rasi: 10.37	Tithi 5 – 6	Gulika 9:08AM – 10:30AM	Uttaraproshtapada Until 4:26PM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	
		911586576	Yama 6:26AM – 7:47AM	Shiva Until 12:59PM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39 - 18
	Creative Work Siddha Yoga		Rahu 1:13PM – 2:34PM	Kaulava Until 7:15PM	Nataraja: Clear		3rd Phase
			Panchami Until 8:01AM	Magha*Thai	Subha Sivaloka Day		

5	Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Manama, Bahrain Sun 19 Sutra 285 Subhakrit 5124
	Meena Rasi: 24.22	Tithi 6 – 7	Gulika 7:47AM – 9:08AM	Revati Until 3:55PM	Ganesha: Blue	<i>Sunrise:</i> 6:25AM	
		911586576	Yama 2:34PM – 3:56PM	Siddha Until 10:48AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39 - 19
	Creative Work Siddha Yoga Until 3:55PM Then Creative Work - Amrita Yoga		Rahu 10:30AM – 11:51AM	Gara Until 6:20PM	Nataraja: Clear		3rd Phase
			Shashthi* Until 6:40AM	Magha*Thai	Subha Sivaloka Day		

6	Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20 Sutra 286 Subhakrit 5124
	Retreat Star		Gulika 6:25AM – 7:47AM	Ashvini Until 4:32PM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM	
	Mesha Rasi: 7.38	Tithi 7 – 8	Yama 1:13PM – 2:35PM	Sadhya Until 9:20AM	Muruqa: Purple	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 39 - 20
		921586576	Rahu 9:08AM – 10:30AM	Visti Until 6:18PM	Nataraja: Clear		Ashtami
			Saptami Until 6:11AM	Magha*Thai	Sivaloka Day		

7	Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21 Sutra 287 Subhakrit 5124
	Retreat Star		Gulika 2:35PM – 3:57PM	Bharani Until 5:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM	
	Mesha Rasi: 20.28	Tithi 8 – 9	Yama 11:52AM – 1:14PM	Subha Until 8:31AM	Muruqa: Purple	<i>Sunset:</i> 5:19PM	Moon 1 - Phase 39 - 21
		922686576	Rahu 3:57PM – 5:19PM	Balava Until 7:04PM	Nataraja: Clear		Navami
			Ashtami* Until 6:34AM	Magha*Thai	Sivaloka Day		

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Manama, Bahrain Sun 22 Sutra 288 Subhakrit 5124	
1		Gulika 1:14PM – 2:36PM	Krittika Until 7:35PM	Ganesha: Yellow	<i>Sunrise:</i> 6:24AM	
Virshabha Rasi: 2.58	Tithi 9 – 10	Yama 10:30AM – 11:52AM	Sukla Until 8:16AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 40 - 22
Family Home Evening	922686576	Rahu 7:46AM – 9:08AM	Taitila Until 8:32PM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Navami* Until 7:42AM	Moon – White		Sivaloka Day
Until 7:35PM				Magha-Thai		
Then Creative Work - Amrita Yoga						

Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 23 Sutra 289 Subhakrit 5124	
2		Gulika 11:52AM – 1:14PM	Rohini Until 10:11PM	Ganesha: White	<i>Sunrise:</i> 6:24AM	
Virshabha Rasi: 15.11	Tithi 10 – 11	Yama 9:08AM – 10:30AM	Brahma Until 8:28AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40 - 23
Creative Work	932686576	Rahu 2:36PM – 3:58PM	Vanija Until 10:31PM	Nataraja: Clear		4th Phase
Amrita Yoga			Dashami Until 9:27AM	Moon – Yellow		Subha Sivaloka Day
Until 10:11PM				Magha-Thai		
Then Creative Work - Siddha Yoga						

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Manama, Bahrain Sun 24 Sutra 290 Subhakrit 5124	
3		Gulika 10:30AM – 11:52AM	Mrigashira Until 12:56AM Thu	Ganesha: White	<i>Sunrise:</i> 6:24AM	
Virshabha Rasi: 27.14	Tithi 11 – 12	Yama 7:46AM – 9:08AM	Indra Until 9:01AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40 - 24
Creative Work	932686576	Rahu 11:52AM – 1:14PM	Bava Until 12:50AM Thu	Nataraja: Clear		4th Phase
Siddha Yoga			Ekadashi Until 11:37AM	Moon – Yellow		Subha Sivaloka Day
Until 12:56AM Thu				Magha-Thai		
Then Routine Work - Marana Yoga						

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Manama, Bahrain Sun 25 Sutra 291 Subhakrit 5124	
4		Gulika 9:08AM – 10:30AM	Ardra Until 3:40AM Fri	Ganesha: White	<i>Sunrise:</i> 6:23AM	
Mithuna Rasi: 9.1	Tithi 12 – 13	Yama 6:23AM – 7:46AM	Vaidhriti* Until 9:43AM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 40 - 25
Routine Work	932686576	Rahu 1:15PM – 2:37PM	Kaulava Until 3:18AM Fri	Nataraja: Clear		4th Phase
Marana Yoga			Dvadashi Until 2:02PM	Moon – Yellow		Subha Sivaloka Day
Until 3:40AM Fri				Magha-Thai		
Then Creative Work - Siddha Yoga						
						<i>Pradosha Vrata</i>

Friday, February 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Manama, Bahrain Sun 26 Sutra 292 Subhakrit 5124	
5		Gulika 7:45AM – 9:08AM	Punarvasu Until 6:47AM Sat	Ganesha: Clear	<i>Sunrise:</i> 6:23AM	
Mithuna Rasi: 21.04	Tithi 13 – 14	Yama 2:37PM – 4:00PM	Vishkambha* Until 10:32AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM	Moon 1 - Phase 40 - 26
Creative Work	942686576	Rahu 10:30AM – 11:52AM	Gara Until 5:49AM Sat	Nataraja: Clear		4th Phase
Siddha Yoga			Trayodashi Until 4:32PM	Moon – Blue		Sivaloka Day
				Magha-Thai		

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Vanija Karana Chaturdashyam Titau			Manama, Bahrain Sun 27 Sutra 293 Subhakrit 5124	
6		Gulika 6:22AM – 7:45AM	Punarvasu Until 6:47AM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	
Kataka Rasi: 2.56	Tithi 14	Yama 1:15PM – 2:38PM	Priti Until 11:22AM	Muruqa: Purple	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 40 - 27
Creative Work	942686577	Rahu 9:07AM – 10:30AM	Vanija Until 7:02PM	Nataraja: Orange		4th Phase
Siddha Yoga			Chaturdashi* Until 7:02PM	Moon – Blue		Sivaloka Day
				Magha-Thai		
						<i>Thai Pusam</i>

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau			Manama, Bahrain Sutra 294 Subhakrit 5124	
○		Gulika 2:38PM – 4:01PM	Pushya Until 9:41AM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	
Kataka Rasi: 14.5	Tithi 15	Yama 11:53AM – 1:15PM	Ayushman Until 12:08PM	Muruqa: Purple	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 40 -
Copper Retreat Star	942686577	Rahu 4:01PM – 5:23PM	Visti Until 8:17AM	Nataraja: Orange		Purnima
Siddha Yoga			Purnima* Until 9:27PM	Moon – Blue		Sivaloka Day
				Magha-Thai		

Monday, February 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Manama, Bahrain Sutra 295 Subhakrit 5124	
○		Gulika 1:16PM – 2:38PM	Ashlesha* Until 12:19PM	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	
Kataka Rasi: 26.45	Tithi 16	Yama 10:30AM – 11:53AM	Saubhagya Until 12:50PM	Muruqa: Purple	<i>Sunset:</i> 5:24PM	Moon 1 - Phase 40 -
Family Home Evening	942686577	Rahu 7:44AM – 9:07AM	Balava Until 10:39AM	Nataraja: Orange		Prathama
Siddha Yoga			Prathama* Until 11:46PM	Moon – Blue		Sivaloka Day
Until 12:19PM				Magha-Thai		
Then Routine Work - Marana Yoga						



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 8.44 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 11:53AM – 1:16PM
Yama 9:07AM – 10:30AM
Rahu 2:39PM – 4:02PM

Magha* Until 3:10PM
Sobhana Until 1:27PM
Taitila Until 12:54PM
Dvitiya Until 1:55AM Wed

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

Sunrise: 6:21AM
Sunset: 5:25PM

Manama, Bahrain
Sun 1 Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 20.46 Tithi 18

952686577

Creative Work Amrita Yoga

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

Gulika 10:30AM – 11:53AM
Yama 7:43AM – 9:07AM
Rahu 11:53AM – 1:16PM

Purvaphalguni Until 5:40PM
Athiganda* Until 1:54PM
Vanija Until 2:57PM
Tritiya Until 3:52AM Thu

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

Sunrise: 6:20AM
Sunset: 5:26PM

Manama, Bahrain
Sun 2 Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 2.54 Tithi 19

952686577

Amrita Yoga

Until 7:45PM
Then Routine Work - Marana Yoga

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

Gulika 9:06AM – 10:30AM
Yama 6:20AM – 7:43AM
Rahu 1:16PM – 2:40PM

Maha Sankatahara Chaturthi

Uttaraphalguni Until 7:45PM
Sukarma Until 2:11PM
Bava Until 4:44PM
Chaturthi* Until 5:29AM Fri

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

Sunrise: 6:20AM
Sunset: 5:26PM

Manama, Bahrain
Sun 3 Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 15.1 Tithi 20

962686577

Amrita Yoga

Until 9:48PM
Then Creative Work - Siddha Yoga

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

Gulika 7:42AM – 9:06AM
Yama 2:40PM – 4:04PM
Rahu 10:29AM – 11:53AM

Hasta Until 9:48PM
Dhriti Until 2:13PM
Kaulava Until 6:11PM
Panchami Until 6:42AM Sat

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

Sunrise: 6:19AM
Sunset: 5:27PM

Manama, Bahrain
Sun 4 Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 27.35 Tithi 20 – 21

963686577

Marana Yoga

Until 11:13PM
Then Creative Work - Siddha Yoga

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

Gulika 6:18AM – 7:42AM
Yama 1:17PM – 2:40PM
Rahu 9:06AM – 10:29AM

Chitra Until 11:13PM
Shula* Until 1:52PM
Gara Until 7:08PM
Panchami Until 6:42AM

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

Sunrise: 6:18AM
Sunset: 5:28PM

Manama, Bahrain
Sun 5 Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 10.16 Tithi 21 – 22

963686577

Siddha Yoga

Until 11:52PM
Then Routine Work - Marana Yoga

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

Gulika 2:41PM – 4:05PM
Yama 11:53AM – 1:17PM
Rahu 4:05PM – 5:28PM

Svati Until 11:52PM
Ganda* Until 1:06PM
Visiti Until 7:29PM
Shashthi* Until 7:22AM

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

Sunrise: 6:18AM
Sunset: 5:28PM

Manama, Bahrain
Sun 6 Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 6
1st Phase

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 23.16 Tithi 22 – 23

973686577

Family Home Evening

Marana Yoga

Until 12:08AM Tue
Then Creative Work - Siddha Yoga

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

Gulika 1:17PM – 2:41PM
Yama 10:29AM – 11:53AM
Rahu 7:41AM – 9:05AM

Vishakha Until 12:08AM Tue
Vridhhi Until 11:49AM
Balava Until 7:07PM
Saptami Until 7:22AM

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

Sunrise: 6:17AM
Sunset: 5:29PM

Manama, Bahrain
Sun 7 Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 7
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 6.37 Tithi 23 – 24

973686577

Siddha Yoga

Until 11:32PM
Then Routine Work - Marana Yoga

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

Gulika 11:53AM – 1:17PM
Yama 9:05AM – 10:29AM
Rahu 2:41PM – 4:06PM

Anuradha Until 11:32PM
Dhruva Until 9:56AM
Taitila Until 6:02PM
Ashtami* Until 6:39AM

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

Sunrise: 6:16AM
Sunset: 5:30PM

Manama, Bahrain
Sun 8 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

1	Wednesday, February 15, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 9 Sutra 304 Subhakrit 5124
	Vrischika Rasi: 20.25	Tithi 25	973686577	Gulika Yama Rahu	10:29AM – 11:53AM 7:40AM – 9:04AM 11:53AM – 1:17PM	Jyeshtha* Until 10:05PM Vyaghata* Until 7:29AM Vanija Until 4:13PM Dashami Until 3:02AM Thu	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Orange Magha-Masi
	Creative Work Siddha Yoga						Sunrise: 6:16AM Sunset: 5:30PM
	Until 10:05PM						Moon 2 - Phase 42 - 9 2nd Phase Sivaloka Day
Then Routine Work - Marana Yoga							

2	Thursday, February 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Manama, Bahrain Sun 10 Sutra 305 Subhakrit 5124
	Dhanus Rasi: 4.38	Tithi 26	983686577	Gulika Yama Rahu	9:04AM – 10:28AM 6:15AM – 7:39AM 1:18PM – 2:42PM	Mula* Until 8:18PM Vajra* Until 12:59AM Fri Bava Until 1:44PM Ekadashi* Until 12:16AM Fri	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Creative Work Siddha Yoga						Sunrise: 6:15AM Sunset: 5:31PM
	Until 10:05PM						Moon 2 - Phase 42 - 10 2nd Phase Devaloka Day
Then Routine Work - Marana Yoga							

3	Friday, February 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Manama, Bahrain Sun 11 Sutra 306 Subhakrit 5124
	Dhanus Rasi: 19.17	Tithi 27	983686577	Gulika Yama Rahu	7:39AM – 9:03AM 2:42PM – 4:07PM 10:28AM – 11:53AM	Purvashadha* Until 5:53PM Siddhi Until 9:08PM Kaulava Until 10:43AM Dvadashi* Until 9:02PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Prabalarishta Yoga						Sunrise: 6:14AM Sunset: 5:32PM
	Until 5:53PM						Moon 2 - Phase 42 - 11 2nd Phase Devaloka Day
Then Routine Work - Marana Yoga							

4	Saturday, February 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 12 Sutra 307 Subhakrit 5124
	Makara Rasi: 4.14	Tithi 28 – 29	983686577	Gulika Yama Rahu	6:13AM – 7:38AM 1:18PM – 2:43PM 9:03AM – 10:28AM	Uttarashadha Until 2:59PM Vyatipata* Until 5:01PM Gara Until 7:19AM Trayodashi* Until 5:29PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Marana Yoga						Sunrise: 6:13AM Sunset: 5:32PM
	Until 2:59PM						Moon 2 - Phase 42 - 12 2nd Phase Devaloka Day
<i>Pradosha Vrata (Fasting)</i>							

●	Sunday, February 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain Sun 13 Sutra 308 Subhakrit 5124
	Retreat Star						Sunrise: 6:12AM Sunset: 5:33PM
	Makara Rasi: 19.24	Tithi 29 – 30	993686577	Gulika Yama Rahu	2:43PM – 4:08PM 11:53AM – 1:18PM 4:08PM – 5:33PM	Shravana Until 12:11PM Variyan Until 12:45PM Catuspada Until 11:57PM Chaturdashi* Until 1:47PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi
	Creative Work Amrita Yoga						Moon 2 - Phase 42 - 13 Amavasya Devaloka Day
Until 12:11PM							
Then Routine Work - Marana Yoga							

●	Monday, February 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Manama, Bahrain Sun 14 Sutra 309 Subhakrit 5124
	Retreat Star						Sunrise: 6:12AM Sunset: 5:34PM
	Kumbha Rasi: 5	Tithi 30 – 1	993686577	Gulika Yama Rahu	1:18PM – 2:43PM 10:27AM – 11:53AM 7:37AM – 9:02AM	Dhanishtha Until 9:16AM Parigha* Until 8:31AM Kintughna Until 8:21PM Amavasya* Until 10:07AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Phalgun-Masi
	Family Home Evening						Moon 2 - Phase 42 - 14 Prathama Devaloka Day
Creative Work Siddha Yoga							

1	Tuesday, February 21, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava/Kaulava Karana Prathama/Dvityayam Titau			Manama, Bahrain Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 19.4	Tithi 1 - 2	993686577	Gulika 11:53AM - 1:18PM Yama 9:02AM - 10:27AM Rahu 2:43PM - 4:09PM	Shatabhishak Until 6:23AM Siddha Until 12:38AM Wed Kaulava Until 3:31AM Wed Prathama* Until 6:38AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon - Purple Phalguna-Masi
	Routine Work	Marana Yoga				Devaloka Day Moon 2 - Phase 43 - 15 3rd Phase
2	Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau			Manama, Bahrain Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 4.26	Tithi 3	913686577	Gulika 10:27AM - 11:52AM Yama 7:36AM - 9:01AM Rahu 11:52AM - 1:18PM	Uttaraproshtapada Until 2:21AM Thu Sadhya Until 9:16PM Taitila Until 2:11PM Tritiya Until 12:57AM Thu	Ganesha: Red Muruqa: Purple Nataraja: Orange Moon - Clear Phalguna-Masi
	Creative Work	Siddha Yoga				Sivaloka Day Moon 2 - Phase 43 - 16 3rd Phase
3	Thursday, February 23, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthiyam Titau			Manama, Bahrain Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 18.49	Tithi 4	913786577	Gulika 9:01AM - 10:27AM Yama 6:09AM - 7:35AM Rahu 1:18PM - 2:44PM	Revati Until 1:05AM Fri Subha Until 6:27PM Vanija Until 11:57AM Chaturthi* Until 11:05PM	Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon - Clear Phalguna-Masi
	Creative Work	Siddha Yoga				Subha Sivaloka Day Moon 2 - Phase 43 - 17 3rd Phase
	Until 1:05AM Fri					
	Then Creative Work - Amrita Yoga			Subramuniyaswami Siva Vision Day		
4	Friday, February 24, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau			Manama, Bahrain Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 2.43	Tithi 5	923786577	Gulika 7:34AM - 9:00AM Yama 2:44PM - 4:10PM Rahu 10:26AM - 11:52AM	Ashvini Until 12:55AM Sat Sukla Until 4:15PM Bava Until 10:28AM Panchami Until 10:02PM	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi
	Creative Work	Amrita Yoga				Sivaloka Day Moon 2 - Phase 43 - 18 3rd Phase
	Until 12:55AM Sat					
	Then Creative Work - Siddha Yoga					
5	Saturday, February 25, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau			Manama, Bahrain Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 16.07	Tithi 6	923786577	Gulika 6:07AM - 7:34AM Yama 1:18PM - 2:44PM Rahu 9:00AM - 10:26AM	Bharani Until 1:27AM Sun Brahma Until 2:44PM Kaulava Until 9:51AM Shashthi* Until 9:50PM	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi
	Creative Work	Siddha Yoga				Sivaloka Day Moon 2 - Phase 43 - 19 3rd Phase
6	Sunday, February 26, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau			Manama, Bahrain Sun 20 Sutra 315 Subhakrit 5124
	Mesha Rasi: 29.05	Tithi 7	924786577	Gulika 2:45PM - 4:11PM Yama 11:52AM - 1:18PM Rahu 4:11PM - 5:37PM	Krittika Until 2:39AM Mon Indra Until 1:55PM Gara Until 10:05AM Saptami Until 10:30PM	Ganesha: Blue Muruqa: Purple Nataraja: Orange Moon - White Phalguna-Masi
	Creative Work	Siddha Yoga				Devaloka Day Moon 2 - Phase 43 - 20 3rd Phase
	Until 2:39AM Mon					
	Then Creative Work - Amrita Yoga					
D	Monday, February 27, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau			Manama, Bahrain Sun 21 Sutra 316 Subhakrit 5124
	Retreat Star			Gulika 1:18PM - 2:45PM Yama 10:25AM - 11:52AM Rahu 7:32AM - 8:59AM	Rohini Until 4:51AM Tue Vaidhriti* Until 1:41PM Visti Until 11:09AM Ashtami* Until 11:55PM	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi
Vrishabha Rasi: 11.38	Tithi 8	934786577				Sivaloka Day Moon 2 - Phase 43 - 21 Ashtami
Family Home Evening						
Creative Work	Amrita Yoga					
Until 4:51AM Tue						
Then Creative Work - Siddha Yoga						
Tuesday, February 28, 2023	Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau			Manama, Bahrain Sun 22 Sutra 317 Subhakrit 5124
	Vrishabha Rasi: 23.54	Tithi 9	934786577	Gulika 11:52AM - 1:18PM Yama 8:58AM - 10:25AM Rahu 2:45PM - 4:12PM	Mrigashira Until 7:24AM Wed Vishkambha* Until 1:57PM Balava Until 12:52PM Navami* Until 1:54AM Wed	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi
	Creative Work	Siddha Yoga				Sivaloka Day Moon 2 - Phase 43 - 22 Navami

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

l times are standard time. Calculated for Manama, Bahrain on 5/1/

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1		Wednesday, March 1, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Manama, Bahrain Sun 23 Sutra 318 Subhakra 5124	
Mithuna Rasi: 5.57	Tithi 10	Gulika 10:24AM – 11:51AM	Mrigashira Until 7:24AM	Ganesha: Yellow	<i>Sunrise:</i> 6:03AM		
		Yama 7:30AM – 8:57AM	Priti Until 2:34PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Moon 2 - Phase 44 - 23	
		934786577 Rahu 11:51AM – 1:18PM	Taitila Until 3:04PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 4:15AM Thu	Moon – Yellow			Sivaloka Day
				Phalgun-Masi			
2		Thursday, March 2, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Manama, Bahrain Sun 24 Sutra 319 Subhakra 5124	
Mithuna Rasi: 17.53	Tithi 11	Gulika 8:57AM – 10:24AM	Ardra Until 10:06AM	Ganesha: Yellow	<i>Sunrise:</i> 6:02AM		
		Yama 6:02AM – 7:29AM	Ayushman Until 3:22PM	Muruqa: Purple	<i>Sunset:</i> 5:40PM	Moon 2 - Phase 44 - 24	
		934786577 Rahu 1:18PM – 2:46PM	Vanija Until 5:31PM	Nataraja: Orange		4th Phase	
Routine Work	Marana Yoga		Ekadashi Until 6:45AM Fri	Moon – Yellow			Sivaloka Day
Until 10:06AM				Phalgun-Masi			
Then Creative Work - Amrita Yoga							
3		Friday, March 3, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Manama, Bahrain Sun 25 Sutra 320 Subhakra 5124	
Mithuna Rasi: 29.44	Tithi 11 – 12	Gulika 7:28AM – 8:56AM	Punarvasu Until 1:14PM	Ganesha: White	<i>Sunrise:</i> 6:01AM		
		Yama 2:46PM – 4:13PM	Saubhagya Until 4:14PM	Muruqa: Purple	<i>Sunset:</i> 5:41PM	Moon 2 - Phase 44 - 25	
		944786577 Rahu 10:23AM – 11:51AM	Bava Until 8:02PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 6:45AM	Moon – Blue			Devaloka Day
Until 1:14PM				Phalgun-Masi			
Then Routine Work - Marana Yoga							
4		Saturday, March 4, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Manama, Bahrain Sun 26 Sutra 321 Subhakra 5124	
Kataka Rasi: 11.37	Tithi 12 – 13	Gulika 6:00AM – 7:28AM	Pushya Until 4:10PM	Ganesha: White	<i>Sunrise:</i> 6:00AM		
		Yama 1:18PM – 2:46PM	Sobhana Until 5:05PM	Muruqa: Purple	<i>Sunset:</i> 5:41PM	Moon 2 - Phase 44 - 26	
		944786577 Rahu 8:55AM – 10:23AM	Kaulava Until 10:28PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 9:15AM	Moon – Blue			Devaloka Day
Until 4:10PM				Phalgun-Masi			
Then Routine Work - Marana Yoga							
							<i>Pradosha Vrata</i>
5		Sunday, March 5, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Manama, Bahrain Sun 27 Sutra 322 Subhakra 5124	
Kataka Rasi: 23.32	Tithi 13 – 14	Gulika 2:46PM – 4:14PM	Ashlesha* Until 6:47PM	Ganesha: Purple	<i>Sunrise:</i> 5:59AM		
		Yama 11:50AM – 1:18PM	Athiganda* Until 5:47PM	Muruqa: Purple	<i>Sunset:</i> 5:42PM	Moon 2 - Phase 44 - 27	
		144786577 Rahu 4:14PM – 5:42PM	Gara Until 12:44AM Mon	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 11:37AM	Moon – Blue			Devaloka Day
Until 6:47PM		Chidambaram Abhishekam		Phalgun-Masi			
Then Routine Work - Marana Yoga							
Monday, March 6, 2023		Copper Retreat Star		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Manama, Bahrain Sutra 323 Subhakra 5124	
Simha Rasi: 5.31	Tithi 14 – 15	Gulika 1:18PM – 2:46PM	Magha* Until 9:31PM	Ganesha: Clear	<i>Sunrise:</i> 5:58AM		
Family Home Evening		Yama 10:22AM – 11:50AM	Sukarma Until 6:19PM	Muruqa: Purple	<i>Sunset:</i> 5:42PM	Moon 2 - Phase 44 -	
Routine Work	Marana Yoga	154786577 Rahu 7:26AM – 8:54AM	Visti Until 2:45AM Tue	Nataraja: Orange		Purnima	
Until 9:31PM			Chaturdashi* Until 1:45PM	Moon – Red			Sivaloka Day
Then Creative Work - Siddha Yoga		Holi		Phalgun-Masi			
Tuesday, March 7, 2023		Silver Retreat Star		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Manama, Bahrain Sutra 324 Subhakra 5124	
Simha Rasi: 17.37	Tithi 15 – 16	Gulika 11:50AM – 1:18PM	Purvaphalguni Until 11:48PM	Ganesha: Clear	<i>Sunrise:</i> 5:57AM		
		Yama 8:54AM – 10:22AM	Dhriti Until 6:40PM	Muruqa: Purple	<i>Sunset:</i> 5:43PM	Moon 2 - Phase 44 -	
		154786577 Rahu 2:46PM – 4:15PM	Balava Until 4:28AM Wed	Nataraja: Orange		Prathama	
Creative Work	Siddha Yoga		Purnima* Until 3:38PM	Moon – Red			Sivaloka Day
Until 11:48PM				Phalgun-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 rajasa is Brahma. That part of Him which belongs to sattva is Vishnu. Krishna Yajur Veda



Wednesday, March 8, 2023
Gold Retreat Star

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

Manama, Bahrain
Sutra 325

Simha Rasi: 29.49 Tithi 16 – 17

Gulika 10:21AM – 11:50AM
Yama 7:24AM – 8:53AM
154786577 **Rahu** 11:50AM – 1:18PM

Ganesha: Clear *Sunrise:* 5:56AM
Muruqa: Purple *Sunset:* 5:43PM

Moon 3 - Phase 45 -
1st Phase

Creative Work Amrita Yoga

Uttaraphalguni Until 1:37AM Thu
Shula* Until 6:44PM
Taitila Until 5:52AM Thu
Prathama* Until 5:11PM

Nataraja: Orange
Moon – Red
Phalguna-Masi

Sivaloka Day

Until 1:37AM Thu
Then Routine Work - Marana Yoga

1

Thursday, March 9, 2023

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

Manama, Bahrain
Sun 1 Sutra 326

Kanya Rasi: 12.1 Tithi 17

Gulika 8:52AM – 10:21AM
Yama 5:55AM – 7:24AM
164786577 **Rahu** 1:18PM – 2:47PM

Ganesha: White *Sunrise:* 5:55AM
Muruqa: Purple *Sunset:* 5:44PM

Moon 3 - Phase 45 - 1
1st Phase

Routine Work Marana Yoga

Hasta Until 3:25AM Fri
Ganda* Until 6:34PM
Gara Until 6:24PM
Dvitiya Until 6:24PM

Nataraja: Orange
Moon – Green
Phalguna-Masi

Devaloka Day

Until 3:25AM Fri
Then Creative Work - Siddha Yoga

2

Friday, March 10, 2023

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

Manama, Bahrain
Sun 2 Sutra 327

Kanya Rasi: 24.41 Tithi 18

Gulika 7:23AM – 8:52AM
Yama 2:47PM – 4:16PM
165786577 **Rahu** 10:20AM – 11:49AM

Ganesha: Yellow *Sunrise:* 5:54AM
Muruqa: Purple *Sunset:* 5:45PM

Moon 3 - Phase 45 - 2
1st Phase

Creative Work Siddha Yoga

Chitra Until 4:40AM Sat
Vriddhi Until 6:07PM
Vanija Until 6:53AM
Tritiya Until 7:13PM

Nataraja: Orange
Moon – Green
Phalguna-Masi

Sivaloka Day

Until 5:21AM Sun
Then Routine Work - Marana Yoga

3

Saturday, March 11, 2023

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

Manama, Bahrain
Sun 3 Sutra 328

Tula Rasi: 7.22 Tithi 19

Gulika 5:53AM – 7:22AM
Yama 1:18PM – 2:47PM
165786577 **Rahu** 8:51AM – 10:20AM

Ganesha: Yellow *Sunrise:* 5:53AM
Muruqa: Purple *Sunset:* 5:45PM

Moon 3 - Phase 45 - 3
1st Phase

Creative Work Siddha Yoga

Svati Until 5:21AM Sun
Dhruva Until 5:19PM
Bava Until 7:30AM
Chaturthi* Until 7:38PM

Nataraja: Orange
Moon – Green
Phalguna-Masi

Sivaloka Day

Until 5:21AM Sun
Then Routine Work - Marana Yoga

4

Sunday, March 12, 2023

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

Manama, Bahrain
Sun 4 Sutra 329

Tula Rasi: 20.16 Tithi 20

Gulika 2:47PM – 4:16PM
Yama 11:49AM – 1:18PM
175786577 **Rahu** 4:16PM – 5:46PM

Ganesha: Blue *Sunrise:* 5:52AM
Muruqa: Purple *Sunset:* 5:46PM

Moon 3 - Phase 45 - 4
1st Phase

Routine Work Marana Yoga

Vishakha Until 5:52AM Mon
Vyaghata* Until 4:11PM
Kaulava Until 7:41AM
Panchami Until 7:34PM

Nataraja: Orange
Moon – Orange
Phalguna-Masi

Subha Sivaloka Day

Until 5:52AM Mon
Then Creative Work - Siddha Yoga

5

Monday, March 13, 2023

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

Manama, Bahrain
Sun 5 Sutra 330

Vrischika Rasi: 3.23 Tithi 21

Gulika 1:18PM – 2:47PM
Yama 10:19AM – 11:48AM
175786577 **Rahu** 7:20AM – 8:50AM

Ganesha: Blue *Sunrise:* 5:51AM
Muruqa: Purple *Sunset:* 5:46PM

Moon 3 - Phase 45 - 5
1st Phase

Creative Work Siddha Yoga

Anuradha Until 5:44AM Tue
Harshana Until 2:40PM
Gara Until 7:23AM
Shashthi* Until 7:01PM

Nataraja: Orange
Moon – Orange
Phalguna-Masi

Subha Sivaloka Day

Until 5:44AM Tue
Then Routine Work - Marana Yoga

6

Tuesday, March 14, 2023

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

Manama, Bahrain
Sun 6 Sutra 331

Vrischika Rasi: 16.48 Tithi 22 – 23

Gulika 11:48AM – 1:18PM
Yama 8:49AM – 10:19AM
175786577 **Rahu** 2:47PM – 4:17PM

Ganesha: Blue *Sunrise:* 5:50AM
Muruqa: Purple *Sunset:* 5:47PM

Moon 3 - Phase 45 - 6
1st Phase

Routine Work Marana Yoga

Jyeshtha* Until 4:56AM Wed
Vajra* Until 12:43PM
Visti Until 6:33AM
Saptami Until 5:56PM

Nataraja: Orange
Moon – Orange
Phalguna-Masi

Subha Sivaloka Day

Until 5:56AM Thu
Then Routine Work - Marana Yoga

D

Wednesday, March 15, 2023

Retreat Star

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

Manama, Bahrain
Sun 7 Sutra 332

Dhanus Rasi: 0.31 Tithi 23 – 24

Gulika 10:18AM – 11:48AM
Yama 7:19AM – 8:48AM
185786578 **Rahu** 11:48AM – 1:18PM

Ganesha: Red *Sunrise:* 5:49AM
Muruqa: Purple *Sunset:* 5:47PM

Moon 3 - Phase 45 - 7
Ashtami

Routine Work Marana Yoga

Karadaiyan Nombu (Tamil Nadu)

Mula* Until 3:55AM Thu
Siddhi Until 10:22AM
Taitila Until 3:20AM Thu
Ashtami* Until 4:19PM

Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Sivaloka Day

Until 3:55AM Thu
Then Creative Work - Siddha Yoga

Thursday, March 16, 2023

Retreat Star

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

Manama, Bahrain
Sun 8 Sutra 333

Dhanus Rasi: 14.33 Tithi 24 – 25

Gulika 8:48AM – 10:18AM
Yama 5:48AM – 7:18AM
185786578 **Rahu** 1:18PM – 2:48PM

Ganesha: Red *Sunrise:* 5:48AM
Muruqa: Purple *Sunset:* 5:48PM

Moon 3 - Phase 45 - 8
Navami

Creative Work Siddha Yoga

Purvashadha* Until 2:17AM Fri
Vyatipata* Until 7:37AM
Vanija Until 1:00AM Fri
Navami* Until 2:12PM

Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Sivaloka Day

Until 2:17AM Fri
Then Routine Work - Marana Yoga

1	Friday, March 17, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Manama, Bahrain Sun 9 Sutra 334 Subhakrit 5124
	Dhanus Rasi: 28.53	Tithi 25 – 26	Gulika 7:17AM – 8:47AM Yama 2:48PM – 4:18PM 185786578 Rahu 10:17AM – 11:47AM	Uttarashadha Until 12:08AM Sat Parigha* Until 1:02AM Sat Bava Until 10:16PM Dashami Until 11:39AM	Ganesha: Red <i>Sunrise:</i> 5:47AM Muruqa: Purple <i>Sunset:</i> 5:48PM Nataraja: Clear Moon – Light Blue Phalguna•Panguni
	Routine Work	Marana Yoga			<i>Sunrise:</i> 5:47AM <i>Sunset:</i> 5:48PM Moon 3 - Phase 46 - 9 2nd Phase
	Until 12:08AM Sat	Then Creative Work - Siddha Yoga			Sivaloka Day

2	Saturday, March 18, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau			Manama, Bahrain Sun 10 Sutra 335 Subhakrit 5124
	Makara Rasi: 13.29	Tithi 26 – 27	Gulika 5:46AM – 7:16AM Yama 1:17PM – 2:48PM 195786578 Rahu 8:46AM – 10:17AM	Shravana Until 9:59PM Shiva Until 9:23PM Kaulava Until 7:15PM Ekadashi* Until 8:46AM	Ganesha: Green <i>Sunrise:</i> 5:46AM Muruqa: Purple <i>Sunset:</i> 5:48PM Nataraja: Clear Moon – Purple Phalguna•Panguni
	Creative Work	Siddha Yoga			Moon 3 - Phase 46 - 10 2nd Phase
					Subha Sivaloka Day

3	Sunday, March 19, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau			Manama, Bahrain Sun 11 Sutra 336 Subhakrit 5124
	Makara Rasi: 28.16	Tithi 28	Gulika 2:48PM – 4:18PM Yama 11:47AM – 1:17PM 196796578 Rahu 4:18PM – 5:49PM	Dhanishtha Until 7:34PM Siddha Until 5:35PM Gara Until 4:04PM Trayodashi* Until 2:27AM Mon <i>Pradosha Vrata (Fasting)</i>	Ganesha: Orange <i>Sunrise:</i> 5:45AM Muruqa: Clear <i>Sunset:</i> 5:49PM Nataraja: Clear Moon – Purple Phalguna•Panguni
	Routine Work	Marana Yoga			Moon 3 - Phase 46 - 11 2nd Phase
	Until 7:34PM	Then Creative Work - Siddha Yoga			Devaloka Day

4	Monday, March 20, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Manama, Bahrain Sun 12 Sutra 337 Subhakrit 5124
	Kumbha Rasi: 13.06	Tithi 29	Gulika 1:17PM – 2:48PM Yama 10:16AM – 11:46AM 196896578 Rahu 7:14AM – 8:45AM	Shatabhishak Until 5:01PM Sadhya Until 1:49PM Visti Until 12:53PM Chaturdashi* Until 11:19PM	Ganesha: Green <i>Sunrise:</i> 5:43AM Muruqa: Clear <i>Sunset:</i> 5:49PM Nataraja: Clear Moon – Purple Phalguna•Panguni
	Family Home Evening	Creative Work	Siddha Yoga		Moon 3 - Phase 46 - 12 2nd Phase
	Until 5:01PM	Then Routine Work - Marana Yoga			Sivaloka Day

●	Tuesday, March 21, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Manama, Bahrain Sun 13 Sutra 338 Subhakrit 5124
	Retreat Star	Kumbha Rasi: 27.52	Tithi 30	Gulika 11:46AM – 1:17PM Yama 8:44AM – 10:15AM 116896578 Rahu 2:48PM – 4:19PM	Purvaproshtapada* Until 2:55PM Subha Until 10:11AM Catuspada Until 9:50AM Amavasya* Until 8:24PM
	Routine Work	Marana Yoga			Ganesha: Orange <i>Sunrise:</i> 5:42AM Muruqa: Clear <i>Sunset:</i> 5:50PM Nataraja: Clear Moon – Clear Phalguna•Panguni
	Until 2:55PM	Then Creative Work - Amrita Yoga			Moon 3 - Phase 46 - 13 Amavasya Devaloka Day

●	Wednesday, March 22, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau			Manama, Bahrain Sun 14 Sutra 339 Subhakrit 5124
	Retreat Star	Meena Rasi: 12.26	Tithi 1 – 2	Gulika 10:15AM – 11:46AM Yama 7:12AM – 8:44AM 116896578 Rahu 11:46AM – 1:17PM	Uttaraproshtapada Until 1:01PM Sukla Until 6:45AM Kintughna Until 7:06AM Prathama* Until 5:52PM
	Creative Work	Siddha Yoga			Ganesha: Orange <i>Sunrise:</i> 5:41AM Muruqa: Clear <i>Sunset:</i> 5:50PM Nataraja: Clear Moon – Clear Chaitra•Panguni
	Until 1:01PM	Then Routine Work - Marana Yoga	Yugadhi		Moon 3 - Phase 46 - 14 Prathama Devaloka Day

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

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1		Thursday, March 23, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Manama, Bahrain Sun 15 Sutra 340 Subhakit 5124	
Meena Rasi: 26.42	Tithi 2 – 3	Gulika 8:43AM – 10:14AM	Revati Until 11:28AM	Ganesha: Orange	<i>Sunrise:</i> 5:40AM	Muruqa: Clear	<i>Sunset:</i> 5:51PM
		Yama 5:40AM – 7:12AM	Indra Until 1:11AM Fri	Nataraja: Clear		Moon 3 - Phase 47 - 15	3rd Phase
		116896578 Rahu 1:17PM – 2:48PM	Taitila Until 3:06AM Fri	Moon – Clear		Devaloka Day	
Creative Work Siddha Yoga			Dvitiya Until 3:51PM	Chaitra•Panguni			
Until 11:28AM		Chellappaswami Mahasamadhi					
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Manama, Bahrain Sun 16 Sutra 341 Subhakit 5124	
Mesha Rasi: 10.34	Tithi 3 – 4	Gulika 7:11AM – 8:42AM	Ashvini Until 10:50AM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	Muruqa: Clear	<i>Sunset:</i> 5:51PM
		Yama 2:48PM – 4:20PM	Vaidhriti* Until 11:10PM	Nataraja: Clear		Moon 3 - Phase 47 - 16	3rd Phase
		126896578 Rahu 10:14AM – 11:45AM	Vanija Until 2:07AM Sat	Moon – White		Devaloka Day	
Creative Work Amrita Yoga			Tritiya Until 2:30PM	Chaitra•Panguni			
Until 10:50AM							
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Manama, Bahrain Sun 17 Sutra 342 Subhakit 5124	
Mesha Rasi: 24.01	Tithi 4 – 5	Gulika 5:38AM – 7:10AM	Bharani Until 10:48AM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Muruqa: Clear	<i>Sunset:</i> 5:52PM
		Yama 1:17PM – 2:48PM	Vishkamba* Until 9:48PM	Nataraja: Clear		Moon 3 - Phase 47 - 17	3rd Phase
		126896578 Rahu 8:42AM – 10:13AM	Bava Until 1:55AM Sun	Moon – White		Devaloka Day	
Creative Work Siddha Yoga			Chaturthi* Until 1:54PM	Chaitra•Panguni			
Until 10:48AM							
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Manama, Bahrain Sun 18 Sutra 343 Subhakit 5124	
Vrishabha Rasi: 7.03	Tithi 5 – 6	Gulika 2:48PM – 4:20PM	Krittika Until 11:22AM	Ganesha: Clear	<i>Sunrise:</i> 5:37AM	Muruqa: Clear	<i>Sunset:</i> 5:52PM
		Yama 11:45AM – 1:17PM	Priti Until 9:03PM	Nataraja: Clear		Moon 3 - Phase 47 - 18	3rd Phase
		126896578 Rahu 4:20PM – 5:52PM	Kaulava Until 2:30AM Mon	Moon – White		Devaloka Day	
Creative Work Siddha Yoga			Panchami Until 2:05PM	Chaitra•Panguni			

5		Monday, March 27, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashti/Saptamyam Titau		Manama, Bahrain Sun 19 Sutra 344 Subhakit 5124	
Vrishabha Rasi: 19.42	Tithi 6 – 7	Gulika 1:16PM – 2:49PM	Rohini Until 12:59PM	Ganesha: Clear	<i>Sunrise:</i> 5:36AM	Muruqa: Clear	<i>Sunset:</i> 5:53PM
Family Home Evening		Yama 10:12AM – 11:44AM	Ayushman Until 8:50PM	Nataraja: Clear		Moon 3 - Phase 47 - 19	3rd Phase
		137896578 Rahu 7:08AM – 8:40AM	Gara Until 3:47AM Tue	Moon – Yellow		Devaloka Day	
Creative Work Amrita Yoga			Shashti* Until 3:02PM	Chaitra•Panguni			

6		Tuesday, March 28, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Manama, Bahrain Sun 20 Sutra 345 Subhakit 5124	
Mithuna Rasi: 2.02	Tithi 7 – 8	Gulika 11:44AM – 1:16PM	Mrigashira Until 3:05PM	Ganesha: Clear	<i>Sunrise:</i> 5:35AM	Muruqa: Clear	<i>Sunset:</i> 5:53PM
		Yama 8:39AM – 10:12AM	Saubhagya Until 9:07PM	Nataraja: Clear		Moon 3 - Phase 47 - 20	3rd Phase
		137896578 Rahu 2:49PM – 4:21PM	Visti Until 5:39AM Wed	Moon – Yellow		Devaloka Day	
Creative Work Siddha Yoga			Saptami Until 4:38PM	Chaitra•Panguni			
Until 3:05PM							
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava Karana Ashtamyam Titau		Manama, Bahrain Sun 21 Sutra 346 Subhakit 5124	
Mithuna Rasi: 14.1	Tithi 8	Gulika 10:11AM – 11:44AM	Ardra Until 5:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:34AM	Muruqa: Clear	<i>Sunset:</i> 5:54PM
		Yama 7:06AM – 8:39AM	Sobhana Until 9:45PM	Nataraja: Clear		Moon 3 - Phase 47 - 21	Ashtami
		137896578 Rahu 11:44AM – 1:16PM	Bava Until 6:42PM	Moon – Yellow		Devaloka Day	
Creative Work Siddha Yoga			Ashtami* Until 6:42PM	Chaitra•Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Manama, Bahrain Sun 22 Sutra 347 Subhakit 5124	
Mithuna Rasi: 26.08	Tithi 9	Gulika 8:38AM – 10:11AM	Punarvasu Until 8:30PM	Ganesha: White	<i>Sunrise:</i> 5:33AM	Muruqa: Clear	<i>Sunset:</i> 5:54PM
		Yama 5:33AM – 7:05AM	Athiganda* Until 10:32PM	Nataraja: Clear		Moon 3 - Phase 47 - 22	Navami
		147896578 Rahu 1:16PM – 2:49PM	Balava Until 7:53AM	Moon – Blue		Bhuloka Day	
Creative Work Amrita Yoga			Navami* Until 9:03PM	Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
		Sri Rama Navami					

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

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1		Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Manama, Bahrain Sun 23 Sutra 348 Subhakrit 5124	
Kataka Rasi: 8.01	Tithi 10	Gulika 7:05AM – 8:37AM	Pushya Until 11:26PM	Ganesha: White	<i>Sunrise:</i> 5:32AM				
		Yama 2:49PM – 4:22PM	Sukarma Until 11:23PM	Muruqa: Clear	<i>Sunset:</i> 5:55PM	Moon 3 - Phase 48 - 23			
Routine Work	Marana Yoga	147896578 Rahu 10:10AM – 11:43AM	Taitila Until 10:17AM	Nataraja: Clear		Moon – Blue		Bhuloka Day	
			Dashami Until 11:29PM			Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2		Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 349 Subhakrit 5124	
Kataka Rasi: 19.55	Tithi 11	Gulika 5:32AM – 7:05AM	Ashlesha* Until 2:05AM Sun	Ganesha: White	<i>Sunrise:</i> 5:32AM				
		Yama 1:16PM – 2:49PM	Dhriti Until 12:11AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:55PM	Moon 3 - Phase 48 - 24			
Routine Work	Marana Yoga	147896578 Rahu 8:37AM – 10:10AM	Vanija Until 12:41PM	Nataraja: Clear		Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi	Ekadashi Until 1:48AM Sun			Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3		Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 350 Subhakrit 5124	
Simha Rasi: 1.52	Tithi 12	Gulika 2:49PM – 4:22PM	Magha* Until 4:50AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:31AM				
		Yama 11:43AM – 1:16PM	Shula* Until 12:46AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:55PM	Moon 3 - Phase 48 - 25			
Routine Work	Marana Yoga	158896578 Rahu 4:22PM – 5:55PM	Bava Until 2:54PM	Nataraja: Clear		Moon – Red		Devaloka Day	
Until 4:50AM Mon			Dvadashi Until 3:52AM Mon			Chaitra•Panguni			
Then Creative Work - Siddha Yoga									

4		Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 351 Subhakrit 5124	
Simha Rasi: 13.55	Tithi 13	Gulika 1:16PM – 2:49PM	Purvaphalguni Until 7:04AM Tue	Ganesha: Red	<i>Sunrise:</i> 5:30AM				
Family Home Evening		Yama 10:09AM – 11:43AM	Ganda* Until 1:06AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:56PM	Moon 3 - Phase 48 - 26			
Creative Work	Siddha Yoga	158896578 Rahu 7:03AM – 8:36AM	Kaulava Until 4:48PM	Nataraja: Clear		Moon – Red		Devaloka Day	
Until 7:04AM Tue			Trayodashi Until 5:34AM Tue			Chaitra•Panguni			
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata</i>						

5		Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Gara Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 352 Subhakrit 5124	
Simha Rasi: 26.07	Tithi 14	Gulika 11:42AM – 1:16PM	Purvaphalguni Until 7:04AM	Ganesha: Red	<i>Sunrise:</i> 5:28AM				
		Yama 8:35AM – 10:09AM	Vriddhi Until 1:07AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:56PM	Moon 3 - Phase 48 - 27			
Creative Work	Siddha Yoga	158896578 Rahu 2:49PM – 4:23PM	Gara Until 6:17PM	Nataraja: Clear		Moon – Red		Devaloka Day	
Until 7:04AM			Chaturdashi* Until 6:50AM Wed			Chaitra•Panguni			
Then Creative Work - Amrita Yoga									

		Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Manama, Bahrain Sutra 353 Subhakrit 5124	
Kanya Rasi: 8.3	Tithi 14 – 15	Gulika 10:08AM – 11:42AM	Uttaraphalguni Until 8:42AM	Ganesha: Red	<i>Sunrise:</i> 5:27AM				
		Yama 7:01AM – 8:35AM	Dhruva Until 12:44AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:57PM	Moon 3 - Phase 48 - Purnima			
Creative Work	Amrita Yoga	158896578 Rahu 11:42AM – 1:16PM	Visti Until 7:17PM	Nataraja: Clear		Moon – Red		Devaloka Day	
Until 8:42AM			Chaturdashi* Until 6:50AM			Chaitra•Panguni			
Then Routine Work - Marana Yoga		Panguni Uttiram Hanuman Jayanti							

Thursday, April 6, 2023		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Manama, Bahrain Sutra 354 Subhakrit 5124	
Kanya Rasi: 21.06	Tithi 15 – 16	Gulika 8:34AM – 10:08AM	Hasta Until 10:11AM	Ganesha: Blue	<i>Sunrise:</i> 5:26AM				
		Yama 5:26AM – 7:00AM	Vyaghata* Until 12:00AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:57PM	Moon 3 - Phase 48 - Prathama			
Routine Work	Marana Yoga	168896578 Rahu 1:15PM – 2:49PM	Balava Until 7:49PM	Nataraja: Clear		Moon – Green		Bhuloka Day	
Until 10:11AM			Purnima* Until 7:36AM			Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga									

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



Friday, April 7, 2023
Gold Retreat Star

Tula Rasi: 3.56 Tithi 16 – 17

Creative Work Siddha Yoga

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

Gulika 6:59AM – 8:33AM
Yama 2:49PM – 4:23PM
168896578 **Rahu** 10:07AM – 11:41AM

Chitra **Until 11:03AM**
Harshana **Until 10:54PM**
Taitila **Until 7:51PM**
Prathama* Until 7:52AM

Ganesha: Blue *Sunrise:* 5:25AM
Muruqa: Clear *Sunset:* 5:57PM
Nataraja: Clear
Moon – Green
Chaitra*Panguni

Manama, Bahrain
Sutra 355
Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

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

1

Saturday, April 8, 2023

Tula Rasi: 16.59 Tithi 17 – 18

Creative Work Siddha Yoga

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

Gulika 5:24AM – 6:58AM
Yama 1:15PM – 2:50PM
168896578 **Rahu** 8:33AM – 10:07AM

Svati **Until 11:18AM**
Vajra* **Until 9:26PM**
Vanija **Until 7:27PM**
Dvitiya **Until 7:41AM**

Ganesha: Blue *Sunrise:* 5:24AM
Muruqa: Clear *Sunset:* 5:58PM
Nataraja: Clear
Moon – Green
Chaitra*Panguni

Manama, Bahrain
Sun 1 Sutra 356
Subhakrit 5124
Moon 4 - Phase 49 - 1
1st Phase

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

2

Sunday, April 9, 2023

Vrischika Rasi: 0.16 Tithi 18 – 19

Routine Work Marana Yoga

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

Gulika 2:50PM – 4:24PM
Yama 11:41AM – 1:15PM
179896578 **Rahu** 4:24PM – 5:58PM

Vishakha **Until 11:28AM**
Siddhi **Until 7:40PM**
Bava **Until 6:40PM**
Tritiya **Until 7:05AM**

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

Manama, Bahrain
Sun 2 Sutra 357
Subhakrit 5124
Moon 4 - Phase 49 - 2
1st Phase

Devaloka Day

3

Monday, April 10, 2023

Vrischika Rasi: 13.46 Tithi 19 – 20

Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:15PM – 2:50PM
Yama 10:06AM – 11:41AM
179896578 **Rahu** 6:57AM – 8:31AM

Anuradha **Until 11:07AM**
Vyatipata* **Until 5:38PM**
Taitila **Until 4:47AM Tue**
Chaturthi* Until 6:06AM

Ganesha: Red *Sunrise:* 5:22AM
Muruqa: Clear *Sunset:* 5:59PM
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Manama, Bahrain
Sun 3 Sutra 358
Subhakrit 5124
Moon 4 - Phase 49 - 3
1st Phase

Devaloka Day

4

Tuesday, April 11, 2023

Vrischika Rasi: 27.26 Tithi 21

Routine Work Marana Yoga
Until 10:17AM
Then Creative Work - Amrita Yoga

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

Gulika 11:40AM – 1:15PM
Yama 8:31AM – 10:05AM
179896578 **Rahu** 2:50PM – 4:25PM

Jyeshtha* Until 10:17AM
Variyan **Until 3:19PM**
Gara **Until 4:02PM**
Shashthi* Until 3:10AM Wed

Ganesha: Red *Sunrise:* 5:21AM
Muruqa: Clear *Sunset:* 5:59PM
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Manama, Bahrain
Sun 4 Sutra 359
Subhakrit 5124
Moon 4 - Phase 49 - 4
1st Phase

Devaloka Day

5

Wednesday, April 12, 2023

Dhanus Rasi: 11.19 Tithi 22

Routine Work Marana Yoga
Until 9:28AM
Then Creative Work - Amrita Yoga

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

Gulika 10:05AM – 11:40AM
Yama 6:55AM – 8:30AM
189896578 **Rahu** 11:40AM – 1:15PM

Mula* Until 9:28AM
Parigha* **Until 12:47PM**
Visti **Until 2:16PM**
Saptami **Until 1:16AM Thu**

Ganesha: Green *Sunrise:* 5:20AM
Muruqa: Clear *Sunset:* 6:00PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Manama, Bahrain
Sun 5 Sutra 360
Subhakrit 5124
Moon 4 - Phase 49 - 5
1st Phase

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

D

Thursday, April 13, 2023

Retreat Star

Dhanus Rasi: 25.2 Tithi 23

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

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

Gulika 8:29AM – 10:05AM
Yama 5:19AM – 6:54AM
189996578 **Rahu** 1:15PM – 2:50PM

Purvashadha* Until 8:14AM
Shiva **Until 10:04AM**
Balava **Until 12:15PM**
Ashtami* Until 11:09PM

Ganesha: White *Sunrise:* 5:19AM
Muruqa: Clear *Sunset:* 6:00PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Manama, Bahrain
Sun 6 Sutra 361
Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

Makara Rasi: 9.31 Tithi 24

Routine Work Marana Yoga

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

Gulika 6:53AM – 8:29AM
Yama 2:50PM – 4:25PM
189996578 **Rahu** 10:04AM – 11:39AM

Chidambaram Abhishekam
Tamil New Year

Uttarashadha Until 6:39AM
Siddha **Until 7:08AM**
Taitila **Until 10:01AM**
Navami* Until 8:49PM

Ganesha: White *Sunrise:* 5:18AM
Muruqa: Clear *Sunset:* 6:01PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Chaitra

Manama, Bahrain
Sun 7 Sutra 362
Sobhana 5125
Moon 4 - Phase 49 - 7
Navami


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

1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Manama, Bahrain Sun 8 Sutra 363 Sobhana 5125
	Makara Rasi: 23.49	Tithi 25	Gulika 5:17AM – 6:53AM	Dhanishtha Until 3:26AM Sun	Ganesha: White	<i>Sunrise:</i> 5:17AM	
			Yama 1:15PM – 2:50PM	Subha Until 12:57AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:01PM	Moon 4 - Phase 1 - 8
	Creative Work	Siddha Yoga	299996578 Rahu 8:28AM – 10:04AM	Vanija Until 7:38AM	Nataraja: Clear		2nd Phase
			Dashami Until 6:22PM	Moon – Purple		Bhuloka Day	
				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM	

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Manama, Bahrain Sun 9 Sutra 364 Sobhana 5125
	Kumbha Rasi: 8.11	Tithi 26 – 27	Gulika 2:50PM – 4:26PM	Shatabhishak Until 1:33AM Mon	Ganesha: White	<i>Sunrise:</i> 5:16AM	
			Yama 11:39AM – 1:15PM	Sukla Until 9:46PM	Muruqa: Clear	<i>Sunset:</i> 6:02PM	Moon 4 - Phase 1 - 9
	Creative Work	Siddha Yoga	299996578 Rahu 4:26PM – 6:02PM	Kaulava Until 2:37AM Mon	Nataraja: Clear		2nd Phase
			Ekadashi* Until 3:51PM	Moon – Purple		Bhuloka Day	
				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM	
						Then Routine Work - Marana Yoga	

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Manama, Bahrain Sun 10 Sutra 1 Sobhana 5125
	Kumbha Rasi: 22.34	Tithi 27 – 28	Gulika 1:15PM – 2:50PM	Purvaproshtapada* Until 12:01AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:15AM	
	Family Home Evening		Yama 10:03AM – 11:39AM	Brahma Until 6:39PM	Muruqa: Clear	<i>Sunset:</i> 6:02PM	Moon 4 - Phase 1 - 10
	Routine Work	Marana Yoga	211996578 Rahu 6:51AM – 8:27AM	Gara Until 12:11AM Tue	Nataraja: Clear		2nd Phase
			Dvadashi* Until 1:22PM	Moon – Clear		Devaloka Day	
				Chaitra•Chaitra			
						Then Creative Work - Amrita Yoga	
						<i>Pradosha Vrata (Fasting)</i>	

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Manama, Bahrain Sun 11 Sutra 2 Sobhana 5125
	Meena Rasi: 6.53	Tithi 28 – 29	Gulika 11:38AM – 1:15PM	Uttaraproshtapada Until 10:32PM	Ganesha: Orange	<i>Sunrise:</i> 5:14AM	
			Yama 8:26AM – 10:02AM	Indra Until 3:40PM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 4 - Phase 1 - 11
	Creative Work	Amrita Yoga	211996578 Rahu 2:51PM – 4:27PM	Visti Until 9:57PM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 11:01AM	Moon – Clear		Devaloka Day	
				Chaitra•Chaitra			
						Then Creative Work - Siddha Yoga	

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Manama, Bahrain Sun 12 Sutra 3 Sobhana 5125
	Retreat Star		Gulika 10:02AM – 11:38AM	Revati Until 9:14PM	Ganesha: Orange	<i>Sunrise:</i> 5:13AM	
	Meena Rasi: 21.02	Tithi 29 – 30	Yama 6:50AM – 8:26AM	Vaidhriti* Until 12:54PM	Muruqa: Clear	<i>Sunset:</i> 6:03PM	Moon 4 - Phase 1 - 12
	Routine Work	Marana Yoga	211996578 Rahu 11:38AM – 1:14PM	Catuspada Until 8:02PM	Nataraja: Clear		Amavasya
			Chaturdashi* Until 8:55AM	Moon – Clear		Devaloka Day	
				Chaitra•Chaitra			

Retreat Star	Thursday, April 20, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Manama, Bahrain Sun 13 Sutra 4 Sobhana 5125
	Mesha Rasi: 4.58	Tithi 30 – 1	Gulika 8:25AM – 10:02AM	Ashvini Until 8:39PM	Ganesha: Clear	<i>Sunrise:</i> 5:12AM	
			Yama 5:12AM – 6:49AM	Vishkambha* Until 10:28AM	Muruqa: Clear	<i>Sunset:</i> 6:04PM	Moon 4 - Phase 1 - 13
	Creative Work	Amrita Yoga	221996578 Rahu 1:14PM – 2:51PM	Kintughna Until 6:32PM	Nataraja: Clear		Prathama
			Amavasya* Until 7:12AM	Moon – White		Devaloka Day	
				Vaisaka•Chaitra			
						Then Creative Work - Siddha Yoga	

1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Manama, Bahrain Sun 14
	Mesha Rasi: 18.36	Tithi 2	221996578	Gulika 6:48AM – 8:25AM Yama 2:51PM – 4:28PM Rahu 10:01AM – 11:38AM	Bharani Until 8:28PM Priti Until 8:27AM Balava Until 5:35PM Dvitiya Until 5:19AM Sat	Ganesha: Clear Sunrise: 5:11AM Muruga: Clear Sunset: 6:04PM Nataraja: Clear Moon – White Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 14 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga					

2	Saturday, April 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Manama, Bahrain Sun 15
	Vrishabha Rasi: 1.54	Tithi 3	221996578	Gulika 5:10AM – 6:47AM Yama 1:14PM – 2:51PM Rahu 8:24AM – 10:01AM	Krittika Until 8:44PM Ayushman Until 6:53AM Taitila Until 5:15PM Tritiya Until 5:19AM Sun	Ganesha: Clear Sunrise: 5:10AM Muruga: Clear Sunset: 6:05PM Nataraja: Clear Moon – White Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 15 3rd Phase Devaloka Day
	Creative Work	Amrita Yoga		Akshaya Tritiya			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Manama, Bahrain Sun 16
	Vrishabha Rasi: 14.52	Tithi 4	231996578	Gulika 2:51PM – 4:28PM Yama 11:37AM – 1:14PM Rahu 4:28PM – 6:05PM	Rohini Until 9:58PM Sobhana Until 5:20AM Mon Vanija Until 5:35PM Chaturthi* Until 5:59AM Mon	Ganesha: Orange Sunrise: 5:10AM Muruga: Clear Sunset: 6:05PM Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 16 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga					

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava Karana Panchamyam Titau				Manama, Bahrain Sun 17
	Vrishabha Rasi: 27.31	Tithi 5	231996578	Gulika 1:14PM – 2:51PM Yama 10:00AM – 11:37AM Rahu 6:46AM – 8:23AM	Mrigashira Until 11:40PM Athiganda* Until 5:17AM Tue Bava Until 6:34PM Panchami Until 7:15AM Tue	Ganesha: Orange Sunrise: 5:09AM Muruga: Clear Sunset: 6:06PM Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 17 3rd Phase Devaloka Day
	Family Home Evening						
	Creative Work	Amrita Yoga					

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Manama, Bahrain Sun 18
	Mithuna Rasi: 9.53	Tithi 5 – 6	231996579	Gulika 11:37AM – 1:14PM Yama 8:22AM – 10:00AM Rahu 2:52PM – 4:29PM	Ardra Until 1:44AM Wed Sukarma Until 5:38AM Wed Kaulava Until 8:07PM Panchami Until 7:15AM	Ganesha: Orange Sunrise: 5:08AM Muruga: Clear Sunset: 6:06PM Nataraja: Purple Moon – Yellow Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 18 3rd Phase Sivaloka Day
	Routine Work	Marana Yoga					
	Until 1:44AM Wed						

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Manama, Bahrain Sun 19
	Mithuna Rasi: 22.03	Tithi 6 – 7	241996579	Gulika 9:59AM – 11:37AM Yama 6:44AM – 8:22AM Rahu 11:37AM – 1:14PM	Punarvasu Until 4:31AM Thu Dhriti Until 6:18AM Thu Gara Until 10:06PM Shashthi* Until 9:02AM	Ganesha: Green Sunrise: 5:07AM Muruga: Clear Sunset: 6:07PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 19 3rd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga					
	Until 4:31AM Thu						

D	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Manama, Bahrain Sun 20		
	Retreat Star		Kataka Rasi: 4.04	Tithi 7 – 8	242996579	Gulika 8:21AM – 9:59AM Yama 5:06AM – 6:44AM Rahu 1:14PM – 2:52PM	Pushya Until 7:21AM Fri Dhriti Until 6:18AM Visti Until 12:21AM Fri Saptami Until 11:11AM	Ganesha: Red Sunrise: 5:06AM Muruga: Clear Sunset: 6:07PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 20 Ashtami Sivaloka Day
	Creative Work	Amrita Yoga							
	Until 7:21AM Fri								

D	Friday, April 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Manama, Bahrain Sun 21		
	Retreat Star		Kataka Rasi: 15.59	Tithi 8 – 9	242996579	Gulika 6:43AM – 8:21AM Yama 2:52PM – 4:30PM Rahu 9:59AM – 11:36AM	Pushya Until 7:21AM Shula* Until 7:06AM Balava Until 2:42AM Sat Ashtami* Until 1:30PM	Ganesha: Red Sunrise: 5:05AM Muruga: Clear Sunset: 6:08PM Nataraja: Purple Moon – Blue Vaisaka-Chaitra	Sobhana 5125 Moon 4 - Phase 2 - 21 Navami Sivaloka Day
	Routine Work	Marana Yoga							

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Manama, Bahrain Sun 22 Sutra 13
	Kataka Rasi: 27.53	Tithi 9 – 10	Gulika 5:04AM – 6:42AM	Ashlesha* Until 10:03AM	Ganesha: Red	<i>Sunrise:</i> 5:04AM	Sobhana 5125
			Yama 1:14PM – 2:52PM	Ganda* Until 7:57AM	Muruqa: Clear	<i>Sunset:</i> 6:08PM	Moon 4 - Phase 3 - 22
	Routine Work Marana Yoga Until 10:03AM Then Creative Work - Amrita Yoga	242996579	Rahu 8:20AM – 9:58AM	Taitila Until 4:55AM Sun	Nataraja: Purple		4th Phase
			Navami* Until 3:49PM	Moon – Blue		Sivaloka Day	
				Vaisaka*Chaitra			


2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Manama, Bahrain Sun 23 Sutra 14
	Simha Rasi: 9.51	Tithi 10 – 11	Gulika 2:52PM – 4:31PM	Magha* Until 12:56PM	Ganesha: Blue	<i>Sunrise:</i> 5:04AM	Sobhana 5125
			Yama 11:36AM – 1:14PM	Vriddhi Until 8:42AM	Muruqa: Clear	<i>Sunset:</i> 6:09PM	Moon 4 - Phase 3 - 23
	Routine Work Marana Yoga Until 12:56PM Then Creative Work - Siddha Yoga	252996579	Rahu 4:31PM – 6:09PM	Vanija Until 6:51AM Mon	Nataraja: Purple		4th Phase
			Dashami Until 5:55PM	Moon – Red		Devaloka Day	
				Vaisaka*Chaitra			

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Vishti* Karana Ekadashyam Titau				Manama, Bahrain Sun 24 Sutra 15
	Simha Rasi: 21.56	Tithi 11	Gulika 1:14PM – 2:53PM	Purvaphalguni Until 3:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:02AM	Sobhana 5125
	Family Home Evening		Yama 9:57AM – 11:36AM	Dhruva Until 9:10AM	Muruqa: Clear	<i>Sunset:</i> 6:10PM	Moon 4 - Phase 3 - 24
	Creative Work Siddha Yoga	252996579	Rahu 6:40AM – 8:19AM	Vanija Until 6:51AM	Nataraja: Purple		4th Phase
			Ekadashi Until 7:38PM	Moon – Red		Devaloka Day	
				Vaisaka*Chaitra			

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Manama, Bahrain Sun 25 Sutra 16
	Kanya Rasi: 4.12	Tithi 12	Gulika 11:36AM – 1:14PM	Uttaraphalguni Until 5:00PM	Ganesha: Blue	<i>Sunrise:</i> 5:01AM	Sobhana 5125
			Yama 8:18AM – 9:57AM	Vyaghata* Until 9:17AM	Muruqa: Clear	<i>Sunset:</i> 6:10PM	Moon 4 - Phase 3 - 25
	Creative Work Amrita Yoga Until 5:00PM Then Creative Work - Siddha Yoga	252996579	Rahu 2:53PM – 4:32PM	Bava Until 8:19AM	Nataraja: Purple		4th Phase
			Dvadashi Until 8:48PM	Moon – Red		Devaloka Day	
				Vaisaka*Chaitra			

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Manama, Bahrain Sun 26 Sutra 17
	Kanya Rasi: 16.43	Tithi 13	Gulika 9:57AM – 11:36AM	Hasta Until 6:27PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Sobhana 5125
			Yama 6:39AM – 8:18AM	Harshana Until 8:58AM	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 3 - 26
	Routine Work Marana Yoga Until 6:27PM Then Creative Work - Siddha Yoga	262996579	Rahu 11:36AM – 1:14PM	Kaulava Until 9:11AM	Nataraja: Purple		4th Phase
			Trayodashi Until 9:22PM	Moon – Green		Sivaloka Day	
				Vaisaka*Chaitra			
				<i>Pradosha Vrata</i>			

6	Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Manama, Bahrain Sun 27 Sutra 18
	Kanya Rasi: 29.31	Tithi 14	Gulika 8:18AM – 9:57AM	Chitra Until 7:07PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Sobhana 5125
			Yama 5:00AM – 6:39AM	Vajra* Until 8:07AM	Muruqa: Clear	<i>Sunset:</i> 6:11PM	Moon 4 - Phase 3 - 27
	Creative Work Siddha Yoga Until 7:07PM Then Creative Work - Amrita Yoga	262996579	Rahu 1:15PM – 2:53PM	Gara Until 9:26AM	Nataraja: Purple		4th Phase
			Chaturdashi* Until 9:18PM	Moon – Green		Sivaloka Day	
				Vaisaka*Chaitra			

	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Manama, Bahrain Sutra 19
	Tula Rasi: 12.38	Tithi 15	Gulika 6:38AM – 8:17AM	Svati Until 7:02PM	Ganesha: Yellow	<i>Sunrise:</i> 4:59AM	Sobhana 5125
			Yama 2:54PM – 4:33PM	Siddhi Until 6:48AM	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3 -
	Creative Work Siddha Yoga	262996579	Rahu 9:56AM – 11:35AM	Visti Until 9:03AM	Nataraja: Purple		Purnima
			Purnima* Until 8:37PM	Moon – Green		Sivaloka Day	
				Vaisaka*Chaitra			
				Budha Purnima (Tamil Nadu)			

Silver Retreat Star	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Manama, Bahrain Sutra 20
	Tula Rasi: 26.05	Tithi 16	Gulika 4:58AM – 6:38AM	Vishakha Until 6:43PM	Ganesha: White	<i>Sunrise:</i> 4:58AM	Sobhana 5125
			Yama 1:15PM – 2:54PM	Variyan Until 2:50AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:12PM	Moon 4 - Phase 3 -
	Creative Work Siddha Yoga	272996579	Rahu 8:17AM – 9:56AM	Balava Until 8:05AM	Nataraja: Purple		Prathama
			Prathama* Until 7:24PM	Moon – Orange		Devaloka Day	
				Vaisaka*Chaitra			

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