



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

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

Milan, Italy  
Sutra 1

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

**Gulika** 2:06PM – 3:48PM  
Yama 10:41AM – 12:23PM  
**Rahu** 7:16AM – 8:59AM  
**Vishakha** Until 11:07PM  
Siddhi Until 3:51PM  
Vanija Until 1:32AM Tue  
**Dvitiya** Until 2:54PM

**Ganesha:** Purple *Sunrise:* 5:34AM  
**Muruqa:** White *Sunset:* 7:13PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase

**Bhuloka Day**

**1**

**Tuesday, April 19, 2022**

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

Milan, Italy  
Sun 1 Sutra 2

Virshchika Rasi: 7.3 Tithi 18 – 19  
278345478  
Creative Work Siddha Yoga  
Until 9:06PM  
Then Routine Work - Marana Yoga

**Gulika** 12:23PM – 2:06PM  
Yama 8:58AM – 10:40AM  
**Rahu** 3:49PM – 5:31PM  
**Anuradha** Until 9:06PM  
Vyatipata\* Until 12:29PM  
Bava Until 10:45PM  
**Tritiya** Until 12:07PM

**Ganesha:** Purple *Sunrise:* 5:32AM  
**Muruqa:** White *Sunset:* 7:14PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase

**Bhuloka Day**

**2**

**Wednesday, April 20, 2022**

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

Milan, Italy  
Sun 2 Sutra 3

Virshchika Rasi: 22.03 Tithi 19 – 20  
278345478  
Creative Work Siddha Yoga  
Until 7:00PM  
Then Routine Work - Marana Yoga

**Gulika** 10:40AM – 12:23PM  
Yama 7:14AM – 8:57AM  
**Rahu** 12:23PM – 2:06PM  
**Jyeshtha\*** Until 7:00PM  
Variyan Until 9:05AM  
Kaulava Until 8:01PM  
**Chaturthi\*** Until 9:21AM

**Ganesha:** Purple *Sunrise:* 5:31AM  
**Muruqa:** White *Sunset:* 7:15PM  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

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

**Bhuloka Day**

**3**

**Thursday, April 21, 2022**

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

Milan, Italy  
Sun 3 Sutra 4

Dhanus Rasi: 6.32 Tithi 20 – 21  
288345478  
Creative Work Siddha Yoga

**Gulika** 8:56AM – 10:39AM  
Yama 5:29AM – 7:12AM  
**Rahu** 2:06PM – 3:50PM  
**Mula\*** Until 5:19PM  
Shiva Until 2:39AM Fri  
Vanija Until 4:11AM Fri  
**Panchami** Until 6:40AM

**Ganesha:** Clear *Sunrise:* 5:29AM  
**Muruqa:** White *Sunset:* 7:16PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

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

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

**4**

**Friday, April 22, 2022**

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

Milan, Italy  
Sun 4 Sutra 5

Dhanus Rasi: 20.53 Tithi 22  
289345478  
Routine Work Prabalarishta Yoga  
Until 3:43PM  
Then Routine Work - Marana Yoga

**Gulika** 7:11AM – 8:55AM  
Yama 3:50PM – 5:34PM  
**Rahu** 10:39AM – 12:22PM  
**Purvashadha\*** Until 3:43PM  
Siddha Until 11:42PM  
Visti Until 3:03PM  
**Saptami** Until 1:57AM Sat

**Ganesha:** Purple *Sunrise:* 5:27AM  
**Muruqa:** White *Sunset:* 7:18PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

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

**Devaloka Day**

**5**

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

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

Milan, Italy  
Sun 5 Sutra 6

Makara Rasi: 5.05 Tithi 23  
289345478  
Routine Work Marana Yoga  
Until 2:15PM  
Then Creative Work - Siddha Yoga

**Gulika** 5:26AM – 7:10AM  
Yama 2:06PM – 3:51PM  
**Rahu** 8:54AM – 10:38AM  
**Uttarashadha** Until 2:15PM  
Sadhya Until 9:00PM  
Balava Until 12:58PM  
**Ashtami\*** Until 12:02AM Sun

**Ganesha:** Purple *Sunrise:* 5:26AM  
**Muruqa:** White *Sunset:* 7:19PM  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 5 Ashtami

**Devaloka Day**

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

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

Milan, Italy  
Sun 6 Sutra 7

Makara Rasi: 19.04 Tithi 24  
299345478  
Creative Work Amrita Yoga  
Until 1:24PM  
Then Routine Work - Marana Yoga

**Gulika** 3:51PM – 5:36PM  
Yama 12:22PM – 2:07PM  
**Rahu** 5:36PM – 7:20PM  
**Shravana** Until 1:24PM  
Subha Until 6:35PM  
Taitila Until 11:12AM  
**Navami\*** Until 10:26PM

**Ganesha:** Clear *Sunrise:* 5:24AM  
**Muruqa:** White *Sunset:* 7:20PM  
**Nataraja:** White  
Moon – Purple  
Chaitra\*Chaitra

Subhakrit 5124  
Moon 4 - Phase 1 - 6 Navami

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

<b>1</b>	<b>Monday, April 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Milan, Italy Sun 7 Sutra 8
	Kumbha Rasi: 2.49	Tithi 25	<b>Gulika</b> 2:07PM – 3:52PM	<b>Dhanishtha</b> Until 12:45PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:22AM	Subhakrit 5124
	<b>Family Home Evening</b>	299345479	Yama 10:37AM – 12:22PM	Sukla Until 4:26PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:22PM	Moon 4 - Phase 2 - 7
	Creative Work Siddha Yoga		<b>Rahu</b> 7:07AM – 8:52AM	Vanija Until 9:47AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami</b> Until 9:12PM	Moon – Purple		<b>Devaloka Day</b>	
				Chaitra*Chaitra			

<b>2</b>	<b>Tuesday, April 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy Sun 8 Sutra 9
	Kumbha Rasi: 16.22	Tithi 26	<b>Gulika</b> 12:22PM – 2:07PM	<b>Shatabhishak</b> Until 12:19PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:21AM	Subhakrit 5124
		299345479	Yama 8:51AM – 10:36AM	Brahma Until 2:36PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:23PM	Moon 4 - Phase 2 - 8
	Routine Work Marana Yoga		<b>Rahu</b> 3:52PM – 5:38PM	Bava Until 8:45AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi*</b> Until 8:21PM	Moon – Purple		<b>Devaloka Day</b>	
				Chaitra*Chaitra			

<b>3</b>	<b>Wednesday, April 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Milan, Italy Sun 9 Sutra 10
	Kumbha Rasi: 29.41	Tithi 27	<b>Gulika</b> 10:36AM – 12:22PM	<b>Purvaproshtapada*</b> Until 12:36PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:19AM	Subhakrit 5124
		219345479	Yama 7:05AM – 8:50AM	Indra Until 1:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:24PM	Moon 4 - Phase 2 - 9
	Creative Work Amrita Yoga		<b>Rahu</b> 12:22PM – 2:07PM	Kaulava Until 8:07AM	<b>Nataraja:</b> Clear		2nd Phase
Until 12:36PM			<b>Dvadashi*</b> Until 7:56PM	Moon – Clear		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra			

<b>4</b>	<b>Thursday, April 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy Sun 10 Sutra 11
	Meena Rasi: 12.47	Tithi 28	<b>Gulika</b> 8:49AM – 10:35AM	<b>Uttaraproshtapada</b> Until 1:10PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:17AM	Subhakrit 5124
		219445479	Yama 5:17AM – 7:03AM	Vaidhriti* Until 11:57AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:25PM	Moon 4 - Phase 2 - 10
	Creative Work Siddha Yoga		<b>Rahu</b> 2:07PM – 3:53PM	Gara Until 7:54AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi*</b> Until 7:57PM	Moon – Clear		<b>Bhuloka Day</b>	
				Chaitra*Chaitra		<b>Devaloka Time: 6:PM to 9:PM</b>	
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Friday, April 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy Sun 11 Sutra 12
	Meena Rasi: 25.39	Tithi 29	<b>Gulika</b> 7:02AM – 8:49AM	<b>Revati</b> Until 2:02PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:16AM	Subhakrit 5124
		219445479	Yama 3:54PM – 5:40PM	Vishkambha* Until 11:11AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:27PM	Moon 4 - Phase 2 - 11
	Creative Work Siddha Yoga		<b>Rahu</b> 10:35AM – 12:21PM	Visti Until 8:10AM	<b>Nataraja:</b> Clear		2nd Phase
Until 2:02PM			<b>Chaturdashi*</b> Until 8:27PM	Moon – Clear		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga				Chaitra*Chaitra		<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>●</b>	<b>Saturday, April 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy Sun 12 Sutra 13
	<b>Retreat Star</b>		<b>Gulika</b> 5:14AM – 7:01AM	<b>Ashvini</b> Until 3:41PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
	Mesha Rasi: 8.17	Tithi 30	Yama 2:08PM – 3:55PM	Priti Until 10:48AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:28PM	Moon 4 - Phase 2 - 12
		221445479	<b>Rahu</b> 8:48AM – 10:34AM	Catuspada Until 8:55AM	<b>Nataraja:</b> Clear		Amavasya
Creative Work Siddha Yoga			<b>Amavasya*</b> Until 9:27PM	Moon – White		<b>Bhuloka Day</b>	
				Chaitra*Chaitra		<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>●</b>	<b>Sunday, May 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy Sun 13 Sutra 14
	<b>Retreat Star</b>		<b>Gulika</b> 3:55PM – 5:42PM	<b>Bharani</b> Until 5:40PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:13AM	Subhakrit 5124
	Mesha Rasi: 20.42	Tithi 1	Yama 12:21PM – 2:08PM	Ayushman Until 10:46AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:29PM	Moon 4 - Phase 2 - 13
		221445479	<b>Rahu</b> 5:42PM – 7:29PM	Kintughna Until 10:10AM	<b>Nataraja:</b> Clear		Prathama
Routine Work Prabalarishta Yoga			<b>Prathama*</b> Until 10:56PM	Moon – White		<b>Bhuloka Day</b>	
Until 5:40PM				Vaisaka*Chaitra		<b>Devaloka Time: 6:PM to 9:PM</b>	
Then Creative Work - Siddha Yoga							

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

<b>Monday, May 2, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Milan, Italy Sun 14 Sutra 15 Subhakrit 5124
<b>1</b>	Wrishabha Rasi: 2.55 Tithi 2 <b>Family Home Evening</b> Routine Work Marana Yoga Until 7:55PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 2:08PM – 3:56PM Yama 10:34AM – 12:21PM <b>Rahu</b> 6:59AM – 8:46AM	<b>Krittika Until 7:55PM</b> Saubhagya Until 11:07AM Balava Until 11:52AM <b>Dvitiya Until 12:51AM Tue</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White Vaisaka-Chaitra	<b>Sunrise:</b> 5:11AM <b>Sunset:</b> 7:30PM	Moon 4 - Phase 3 - 14 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Tuesday, May 3, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 15 Sutra 16 Subhakrit 5124
<b>2</b>	Wrishabha Rasi: 14.57 Tithi 3  Creative Work Amrita Yoga Until 10:50PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 12:21PM – 2:08PM Yama 8:45AM – 10:33AM <b>Rahu</b> 3:56PM – 5:44PM	<b>Rohini Until 10:50PM</b> Sobhana Until 11:47AM Taitila Until 1:58PM <b>Tritiya Until 3:06AM Wed</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 7:32PM	Moon 4 - Phase 3 - 15 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Wednesday, May 4, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 16 Sutra 17 Subhakrit 5124
<b>3</b>	Wrishabha Rasi: 26.52 Tithi 4  Creative Work Siddha Yoga Until 1:48AM Thu Then Routine Work - Marana Yoga	<b>Gulika</b> 10:33AM – 12:21PM Yama 6:57AM – 8:45AM <b>Rahu</b> 12:21PM – 2:09PM	<b>Mrigashira Until 1:48AM Thu</b> Athiganda* Until 12:38PM Vanija Until 4:21PM <b>Chaturthi* Until 5:34AM Thu</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 5:08AM <b>Sunset:</b> 7:30PM	Moon 4 - Phase 3 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Thursday, May 5, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava Karana Panchamyam Titau				Milan, Italy Sun 17 Sutra 18 Subhakrit 5124
<b>4</b>	Mithuna Rasi: 8.43 Tithi 5  Routine Work Marana Yoga Until 4:40AM Fri Then Creative Work - Siddha Yoga	<b>Gulika</b> 8:44AM – 10:32AM Yama 5:07AM – 6:55AM <b>Rahu</b> 2:09PM – 3:57PM	<b>Ardra Until 4:40AM Fri</b> Sukarma Until 1:37PM Bava Until 6:51PM <b>Panchami Until 8:04AM Fri</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 5:07AM <b>Sunset:</b> 7:34PM	Moon 4 - Phase 3 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Friday, May 6, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Milan, Italy Sun 18 Sutra 19 Subhakrit 5124
<b>5</b>	Mithuna Rasi: 20.34 Tithi 5 – 6  Creative Work Siddha Yoga	<b>Gulika</b> 6:54AM – 8:43AM Yama 3:58PM – 5:47PM <b>Rahu</b> 10:32AM – 12:20PM	<b>Punarvasu Until 7:46AM Sat</b> Dhriti Until 2:36PM Kaulava Until 9:18PM <b>Panchami Until 8:04AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 5:06AM <b>Sunset:</b> 7:35PM	Moon 4 - Phase 3 - 18 3rd Phase <b>Devaloka Day</b>

<b>Saturday, May 7, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 19 Sutra 20 Subhakrit 5124
<b>6</b>	Kataka Rasi: 2.26 Tithi 6 – 7  Creative Work Siddha Yoga	<b>Gulika</b> 5:04AM – 6:53AM Yama 2:09PM – 3:59PM <b>Rahu</b> 8:42AM – 10:31AM	<b>Punarvasu Until 7:46AM</b> Shula* Until 3:26PM Gara Until 11:31PM <b>Shashthi* Until 10:26AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 5:04AM <b>Sunset:</b> 7:37PM	Moon 4 - Phase 3 - 19 3rd Phase <b>Devaloka Day</b>

<b>Sunday, May 8, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 20 Sutra 21 Subhakrit 5124
<b>Retreat Star</b>	Kataka Rasi: 14.26 Tithi 7 – 8  Creative Work Siddha Yoga	<b>Gulika</b> 3:59PM – 5:48PM Yama 12:20PM – 2:10PM <b>Rahu</b> 5:48PM – 7:38PM	<b>Pushya Until 10:25AM</b> Ganda* Until 4:00PM Visti Until 1:20AM Mon <b>Saptami Until 12:28PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 5:03AM <b>Sunset:</b> 7:38PM	Moon 4 - Phase 3 - 20 Ashtami <b>Devaloka Day</b>

<b>Monday, May 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 21 Sutra 22 Subhakrit 5124
<b>Retreat Star</b>	Kataka Rasi: 26.37 Tithi 8 – 9 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 12:25PM Then Routine Work - Marana Yoga	<b>Gulika</b> 2:10PM – 4:00PM Yama 10:31AM – 12:20PM <b>Rahu</b> 6:51AM – 8:41AM	<b>Ashlesha* Until 12:25PM</b> Vridhi Until 4:11PM Balava Until 2:33AM Tue <b>Ashtami* Until 2:00PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 5:02AM <b>Sunset:</b> 7:39PM	Moon 4 - Phase 3 - 21 Navami <b>Devaloka Day</b>

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

<b>1</b>	<b>Tuesday, May 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy
	Simha Rasi: 9.02	Tithi 9 – 10	<b>Gulika</b> 12:20PM – 2:10PM	<b>Magha* Until 2:08PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:00AM	Sun 22
			Yama 8:40AM – 10:30AM	Dhruva Until 3:49PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:40PM	Subhakrit 5124
	252445479	<b>Rahu</b> 4:00PM – 5:50PM	Taitila Until 3:04AM Wed	<b>Navami* Until 2:53PM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 22
Creative Work	Siddha Yoga			Moon – Red		4th Phase	
				Vaisaka-Chaitra		<b>Devaloka Day</b>	

<b>2</b>	<b>Wednesday, May 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Milan, Italy
	Simha Rasi: 21.48	Tithi 10 – 11	<b>Gulika</b> 10:30AM – 12:20PM	<b>Purvaphalguni Until 2:57PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:59AM	Sun 23
			Yama 6:49AM – 8:40AM	Vyaghata* Until 2:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:41PM	Subhakrit 5124
	252445479	<b>Rahu</b> 12:20PM – 2:11PM	Vanija Until 2:49AM Thu	<b>Dashami Until 3:01PM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 23
Creative Work	Amrita Yoga			Moon – Red		4th Phase	
				Vaisaka-Chaitra		<b>Devaloka Day</b>	

<b>3</b>	<b>Thursday, May 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy
	Kanya Rasi: 4.57	Tithi 11 – 12	<b>Gulika</b> 8:39AM – 10:30AM	<b>Uttaraphalguni Until 2:51PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:58AM	Sun 24
			Yama 4:58AM – 6:48AM	Harshana Until 1:21PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:43PM	Subhakrit 5124
	252445479	<b>Rahu</b> 2:11PM – 4:01PM	Bava Until 1:47AM Fri	<b>Ekadashi Until 2:23PM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 24
	Amrita Yoga			Moon – Red		4th Phase	
Until 2:51PM				Vaisaka-Chaitra		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>4</b>	<b>Friday, May 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy
	Kanya Rasi: 18.31	Tithi 12 – 13	<b>Gulika</b> 6:47AM – 8:38AM	<b>Hasta Until 2:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:56AM	Sun 25
			Yama 4:02PM – 5:53PM	Vajra* Until 11:11AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:44PM	Subhakrit 5124
	262445479	<b>Rahu</b> 10:29AM – 12:20PM	Kaulava Until 12:02AM Sat	<b>Dvadashi Until 12:58PM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 25
Creative Work	Amrita Yoga			Moon – Green		4th Phase	
Until 2:19PM				Vaisaka-Chaitra		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							
						<i>Pradosha Vrata</i>	

<b>5</b>	<b>Saturday, May 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipala* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy
	Tula Rasi: 2.31	Tithi 13 – 14	<b>Gulika</b> 4:55AM – 6:46AM	<b>Chitra Until 12:58PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:55AM	Sun 26
			Yama 2:11PM – 4:03PM	Siddhi Until 8:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:45PM	Subhakrit 5124
	262445479	<b>Rahu</b> 8:38AM – 10:29AM	Gara Until 9:40PM	<b>Trayodashi Until 10:54AM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 26
Routine Work	Marana Yoga			Moon – Green		4th Phase	
Until 12:58PM				Vaisaka-Chaitra		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

	<b>Sunday, May 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy
	<b>Copper Retreat Star</b>		<b>Gulika</b> 4:03PM – 5:55PM	<b>Svati Until 10:56AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:54AM	Sun 27
	Tula Rasi: 16.54	Tithi 14 – 15	Yama 12:20PM – 2:12PM	Variyan Until 1:46AM Mon	<b>Muruqa:</b> White	<i>Sunset:</i> 7:46PM	Subhakrit 5124
	262445479	<b>Rahu</b> 5:55PM – 7:46PM	Visti Until 6:49PM	<b>Chaturdashi* Until 8:16AM</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - 27
Creative Work	Siddha Yoga			Moon – Green		Purnima	
Until 10:56AM				Vaisaka-Vaikasi		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>Monday, May 16, 2022</b>	<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy
	Vrischika Rasi: 2	Tithi 16	<b>Gulika</b> 2:12PM – 4:04PM	<b>Vishakha Until 8:47AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:53AM	Sun 28
	<b>Family Home Evening</b>		Yama 10:28AM – 12:20PM	Parigha* Until 10:00PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:47PM	Subhakrit 5124
	272445479	<b>Rahu</b> 6:45AM – 8:37AM	Balava Until 3:37PM	<b>Prathama* Until 1:56AM Tue</b>	<b>Nataraja:</b> Clear		Moon 4 - Phase 4 - Prathama
Routine Work	Marana Yoga			Moon – Orange			
Until 8:47AM				Vaisaka-Vaikasi		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga							



**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

Milan, Italy  
Sutra 30

Vrischika Rasi: 16.29 Tithi 17

272445479

**Gulika** 12:20PM – 2:12PM  
Yama 8:36AM – 10:28AM  
**Rahu** 4:04PM – 5:56PM

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

**Ganesha:** Yellow *Sunrise:* 4:52AM  
**Muruqa:** White *Sunset:* 7:48PM  
**Nataraja:** Clear  
Moon – Orange  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 6:15AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

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

Milan, Italy  
Sun 1  
Sutra 31

Dhanus Rasi: 1.27 Tithi 18

282445479

**Gulika** 10:28AM – 12:20PM  
Yama 6:43AM – 8:35AM  
**Rahu** 12:20PM – 2:13PM

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

**Ganesha:** Blue *Sunrise:* 4:51AM  
**Muruqa:** White *Sunset:* 7:50PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

Until 1:07AM Thu

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**2**

**Thursday, May 19, 2022**

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

Milan, Italy  
Sun 2  
Sutra 32

Dhanus Rasi: 16.2 Tithi 19 – 20

282445479

**Gulika** 8:35AM – 10:28AM  
Yama 4:50AM – 6:42AM  
**Rahu** 2:13PM – 4:05PM

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

**Ganesha:** Blue *Sunrise:* 4:50AM  
**Muruqa:** White *Sunset:* 7:51PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 10:47PM

Then Routine Work - Marana Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

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

Milan, Italy  
Sun 3  
Sutra 33

Makara Rasi: 1.03 Tithi 20 – 21

282445479

**Gulika** 6:42AM – 8:34AM  
Yama 4:06PM – 5:59PM  
**Rahu** 10:27AM – 12:20PM

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

**Ganesha:** Blue *Sunrise:* 4:49AM  
**Muruqa:** White *Sunset:* 7:52PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

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

Milan, Italy  
Sun 4  
Sutra 34

Makara Rasi: 15.29 Tithi 21 – 22

292445479

**Gulika** 4:48AM – 6:41AM  
Yama 2:13PM – 4:07PM  
**Rahu** 8:34AM – 10:27AM

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

**Ganesha:** Red *Sunrise:* 4:48AM  
**Muruqa:** White *Sunset:* 7:53PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

**5**

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

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

Milan, Italy  
Sun 5  
Sutra 35

Makara Rasi: 29.34 Tithi 22 – 23

292445479

**Gulika** 4:07PM – 6:01PM  
Yama 12:20PM – 2:14PM  
**Rahu** 6:01PM – 7:54PM

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

**Ganesha:** Red *Sunrise:* 4:47AM  
**Muruqa:** White *Sunset:* 7:54PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
Ashtami

Routine Work Marana Yoga

Until 6:17PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**

**Retreat Star**

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

Milan, Italy  
Sun 6  
Sutra 36

Kumbha Rasi: 13.19 Tithi 23 – 24

293445479

**Gulika** 2:14PM – 4:08PM  
Yama 10:27AM – 12:20PM  
**Rahu** 6:40AM – 8:33AM

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

**Ganesha:** Green *Sunrise:* 4:46AM  
**Muruqa:** White *Sunset:* 7:55PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
Navami

Creative Work Siddha Yoga

Until 5:43PM

Then Routine Work - Marana Yoga

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Milan, Italy
Kumbha Rasi: 26.43	Tithi 24 – 25	Gulika	12:21PM – 2:14PM	Purvaproshtapada* Until 6:03PM	Ganesha: Clear	Sunrise: 4:45AM	Sun 7	Sutra 37
		Yama	8:33AM – 10:27AM	Vishkambha* Until 7:09PM	Muruqa: White	Sunset: 7:56PM		Subhakrit 5124
		213545479 Rahu	4:08PM – 6:02PM	Vanija Until 6:06PM	Nataraja: Clear			Moon 5 - Phase 6 - 7
Routine Work	Marana Yoga			Navami* Until 6:16AM	Moon – Clear			2nd Phase
Until 6:03PM					Vaisaka-Vaikasi			Devaloka Day
Then Creative Work - Amrita Yoga								

<b>2</b>		Wednesday, May 25, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy
Meena Rasi: 9.48	Tithi 25 – 26	Gulika	10:27AM – 12:21PM	Uttaraproshtapada Until 6:48PM	Ganesha: Clear	Sunrise: 4:44AM	Sun 8	Sutra 38
		Yama	6:38AM – 8:32AM	Priti Until 6:13PM	Muruqa: White	Sunset: 7:57PM		Subhakrit 5124
		213545479 Rahu	12:21PM – 2:15PM	Bava Until 6:10PM	Nataraja: Clear			Moon 5 - Phase 6 - 8
Creative Work	Siddha Yoga			Dashami Until 6:02AM	Moon – Clear			2nd Phase
Until 6:48PM					Vaisaka-Vaikasi			Devaloka Day
Then Routine Work - Marana Yoga								

<b>3</b>		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy
Meena Rasi: 22.35	Tithi 26 – 27	Gulika	8:32AM – 10:26AM	Revati Until 7:57PM	Ganesha: Purple	Sunrise: 4:43AM	Sun 9	Sutra 39
		Yama	4:43AM – 6:38AM	Ayushman Until 5:42PM	Muruqa: White	Sunset: 7:58PM		Subhakrit 5124
		313545479 Rahu	2:15PM – 4:09PM	Kaulava Until 6:47PM	Nataraja: Clear			Moon 5 - Phase 6 - 9
Creative Work	Siddha Yoga			Ekadashi* Until 6:23AM	Moon – Clear			2nd Phase
Until 7:57PM					Vaisaka-Vaikasi			Sivaloka Day
Then Creative Work - Amrita Yoga								

<b>4</b>		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Milan, Italy
Mesha Rasi: 5.08	Tithi 27 – 28	Gulika	6:37AM – 8:32AM	Ashvini Until 9:54PM	Ganesha: Clear	Sunrise: 4:43AM	Sun 10	Sutra 40
		Yama	4:10PM – 6:05PM	Saubhagya Until 5:35PM	Muruqa: White	Sunset: 7:59PM		Subhakrit 5124
		323545479 Rahu	10:26AM – 12:21PM	Gara Until 7:55PM	Nataraja: Clear			Moon 5 - Phase 6 - 10
Creative Work	Amrita Yoga			Dvadashi* Until 7:17AM	Moon – White			2nd Phase
Until 9:54PM					Vaisaka-Vaikasi			Devaloka Day
Then Creative Work - Siddha Yoga				Pradosha Vrata (Fasting)				

<b>5</b>		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy
Mesha Rasi: 17.28	Tithi 28 – 29	Gulika	4:42AM – 6:37AM	Bharani Until 12:08AM Sun	Ganesha: Clear	Sunrise: 4:42AM	Sun 11	Sutra 41
		Yama	2:16PM – 4:10PM	Sobhana Until 5:51PM	Muruqa: White	Sunset: 8:00PM		Subhakrit 5124
		323545479 Rahu	8:31AM – 10:26AM	Visti Until 9:30PM	Nataraja: Clear			Moon 5 - Phase 6 - 11
Creative Work	Siddha Yoga			Trayodashi* Until 8:39AM	Moon – White			2nd Phase
					Vaisaka-Vaikasi			Devaloka Day

<b>●</b>		Sunday, May 29, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy
<b>Retreat Star</b>		Gulika	4:11PM – 6:06PM	Krittika Until 2:32AM Mon	Ganesha: Clear	Sunrise: 4:41AM	Sun 12	Sutra 42
Mesha Rasi: 29.37	Tithi 29 – 30	Yama	12:21PM – 2:16PM	Athiganda* Until 6:22PM	Muruqa: White	Sunset: 8:01PM		Subhakrit 5124
		323545479 Rahu	6:06PM – 8:01PM	Catuspada Until 11:28PM	Nataraja: Clear			Moon 5 - Phase 6 - 12
Creative Work	Siddha Yoga			Chaturdashi* Until 10:25AM	Moon – White			Amavasya
Until 2:32AM Mon					Vaisaka-Vaikasi			Devaloka Day
Then Creative Work - Amrita Yoga								

<b>Monday, May 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Milan, Italy		
<b>Retreat Star</b>		Gulika	2:16PM – 4:12PM	Rohini Until 5:33AM Tue	Ganesha: Orange	Sunrise: 4:40AM	Sun 13	Sutra 43
Vrishabha Rasi: 11.38	Tithi 30 – 1	Yama	10:26AM – 12:21PM	Sukarma Until 7:09PM	Muruqa: White	Sunset: 8:02PM		Subhakrit 5124
<b>Family Home Evening</b>		333545479 Rahu	6:36AM – 8:31AM	Kintughna Until 1:42AM Tue	Nataraja: Clear			Moon 5 - Phase 6 - 13
Creative Work	Amrita Yoga			Amavasya* Until 12:32PM	Moon – Yellow			Prathama
Until 5:33AM Tue					Jyeshtha-Vaikasi			Devaloka Day
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

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1	<b>Tuesday, May 31, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 14 Sutra 44
	Vrishabha Rasi: 23.33	Tithi 1 – 2	333545479	<b>Gulika</b> 12:21PM – 2:17PM Yama 8:31AM – 10:26AM <b>Rahu</b> 4:12PM – 6:07PM	<b>Mrigashira</b> <b>Until 8:33AM Wed</b> Dhriti <b>Until 8:06PM</b> Balava <b>Until 4:07AM Wed</b> Prathama* <b>Until 2:52PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 4:40AM</i> <b>Muruqa:</b> White <i>Sunset: 8:03PM</i> <b>Nataraja:</b> Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 14 3rd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					

2	<b>Wednesday, June 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Milan, Italy Sun 15 Sutra 45
	Mithuna Rasi: 5.24	Tithi 2 – 3	333545479	<b>Gulika</b> 10:26AM – 12:21PM Yama 6:35AM – 8:30AM <b>Rahu</b> 12:21PM – 2:17PM	<b>Mrigashira</b> <b>Until 8:33AM</b> Shula* <b>Until 9:05PM</b> Taitila <b>Until 6:36AM Thu</b> Dvitiya <b>Until 5:20PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 4:39AM</i> <b>Muruqa:</b> White <i>Sunset: 8:04PM</i> <b>Nataraja:</b> Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 15 3rd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					

3	<b>Thursday, June 2, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 16 Sutra 46
	Mithuna Rasi: 17.14	Tithi 3	333555479	<b>Gulika</b> 8:30AM – 10:26AM Yama 4:39AM – 6:34AM <b>Rahu</b> 2:17PM – 4:13PM	<b>Ardra</b> <b>Until 11:25AM</b> Ganda* <b>Until 10:06PM</b> Taitila <b>Until 6:36AM</b> Tritiya <b>Until 7:49PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 4:39AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:05PM</i> <b>Nataraja:</b> Clear Moon – Yellow Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 16 3rd Phase <b>Devaloka Day</b>
	Routine Work	Marana Yoga					
	Until 11:25AM	Then Creative Work - Amrita Yoga					

4	<b>Friday, June 3, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthiyam Titau				Milan, Italy Sun 17 Sutra 47
	Mithuna Rasi: 29.04	Tithi 4	343555479	<b>Gulika</b> 6:34AM – 8:30AM Yama 4:14PM – 6:09PM <b>Rahu</b> 10:26AM – 12:22PM	<b>Punarvasu</b> <b>Until 2:35PM</b> Vriddhi <b>Until 11:03PM</b> Vanija <b>Until 9:03AM</b> Chaturthi* <b>Until 10:12PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:38AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:05PM</i> <b>Nataraja:</b> Clear Moon – Blue Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 17 3rd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					
	Until 2:35PM	Then Routine Work - Marana Yoga					

5	<b>Saturday, June 4, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 18 Sutra 48
	Kataka Rasi: 10.59	Tithi 5	343555479	<b>Gulika</b> 4:38AM – 6:34AM Yama 2:18PM – 4:14PM <b>Rahu</b> 8:30AM – 10:26AM	<b>Pushya</b> <b>Until 5:23PM</b> Dhruva <b>Until 11:47PM</b> Bava <b>Until 11:20AM</b> Panchami <b>Until 12:21AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:38AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:06PM</i> <b>Nataraja:</b> Clear Moon – Blue Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 18 3rd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					
	Until 5:23PM	Then Routine Work - Marana Yoga					

6	<b>Sunday, June 5, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Milan, Italy Sun 19 Sutra 49
	Kataka Rasi: 22.59	Tithi 6	343555471	<b>Gulika</b> 4:14PM – 6:11PM Yama 12:22PM – 2:18PM <b>Rahu</b> 6:11PM – 8:07PM	<b>Ashlesha*</b> <b>Until 7:42PM</b> Vyaghata* <b>Until 12:15AM Mon</b> Kaulava <b>Until 1:19PM</b> Shashthi* <b>Until 2:08AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:37AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:07PM</i> <b>Nataraja:</b> Yellow Moon – Blue Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 19 3rd Phase <b>Devaloka Day</b>
	Creative Work	Siddha Yoga					
	Until 7:42PM	Then Routine Work - Marana Yoga					

☾	<b>Monday, June 6, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Milan, Italy Sun 20 Sutra 50
	<b>Retreat Star</b>			<b>Gulika</b> 2:19PM – 4:15PM Yama 10:26AM – 12:22PM <b>Rahu</b> 6:33AM – 8:30AM	<b>Magha*</b> <b>Until 9:53PM</b> Harshana <b>Until 12:21AM Tue</b> Gara <b>Until 2:51PM</b> Saptami <b>Until 3:23AM Tue</b>	<b>Ganesha:</b> Purple <i>Sunrise: 4:37AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:08PM</i> <b>Nataraja:</b> Yellow Moon – Red Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 20 3rd Phase <b>Sivaloka Day</b>
	Simha Rasi: 5.09	Tithi 7	353555471				
	<b>Family Home Evening</b>						

☽	<b>Tuesday, June 7, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Milan, Italy Sun 21 Sutra 51
	<b>Retreat Star</b>			<b>Gulika</b> 12:22PM – 2:19PM Yama 8:29AM – 10:26AM <b>Rahu</b> 4:15PM – 6:12PM	<b>Purvaphalguni</b> <b>Until 11:18PM</b> Vajra* <b>Until 11:55PM</b> Visti <b>Until 3:48PM</b> Ashtami* <b>Until 4:00AM Wed</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:36AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:08PM</i> <b>Nataraja:</b> Yellow Moon – Red Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 21 Ashtami <b>Devaloka Day</b>
	Simha Rasi: 17.32	Tithi 8	354555471				
	Creative Work	Siddha Yoga					

☽	<b>Wednesday, June 8, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Milan, Italy Sun 22 Sutra 52
	<b>Retreat Star</b>			<b>Gulika</b> 10:26AM – 12:23PM Yama 6:33AM – 8:29AM <b>Rahu</b> 12:23PM – 2:19PM	<b>Uttaraphalguni</b> <b>Until 11:51PM</b> Siddhi <b>Until 10:55PM</b> Balava <b>Until 4:03PM</b> Navami* <b>Until 3:51AM Thu</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:36AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:09PM</i> <b>Nataraja:</b> Yellow Moon – Red Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 22 Navami <b>Devaloka Day</b>
	Kanya Rasi: 0.14	Tithi 9	354555471				
	Creative Work	Amrita Yoga					

☽	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Shukra Vasara Yuktayam Mithuna Nakshatra Anuradha Yoga Bava/Balava Karana Dashamyam Titau				Milan, Italy Sun 23 Sutra 53
	<b>Retreat Star</b>			<b>Gulika</b> 10:26AM – 12:23PM Yama 6:33AM – 8:29AM <b>Rahu</b> 12:23PM – 2:19PM	<b>Mithuna</b> <b>Until 11:51PM</b> Anuradha <b>Until 10:55PM</b> Bava <b>Until 4:03PM</b> Navami* <b>Until 3:51AM Thu</b>	<b>Ganesha:</b> Clear <i>Sunrise: 4:36AM</i> <b>Muruqa:</b> Green <i>Sunset: 8:09PM</i> <b>Nataraja:</b> Yellow Moon – Red Jyeshtha-Vaikasi	Subhakrit 5124 Moon 5 - Phase 7 - 22 Navami <b>Devaloka Day</b>
	Kanya Rasi: 0.14	Tithi 9	354555471				
	Creative Work	Amrita Yoga					

<b>1</b>	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy
	Kanya Rasi: 13.17	Tithi 10	<b>Gulika</b> 8:29AM – 10:26AM	<b>Hasta</b> Until 11:55PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:36AM	Sun 23 Sutra 53
	364555471		Yama 4:36AM – 6:33AM	Vyatipata* Until 9:19PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:10PM	Subhakrit 5124
	Routine Work	Marana Yoga	<b>Rahu</b> 2:20PM – 4:16PM	Taitila Until 3:31PM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - 23 4th Phase
			<b>Dashami</b> Until 2:56AM Fri	Moon – Green		<b>Bhuloka Day</b>	
				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	

<b>2</b>	<b>Friday, June 10, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy
	Kanya Rasi: 26.47	Tithi 11	<b>Gulika</b> 6:32AM – 8:29AM	<b>Chitra</b> Until 11:05PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:36AM	Sun 24 Sutra 54
	364555471		Yama 4:17PM – 6:13PM	Variyan Until 7:03PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:10PM	Subhakrit 5124
	Creative Work	Siddha Yoga	<b>Rahu</b> 10:26AM – 12:23PM	Vanija Until 2:12PM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - 24 4th Phase
			<b>Ekadashi</b> Until 1:14AM Sat	Moon – Green		<b>Bhuloka Day</b>	
				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	

<b>3</b>	<b>Saturday, June 11, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy
	Tula Rasi: 10.43	Tithi 12	<b>Gulika</b> 4:35AM – 6:32AM	<b>Svati</b> Until 9:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:35AM	Sun 25 Sutra 55
	364555471		Yama 2:20PM – 4:17PM	Parigha* Until 4:13PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:11PM	Subhakrit 5124
	Creative Work	Siddha Yoga	<b>Rahu</b> 8:29AM – 10:26AM	Bava Until 12:08PM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - 25 4th Phase
			<b>Dvadashti</b> Until 10:51PM	Moon – Green		<b>Bhuloka Day</b>	
				Jyeshtha-Vaikasi		Devaloka Time: 6:PM to 9:PM	

<b>4</b>	<b>Sunday, June 12, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy
	Tula Rasi: 25.07	Tithi 13	<b>Gulika</b> 4:17PM – 6:14PM	<b>Vishakha</b> Until 7:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:35AM	Sun 26 Sutra 56
	374555471		Yama 12:23PM – 2:20PM	Shiva Until 12:53PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:11PM	Subhakrit 5124
	Routine Work	Marana Yoga	<b>Rahu</b> 6:14PM – 8:11PM	Kaulava Until 9:27AM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - 26 4th Phase
		<b>Vaikasi Visakam</b>	<b>Trayodashi</b> Until 7:53PM	Moon – Orange		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			
				<i>Pradosha Vrata</i>			

<b>5</b>	<b>Monday, June 13, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy
	Vrischika Rasi: 9.53	Tithi 14 – 15	<b>Gulika</b> 2:21PM – 4:18PM	<b>Anuradha</b> Until 4:50PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:35AM	Sun 27 Sutra 57
	374555471		Yama 10:26AM – 12:24PM	Siddha Until 9:08AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:12PM	Subhakrit 5124
	Family Home Evening		<b>Rahu</b> 6:32AM – 8:29AM	Gara Until 6:15AM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - 27 4th Phase
			<b>Chaturdashi*</b> Until 4:30PM	Moon – Orange		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

	<b>Tuesday, June 14, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Milan, Italy
	Vrischika Rasi: 24.56	Tithi 15 – 16	<b>Gulika</b> 12:24PM – 2:21PM	<b>Jyeshtha*</b> Until 1:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:35AM	Sun 28 Sutra 58
	374555471		Yama 8:29AM – 10:27AM	Subha Until 12:57AM Wed	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:12PM	Subhakrit 5124
	Routine Work	Marana Yoga	<b>Rahu</b> 4:18PM – 6:15PM	Balava Until 10:57PM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - Purnima
			<b>Purnima*</b> Until 12:49PM	Moon – Orange		<b>Devaloka Day</b>	
				Jyeshtha-Vaikasi			

	<b>Wednesday, June 15, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Milan, Italy
	Dhanus Rasi: 10.08	Tithi 16 – 17	<b>Gulika</b> 10:27AM – 12:24PM	<b>Mula*</b> Until 11:02AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 4:35AM	Sun 29 Sutra 59
	384555471		Yama 6:32AM – 8:29AM	Sukla Until 8:44PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:13PM	Subhakrit 5124
	Routine Work	Marana Yoga	<b>Rahu</b> 12:24PM – 2:21PM	Taitila Until 7:09PM	<b>Nataraja:</b> Yellow		Moon 5 - Phase 8 - Prathama
			<b>Prathama*</b> Until 9:02AM	Moon – Light Blue		<b>Bhuloka Day</b>	
				Jyeshtha-Ani		Devaloka Time: 6:PM to 9:PM	





Thursday, June 16, 2022

Gold Retreat Star

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

Milan, Italy

Sun 1

Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 25.19

Tithi 18

384555471

Gulika

8:30AM – 10:27AM

Yama

4:35AM – 6:32AM

Rahu

2:21PM – 4:19PM

Purvashadha\* Until 8:08AM

Brahma Until 4:40PM

Vanija Until 3:30PM

Tritiya Until 1:45AM Fri

Ganesha: Blue

Sunrise: 4:35AM

Muruqa: Green

Sunset: 8:13PM

Nataraja: Yellow

Moon – Light Blue

Jyeshtha-Ani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 8:08AM

Then Routine Work - Marana Yoga

Friday, June 17, 2022

1

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

Milan, Italy

Sun 2

Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 10.19

Tithi 19

394555471

Gulika

6:32AM – 8:30AM

Yama

4:19PM – 6:16PM

Rahu

10:27AM – 12:24PM

Shravana Until 3:13AM Sat

Indra Until 12:51PM

Bava Until 12:07PM

Chaturthi\* Until 10:34PM

Ganesha: Red

Sunrise: 4:35AM

Muruqa: Green

Sunset: 8:14PM

Nataraja: Yellow

Moon – Purple

Jyeshtha-Ani

Devaloka Day

Routine Work Marana Yoga

Until 3:13AM Sat

Then Creative Work - Siddha Yoga

Saturday, June 18, 2022

2

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

Milan, Italy

Sun 3

Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 25.01

Tithi 20

394655471

Gulika

4:35AM – 6:32AM

Yama

2:22PM – 4:19PM

Rahu

8:30AM – 10:27AM

Dhanishtha Until 1:29AM Sun

Vaidhriti\* Until 9:23AM

Kaulava Until 9:11AM

Panchami Until 7:54PM

Ganesha: Blue

Sunrise: 4:35AM

Muruqa: Green

Sunset: 8:14PM

Nataraja: Yellow

Moon – Purple

Jyeshtha-Ani

Sivaloka Day

Creative Work Siddha Yoga

Until 12:16AM Mon

Then Routine Work - Marana Yoga

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<b>1</b>		<b>Thursday, June 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 2.14	Tithi 25 – 26	Gulika 8:31AM – 10:28AM	Ashvini Until 3:31AM Fri	Ganesha: Purple	Sunrise: 4:36AM	Moon 6 - Phase 10 - 8	2nd Phase
		Yama 4:36AM – 6:33AM	Athiganda* Until 12:19AM Fri	Muruqa: Green	Sunset: 8:15PM		
		325655471 Rahu 2:23PM – 4:20PM	Bava Until 5:53AM Fri	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dashami Until 5:10PM	Moon – White			
Until 3:31AM Fri				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Friday, June 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Balava Karana Ekadashyam Titau		Milan, Italy Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 14.35	Tithi 26	Gulika 6:34AM – 8:31AM	Bharani Until 5:52AM Sat	Ganesha: Purple	Sunrise: 4:36AM	Moon 6 - Phase 10 - 9	2nd Phase
		Yama 4:21PM – 6:18PM	Sukarma Until 12:41AM Sat	Muruqa: Green	Sunset: 8:15PM		
		325655471 Rahu 10:28AM – 12:26PM	Balava Until 6:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Ekadashi* Until 6:41PM	Moon – White			
Until 5:52AM Sat				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Saturday, June 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Milan, Italy Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 26.43	Tithi 27	Gulika 4:37AM – 6:34AM	Krittika Until 8:25AM Sun	Ganesha: Purple	Sunrise: 4:37AM	Moon 6 - Phase 10 - 10	2nd Phase
		Yama 2:23PM – 4:21PM	Dhriti Until 1:23AM Sun	Muruqa: Green	Sunset: 8:15PM		
		325655471 Rahu 8:31AM – 10:29AM	Kaulava Until 7:39AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dvadashi* Until 8:40PM	Moon – White			
Until 8:25AM Sun				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
<b>4</b>		<b>Sunday, June 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Milan, Italy Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 8.42	Tithi 28	Gulika 4:21PM – 6:18PM	Krittika Until 8:25AM	Ganesha: Purple	Sunrise: 4:37AM	Moon 6 - Phase 10 - 11	2nd Phase
		Yama 12:26PM – 2:24PM	Shula* Until 2:17AM Mon	Muruqa: Green	Sunset: 8:15PM		
		325655471 Rahu 6:18PM – 8:15PM	Gara Until 9:48AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Trayodashi* Until 10:57PM	Moon – White			
Until 8:25AM Sun				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata (Fasting)</i>							
<b>5</b>		<b>Monday, June 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Milan, Italy Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 20.35	Tithi 29	Gulika 2:24PM – 4:21PM	Rohini Until 11:33AM	Ganesha: Light Blue	Sunrise: 4:37AM	Moon 6 - Phase 10 - 12	2nd Phase
<b>Family Home Evening</b>		Yama 10:29AM – 12:26PM	Ganda* Until 3:18AM Tue	Muruqa: Green	Sunset: 8:15PM		
		335655471 Rahu 6:35AM – 8:32AM	Visti Until 12:11PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Chaturdashi* Until 1:25AM Tue	Moon – Yellow			
Until 2:37PM				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Tuesday, June 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Milan, Italy Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 2.25	Tithi 30	Gulika 12:27PM – 2:24PM	Mrigashira Until 2:37PM	Ganesha: Purple	Sunrise: 4:38AM	Moon 6 - Phase 10 - 13	Amavasya
		Yama 8:32AM – 10:29AM	Vriddhi Until 4:22AM Wed	Muruqa: Green	Sunset: 8:15PM		
		336655471 Rahu 4:21PM – 6:18PM	Catuspada Until 2:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 3:55AM Wed	Moon – Yellow			
Until 2:37PM				Jyeshtha*Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Wednesday, June 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau		Milan, Italy Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 14.14	Tithi 1	Gulika 10:30AM – 12:27PM	Ardra Until 5:30PM	Ganesha: Purple	Sunrise: 4:38AM	Moon 6 - Phase 10 - 14	Prathama
		Yama 6:35AM – 8:33AM	Dhruva Until 5:22AM Thu	Muruqa: Green	Sunset: 8:15PM		
		336655471 Rahu 12:27PM – 2:24PM	Kintughna Until 5:10PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Prathama* Until 6:22AM Thu	Moon – Yellow			
Until 2:37PM				Ashada*Ani		<b>Bhuloka Day</b>	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

All times are standard time. Calculated for Milan, Italy on 5/1/20

www.gurudeva.org/panchang

<b>1</b>	<b>Thursday, June 30, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 15 Sutra 74
	Mithuna Rasi: 26.05	Tithi 1 – 2	<b>Gulika</b> 8:33AM – 10:30AM	<b>Punarvasu</b> Until 8:38PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:39AM	Subhakarit 5124	
			Yama 4:39AM – 6:36AM	Vyaghata* Until 6:16AM Fri	<b>Muruqa:</b> Green <i>Sunset:</i> 8:15PM	Moon 6 - Phase 11 - 15	
	Creative Work	Amrita Yoga	346655471 <b>Rahu</b> 2:24PM – 4:21PM	Balava Until 7:34PM	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Prathama* Until 6:22AM</b>	Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

<b>2</b>	<b>Friday, July 1, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Milan, Italy Sun 16 Sutra 75
	Kataka Rasi: 7.58	Tithi 2 – 3	<b>Gulika</b> 6:36AM – 8:33AM	<b>Pushya</b> Until 11:26PM	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:39AM	Subhakarit 5124	
			Yama 4:21PM – 6:18PM	Vyaghata* Until 6:16AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:15PM	Moon 6 - Phase 11 - 16	
	Routine Work	Marana Yoga	346655471 <b>Rahu</b> 10:30AM – 12:27PM	Taitila Until 9:47PM	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Dvitiya Until 8:41AM</b>	Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
				<b>Ashada*Ani</b>			

<b>3</b>	<b>Saturday, July 2, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Milan, Italy Sun 17 Sutra 76
	Kataka Rasi: 19.56	Tithi 3 – 4	<b>Gulika</b> 4:40AM – 6:37AM	<b>Ashlesha*</b> Until 1:49AM Sun	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 4:40AM	Subhakarit 5124	
			Yama 2:24PM – 4:21PM	Harshana Until 7:02AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:15PM	Moon 6 - Phase 11 - 17	
	Routine Work	Marana Yoga	346655471 <b>Rahu</b> 8:34AM – 10:30AM	Vanija Until 11:45PM	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Tritiya Until 10:47AM</b>	Moon – Blue	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
				<b>Ashada*Ani</b>			

<b>4</b>	<b>Sunday, July 3, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Milan, Italy Sun 18 Sutra 77
	Simha Rasi: 2.01	Tithi 4 – 5	<b>Gulika</b> 4:21PM – 6:18PM	<b>Magha*</b> Until 4:12AM Mon	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:40AM	Subhakarit 5124	
			Yama 12:28PM – 2:24PM	Vajra* Until 7:34AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:15PM	Moon 6 - Phase 11 - 18	
	Routine Work	Marana Yoga	356655471 <b>Rahu</b> 6:18PM – 8:15PM	Bava Until 1:23AM Mon	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Chaturthi* Until 12:36PM</b>	Moon – Red	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

<b>5</b>	<b>Monday, July 4, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatiyata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Milan, Italy Sun 19 Sutra 78
	Simha Rasi: 14.15	Tithi 5 – 6	<b>Gulika</b> 2:24PM – 4:21PM	<b>Purvaphalguni</b> Until 5:59AM Tue	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:41AM	Subhakarit 5124	
	<b>Family Home Evening</b>		Yama 10:31AM – 12:28PM	Siddhi Until 7:50AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:14PM	Moon 6 - Phase 11 - 19	
	Creative Work	Siddha Yoga	356655471 <b>Rahu</b> 6:38AM – 8:34AM	Kaulava Until 2:35AM Tue	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Panchami Until 2:02PM</b>	Moon – Red	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

<b>6</b>	<b>Tuesday, July 5, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyatiyata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 20 Sutra 79
	Simha Rasi: 26.4	Tithi 6 – 7	<b>Gulika</b> 12:28PM – 2:24PM	<b>Uttaraphalguni</b> Until 7:04AM Wed	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:42AM	Subhakarit 5124	
			Yama 8:35AM – 10:31AM	Vyatiyata* Until 7:45AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:14PM	Moon 6 - Phase 11 - 20	
	Creative Work	Amrita Yoga	356655471 <b>Rahu</b> 4:21PM – 6:18PM	Gara Until 3:15AM Wed	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Shashthi* Until 2:58PM</b>	Moon – Red	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>	<b>Wednesday, July 6, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau				Milan, Italy Sun 21 Sutra 80
	Kanya Rasi: 9.2	Tithi 7 – 8	<b>Gulika</b> 10:32AM – 12:28PM	<b>Uttaraphalguni</b> Until 7:04AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:42AM	Subhakarit 5124	
			Yama 6:39AM – 8:35AM	Variyan Until 7:12AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:14PM	Moon 6 - Phase 11 - 21	
	Creative Work	Amrita Yoga	357655471 <b>Rahu</b> 12:28PM – 2:24PM	Visti Until 3:16AM Thu	<b>Nataraja:</b> Yellow	3rd Phase	
			<b>Saptami Until 3:19PM</b>	Moon – Red	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>	<b>Thursday, July 7, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 22 Sutra 81
	Kanya Rasi: 22.19	Tithi 8 – 9	<b>Gulika</b> 8:36AM – 10:32AM	<b>Hasta</b> Until 7:50AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:43AM	Subhakarit 5124	
			Yama 4:43AM – 6:39AM	Parigha* Until 6:08AM	<b>Muruqa:</b> Green <i>Sunset:</i> 8:13PM	Moon 6 - Phase 11 - 22	
	Routine Work	Marana Yoga	467655471 <b>Rahu</b> 2:24PM – 4:21PM	Balava Until 2:33AM Fri	<b>Nataraja:</b> Yellow	Ashtami	
			<b>Ashtami* Until 2:59PM</b>	Moon – Green	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

<b>Retreat Star</b>	<b>Friday, July 8, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy Sun 23 Sutra 82
	Tula Rasi: 5.41	Tithi 9 – 10	<b>Gulika</b> 6:40AM – 8:36AM	<b>Chitra</b> Until 7:43AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:44AM	Subhakarit 5124	
			Yama 4:21PM – 6:17PM	Siddha Until 2:16AM Sat	<b>Muruqa:</b> Green <i>Sunset:</i> 8:13PM	Moon 6 - Phase 11 - 23	
	Creative Work	Siddha Yoga	467655471 <b>Rahu</b> 10:32AM – 12:28PM	Taitila Until 1:07AM Sat	<b>Nataraja:</b> Yellow	Navami	
			<b>Navami* Until 1:55PM</b>	Moon – Green	<b>Devaloka Day</b>		
				<b>Ashada*Ani</b>			

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

1	<b>Saturday, July 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Milan, Italy Sun 24 Sutra 83 Subhakrit 5124
	Tula Rasi: 19.29	Tithi 10 – 11	<b>Gulika</b> 4:45AM – 6:41AM	<b>Svati Until 6:43AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:45AM	
			Yama 2:24PM – 4:20PM	Sadhya Until 11:27PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:12PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 <b>Rahu</b> 8:37AM – 10:33AM	Vanija Until 10:58PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Dashami Until 12:07PM</b>	Moon – Green	<b>Devaloka Day</b>		
			Ashada*Ani				

2	<b>Sunday, July 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 25 Sutra 84 Subhakrit 5124
	Vrischika Rasi: 3.43	Tithi 11 – 12	<b>Gulika</b> 4:20PM – 6:16PM	<b>Anuradha Until 3:13AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:45AM	
			Yama 12:29PM – 2:24PM	Subha Until 8:09PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:12PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 <b>Rahu</b> 6:16PM – 8:12PM	Bava Until 8:13PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Ekadashi Until 9:39AM</b>	Moon – Orange	<b>Bhuloka Day</b>		
			Ashada*Ani				Devaloka Time: 6:PM to 9:PM

3	<b>Monday, July 11, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 26 Sutra 85 Subhakrit 5124
	Vrischika Rasi: 18.22	Tithi 12 – 13	<b>Gulika</b> 2:24PM – 4:20PM	<b>Jyeshtha* Until 12:31AM Tue</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:46AM	
	<b>Family Home Evening</b>		Yama 10:33AM – 12:29PM	Sukla Until 4:24PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:11PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 <b>Rahu</b> 6:42AM – 8:37AM	Taitila Until 3:10AM Tue	<b>Nataraja:</b> Yellow		4th Phase
			<b>Dvadashi Until 6:37AM</b>	Moon – Orange	<b>Bhuloka Day</b>		
			Ashada*Ani				Devaloka Time: 6:PM to 9:PM
			<i>Pradosha Vrata</i>				

4	<b>Tuesday, July 12, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 86 Subhakrit 5124
	Dhanus Rasi: 3.21	Tithi 14	<b>Gulika</b> 12:29PM – 2:24PM	<b>Mula* Until 9:46PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 4:47AM	
			Yama 8:38AM – 10:33AM	Brahma Until 12:22PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:11PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 <b>Rahu</b> 4:20PM – 6:15PM	Gara Until 1:20PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Chaturdashi* Until 11:26PM</b>	Moon – Light Blue	<b>Sivaloka Day</b>		
			Ashada*Ani				

○	<b>Wednesday, July 13, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 28 Sutra 87 Subhakrit 5124
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:34AM – 12:29PM	<b>Purvashadha* Until 6:46PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:48AM	
	Dhanus Rasi: 18.33	Tithi 15	Yama 6:43AM – 8:38AM	Indra Until 8:11AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:10PM	Moon 6 - Phase 12 - Purnima
	Creative Work	Amrita Yoga	488755471 <b>Rahu</b> 12:29PM – 2:24PM	Visti Until 9:32AM	<b>Nataraja:</b> Yellow		
			<b>Purnima* Until 7:35PM</b>	Moon – Light Blue	<b>Devaloka Day</b>		
			Ashada*Ani				
			Satguru Purnima				

○	<b>Thursday, July 14, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Milan, Italy Sun 29 Sutra 88 Subhakrit 5124
	<b>Silver Retreat Star</b>		<b>Gulika</b> 8:39AM – 10:34AM	<b>Uttarashadha Until 3:40PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 4:49AM	
	Makara Rasi: 3.47	Tithi 16 – 17	Yama 4:49AM – 6:44AM	Vishkambha* Until 11:47PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:09PM	Moon 6 - Phase 12 - Prathama
	Routine Work	Marana Yoga	488755471 <b>Rahu</b> 2:24PM – 4:19PM	Taitila Until 1:59AM Fri	<b>Nataraja:</b> Yellow		
			<b>Prathama* Until 3:47PM</b>	Moon – Light Blue	<b>Devaloka Day</b>		
			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

Milan, Italy  
Sun 1  
Sutra 89

Makara Rasi: 18.55    Tithi 17 - 18

498755471

**Gulika** 6:45AM - 8:39AM  
Yama 4:19PM - 6:14PM  
**Rahu** 10:34AM - 12:29PM

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

**Ganesha:** Blue    *Sunrise: 4:50AM*  
**Muruqa:** Green    *Sunset: 8:09PM*  
**Nataraja:** Yellow  
Moon - Purple

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

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

**1**

**Saturday, July 16, 2022**

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

Milan, Italy  
Sun 2  
Sutra 90

Kumbha Rasi: 3.46    Tithi 18 - 19

498755471

**Gulika** 4:51AM - 6:45AM  
Yama 2:24PM - 4:19PM  
**Rahu** 8:40AM - 10:35AM

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

**Ganesha:** Blue    *Sunrise: 4:51AM*  
**Muruqa:** Green    *Sunset: 8:08PM*  
**Nataraja:** Yellow  
Moon - Purple

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

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

**2**

**Sunday, July 17, 2022**

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

Milan, Italy  
Sun 3  
Sutra 91

Kumbha Rasi: 18.13    Tithi 19 - 20

498755472

**Gulika** 4:18PM - 6:13PM  
Yama 12:29PM - 2:24PM  
**Rahu** 6:13PM - 8:07PM

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

**Ganesha:** Blue    *Sunrise: 4:52AM*  
**Muruqa:** Green    *Sunset: 8:07PM*  
**Nataraja:** White  
Moon - Purple

**Bhuloka Day**

Creative Work    Siddha Yoga

**3**

**Monday, July 18, 2022**

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

Milan, Italy  
Sun 4  
Sutra 92

Meena Rasi: 2.13    Tithi 21

418755472

**Gulika** 2:24PM - 4:18PM  
Yama 10:35AM - 12:29PM  
**Rahu** 6:47AM - 8:41AM

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

**Ganesha:** White    *Sunrise: 4:52AM*  
**Muruqa:** Green    *Sunset: 8:06PM*  
**Nataraja:** White  
Moon - Clear

**Bhuloka Day**

**Family Home Evening**  
Routine Work    Marana Yoga  
Until 7:56AM  
Then Creative Work - Siddha Yoga

**4**

**Tuesday, July 19, 2022**

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

Milan, Italy  
Sun 5  
Sutra 93

Meena Rasi: 15.43    Tithi 22

419755472

**Gulika** 12:30PM - 2:24PM  
Yama 8:41AM - 10:36AM  
**Rahu** 4:18PM - 6:12PM

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

**Ganesha:** Clear    *Sunrise: 4:53AM*  
**Muruqa:** Green    *Sunset: 8:06PM*  
**Nataraja:** White  
Moon - Clear

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

Creative Work    Amrita Yoga  
Until 7:42AM  
Then Creative Work - Siddha Yoga

**Retreat Star**

**Wednesday, July 20, 2022**

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

Milan, Italy  
Sun 6  
Sutra 94

Meena Rasi: 28.45    Tithi 23

419755472

**Gulika** 10:36AM - 12:30PM  
Yama 6:48AM - 8:42AM  
**Rahu** 12:30PM - 2:23PM

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

**Ganesha:** Clear    *Sunrise: 4:54AM*  
**Muruqa:** Green    *Sunset: 8:05PM*  
**Nataraja:** White  
Moon - Clear

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

Routine Work    Marana Yoga

**Thursday, July 21, 2022**

**Retreat Star**

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

Milan, Italy  
Sun 7  
Sutra 95

Mesha Rasi: 11.22    Tithi 24

429755472

**Gulika** 8:43AM - 10:36AM  
Yama 4:55AM - 6:49AM  
**Rahu** 2:23PM - 4:17PM

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

**Ganesha:** Purple    *Sunrise: 4:55AM*  
**Muruqa:** Green    *Sunset: 8:04PM*  
**Nataraja:** White  
Moon - White

**Devaloka Day**

Creative Work    Amrita Yoga  
Until 9:46AM  
Then Creative Work - Siddha Yoga

<b>1</b>	<b>Friday, July 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula/Ganda Yoga Vanija/Visti Karana Dashamyam Titau				Milan, Italy
	Mesha Rasi: 23.4	Tithi 25	<b>Gulika</b> 6:50AM – 8:43AM	<b>Bharani</b> Until 11:54AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:56AM	Sun 8
			Yama 4:16PM – 6:10PM	Shula* Until 7:59AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:03PM	Subhakrit 5124
	429755472	<b>Rahu</b> 10:36AM – 12:30PM		Vanija Until 5:59PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 8
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:59AM Sat	Moon – White		2nd Phase	
				<b>Ashada-Adi</b>		<b>Devaloka Day</b>	


<b>2</b>	<b>Saturday, July 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda/Vridhi Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy
	Vrishabha Rasi: 5.44	Tithi 25 – 26	<b>Gulika</b> 4:58AM – 6:51AM	<b>Krittika</b> Until 2:24PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:58AM	Sun 9
			Yama 2:23PM – 4:16PM	Ganda* Until 8:37AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:02PM	Subhakrit 5124
	429755472	<b>Rahu</b> 8:44AM – 10:37AM		Bava Until 8:08PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 9
Creative Work	Amrita Yoga		<b>Dashami</b> Until 6:59AM	Moon – White		2nd Phase	
				<b>Ashada-Adi</b>		<b>Devaloka Day</b>	

<b>3</b>	<b>Sunday, July 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Milan, Italy
	Vrishabha Rasi: 17.38	Tithi 26 – 27	<b>Gulika</b> 4:15PM – 6:08PM	<b>Rohini</b> Until 5:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:59AM	Sun 10
			Yama 12:30PM – 2:23PM	Vridhi Until 9:32AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:01PM	Subhakrit 5124
	439755472	<b>Rahu</b> 6:08PM – 8:01PM		Kaulava Until 10:34PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 10
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 9:18AM	Moon – Yellow		2nd Phase	
				<b>Ashada-Adi</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 9:AM to 12:PM	

<b>4</b>	<b>Monday, July 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata Yoga Tailla/Gara Karana Dvadashti/Trayodashyam Titau				Milan, Italy
	Vrishabha Rasi: 29.28	Tithi 27 – 28	<b>Gulika</b> 2:22PM – 4:15PM	<b>Mrigashira</b> Until 8:37PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:00AM	Sun 11
	<b>Family Home Evening</b>		Yama 10:37AM – 12:30PM	Dhruva Until 10:34AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 8:00PM	Subhakrit 5124
	439755472	<b>Rahu</b> 6:52AM – 8:45AM		Gara Until 1:06AM Tue	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 11
Creative Work	Amrita Yoga		<b>Dvadashti*</b> Until 11:49AM	Moon – Yellow		2nd Phase	
Until 8:37PM				<b>Ashada-Adi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			Devaloka Time: 9:AM to 12:PM	

<b>5</b>	<b>Tuesday, July 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Visti Karana Trayodashi/Chaturdashyam Titau				Milan, Italy
	Mithuna Rasi: 11.16	Tithi 28 – 29	<b>Gulika</b> 12:30PM – 2:22PM	<b>Ardra</b> Until 11:30PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:01AM	Sun 12
			Yama 8:45AM – 10:37AM	Vyaghata* Until 11:38AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 7:59PM	Subhakrit 5124
	439755472	<b>Rahu</b> 4:14PM – 6:06PM		Visti Until 3:34AM Wed	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 12
Routine Work	Marana Yoga		<b>Trayodashi*</b> Until 2:20PM	Moon – Yellow		2nd Phase	
Until 11:30PM				<b>Ashada-Adi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga						Devaloka Time: 9:AM to 12:PM	

<b>6</b>	<b>Wednesday, July 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra Yoga Sakuni/Catuspada Karana Chaturdashi/Amavasyayam Titau				Milan, Italy
	Mithuna Rasi: 23.07	Tithi 29 – 30	<b>Gulika</b> 10:38AM – 12:30PM	<b>Punarvasu</b> Until 2:35AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:02AM	Sun 13
			Yama 6:54AM – 8:46AM	Harshana Until 12:37PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 7:58PM	Subhakrit 5124
	441755472	<b>Rahu</b> 12:30PM – 2:22PM		Catuspada Until 5:52AM Thu	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 13
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 4:44PM	Moon – Blue		2nd Phase	
Until 2:35AM Thu				<b>Ashada-Adi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga						Devaloka Time: 9:AM to 12:PM	

	<b>Thursday, July 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra/Siddhi Yoga Naga Karana Amavasyayam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 8:46AM – 10:38AM	<b>Pushya</b> Until 5:16AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:03AM	Sun 14
	Kataka Rasi: 5.01	Tithi 30	Yama 5:03AM – 6:55AM	Vajra* Until 1:26PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 7:56PM	Subhakrit 5124
	441755472	<b>Rahu</b> 2:21PM – 4:13PM		Naga Until 6:55PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 14
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 6:55PM	Moon – Blue		Amavasya	
Until 5:16AM Fri				<b>Ashada-Adi</b>		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga						Devaloka Time: 9:AM to 12:PM	

<b>Retreat Star</b>	<b>Friday, July 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha Nakshatra Siddhi/Vyalipata Yoga Kintughna/Bava Karana Prathamayam Titau				Milan, Italy
	Kataka Rasi: 17.01	Tithi 1	<b>Gulika</b> 6:55AM – 8:47AM	<b>Ashlesha*</b> Until 7:31AM Sat	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:04AM	Sun 15
			Yama 4:12PM – 6:04PM	Siddhi Until 2:04PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 7:55PM	Subhakrit 5124
	441755472	<b>Rahu</b> 10:38AM – 12:30PM		Kintughna Until 7:57AM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 15
Routine Work	Marana Yoga		<b>Prathama*</b> Until 8:51PM	Moon – Blue		Prathama	
Until 7:31AM Sat				<b>Sravana-Adi</b>		<b>Bhuloka Day</b>	
Then Creative Work - Amrita Yoga						Devaloka Time: 9:AM to 12:PM	

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

<b>1</b>	<b>Saturday, July 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Milan, Italy
	Kataka Rasi: 29.08	Tithi 2	Gulika 5:05AM – 6:56AM	<b>Ashlesha* Until 7:31AM</b>	Ganesha: Yellow	Sunrise: 5:05AM	Sun 16 Sutra 104
		441755472	Yama 2:21PM – 4:12PM	Vyatipata* Until 2:30PM	Muruqa: Green	Sunset: 7:54PM	Subhakrit 5124
			Rahu 8:47AM – 10:39AM	Balava Until 9:44AM	Nataraja: White		Moon 7 - Phase 15 - 16
				Dvitiya Until 10:29PM	Moon – Blue		3rd Phase
					Sravana*Adi		<b>Bhuloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>2</b>	<b>Sunday, July 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Milan, Italy
	Simha Rasi: 11.22	Tithi 3	Gulika 4:11PM – 6:02PM	<b>Magha* Until 9:48AM</b>	Ganesha: Red	Sunrise: 5:06AM	Sun 17 Sutra 105
		451755472	Yama 12:30PM – 2:20PM	Varyan Until 2:39PM	Muruqa: Green	Sunset: 7:53PM	Subhakrit 5124
			Rahu 6:02PM – 7:53PM	Taitila Until 11:12AM	Nataraja: White		Moon 7 - Phase 15 - 17
				Tritiya Until 11:47PM	Moon – Red		3rd Phase
					Sravana*Adi		<b>Bhuloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>3</b>	<b>Monday, August 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthiyam Titau				Milan, Italy
	Simha Rasi: 23.45	Tithi 4	Gulika 2:20PM – 4:11PM	<b>Purvaphalguni Until 11:35AM</b>	Ganesha: Red	Sunrise: 5:07AM	Sun 18 Sutra 106
<b>Family Home Evening</b>		451755472	Yama 10:39AM – 12:30PM	Parigha* Until 2:32PM	Muruqa: Green	Sunset: 7:52PM	Subhakrit 5124
<b>Creative Work</b>			Rahu 6:58AM – 8:48AM	Vanija Until 12:19PM	Nataraja: White		Moon 7 - Phase 15 - 18
				Chaturthi* Until 12:43AM Tue	Moon – Red		3rd Phase
					Sravana*Adi		<b>Bhuloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>4</b>	<b>Tuesday, August 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy
	Kanya Rasi: 6.19	Tithi 5	Gulika 12:29PM – 2:20PM	<b>Uttaraphalguni Until 12:48PM</b>	Ganesha: Red	Sunrise: 5:09AM	Sun 19 Sutra 107
		451755472	Yama 8:49AM – 10:39AM	Shiva Until 2:06PM	Muruqa: Green	Sunset: 7:50PM	Subhakrit 5124
			Rahu 4:10PM – 6:00PM	Bava Until 1:02PM	Nataraja: White		Moon 7 - Phase 15 - 19
				Panchami Until 1:12AM Wed	Moon – Red		3rd Phase
					Sravana*Adi		<b>Bhuloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>5</b>	<b>Wednesday, August 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Milan, Italy
	Kanya Rasi: 19.04	Tithi 6	Gulika 10:39AM – 12:29PM	<b>Hasta Until 1:53PM</b>	Ganesha: Blue	Sunrise: 5:10AM	Sun 20 Sutra 108
		461755472	Yama 7:00AM – 8:50AM	Siddha Until 1:17PM	Muruqa: Green	Sunset: 7:49PM	Subhakrit 5124
			Rahu 12:29PM – 2:19PM	Kaulava Until 1:17PM	Nataraja: White		Moon 7 - Phase 15 - 20
				Shashthi* Until 1:11AM Thu	Moon – Green		3rd Phase
					Sravana*Adi		<b>Devaloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>6</b>	<b>Thursday, August 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Milan, Italy
	Tula Rasi: 2.05	Tithi 7	Gulika 8:50AM – 10:40AM	<b>Chitra Until 2:17PM</b>	Ganesha: Blue	Sunrise: 5:11AM	Sun 21 Sutra 109
		461755472	Yama 5:11AM – 7:01AM	Sadhya Until 12:03PM	Muruqa: Green	Sunset: 7:48PM	Subhakrit 5124
			Rahu 2:19PM – 4:08PM	Gara Until 1:00PM	Nataraja: White		Moon 7 - Phase 15 - 21
				Saptami Until 12:37AM Fri	Moon – Green		3rd Phase
					Sravana*Adi		<b>Devaloka Day</b>
							Devaloka Time: 9:AM to12:PM

<b>☽</b>	<b>Friday, August 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Milan, Italy
	<b>Retreat Star</b>						
Tula Rasi: 15.25	Tithi 8	Gulika 7:01AM – 8:51AM	<b>Svati Until 1:58PM</b>	Ganesha: Blue	Sunrise: 5:12AM	Sun 22 Sutra 110	Subhakrit 5124
		461765472	Yama 4:08PM – 5:57PM	Subha Until 10:22AM	Muruqa: White	Sunset: 7:46PM	Moon 7 - Phase 15 - 22
			Rahu 10:40AM – 12:29PM	Visti Until 12:07PM	Nataraja: White		Ashtami
				Ashtami* Until 11:26PM	Moon – Green		<b>Devaloka Day</b>
					Sravana*Adi		Devaloka Time: 9:AM to12:PM

<b>☽</b>	<b>Saturday, August 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Milan, Italy
	<b>Retreat Star</b>						
Tula Rasi: 29.05	Tithi 9	Gulika 5:13AM – 7:02AM	<b>Vishakha Until 1:19PM</b>	Ganesha: White	Sunrise: 5:13AM	Sun 23 Sutra 111	Subhakrit 5124
		472765472	Yama 2:18PM – 4:07PM	Sukla Until 8:09AM	Muruqa: White	Sunset: 7:45PM	Moon 7 - Phase 15 - 23
			Rahu 8:51AM – 10:40AM	Balava Until 10:38AM	Nataraja: White		Navami
				Navami* Until 9:38PM	Moon – Orange		<b>Bhuloka Day</b>
					Sravana*Adi		Devaloka Time: 9:AM to12:PM

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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1	<b>Sunday, August 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 24 Sutra 112
	Vrischika Rasi: 13.08    Tithi 10	472865472	Gulika Yama Rahu	4:06PM – 5:55PM 12:29PM – 2:18PM 5:55PM – 7:44PM	Anuradha Until 11:56AM Indra Until 2:20AM Mon Taitila Until 8:32AM Dashami Until 7:16PM	Ganesha: Yellow    Sunrise: 5:14AM Muruqa: White    Sunset: 7:44PM Nataraja: White Moon – Orange Sravana*Adi
	Routine Work    Marana Yoga					Moon 7 - Phase 16 - 24 4th Phase <b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
						Subhakrit 5124

2	<b>Monday, August 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 25 Sutra 113
	Vrischika Rasi: 27.32    Tithi 11 – 12	472865472	Gulika Yama Rahu	2:17PM – 4:05PM 10:41AM – 12:29PM 7:04AM – 8:52AM	Jyeshtha* Until 9:53AM Vaidhriti* Until 10:48PM Bava Until 2:51AM Tue Ekadashi Until 4:25PM	Ganesha: Yellow    Sunrise: 5:16AM Muruqa: White    Sunset: 7:42PM Nataraja: White Moon – Orange Sravana*Adi
	Family Home Evening Creative Work    Siddha Yoga					Moon 7 - Phase 16 - 25 4th Phase <b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
						Subhakrit 5124

3	<b>Tuesday, August 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 26 Sutra 114
	Dhanus Rasi: 12.16    Tithi 12 – 13	482865472	Gulika Yama Rahu	12:29PM – 2:17PM 8:53AM – 10:41AM 4:05PM – 5:53PM	Mula* Until 7:41AM Vishkambha* Until 6:59PM Kaulava Until 11:28PM Dvadashi Until 1:10PM	Ganesha: White    Sunrise: 5:17AM Muruqa: White    Sunset: 7:41PM Nataraja: White Moon – Light Blue Sravana*Adi
	Creative Work    Amrita Yoga Until 7:41AM Then Creative Work - Siddha Yoga					Moon 7 - Phase 16 - 26 4th Phase <b>Devaloka Day</b>
						<i>Pradosha Vrata</i>

4	<b>Wednesday, August 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 115
	Dhanus Rasi: 27.14    Tithi 13 – 14	482865472	Gulika Yama Rahu	10:41AM – 12:29PM 7:06AM – 8:53AM 12:29PM – 2:16PM	Uttarashadha Until 2:11AM Thu Priti Until 3:01PM Gara Until 7:55PM Trayodashi Until 9:41AM	Ganesha: White    Sunrise: 5:18AM Muruqa: White    Sunset: 7:39PM Nataraja: White Moon – Light Blue Sravana*Adi
	Creative Work    Amrita Yoga Until 2:11AM Thu Then Creative Work - Siddha Yoga					Moon 7 - Phase 16 - 27 4th Phase <b>Devaloka Day</b>
						Subhakrit 5124

○	<b>Thursday, August 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sutra 116
	<b>Copper Retreat Star</b>	Makara Rasi: 12.18    Tithi 14 – 15	492865472	Gulika Yama Rahu	8:54AM – 10:41AM 5:19AM – 7:06AM 2:16PM – 4:03PM	Shravana Until 11:36PM Ayushman Until 10:59AM Bava Until 2:35AM Fri Chaturdashi* Until 6:06AM
	Creative Work    Siddha Yoga					Ganesha: Clear    Sunrise: 5:19AM Muruqa: White    Sunset: 7:38PM Nataraja: White Moon – Purple Sravana*Adi
						Moon 7 - Phase 16 - Purnima <b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

○	<b>Friday, August 12, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sutra 117
	<b>Silver Retreat Star</b>	Makara Rasi: 27.19    Tithi 16	492865472	Gulika Yama Rahu	7:07AM – 8:54AM 4:02PM – 5:49PM 10:41AM – 12:28PM	Dhanishtha Until 9:06PM Saubhagya Until 7:02AM Balava Until 12:55PM Prathama* Until 11:18PM
	Creative Work    Siddha Yoga					Ganesha: Clear    Sunrise: 5:20AM Muruqa: White    Sunset: 7:36PM Nataraja: White Moon – Purple Sravana*Adi
						Moon 7 - Phase 16 - Prathama <b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

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





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

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

Milan, Italy  
Sun 1  
Sutra 118

Kumbha Rasi: 12.07      Tithi 17

492865472

**Gulika** 5:22AM – 7:08AM  
Yama 2:15PM – 4:01PM  
**Rahu** 8:55AM – 10:41AM

**Shatabhishak** Until 6:51PM

Athiganda\* Until 11:59PM

Taitila Until 9:50AM

**Dvitiya** Until 8:26PM

**Ganesha:** Clear

**Muruqa:** White

**Nataraja:** White

Moon – Purple  
Sravana\*Adi

*Sunrise:* 5:22AM

*Sunset:* 7:35PM

Moon 8 - Phase 17 - 1

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work    Amrita Yoga

Until 6:51PM

Then Routine Work - Marana Yoga

**1**

**Sunday, August 14, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaprosarthapada\*Uttaraprosarthapada Nakshatra Sukarma Yoga Vanija/Visti\* Karana Tritiyayam Titau

Milan, Italy  
Sun 2  
Sutra 119

Kumbha Rasi: 26.34      Tithi 18

412865472

**Gulika** 4:00PM – 5:47PM  
Yama 12:28PM – 2:14PM  
**Rahu** 5:47PM – 7:33PM

**Purvaprosarthapada\*** Until 5:27PM

Sukarma Until 9:08PM

Vanija Until 7:13AM

**Tritiya** Until 6:08PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – Clear  
Sravana\*Adi

*Sunrise:* 5:23AM

*Sunset:* 7:33PM

Moon 8 - Phase 17 - 2

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work    Siddha Yoga

Until 5:27PM

Then Creative Work - Amrita Yoga

**2**

**Monday, August 15, 2022**

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

Milan, Italy  
Sun 3  
Sutra 120

Meena Rasi: 11      Tithi 19 – 20

412865472

**Gulika** 2:14PM – 4:00PM  
Yama 10:42AM – 12:28PM  
**Rahu** 7:10AM – 8:56AM

**Uttaraprosarthapada** Until 4:37PM

Dhriti Until 6:53PM

Kaulava Until 4:05AM Tue

**Chaturthi\*** Until 4:33PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – Clear  
Sravana\*Adi

*Sunrise:* 5:24AM

*Sunset:* 7:31PM

Moon 8 - Phase 17 - 3

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work    Siddha Yoga

**3**

**Tuesday, August 16, 2022**

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

Milan, Italy  
Sun 4  
Sutra 121

Meena Rasi: 24.09      Tithi 20 – 21

412865472

**Gulika** 12:27PM – 2:13PM  
Yama 8:56AM – 10:42AM  
**Rahu** 3:59PM – 5:44PM

**Revati** Until 4:27PM

Shula\* Until 5:18PM

Gara Until 3:46AM Wed

**Panchami** Until 3:48PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – Clear  
Sravana\*Adi

*Sunrise:* 5:25AM

*Sunset:* 7:30PM

Moon 8 - Phase 17 - 4

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work    Siddha Yoga

**4**

**Wednesday, August 17, 2022**

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

Milan, Italy  
Sun 5  
Sutra 122

Mesha Rasi: 7.14      Tithi 21 – 22

522865472

**Gulika** 10:42AM – 12:27PM  
Yama 7:12AM – 8:57AM  
**Rahu** 12:27PM – 2:12PM

**Ashvini** Until 5:27PM

Ganda\* Until 4:25PM

Visti Until 4:19AM Thu

**Shashthi\*** Until 3:55PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – White  
Sravana\*Avani

*Sunrise:* 5:26AM

*Sunset:* 7:28PM

Moon 8 - Phase 17 - 5

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Routine Work    Marana Yoga

Until 5:27PM

Then Creative Work - Siddha Yoga

**5**

**Thursday, August 18, 2022**

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

Milan, Italy  
Sun 6  
Sutra 123

Mesha Rasi: 19.53      Tithi 22 – 23

522865472

**Gulika** 8:57AM – 10:42AM  
Yama 5:28AM – 7:12AM  
**Rahu** 2:12PM – 3:57PM

**Bharani** Until 7:06PM

Vridhhi Until 4:12PM

Balava Until 5:40AM Fri

**Saptami** Until 4:53PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – White  
Sravana\*Avani

*Sunrise:* 5:28AM

*Sunset:* 7:26PM

Moon 8 - Phase 17 - 6

1st Phase

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work    Siddha Yoga

Until 7:06PM

Then Routine Work - Marana Yoga

**D**

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

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

Milan, Italy  
Sun 7  
Sutra 124

Vrishabha Rasi: 2.13      Tithi 23

523865472

**Gulika** 7:13AM – 8:58AM  
Yama 3:56PM – 5:40PM  
**Rahu** 10:42AM – 12:27PM

**Krittika** Until 9:16PM

Dhruva Until 4:30PM

Kaulava Until 6:33PM

**Ashtami\*** Until 6:33PM

**Ganesha:** White

**Muruqa:** White

**Nataraja:** White

Moon – White  
Sravana\*Avani

*Sunrise:* 5:29AM

*Sunset:* 7:25PM

Moon 8 - Phase 17 - 7

Ashtami

**Bhuloka Day**

Creative Work    Siddha Yoga

Until 9:16PM

Then Routine Work - Marana Yoga

**Saturday, August 20, 2022**

**Retreat Star**

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

Milan, Italy  
Sun 8  
Sutra 125

Vrishabha Rasi: 14.17      Tithi 24

533865472

**Gulika** 5:30AM – 7:14AM  
Yama 2:11PM – 3:55PM  
**Rahu** 8:58AM – 10:42AM

**Rohini** Until 12:13AM Sun

Vyaghata\* Until 5:13PM

Taitila Until 7:37AM

**Navami\*** Until 8:44PM

**Ganesha:** Yellow

**Muruqa:** White

**Nataraja:** White

Moon – Yellow  
Sravana\*Avani

*Sunrise:* 5:30AM

*Sunset:* 7:23PM

Moon 8 - Phase 17 - 8

Navami

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work    Amrita Yoga

Until 12:13AM Sun

Then Creative Work - Siddha Yoga

<b>1</b>		<b>Sunday, August 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Milan, Italy Sun 9 Sutra 126 Subhakrit 5124
Wishabha Rasi: 26.11	Tithi 25	<b>Gulika</b> 3:54PM – 5:38PM	<b>Mrigashira</b> Until 3:14AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:31AM			
		Yama 12:26PM – 2:10PM	Harshana Until 6:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:21PM		Moon 8 - Phase 18 - 9	
		533865472 <b>Rahu</b> 5:38PM – 7:21PM	Vanija Until 9:57AM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 11:10PM	Moon – Yellow		<b>Bhuloka Day</b>		
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		

<b>2</b>		<b>Monday, August 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy Sun 10 Sutra 127 Subhakrit 5124
Mithuna Rasi: 8.01	Tithi 26	<b>Gulika</b> 2:10PM – 3:53PM	<b>Ardra</b> Until 6:05AM Tue	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:32AM			
Family Home Evening		Yama 10:43AM – 12:26PM	Vajra* Until 7:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:20PM		Moon 8 - Phase 18 - 10	
		533865472 <b>Rahu</b> 7:16AM – 8:59AM	Bava Until 12:27PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 1:40AM Tue	Moon – Yellow		<b>Bhuloka Day</b>		
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		

<b>3</b>		<b>Tuesday, August 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashtyam Titau				Milan, Italy Sun 11 Sutra 128 Subhakrit 5124
Mithuna Rasi: 19.52	Tithi 27	<b>Gulika</b> 12:26PM – 2:09PM	<b>Ardra</b> Until 6:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:34AM			
		Yama 9:00AM – 10:43AM	Siddhi Until 8:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:18PM		Moon 8 - Phase 18 - 11	
		533865472 <b>Rahu</b> 3:52PM – 5:35PM	Kaulava Until 2:54PM	<b>Nataraja:</b> White			2nd Phase	
Routine Work	Marana Yoga		<b>Dvadashti*</b> Until 4:02AM Wed	Moon – Yellow		<b>Bhuloka Day</b>		
Until 6:05AM				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Wednesday, August 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy Sun 12 Sutra 129 Subhakrit 5124
Kataka Rasi: 1.46	Tithi 28	<b>Gulika</b> 10:43AM – 12:26PM	<b>Punarvasu</b> Until 9:08AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:35AM			
		Yama 7:18AM – 9:00AM	Vyatipata* Until 8:54PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:16PM		Moon 8 - Phase 18 - 12	
		533865472 <b>Rahu</b> 12:26PM – 2:08PM	Gara Until 5:08PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 6:08AM Thu	Moon – Blue		<b>Bhuloka Day</b>		
				Sravana-Avani				

Pradosha Vrata (Fasting)

<b>5</b>		<b>Thursday, August 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 13 Sutra 130 Subhakrit 5124
Kataka Rasi: 13.46	Tithi 28 – 29	<b>Gulika</b> 9:01AM – 10:43AM	<b>Pushya</b> Until 11:45AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:36AM			
		Yama 5:36AM – 7:18AM	Variyan Until 9:24PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:15PM		Moon 8 - Phase 18 - 13	
		533865472 <b>Rahu</b> 2:08PM – 3:50PM	Visti Until 7:04PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Amrita Yoga		<b>Trayodashi*</b> Until 6:08AM	Moon – Blue		<b>Bhuloka Day</b>		
Until 11:45AM				Sravana-Avani				
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Friday, August 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashii/Amavasyayam Titau				Milan, Italy Sun 14 Sutra 131 Subhakrit 5124
Kataka Rasi: 25.54	Tithi 29 – 30	<b>Gulika</b> 7:19AM – 9:01AM	<b>Ashlesha*</b> Until 1:51PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:37AM			
		Yama 3:49PM – 5:31PM	Parigha* Until 9:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:13PM		Moon 8 - Phase 18 - 14	
		533865472 <b>Rahu</b> 10:43AM – 12:25PM	Catuspada Until 8:38PM	<b>Nataraja:</b> White			Amavasya	
Routine Work	Marana Yoga		<b>Chaturdashii*</b> Until 7:53AM	Moon – Blue		<b>Bhuloka Day</b>		
				Sravana-Avani				

<b>Retreat Star</b>		<b>Saturday, August 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Milan, Italy Sun 15 Sutra 132 Subhakrit 5124
Simha Rasi: 8.12	Tithi 30 – 1	<b>Gulika</b> 5:38AM – 7:20AM	<b>Magha*</b> Until 3:54PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:38AM			
		Yama 2:06PM – 3:48PM	Shiva Until 9:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 7:11PM		Moon 8 - Phase 18 - 15	
		533865472 <b>Rahu</b> 9:02AM – 10:43AM	Kintughna Until 9:49PM	<b>Nataraja:</b> White			Prathama	
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 9:15AM	Moon – Red		<b>Bhuloka Day</b>		
Until 3:54PM				Bhadrapada-Avani				
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

All times are standard time. Calculated for Milan, Italy on 5/1/20

www.gurudeva.org/panchang

1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 16 Sutra 133	
Simha Rasi: 20.4	Tithi 1 – 2	Gulika 3:47PM – 5:28PM	Purvaphalguni Until 5:24PM	Ganesha: Blue	Sunrise: 5:40AM	Subhakit 5124	
		Yama 12:24PM – 2:06PM	Siddha Until 9:11PM	Muruqa: White	Sunset: 7:09PM	Moon 8 - Phase 19 - 16	
		553865473 Rahu 5:28PM – 7:09PM	Balava Until 10:36PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Prathama* Until 10:14AM	Moon – Red		<b>Bhuloka Day</b>	
Until 5:24PM				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				Milan, Italy Sun 17 Sutra 134	
Kanya Rasi: 3.19	Tithi 2 – 3	Gulika 2:05PM – 3:46PM	Uttaraphalguni Until 6:22PM	Ganesha: Blue	Sunrise: 5:41AM	Subhakit 5124	
Family Home Evening		Yama 10:43AM – 12:24PM	Sadhya Until 8:30PM	Muruqa: White	Sunset: 7:07PM	Moon 8 - Phase 19 - 17	
		553865473 Rahu 7:22AM – 9:03AM	Taitila Until 10:59PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 10:49AM	Moon – Red		<b>Bhuloka Day</b>	
				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				Milan, Italy Sun 18 Sutra 135	
Kanya Rasi: 16.08	Tithi 3 – 4	Gulika 12:24PM – 2:04PM	Hasta Until 7:17PM	Ganesha: Blue	Sunrise: 5:42AM	Subhakit 5124	
		Yama 9:03AM – 10:43AM	Subha Until 7:32PM	Muruqa: White	Sunset: 7:06PM	Moon 8 - Phase 19 - 18	
		563865473 Rahu 3:45PM – 5:25PM	Vanija Until 11:00PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Ganesha Chaturthi	Moon – Green		<b>Bhuloka Day</b>	
			Tritiya Until 11:01AM	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				Milan, Italy Sun 19 Sutra 136	
Kanya Rasi: 29.1	Tithi 4 – 5	Gulika 10:43AM – 12:24PM	Chitra Until 7:39PM	Ganesha: Blue	Sunrise: 5:43AM	Subhakit 5124	
		Yama 7:23AM – 9:03AM	Sukla Until 6:14PM	Muruqa: White	Sunset: 7:04PM	Moon 8 - Phase 19 - 19	
		563865473 Rahu 12:24PM – 2:04PM	Bava Until 10:38PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 10:51AM	Moon – Green		<b>Bhuloka Day</b>	
				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/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Milan, Italy Sun 20 Sutra 137	
Tula Rasi: 12.23	Tithi 5 – 6	Gulika 9:04AM – 10:44AM	Svati Until 7:30PM	Ganesha: Red	Sunrise: 5:45AM	Subhakit 5124	
		Yama 5:45AM – 7:24AM	Brahma Until 4:38PM	Muruqa: White	Sunset: 7:02PM	Moon 8 - Phase 19 - 20	
		563965473 Rahu 2:03PM – 3:43PM	Kaulava Until 9:52PM	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Panchami Until 10:17AM	Moon – Green		<b>Devaloka Day</b>	
Until 7:30PM				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				Milan, Italy Sun 21 Sutra 138	
Tula Rasi: 25.49	Tithi 6 – 7	Gulika 7:25AM – 9:04AM	Vishakha Until 7:14PM	Ganesha: Blue	Sunrise: 5:46AM	Subhakit 5124	
		Yama 3:41PM – 5:21PM	Indra Until 2:43PM	Muruqa: White	Sunset: 7:00PM	Moon 8 - Phase 19 - 21	
		573965473 Rahu 10:44AM – 12:23PM	Gara Until 8:41PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 9:18AM	Moon – Orange		<b>Sivaloka Day</b>	
				Bhadrapada*Avani			

D Saturday, September 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 22 Sutra 139	
Retreat Star		Gulika 5:47AM – 7:26AM	Anuradha Until 6:24PM	Ganesha: Yellow	Sunrise: 5:47AM	Subhakit 5124	
Vrischika Rasi: 9.29	Tithi 7 – 8	Yama 2:01PM – 3:40PM	Vaidhriti* Until 12:26PM	Muruqa: White	Sunset: 6:58PM	Moon 8 - Phase 19 - 22	
		574965473 Rahu 9:05AM – 10:44AM	Visti Until 7:05PM	Nataraja: Clear		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 7:55AM	Moon – Orange		<b>Devaloka Day</b>	
				Bhadrapada*Avani			

Sunday, September 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vishkambha*/Priti Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 23 Sutra 140	
Retreat Star		Gulika 3:39PM – 5:18PM	Jyeshtha* Until 5:01PM	Ganesha: Yellow	Sunrise: 5:48AM	Subhakit 5124	
Vrischika Rasi: 23.26	Tithi 8 – 9	Yama 12:22PM – 2:01PM	Vishkambha* Until 9:49AM	Muruqa: White	Sunset: 6:56PM	Moon 8 - Phase 19 - 23	
		574965473 Rahu 5:18PM – 6:56PM	Kaulava Until 3:55AM Mon	Nataraja: Clear		Navami	
Routine Work	Marana Yoga		Ashtami* Until 6:07AM	Moon – Orange		<b>Devaloka Day</b>	
Until 5:01PM				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

<b>1</b>		<b>Monday, September 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Milan, Italy Sun 24 Sutra 141 Subhakrit 5124	
Dhanus Rasi: 7.37	Tithi 10	<b>Gulika</b>	2:00PM – 3:38PM	<b>Mula* Until 3:32PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM	
<b>Family Home Evening</b>	584965473	Yama	10:44AM – 12:22PM	Priti Until 6:55AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:54PM	Moon 8 - Phase 20 - 24
Creative Work	Siddha Yoga	<b>Rahu</b>	7:27AM – 9:06AM	Taitila Until 2:42PM	<b>Nataraja:</b> Clear		4th Phase
Until 3:32PM				<b>Dashami Until 1:22AM Tue</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga					<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>2</b>		<b>Tuesday, September 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Milan, Italy Sun 25 Sutra 142 Subhakrit 5124	
Dhanus Rasi: 22.02	Tithi 11	<b>Gulika</b>	12:22PM – 1:59PM	<b>Purvashadha* Until 1:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:51AM	
	584965473	Yama	9:06AM – 10:44AM	Saubhagya Until 12:16AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:53PM	Moon 8 - Phase 20 - 25
Creative Work	Siddha Yoga	<b>Rahu</b>	3:37PM – 5:15PM	Vanija Until 12:00PM	<b>Nataraja:</b> Clear		4th Phase
Until 1:36PM				<b>Ekadashi Until 10:33PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Routine Work - Prabararishta Yoga					<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>3</b>		<b>Wednesday, September 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Milan, Italy Sun 26 Sutra 143 Subhakrit 5124	
Makara Rasi: 6.38	Tithi 12	<b>Gulika</b>	10:44AM – 12:21PM	<b>Uttarashadha Until 11:20AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:52AM	
	584965473	Yama	7:29AM – 9:06AM	Sobhana Until 8:44PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:51PM	Moon 8 - Phase 20 - 26
Creative Work	Amrita Yoga	<b>Rahu</b>	12:21PM – 1:59PM	Bava Until 9:05AM	<b>Nataraja:</b> Clear		4th Phase
Until 11:20AM				<b>Dvadashi Until 7:34PM</b>	Moon – Light Blue	<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga					<b>Bhadrapada-Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>4</b>		<b>Thursday, September 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 144 Subhakrit 5124	
Makara Rasi: 21.2	Tithi 13 – 14	<b>Gulika</b>	9:07AM – 10:44AM	<b>Shravana Until 9:15AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:53AM	
	594965473	Yama	5:53AM – 7:30AM	Athiganda* Until 5:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:49PM	Moon 8 - Phase 20 - 27
Creative Work	Siddha Yoga	<b>Rahu</b>	1:58PM – 3:35PM	Kaulava Until 6:04AM	<b>Nataraja:</b> Clear		4th Phase
				<b>Trayodashi Until 4:33PM</b>	Moon – Purple	<b>Devaloka Day</b>	
		<b>Chidambaram Abhishekam</b>			<b>Bhadrapada-Avani</b>		
				<i>Pradosha Vrata</i>			

		<b>Friday, September 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Milan, Italy Sun 28 Sutra 145 Subhakrit 5124	
Kumbha Rasi: 6	Tithi 14 – 15	<b>Gulika</b>	7:31AM – 9:07AM	<b>Dhanishtha Until 7:04AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM	
	594965473	Yama	3:34PM – 5:10PM	Sukarma Until 1:40PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:47PM	Moon 8 - Phase 20 -
Creative Work	Siddha Yoga	<b>Rahu</b>	10:44AM – 12:21PM	Visti Until 12:17AM Sat	<b>Nataraja:</b> Clear		Purnima
				<b>Chaturdashi* Until 1:38PM</b>	Moon – Purple	<b>Devaloka Day</b>	
					<b>Bhadrapada-Avani</b>		

<b>5</b>		<b>Saturday, September 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Milan, Italy Sun 29 Sutra 146 Subhakrit 5124	
Kumbha Rasi: 20.31	Tithi 15 – 16	<b>Gulika</b>	5:55AM – 7:32AM	<b>Purvaproshtapada* Until 3:31AM Sun</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:55AM	
	514965473	Yama	1:56PM – 3:33PM	Dhriti Until 10:25AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:45PM	Moon 8 - Phase 20 -
Routine Work	Marana Yoga	<b>Rahu</b>	9:08AM – 10:44AM	Balava Until 9:49PM	<b>Nataraja:</b> Clear		Prathama
Until 3:31AM Sun				<b>Purnima* Until 10:59AM</b>	Moon – Clear	<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga					<b>Bhadrapada-Avani</b>		

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



Sunday, September 11, 2022

Gold Retreat Star

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

Milan, Italy

Sutra 147

Subhakrit 5124

Meena Rasi: 4.47 Tithi 16 - 17

514965473

**Gulika** 3:31PM - 5:07PM  
Yama 12:20PM - 1:56PM  
**Rahu** 5:07PM - 6:43PM

**Uttaraproshtapada** Until 2:27AM Mon  
Shula\* Until 7:28AM  
Taitila Until 7:51PM  
**Prathama\*** Until 8:45AM

**Ganesha:** Clear *Sunrise: 5:57AM*  
**Muruqa:** White *Sunset: 6:43PM*  
**Nataraja:** Clear  
Moon - Clear

Moon 9 - Phase 21 -  
1st Phase

Creative Work Amrita Yoga

Until 2:27AM Mon

Then Creative Work - Siddha Yoga

Grandparent's Day

Bhadrapada-Avani

Devaloka Day

1

Monday, September 12, 2022

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

Milan, Italy

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 18.41 Tithi 17 - 18

514965473

**Gulika** 1:55PM - 3:30PM  
Yama 10:44AM - 12:20PM  
**Rahu** 7:33AM - 9:09AM

**Revati** Until 1:55AM Tue  
Vriddhi Until 3:04AM Tue  
Vanija Until 6:31PM  
**Dvitiya** Until 7:05AM

**Ganesha:** Clear *Sunrise: 5:58AM*  
**Muruqa:** White *Sunset: 6:41PM*  
**Nataraja:** Clear  
Moon - Clear

Moon 9 - Phase 21 - 1  
1st Phase

Creative Work Siddha Yoga

Family Home Evening

Bhadrapada-Avani

Devaloka Day

2

Tuesday, September 13, 2022

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

Milan, Italy

Sun 2 Sutra 149

Subhakrit 5124

Mesha Rasi: 2.1 Tithi 18 - 19

524965473

**Gulika** 12:19PM - 1:54PM  
Yama 9:09AM - 10:44AM  
**Rahu** 3:29PM - 5:04PM

**Ashvini** Until 2:25AM Wed  
Dhruva Until 1:44AM Wed  
Balava Until 5:55AM Wed  
**Tritiya** Until 6:06AM

**Ganesha:** White *Sunrise: 5:59AM*  
**Muruqa:** White *Sunset: 6:39PM*  
**Nataraja:** Clear  
Moon - White

Moon 9 - Phase 21 - 2  
1st Phase

Creative Work Siddha Yoga

Bhadrapada-Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

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

Milan, Italy

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 15.14 Tithi 20

524965473

**Gulika** 10:44AM - 12:19PM  
Yama 7:35AM - 9:09AM  
**Rahu** 12:19PM - 1:53PM

**Bharani** Until 3:34AM Thu  
Vyaghata\* Until 1:03AM Thu  
Kaulava Until 6:09PM  
**Panchami** Until 6:32AM Thu

**Ganesha:** White *Sunrise: 6:00AM*  
**Muruqa:** White *Sunset: 6:37PM*  
**Nataraja:** Clear  
Moon - White

Moon 9 - Phase 21 - 3  
1st Phase

Creative Work Siddha Yoga

Until 3:34AM Thu

Then Routine Work - Marana Yoga

Bhadrapada-Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

4

Thursday, September 15, 2022

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

Milan, Italy

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 27.55 Tithi 20 - 21

525965473

**Gulika** 9:10AM - 10:44AM  
Yama 6:01AM - 7:36AM  
**Rahu** 1:53PM - 3:27PM

**Krittika** Until 5:17AM Fri  
Harshana Until 12:59AM Fri  
Gara Until 7:08PM  
**Panchami** Until 6:32AM

**Ganesha:** Clear *Sunrise: 6:01AM*  
**Muruqa:** White *Sunset: 6:35PM*  
**Nataraja:** Clear  
Moon - White

Moon 9 - Phase 21 - 4  
1st Phase

Routine Work Marana Yoga

Bhadrapada-Avani

Devaloka Day

5

Friday, September 16, 2022

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

Milan, Italy

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 10.16 Tithi 21 - 22

535965473

**Gulika** 7:36AM - 9:10AM  
Yama 3:26PM - 5:00PM  
**Rahu** 10:44AM - 12:18PM

**Rohini** Until 7:55AM Sat  
Vajra\* Until 1:22AM Sat  
Visti Until 8:49PM  
**Shashthi\*** Until 7:53AM

**Ganesha:** White *Sunrise: 6:03AM*  
**Muruqa:** White *Sunset: 6:34PM*  
**Nataraja:** Clear  
Moon - Yellow

Moon 9 - Phase 21 - 5  
1st Phase

Routine Work Marana Yoga

Until 7:55AM Sat

Then Creative Work - Siddha Yoga

Bhadrapada-Avani

Sivaloka Day

D

Saturday, September 17, 2022

Retreat Star

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

Milan, Italy

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 22.22 Tithi 22 - 23

535965473

**Gulika** 6:04AM - 7:37AM  
Yama 1:51PM - 3:25PM  
**Rahu** 9:11AM - 10:44AM

**Rohini** Until 7:55AM  
Siddhi Until 2:06AM Sun  
Balava Until 10:58PM  
**Saptami** Until 9:50AM

**Ganesha:** White *Sunrise: 6:04AM*  
**Muruqa:** White *Sunset: 6:32PM*  
**Nataraja:** Clear  
Moon - Yellow

Moon 9 - Phase 21 - 6  
Ashtami

Creative Work Amrita Yoga

Until 7:55AM

Then Creative Work - Siddha Yoga

Bhadrapada-Puratasi

Sivaloka Day

Sunday, September 18, 2022

Retreat Star

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

Milan, Italy

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 4.19 Tithi 23 - 24

535965473

**Gulika** 3:24PM - 4:57PM  
Yama 12:17PM - 1:50PM  
**Rahu** 4:57PM - 6:30PM

**Mrigashira** Until 10:44AM  
Vyatipata\* Until 3:01AM Mon  
Taitila Until 1:23AM Mon  
**Ashtami\*** Until 12:09PM

**Ganesha:** White *Sunrise: 6:05AM*  
**Muruqa:** White *Sunset: 6:30PM*  
**Nataraja:** Clear  
Moon - Yellow

Moon 9 - Phase 21 - 7  
Navami

Creative Work Siddha Yoga

Bhadrapada-Puratasi

Sivaloka Day

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

www.gurudeva.org/panchang

<b>1</b>	<b>Monday, September 19, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Milan, Italy
	Mithuna Rasi: 16.11	Tithi 24 – 25	Gulika 1:50PM – 3:22PM	Ardra Until 1:33PM	Ganesha: White	Sunrise: 6:06AM	Sun 8 Sutra 155
<b>Family Home Evening</b>		535965473	Yama 10:44AM – 12:17PM	Variyan Until 3:54AM Tue	Muruqa: White	Sunset: 6:28PM	Moon 9 - Phase 22 - 8
Creative Work Siddha Yoga			Rahu 7:39AM – 9:12AM	Vanija Until 3:49AM Tue	Nataraja: Clear		2nd Phase
Until 1:33PM				Navami* Until 2:36PM	Moon – Yellow		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		


<b>2</b>	<b>Tuesday, September 20, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy
	Mithuna Rasi: 28.03	Tithi 25 – 26	Gulika 12:17PM – 1:49PM	Punarvasu Until 4:36PM	Ganesha: Yellow	Sunrise: 6:07AM	Sun 9 Sutra 156
Creative Work Siddha Yoga		545965473	Yama 9:12AM – 10:44AM	Parigha* Until 4:40AM Wed	Muruqa: White	Sunset: 6:26PM	Moon 9 - Phase 22 - 9
			Rahu 3:21PM – 4:54PM	Bava Until 6:05AM Wed	Nataraja: Clear		2nd Phase
				Dashami Until 4:58PM	Moon – Blue		<b>Devaloka Day</b>
					Bhadrapada-Puratasi		

<b>3</b>	<b>Wednesday, September 21, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy
	Kataka Rasi: 10	Tithi 26	Gulika 10:44AM – 12:16PM	Pushya Until 7:15PM	Ganesha: Yellow	Sunrise: 6:09AM	Sun 10 Sutra 157
Creative Work Siddha Yoga		545965473	Yama 7:41AM – 9:12AM	Shiva Until 5:12AM Thu	Muruqa: White	Sunset: 6:24PM	Moon 9 - Phase 22 - 10
			Rahu 12:16PM – 1:48PM	Bava Until 6:05AM	Nataraja: Clear		2nd Phase
				Ekadashi* Until 7:04PM	Moon – Blue		<b>Devaloka Day</b>
					Bhadrapada-Puratasi		

<b>4</b>	<b>Thursday, September 22, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Milan, Italy
	Kataka Rasi: 22.05	Tithi 27	Gulika 9:13AM – 10:44AM	Ashlesha* Until 9:20PM	Ganesha: Yellow	Sunrise: 6:10AM	Sun 11 Sutra 158
Creative Work Siddha Yoga		545965473	Yama 6:10AM – 7:41AM	Siddha Until 5:21AM Fri	Muruqa: White	Sunset: 6:22PM	Moon 9 - Phase 22 - 11
Until 9:20PM			Rahu 1:47PM – 3:19PM	Kaulava Until 7:59AM	Nataraja: Clear		2nd Phase
Then Creative Work - Amrita Yoga				Dvadashi* Until 8:46PM	Moon – Blue		<b>Devaloka Day</b>
					Bhadrapada-Puratasi		

<b>5</b>	<b>Friday, September 23, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy
	Simha Rasi: 4.21	Tithi 28	Gulika 7:42AM – 9:13AM	Magha* Until 11:18PM	Ganesha: Red	Sunrise: 6:11AM	Sun 12 Sutra 159
Routine Work Marana Yoga		555965473	Yama 3:18PM – 4:49PM	Sadhya Until 5:09AM Sat	Muruqa: White	Sunset: 6:20PM	Moon 9 - Phase 22 - 12
Until 11:18PM			Rahu 10:44AM – 12:16PM	Gara Until 9:27AM	Nataraja: Clear		2nd Phase
Then Creative Work - Siddha Yoga				Trayodashi* Until 9:59PM	Moon – Red		<b>Devaloka Day</b>
					Bhadrapada-Puratasi		
					<i>Pradosha Vrata (Fasting)</i>		

<b>6</b>	<b>Saturday, September 24, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy
	Simha Rasi: 16.5	Tithi 29	Gulika 6:12AM – 7:43AM	Purvaphalguni Until 12:36AM Sun	Ganesha: Green	Sunrise: 6:12AM	Sun 13 Sutra 160
Creative Work Siddha Yoga		556965473	Yama 1:46PM – 3:17PM	Subha Until 4:34AM Sun	Muruqa: White	Sunset: 6:18PM	Moon 9 - Phase 22 - 13
Until 12:36AM Sun			Rahu 9:14AM – 10:45AM	Visti* Until 10:26AM	Nataraja: Clear		2nd Phase
Then Creative Work - Amrita Yoga				Chaturdashi* Until 10:42PM	Moon – Red		<b>Bhuloka Day</b>
					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

	<b>Sunday, September 25, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy
	<b>Retreat Star</b>		Gulika 3:16PM – 4:46PM	Uttaraphalguni Until 1:15AM Mon	Ganesha: Blue	Sunrise: 6:14AM	Sun 14 Sutra 161
Simha Rasi: 29.32	Tithi 30	556165473	Yama 12:15PM – 1:45PM	Sukla Until 3:33AM Mon	Muruqa: White	Sunset: 6:16PM	Moon 9 - Phase 22 - 14
Creative Work Amrita Yoga			Rahu 4:46PM – 6:16PM	Catuspada Until 10:53AM	Nataraja: Clear		Amavasya
Until 1:15AM Mon				Amavasya* Until 10:54PM	Moon – Red		<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

<b>Monday, September 26, 2022</b>	<b>Retreat Star</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy
	Kanya Rasi: 12.29	Tithi 1	Gulika 1:44PM – 3:14PM	Hasta Until 1:45AM Tue	Ganesha: Blue	Sunrise: 6:15AM	Sun 15 Sutra 162
<b>Family Home Evening</b>		566165473	Yama 10:45AM – 12:15PM	Brahma Until 2:11AM Tue	Muruqa: White	Sunset: 6:14PM	Moon 9 - Phase 22 - 15
Creative Work Siddha Yoga			Rahu 7:45AM – 9:15AM	Kintughna Until 10:50AM	Nataraja: Clear		Prathama
				Prathama* Until 10:38PM	Moon – Green		<b>Bhuloka Day</b>
					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

All times are standard time. Calculated for Milan, Italy on 5/1/20

www.gurudeva.org/panchang

1	<b>Tuesday, September 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Milan, Italy Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 25.4	Tithi 2	<b>Gulika</b> 12:14PM – 1:44PM	<b>Chitra</b> <b>Until 1:41AM Wed</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:16AM	
			Yama 9:15AM – 10:45AM	Indra Until 12:31AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:12PM	Moon 9 - Phase 23 - 16
	Creative Work	Siddha Yoga	566165473 <b>Rahu</b> 3:13PM – 4:43PM	Balava Until 10:21AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> <b>Until 9:57PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

2	<b>Wednesday, September 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau				Milan, Italy Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 9.05	Tithi 3	<b>Gulika</b> 10:45AM – 12:14PM	<b>Svati</b> <b>Until 1:09AM Thu</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:17AM	
			Yama 7:46AM – 9:16AM	Vaidhriti* Until 10:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:10PM	Moon 9 - Phase 23 - 17
	Creative Work	Siddha Yoga	666165473 <b>Rahu</b> 12:14PM – 1:43PM	Taitila Until 9:29AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> <b>Until 8:54PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

3	<b>Thursday, September 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau				Milan, Italy Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 22.4	Tithi 4	<b>Gulika</b> 9:16AM – 10:45AM	<b>Vishakha</b> <b>Until 12:37AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM	
			Yama 6:19AM – 7:47AM	Vishkambha* Until 8:19PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:09PM	Moon 9 - Phase 23 - 18
	Creative Work	Siddha Yoga	676165473 <b>Rahu</b> 1:42PM – 3:11PM	Vanija Until 8:17AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi</b> <b>Until 7:34PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

4	<b>Friday, September 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Kaulava Karana Panchami/Shashtham Titau				Milan, Italy Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 6.25	Tithi 5 – 6	<b>Gulika</b> 7:48AM – 9:16AM	<b>Anuradha</b> <b>Until 11:41PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:20AM	
			Yama 3:10PM – 4:38PM	Priti Until 5:56PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:07PM	Moon 9 - Phase 23 - 19
	Creative Work	Siddha Yoga	676165473 <b>Rahu</b> 10:45AM – 12:13PM	Bava Until 6:49AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> <b>Until 5:58PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

5	<b>Saturday, October 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 20.19	Tithi 6 – 7	<b>Gulika</b> 6:21AM – 7:49AM	<b>Jyeshtha*</b> <b>Until 10:26PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:21AM	
			Yama 1:41PM – 3:09PM	Ayushman Until 3:21PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 23 - 20
	Creative Work	Siddha Yoga	687166473 <b>Rahu</b> 9:17AM – 10:45AM	Gara Until 3:13AM Sun	<b>Nataraja:</b> Clear		3rd Phase
			<b>Shashthi*</b> <b>Until 4:10PM</b>	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

D	<b>Sunday, October 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 21 Sutra 168 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 3:08PM – 4:35PM	<b>Mula*</b> <b>Until 9:17PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:22AM	
	Dhanus Rasi: 4.2	Tithi 7 – 8	Yama 12:13PM – 1:40PM	Saubhagya Until 12:38PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 23 - 21
	Creative Work	Amrita Yoga	687166473 <b>Rahu</b> 4:35PM – 6:03PM	Visiti Until 1:10AM Mon	<b>Nataraja:</b> Clear		Ashtami
			<b>Saptami</b> <b>Until 2:12PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

D	<b>Monday, October 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 22 Sutra 169 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 1:39PM – 3:07PM	<b>Purvashadha*</b> <b>Until 7:52PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:23AM	
	Dhanus Rasi: 18.28	Tithi 8 – 9	Yama 10:45AM – 12:12PM	Sobhana Until 9:48AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:01PM	Moon 9 - Phase 23 - 22
	<b>Family Home Evening</b>		687166473 <b>Rahu</b> 7:51AM – 9:18AM	Balava Until 10:59PM	<b>Nataraja:</b> Clear		Navami
			<b>Ashtami*</b> <b>Until 12:05PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		<b>Tuesday, October 4, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sun 23 Sutra 170 Subhakrit 5124	
Makara Rasi: 2.4	Tithi 9 – 10	<b>Gulika</b>	12:12PM – 1:39PM	<b>Uttarashadha</b> Until 6:12PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM			
		Yama	9:18AM – 10:45AM	Athiganda* Until 6:51AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:59PM	Moon 9 - Phase 24 - 23		
	687166473	<b>Rahu</b>	3:06PM – 4:32PM	Taitila Until 8:43PM	<b>Nataraja:</b> Clear		4th Phase		
Routine Work	Prabalarishta Yoga			<b>Navami*</b> Until 9:50AM	Moon – Light Blue			<b>Sivaloka Day</b>	
Until 6:12PM					Ashvina+Puratasi				
Then Creative Work - Siddha Yoga									

<b>2</b>		<b>Wednesday, October 5, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 24 Sutra 171 Subhakrit 5124	
Makara Rasi: 16.55	Tithi 10 – 11	<b>Gulika</b>	10:45AM – 12:12PM	<b>Shravana</b> Until 4:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:26AM			
		Yama	7:52AM – 9:19AM	Dhriti Until 12:50AM Thu	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 24 - 24		
	697166473	<b>Rahu</b>	12:12PM – 1:38PM	Vanija Until 6:24PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga			<b>Dashami</b> Until 7:32AM	Moon – Purple			<b>Devaloka Day</b>	
Until 4:46PM		<b>Vijaya Dasami</b>			Ashvina+Puratasi				
Then Routine Work - Prabalarishta Yoga									

<b>3</b>		<b>Thursday, October 6, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Milan, Italy Sun 25 Sutra 172 Subhakrit 5124	
Kumbha Rasi: 1.11	Tithi 12	<b>Gulika</b>	9:19AM – 10:45AM	<b>Dhanishtha</b> Until 3:14PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:27AM			
		Yama	6:27AM – 7:53AM	Shula* Until 9:51PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:55PM	Moon 9 - Phase 24 - 25		
	697166473	<b>Rahu</b>	1:37PM – 3:03PM	Bava Until 4:07PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga			<b>Dvadashi</b> Until 3:00AM Fri	Moon – Purple			<b>Devaloka Day</b>	
					Ashvina+Puratasi				

<b>4</b>		<b>Friday, October 7, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Milan, Italy Sun 26 Sutra 173 Subhakrit 5124	
Kumbha Rasi: 15.23	Tithi 13	<b>Gulika</b>	7:54AM – 9:20AM	<b>Shatabhishak</b> Until 1:41PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:29AM			
		Yama	3:02PM – 4:28PM	Ganda* Until 7:01PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:54PM	Moon 9 - Phase 24 - 26		
	697166473	<b>Rahu</b>	10:45AM – 12:11PM	Kaulava Until 1:58PM	<b>Nataraja:</b> Clear		4th Phase		
Creative Work	Siddha Yoga			<b>Trayodashi</b> Until 12:58AM Sat	Moon – Purple			<b>Devaloka Day</b>	
		<b>Kadaitswami Mahasamadhi</b>			Ashvina+Puratasi				
				<i>Pradosha Vrata</i>					

<b>5</b>		<b>Saturday, October 8, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 174 Subhakrit 5124	
Kumbha Rasi: 29.28	Tithi 14	<b>Gulika</b>	6:30AM – 7:55AM	<b>Purvaproshtapada*</b> Until 12:39PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:30AM			
		Yama	1:36PM – 3:01PM	Vriddhi Until 4:25PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:52PM	Moon 9 - Phase 24 - 27		
	618166474	<b>Rahu</b>	9:20AM – 10:46AM	Gara Until 12:04PM	<b>Nataraja:</b> Purple		4th Phase		
Routine Work	Marana Yoga			<b>Chaturdashi*</b> Until 11:13PM	Moon – Clear			<b>Bhuloka Day</b>	
Until 12:39PM		<b>Chidambaram Abhishekam</b>			Ashvina+Puratasi				
Then Creative Work - Siddha Yoga									

		<b>Sunday, October 9, 2022</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarproshthapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau		Milan, Italy Sun 27 Sutra 175 Subhakrit 5124	
<b>Copper Retreat Star</b>		<b>Gulika</b>	3:00PM – 4:25PM	<b>Uttarproshthapada</b> Until 11:50AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:31AM			
Meena Rasi: 13.19	Tithi 15	Yama	12:10PM – 1:35PM	Dhruva Until 2:05PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:50PM	Moon 9 - Phase 24 - Purnima		
	618166474	<b>Rahu</b>	4:25PM – 5:50PM	Visti Until 10:31AM	<b>Nataraja:</b> Purple				
Creative Work	Amrita Yoga			<b>Purnima*</b> Until 9:54PM	Moon – Clear			<b>Bhuloka Day</b>	
					Ashvina+Puratasi				

<b>Monday, October 10, 2022</b>		<b>Silver Retreat Star</b>				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau		Milan, Italy Sun 27 Sutra 176 Subhakrit 5124	
Meena Rasi: 26.55	Tithi 16	<b>Gulika</b>	1:35PM – 2:59PM	<b>Revati</b> Until 11:21AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM			
<b>Family Home Evening</b>		Yama	10:46AM – 12:10PM	Vyaghata* Until 12:10PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:48PM	Moon 9 - Phase 24 - Prathama		
	618166474	<b>Rahu</b>	7:57AM – 9:21AM	Balava Until 9:28AM	<b>Nataraja:</b> Purple				
Creative Work	Siddha Yoga			<b>Prathama*</b> Until 9:07PM	Moon – Clear			<b>Bhuloka Day</b>	
					Ashvina+Puratasi				





Tuesday, October 11, 2022

Gold Retreat Star

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

Milan, Italy  
Sun 1  
Sutra 177

Mesha Rasi: 10.11 Tithi 17

628176474

**Gulika** 12:10PM – 1:34PM  
Yama 9:22AM – 10:46AM  
**Rahu** 2:58PM – 4:22PM

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

**Ganesha:** Yellow *Sunrise: 6:34AM*  
**Muruqa:** White *Sunset: 5:46PM*  
**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 Trityayam Titau

Milan, Italy  
Sun 2  
Sutra 178

Mesha Rasi: 23.08 Tithi 18

628176474

**Gulika** 10:46AM – 12:10PM  
Yama 7:59AM – 9:22AM  
**Rahu** 12:10PM – 1:33PM

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

**Ganesha:** Yellow *Sunrise: 6:35AM*  
**Muruqa:** White *Sunset: 5:44PM*  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 2  
1st Phase

Creative Work Siddha Yoga

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

Until 12:38PM  
Then Creative Work - Amrita Yoga

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

Milan, Italy  
Sun 3  
Sutra 179

Vrishabha Rasi: 5.45 Tithi 19

628176474

**Gulika** 9:23AM – 10:46AM  
Yama 6:36AM – 8:00AM  
**Rahu** 1:33PM – 2:56PM

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

**Ganesha:** Yellow *Sunrise: 6:36AM*  
**Muruqa:** White *Sunset: 5:43PM*  
**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/Mrigashira Nakshatra Vyatipata\*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Milan, Italy  
Sun 4  
Sutra 180

Vrishabha Rasi: 18.05 Tithi 20

638176474

**Gulika** 8:00AM – 9:23AM  
Yama 2:55PM – 4:18PM  
**Rahu** 10:46AM – 12:09PM

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

**Ganesha:** Blue *Sunrise: 6:38AM*  
**Muruqa:** White *Sunset: 5:41PM*  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 4  
1st Phase

Routine Work Marana Yoga

**Bhuloka Day**

Until 4:19PM  
Then Creative Work - Siddha Yoga

4

Saturday, October 15, 2022

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

Milan, Italy  
Sun 5  
Sutra 181

Mithuna Rasi: 0.12 Tithi 21

639176474

**Gulika** 6:39AM – 8:01AM  
Yama 1:32PM – 2:54PM  
**Rahu** 9:24AM – 10:46AM

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

**Ganesha:** Red *Sunrise: 6:39AM*  
**Muruqa:** White *Sunset: 5:39PM*  
**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

Milan, Italy  
Sun 6  
Sutra 182

Mithuna Rasi: 12.1 Tithi 22

639176474

**Gulika** 2:53PM – 4:15PM  
Yama 12:09PM – 1:31PM  
**Rahu** 4:15PM – 5:37PM

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

**Ganesha:** Red *Sunrise: 6:40AM*  
**Muruqa:** White *Sunset: 5:37PM*  
**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 Balava Karana Ashtamyam Titau

Milan, Italy  
Sun 7  
Sutra 183

Mithuna Rasi: 24.04 Tithi 23

649176474

**Gulika** 1:30PM – 2:52PM  
Yama 10:47AM – 12:09PM  
**Rahu** 8:03AM – 9:25AM

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

**Ganesha:** Green *Sunrise: 6:42AM*  
**Muruqa:** White *Sunset: 5:36PM*  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 7  
Ashtami

Creative Work Amrita Yoga

**Devaloka Day**

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

Tuesday, October 18, 2022

Retreat Star

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

Milan, Italy  
Sun 8  
Sutra 184

Kataka Rasi: 5.57 Tithi 23 – 24

649176474

**Gulika** 12:08PM – 1:30PM  
Yama 9:26AM – 10:47AM  
**Rahu** 2:51PM – 4:13PM

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

**Ganesha:** Green *Sunrise: 6:43AM*  
**Muruqa:** White *Sunset: 5:34PM*  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 8  
Navami

Creative Work Siddha Yoga

**Devaloka Day**  
Ashvina-Aipasi

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		<b>Wednesday, October 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Varija Karana Navami/Dashamyam Titau		Milan, Italy Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 17.55	Tithi 24 – 25	649176474	<b>Gulika</b> 10:47AM – 12:08PM Yama 8:05AM – 9:26AM <b>Rahu</b> 12:08PM – 1:29PM	<b>Ashlesha* Until 5:47AM Thu</b> Sadhya Until 12:58PM Vanija Until 10:42PM <b>Navami* Until 9:42AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Blue	<b>Sunrise:</b> 6:44AM <b>Sunset:</b> 5:32PM	Moon 10 - Phase 26 - 9 2nd Phase
Creative Work Siddha Yoga						<b>Devaloka Day</b>	
Until 5:47AM Thu							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, October 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 10 Sutra 186 Subhakrit 5124	
Simha Rasi: 0.01	Tithi 25 – 26	659276474	<b>Gulika</b> 9:27AM – 10:47AM Yama 6:46AM – 8:06AM <b>Rahu</b> 1:29PM – 2:49PM	<b>Magha* Until 7:55AM Fri</b> Subha Until 1:19PM Bava Until 12:17AM Fri <b>Dashami Until 11:32AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:46AM <b>Sunset:</b> 5:31PM	Moon 10 - Phase 26 - 10 2nd Phase
Creative Work Amrita Yoga						<b>Bhuloka Day</b>	
Until 7:55AM Fri							
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Friday, October 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 12.2	Tithi 26 – 27	659276474	<b>Gulika</b> 8:07AM – 9:27AM Yama 2:48PM – 4:09PM <b>Rahu</b> 10:48AM – 12:08PM	<b>Magha* Until 7:55AM</b> Sukla Until 1:13PM Kaulava Until 1:18AM Sat <b>Ekadashi* Until 12:51PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:47AM <b>Sunset:</b> 5:29PM	Moon 10 - Phase 26 - 11 2nd Phase
Routine Work Marana Yoga						<b>Bhuloka Day</b>	
Until 7:55AM							
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Saturday, October 22, 2022</b>		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		Milan, Italy Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 24.54	Tithi 27 – 28	659276474	<b>Gulika</b> 6:48AM – 8:08AM Yama 1:28PM – 2:47PM <b>Rahu</b> 9:28AM – 10:48AM	<b>Purvaphalguni Until 9:18AM</b> Brahma Until 12:39PM Gara Until 1:40AM Sun <b>Dvadashi* Until 1:33PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:48AM <b>Sunset:</b> 5:27PM	Moon 10 - Phase 26 - 12 2nd Phase
Creative Work Siddha Yoga						<b>Bhuloka Day</b>	
Until 9:18AM							
Then Routine Work - Marana Yoga							
						<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>		<b>Sunday, October 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 7.46	Tithi 28 – 29	651276474	<b>Gulika</b> 2:47PM – 4:06PM Yama 12:08PM – 1:27PM <b>Rahu</b> 4:06PM – 5:26PM	<b>Uttaraphalguni Until 9:55AM</b> Indra Until 11:37AM Visti Until 1:23AM Mon <b>Trayodashi* Until 1:35PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:50AM <b>Sunset:</b> 5:26PM	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga						<b>Bhuloka Day</b>	
						<b>Deepavali Hindu Solidarity Day</b>	

<b>Monday, October 24, 2022</b>		<b>Retreat Star</b>		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		Milan, Italy Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 20.58	Tithi 29 – 30	661276474	<b>Gulika</b> 1:27PM – 2:46PM Yama 10:48AM – 12:07PM <b>Rahu</b> 8:10AM – 9:29AM	<b>Hasta Until 10:13AM</b> Vaidhriti* Until 10:02AM Catuspada Until 12:30AM Tue <b>Chaturdashi* Until 1:00PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:51AM <b>Sunset:</b> 5:24PM	Moon 10 - Phase 26 - 14 Amavasya
Family Home Evening						<b>Bhuloka Day</b>	
Creative Work Siddha Yoga							
Until 10:13AM							
Then Routine Work - Prabalarishta Yoga							
						<b>Subramuniyaswami Mahasamadhi</b>	

<b>Tuesday, October 25, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Prili Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Milan, Italy Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 4.29	Tithi 30 – 1	661276474	<b>Gulika</b> 12:07PM – 1:26PM Yama 9:30AM – 10:49AM <b>Rahu</b> 2:45PM – 4:04PM	<b>Chitra Until 9:47AM</b> Vishkambha* Until 8:01AM Kintughna Until 11:06PM <b>Amavasya* Until 11:50AM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:52AM <b>Sunset:</b> 5:22PM	Moon 10 - Phase 26 - 15 Prathama
Creative Work Siddha Yoga						<b>Bhuloka Day</b>	
						<b>Skanda Shasthi Begins</b>	
						<b>Kartika-Aipasi</b>	

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

<b>1</b>	<b>Wednesday, October 26, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Milan, Italy
	Tula Rasi: 18.19	Tithi 1 – 2	<b>Gulika</b> 10:49AM – 12:07PM	<b>Svati Until 8:45AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:54AM	Sun 16	Sutra 192
	Creative Work	Siddha Yoga	Yama 8:12AM – 9:30AM	Ayushman Until 2:54AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:21PM	Moon 10 - Phase 27 - 16 3rd Phase	
		661276574	<b>Rahu</b> 12:07PM – 1:26PM	Balava Until 9:16PM	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Prathama* Until 10:13AM</b>	Moon – Green	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Karttika•Aipasi</b>		

<b>2</b>	<b>Thursday, October 27, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Milan, Italy
	Vrischika Rasi: 2.22	Tithi 2 – 3	<b>Gulika</b> 9:31AM – 10:49AM	<b>Vishakha Until 7:38AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:55AM	Sun 17	Sutra 193
	Creative Work	Siddha Yoga	Yama 6:55AM – 8:13AM	Saubhagya Until 11:57PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:19PM	Moon 10 - Phase 27 - 17 3rd Phase	
		671276574	<b>Rahu</b> 1:25PM – 2:43PM	Taitila Until 7:09PM	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Dvitiya Until 8:13AM</b>	Moon – Orange	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Karttika•Aipasi</b>		

<b>3</b>	<b>Friday, October 28, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau				Milan, Italy
	Vrischika Rasi: 16.35	Tithi 3 – 4	<b>Gulika</b> 8:14AM – 9:32AM	<b>Anuradha Until 6:07AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:56AM	Sun 18	Sutra 194
	Creative Work	Siddha Yoga	Yama 2:42PM – 4:00PM	Sobhana Until 8:54PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:18PM	Moon 10 - Phase 27 - 18 3rd Phase	
		671276574	<b>Rahu</b> 10:49AM – 12:07PM	Visti Until 3:38AM Sat	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Tritiya Until 6:00AM</b>	Moon – Orange	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Karttika•Aipasi</b>		

<b>4</b>	<b>Saturday, October 29, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy
	Dhanus Rasi: 0.53	Tithi 5	<b>Gulika</b> 6:58AM – 8:15AM	<b>Mula* Until 2:49AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:58AM	Sun 19	Sutra 195
	Creative Work	Siddha Yoga	Yama 1:24PM – 2:42PM	Athiganda* Until 5:45PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:16PM	Moon 10 - Phase 27 - 19 3rd Phase	
		681276574	<b>Rahu</b> 9:32AM – 10:50AM	Bava Until 2:27PM	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Panchami Until 1:14AM Sun</b>	Moon – Light Blue	<b>Devaloka Day</b>	
					<b>Karttika•Aipasi</b>		

<b>5</b>	<b>Sunday, October 30, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Milan, Italy
	Dhanus Rasi: 15.13	Tithi 6	<b>Gulika</b> 2:41PM – 3:58PM	<b>Purvashadha* Until 1:11AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:59AM	Sun 20	Sutra 196
	Creative Work	Siddha Yoga	Yama 12:07PM – 1:24PM	Sukarma Until 2:39PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:15PM	Moon 10 - Phase 27 - 20 3rd Phase	
		681276574	<b>Rahu</b> 3:58PM – 5:15PM	Kaulava Until 12:03PM	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Shashthi* Until 10:52PM</b>	Moon – Light Blue	<b>Devaloka Day</b>	
					<b>Karttika•Aipasi</b>		

<b>6</b>	<b>Monday, October 31, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau				Milan, Italy
	Dhanus Rasi: 29.31	Tithi 7	<b>Gulika</b> 1:23PM – 2:40PM	<b>Uttarashadha Until 11:33PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:00AM	Sun 21	Sutra 197
	Family Home Evening		Yama 10:50AM – 12:07PM	Dhriti Until 11:37AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:13PM	Moon 10 - Phase 27 - 21 3rd Phase	
		681276574	<b>Rahu</b> 8:17AM – 9:34AM	Gara Until 9:45AM	<b>Nataraja:</b> Clear	3rd Phase	
				<b>Saptami Until 8:38PM</b>	Moon – Light Blue	<b>Devaloka Day</b>	
					<b>Karttika•Aipasi</b>		

<b>☾</b>	<b>Tuesday, November 1, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 12:07PM – 1:23PM	<b>Shravana Until 10:21PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 7:02AM	Sun 22	Sutra 198
	Makara Rasi: 13.43	Tithi 8	Yama 9:34AM – 10:51AM	Shula* Until 8:41AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:12PM	Moon 10 - Phase 27 - 22 Ashtami	
		691276574	<b>Rahu</b> 2:39PM – 3:55PM	Visti Until 7:35AM	<b>Nataraja:</b> Clear	Ashtami	
				<b>Ashtami* Until 6:33PM</b>	Moon – Purple	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Karttika•Aipasi</b>		

<b>☾</b>	<b>Wednesday, November 2, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 10:51AM – 12:07PM	<b>Dhanishtha Until 9:14PM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 7:03AM	Sun 23	Sutra 199
	Makara Rasi: 27.47	Tithi 9 – 10	Yama 8:19AM – 9:35AM	Vriddhi Until 3:20AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 5:10PM	Moon 10 - Phase 27 - 23 Navami	
		692276574	<b>Rahu</b> 12:07PM – 1:23PM	Taitila Until 3:51AM Thu	<b>Nataraja:</b> Clear	Navami	
				<b>Navami* Until 4:41PM</b>	Moon – Purple	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
					<b>Karttika•Aipasi</b>		

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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1	<b>Thursday, November 3, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Milan, Italy Sun 24 Sutra 200
	Kumbha Rasi: 11.44	Tithi 10 – 11	<b>Gulika</b> 9:36AM – 10:51AM	<b>Shatabhishak</b> Until 8:12PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 7:05AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:09PM
	692276574	<b>Rahu</b> 1:22PM – 2:38PM	Dhruva Until 12:56AM Fri Vanija Until 2:22AM Fri	Moon – Purple	Moon 10 - Phase 28 - 24 4th Phase
	Creative Work Siddha Yoga		<b>Dashami</b> Until 3:03PM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

2	<b>Friday, November 4, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Milan, Italy Sun 25 Sutra 201
	Kumbha Rasi: 25.31	Tithi 11 – 12	<b>Gulika</b> 8:21AM – 9:36AM	<b>Purvaproshtapada*</b> Until 7:44PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:06AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:07PM
	612276574	<b>Rahu</b> 10:52AM – 12:07PM	Vyaghata* Until 10:46PM Bava Until 1:10AM Sat	Moon – Clear	Moon 10 - Phase 28 - 25 4th Phase
	Creative Work Siddha Yoga		<b>Ekadashi</b> Until 1:42PM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

3	<b>Saturday, November 5, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Milan, Italy Sun 26 Sutra 202
	Meena Rasi: 9.07	Tithi 12 – 13	<b>Gulika</b> 7:07AM – 8:22AM	<b>Uttaraproshtapada</b> Until 7:28PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:07AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:06PM
	612276574	<b>Rahu</b> 9:37AM – 10:52AM	Harshana Until 8:54PM Kaulava Until 12:19AM Sun	Moon – Clear	Moon 10 - Phase 28 - 26 4th Phase
	Creative Work Siddha Yoga Until 7:28PM Then Routine Work - Prabararishta Yoga		<b>Dvadashi</b> Until 12:40PM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

4	<b>Sunday, November 6, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Milan, Italy Sun 27 Sutra 203
	Meena Rasi: 22.31	Tithi 13 – 14	<b>Gulika</b> 2:36PM – 3:50PM	<b>Revati</b> Until 7:25PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:09AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:05PM
	612276574	<b>Rahu</b> 3:50PM – 5:05PM	Vajra* Until 7:18PM Gara Until 11:52PM	Moon – Clear	Moon 10 - Phase 28 - 27 4th Phase
	Creative Work Amrita Yoga Until 7:25PM Then Creative Work - Siddha Yoga		<b>Trayodashi</b> Until 12:01PM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

○	<b>Monday, November 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Milan, Italy Sun 28 Sutra 204
	Mesha Rasi: 5.41	Tithi 14 – 15	<b>Gulika</b> 1:21PM – 2:35PM	<b>Ashvini</b> Until 8:07PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:10AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:04PM
	722276574	<b>Rahu</b> 8:24AM – 9:39AM	Siddhi Until 6:05PM Visti Until 11:52PM	Moon – White	Moon 10 - Phase 28 - Purnima
	Creative Work Siddha Yoga		<b>Chaturdashi*</b> Until 11:47AM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

○	<b>Tuesday, November 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Milan, Italy Sun 29 Sutra 205
	Mesha Rasi: 18.37	Tithi 15 – 16	<b>Gulika</b> 12:07PM – 1:21PM	<b>Bharani</b> Until 9:08PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:12AM <b>Muruqa:</b> Clear <i>Sunset:</i> 5:02PM
	722276574	<b>Rahu</b> 2:35PM – 3:48PM	Vyatipata* Until 5:14PM Balava Until 12:23AM Wed	Moon – White	Moon 10 - Phase 28 - Prathama
	Creative Work Siddha Yoga		<b>Purnima*</b> Until 12:02PM	<b>Bhuloka Day</b> Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Milan, Italy

Sutra 206

Subhakit 5124

Vrishabha Rasi: 1.19 Tithi 16 - 17

722276574

**Gulika** 10:54AM - 12:07PM  
Yama 8:27AM - 9:40AM  
**Rahu** 12:07PM - 1:21PM

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

**Ganesha:** Blue *Sunrise: 7:13AM*  
**Muruqa:** Clear *Sunset: 5:01PM*  
**Nataraja:** Clear  
Moon - White

Moon 11 - Phase 29 - 1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 10:29PM

Then Creative Work - Siddha Yoga

1

Thursday, November 10, 2022

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

Milan, Italy

Sun 1 Sutra 207

Subhakit 5124

Vrishabha Rasi: 13.47 Tithi 17 - 18

732276574

**Gulika** 9:41AM - 10:54AM  
Yama 7:14AM - 8:28AM  
**Rahu** 1:20PM - 2:33PM

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

**Ganesha:** Red *Sunrise: 7:14AM*  
**Muruqa:** Clear *Sunset: 5:00PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 1st Phase

**Devaloka Day**

Routine Work Marana Yoga

Until 12:39AM Fri

Then Creative Work - Siddha Yoga

2

Friday, November 11, 2022

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Mrigashira Nakshatra Shiva/Siddha Yoga Visti\*/Bava Karana Tritiya/Chaturthayam Titau

Milan, Italy

Sun 2 Sutra 208

Subhakit 5124

Vrishabha Rasi: 26.02 Tithi 18 - 19

732276574

**Gulika** 8:29AM - 9:42AM  
Yama 2:33PM - 3:46PM  
**Rahu** 10:54AM - 12:07PM

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

**Ganesha:** Red *Sunrise: 7:16AM*  
**Muruqa:** Clear *Sunset: 4:59PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 2 1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Milan, Italy

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 8.07 Tithi 19

732276574

**Gulika** 7:17AM - 8:30AM  
Yama 1:20PM - 2:32PM  
**Rahu** 9:42AM - 10:55AM

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

**Ganesha:** Red *Sunrise: 7:17AM*  
**Muruqa:** Clear *Sunset: 4:58PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 3 1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Milan, Italy

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 20.04 Tithi 20

742276574

**Gulika** 2:32PM - 3:44PM  
Yama 12:07PM - 1:20PM  
**Rahu** 3:44PM - 4:56PM

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

**Ganesha:** Green *Sunrise: 7:19AM*  
**Muruqa:** Clear *Sunset: 4:56PM*  
**Nataraja:** Clear  
Moon - Blue  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 4 1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

5

Monday, November 14, 2022

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

Milan, Italy

Sun 5 Sutra 211

Subhakit 5124

Kataka Rasi: 1.58 Tithi 21

742376574

**Gulika** 1:20PM - 2:31PM  
Yama 10:56AM - 12:08PM  
**Rahu** 8:32AM - 9:44AM

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

**Ganesha:** White *Sunrise: 7:20AM*  
**Muruqa:** Clear *Sunset: 4:55PM*  
**Nataraja:** Clear  
Moon - Blue  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 5 1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 8:45AM

Then Creative Work - Siddha Yoga

6

Tuesday, November 15, 2022

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

Milan, Italy

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 13.5 Tithi 22

743376574

**Gulika** 12:08PM - 1:19PM  
Yama 9:45AM - 10:56AM  
**Rahu** 2:31PM - 3:43PM

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

**Ganesha:** Green *Sunrise: 7:21AM*  
**Muruqa:** Clear *Sunset: 4:54PM*  
**Nataraja:** Clear  
Moon - Blue  
**Kartika-Aipasi**

Moon 11 - Phase 29 - 6 1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Milan, Italy

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 25.47 Tithi 23

743376574

**Gulika** 10:57AM - 12:08PM  
Yama 8:34AM - 9:45AM  
**Rahu** 12:08PM - 1:19PM

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

**Ganesha:** Green *Sunrise: 7:23AM*  
**Muruqa:** Clear *Sunset: 4:53PM*  
**Nataraja:** Clear  
Moon - Blue  
**Kartika-Kartikai**

Moon 11 - Phase 29 - 7 Ashtami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Milan, Italy

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 7.5 Tithi 24

753376575

**Gulika** 9:46AM - 10:57AM  
Yama 7:24AM - 8:35AM  
**Rahu** 1:19PM - 2:30PM

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

**Ganesha:** Orange *Sunrise: 7:24AM*  
**Muruqa:** Clear *Sunset: 4:52PM*  
**Nataraja:** Purple  
Moon - Red  
**Kartika-Kartikai**

Moon 11 - Phase 29 - 8 Navami

**Sivaloka Day**

Creative Work Amrita Yoga

Until 4:47PM

Then Creative Work - Siddha Yoga

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		<b>Friday, November 18, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Vanija/Visti* Karana Dashamyam Titau				Milan, Italy Sun 9 Sutra 215 Subhakar 5124
Simha Rasi: 20.07	Tithi 25	<b>Gulika</b> 8:36AM – 9:47AM	<b>Purvaphalguni</b> Until 6:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:25AM			
		Yama 2:30PM – 3:41PM	Vaidhrili* Until 8:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:51PM	Moon 11 - Phase 30 - 9		
		753376575 <b>Rahu</b> 10:58AM – 12:08PM	Vanija Until 5:37PM	<b>Nataraja:</b> Purple				2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 6:00AM Sat	Moon – Red			<b>Sivaloka Day</b>	
				Karttika-Karttikai				

<b>2</b>		<b>Saturday, November 19, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekashyam Titau				Milan, Italy Sun 10 Sutra 216 Subhakar 5124
Kanya Rasi: 2.4	Tithi 25 – 26	<b>Gulika</b> 7:27AM – 8:37AM	<b>Uttaraphalguni</b> Until 7:34PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:27AM			
		Yama 1:19PM – 2:30PM	Vishkambha* Until 7:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 30 - 10		
		753376575 <b>Rahu</b> 9:48AM – 10:58AM	Bava Until 6:13PM	<b>Nataraja:</b> Purple				2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 6:00AM	Moon – Red			<b>Sivaloka Day</b>	
				Karttika-Karttikai				

<b>3</b>		<b>Sunday, November 20, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Milan, Italy Sun 11 Sutra 217 Subhakar 5124
Kanya Rasi: 15.33	Tithi 26 – 27	<b>Gulika</b> 2:29PM – 3:39PM	<b>Hasta</b> Until 8:07PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:28AM			
		Yama 12:09PM – 1:19PM	Priti Until 6:33PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:50PM	Moon 11 - Phase 30 - 11		
		763376575 <b>Rahu</b> 3:39PM – 4:50PM	Kaulava Until 6:03PM	<b>Nataraja:</b> Purple				2nd Phase
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 6:13AM	Moon – Green			<b>Devaloka Day</b>	
Until 8:07PM				Karttika-Karttikai				
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Monday, November 21, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy Sun 12 Sutra 218 Subhakar 5124
Kanya Rasi: 28.51	Tithi 28	<b>Gulika</b> 1:19PM – 2:29PM	<b>Chitra</b> Until 7:45PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:29AM			
<b>Family Home Evening</b>		Yama 10:59AM – 12:09PM	Ayushman Until 4:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:49PM	Moon 11 - Phase 30 - 12		
Routine Work	Prabalarishta Yoga	763376575 <b>Rahu</b> 8:39AM – 9:49AM	Gara Until 5:07PM	<b>Nataraja:</b> Purple				2nd Phase
Until 7:45PM			<b>Trayodashi*</b> Until 4:22AM Tue	Moon – Green			<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>	Karttika-Karttikai				

<b>5</b>		<b>Tuesday, November 22, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy Sun 13 Sutra 219 Subhakar 5124
Tula Rasi: 12.34	Tithi 29	<b>Gulika</b> 12:09PM – 1:19PM	<b>Svati</b> Until 6:34PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:31AM			
		Yama 9:50AM – 11:00AM	Saubhagya Until 2:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:48PM	Moon 11 - Phase 30 - 13		
		763376575 <b>Rahu</b> 2:29PM – 3:38PM	Visti Until 3:30PM	<b>Nataraja:</b> Purple				2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 2:26AM Wed	Moon – Green			<b>Devaloka Day</b>	
Until 6:34PM				Karttika-Karttikai				
Then Routine Work - Marana Yoga								

		<b>Wednesday, November 23, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy Sun 14 Sutra 220 Subhakar 5124
<b>Retreat Star</b>		<b>Gulika</b> 11:00AM – 12:10PM	<b>Vishakha</b> Until 5:07PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:32AM			
Tula Rasi: 26.4	Tithi 30	Yama 8:41AM – 9:51AM	Sobhana Until 11:09AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:47PM	Moon 11 - Phase 30 - 14		
		773376575 <b>Rahu</b> 12:10PM – 1:19PM	Catuspada Until 1:16PM	<b>Nataraja:</b> Purple				Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 11:58PM	Moon – Orange			<b>Devaloka Day</b>	
				Karttika-Karttikai				

<b>Thursday, November 24, 2022</b>		Subhakar Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy Sun 15 Sutra 221 Subhakar 5124		
<b>Retreat Star</b>		<b>Gulika</b> 9:52AM – 11:01AM	<b>Anuradha</b> Until 3:06PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:33AM			
Vrischika Rasi: 11.07	Tithi 1	Yama 7:33AM – 8:42AM	Athiganda* Until 7:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:47PM	Moon 11 - Phase 30 - 15		
		773376575 <b>Rahu</b> 1:19PM – 2:28PM	Kintughna Until 10:36AM	<b>Nataraja:</b> Purple				Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 9:08PM	Moon – Orange			<b>Devaloka Day</b>	
Until 3:06PM				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		<b>Friday, November 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau		Milan, Italy Sun 16 Sutra 222 Subhakrit 5124	
Vrischika Rasi: 25.47	Tithi 2	<b>Gulika</b> 8:43AM – 9:52AM	<b>Jyeshtha* Until 12:41PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:35AM		
		Yama 2:28PM – 3:37PM	Dhriti Until 12:27AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:46PM	Moon 11 - Phase 31 - 16	
		793376575 <b>Rahu</b> 11:01AM – 12:10PM	Balava Until 7:39AM	<b>Nataraja:</b> Purple		3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya Until 6:05PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Until 12:41PM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Saturday, November 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sun 17 Sutra 223 Subhakrit 5124	
Dhanus Rasi: 10.35	Tithi 3 – 4	<b>Gulika</b> 7:36AM – 8:45AM	<b>Mula* Until 10:26AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:36AM		
		Yama 1:19PM – 2:28PM	Shula* Until 8:41PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:45PM	Moon 11 - Phase 31 - 17	
		783376575 <b>Rahu</b> 9:53AM – 11:02AM	Vanija Until 1:26AM Sun	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya Until 2:57PM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
				Margasira-Karttikai			

<b>3</b>		<b>Sunday, November 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sun 18 Sutra 224 Subhakrit 5124	
Dhanus Rasi: 25.22	Tithi 4 – 5	<b>Gulika</b> 2:28PM – 3:36PM	<b>Purvashadha* Until 8:06AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:37AM		
		Yama 12:11PM – 1:19PM	Ganda* Until 5:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:45PM	Moon 11 - Phase 31 - 18	
		783376575 <b>Rahu</b> 3:36PM – 4:45PM	Bava Until 10:29PM	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi* Until 11:55AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 8:06AM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Monday, November 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Milan, Italy Sun 19 Sutra 225 Subhakrit 5124	
Makara Rasi: 10.01	Tithi 5 – 6	<b>Gulika</b> 1:19PM – 2:28PM	<b>Shravana Until 4:06AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:38AM		
<b>Family Home Evening</b>		Yama 11:03AM – 12:11PM	Vridhi Until 1:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 31 - 19	
Creative Work	Amrita Yoga	793376575 <b>Rahu</b> 8:47AM – 9:55AM	Kaulava Until 7:47PM	<b>Nataraja:</b> Purple		3rd Phase	
Until 4:06AM Tue			<b>Panchami Until 9:04AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				Margasira-Karttikai			

<b>5</b>		<b>Tuesday, November 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Vanija Karana Shashthi/Saptamyam Titau		Milan, Italy Sun 20 Sutra 226 Subhakrit 5124	
Makara Rasi: 24.27	Tithi 6 – 7	<b>Gulika</b> 12:12PM – 1:20PM	<b>Dhanishtha Until 2:39AM Wed</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:40AM		
		Yama 9:56AM – 11:04AM	Dhruva Until 10:20AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:44PM	Moon 11 - Phase 31 - 20	
		793376575 <b>Rahu</b> 2:28PM – 3:36PM	Vanija Until 4:28AM Wed	<b>Nataraja:</b> Purple		3rd Phase	
Creative Work	Siddha Yoga		<b>Shashthi* Until 6:34AM</b>	Moon – Purple		<b>Sivaloka Day</b>	
				Margasira-Karttikai			

<b>Retreat Star</b>		<b>Wednesday, November 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau		Milan, Italy Sun 21 Sutra 227 Subhakrit 5124	
Kumbha Rasi: 8.37	Tithi 8	<b>Gulika</b> 11:04AM – 12:12PM	<b>Shatabhishak Until 1:32AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:41AM		
		Yama 8:49AM – 9:56AM	Vyaghata* Until 7:29AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:43PM	Moon 11 - Phase 31 - 21	
		794376575 <b>Rahu</b> 12:12PM – 1:20PM	Visti Until 3:37PM	<b>Nataraja:</b> Purple		Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 2:51AM Thu</b>	Moon – Purple		<b>Sivaloka Day</b>	
				Margasira-Karttikai			

<b>Retreat Star</b>		<b>Thursday, December 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau		Milan, Italy Sun 22 Sutra 228 Subhakrit 5124	
Kumbha Rasi: 22.28	Tithi 9	<b>Gulika</b> 9:57AM – 11:05AM	<b>Purvaproshtapada* Until 1:12AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:42AM		
		Yama 7:42AM – 8:49AM	Vajra* Until 2:57AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:43PM	Moon 11 - Phase 31 - 22	
		714376575 <b>Rahu</b> 1:20PM – 2:27PM	Balava Until 2:15PM	<b>Nataraja:</b> Purple		Navami	
Creative Work	Siddha Yoga		<b>Navami* Until 1:45AM Fri</b>	Moon – Clear		<b>Sivaloka Day</b>	
				Margasira-Karttikai			

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

<b>1</b>		<b>Friday, December 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau				Milan, Italy Sun 23 Sutra 229 Subhakrit 5124
Meena Rasi: 6	Tithi 10	<b>Gulika</b> 8:50AM – 9:58AM	<b>Uttaraproshtapada</b> Until 1:14AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:43AM			
		Yama 2:27PM – 3:35PM	Siddhi Until 1:18AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32 - 23		
		714376575 <b>Rahu</b> 11:05AM – 12:13PM	Taitila Until 1:25PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:10AM Sat	Moon – Clear		<b>Sivaloka Day</b>		
Until 1:14AM Sat				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

<b>2</b>		<b>Saturday, December 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Milan, Italy Sun 24 Sutra 230 Subhakrit 5124
Meena Rasi: 19.16	Tithi 11	<b>Gulika</b> 7:44AM – 8:51AM	<b>Revati</b> Until 1:37AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:44AM			
		Yama 1:20PM – 2:28PM	Vyatipata* Until 12:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32 - 24		
		714376575 <b>Rahu</b> 9:59AM – 11:06AM	Vanija Until 1:05PM	<b>Nataraja:</b> Purple		4th Phase		
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 1:06AM Sun	Moon – Clear		<b>Sivaloka Day</b>		
Until 1:37AM Sun				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau				Milan, Italy Sun 25 Sutra 231 Subhakrit 5124
Mesha Rasi: 2.16	Tithi 12	<b>Gulika</b> 2:28PM – 3:35PM	<b>Ashvini</b> Until 2:45AM Mon	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:45AM			
		Yama 12:13PM – 1:21PM	Varyan Until 11:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:42PM	Moon 11 - Phase 32 - 25		
		724376575 <b>Rahu</b> 3:35PM – 4:42PM	Bava Until 1:15PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Dvodashi</b> Until 1:30AM Mon	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				

<b>4</b>		<b>Monday, December 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sun 26 Sutra 232 Subhakrit 5124
Mesha Rasi: 15.02	Tithi 13	<b>Gulika</b> 1:21PM – 2:28PM	<b>Bharani</b> Until 4:09AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:46AM			
<b>Family Home Evening</b>		Yama 11:07AM – 12:14PM	Parigha* Until 10:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 32 - 26		
		724376575 <b>Rahu</b> 8:53AM – 10:00AM	Kaulava Until 1:53PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 2:20AM Tue	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				
				<i>Pradosha Vrata</i>				

<b>5</b>		<b>Tuesday, December 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 233 Subhakrit 5124
Mesha Rasi: 27.37	Tithi 14	<b>Gulika</b> 12:14PM – 1:21PM	<b>Krittika</b> Until 5:47AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:47AM			
		Yama 10:01AM – 11:08AM	Shiva Until 10:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 32 - 27		
		724376575 <b>Rahu</b> 2:28PM – 3:34PM	Gara Until 2:56PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:35AM Wed	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				
				<b>Krittika Deepam</b>				

<b>○</b>		<b>Wednesday, December 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 28 Sutra 234 Subhakrit 5124
<b>Copper Retreat Star</b>		<b>Gulika</b> 11:08AM – 12:15PM	<b>Rohini</b> Until 8:05AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:48AM			
Vrishabha Rasi: 10.01	Tithi 15	Yama 8:55AM – 10:02AM	Siddha Until 10:25PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 32 - Purnima		
		734376575 <b>Rahu</b> 12:15PM – 1:21PM	Visti Until 4:22PM	<b>Nataraja:</b> Purple				
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 5:12AM Thu	Moon – Yellow		<b>Sivaloka Day</b>		
Until 8:05AM Thu				Margasira-Karttikai				
Then Routine Work - Marana Yoga								

<b>○</b>		<b>Thursday, December 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Balava Karana Prathamayam Titau				Milan, Italy Sun 29 Sutra 235 Subhakrit 5124
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:02AM – 11:09AM	<b>Rohini</b> Until 8:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:49AM			
Vrishabha Rasi: 22.16	Tithi 16	Yama 7:49AM – 8:56AM	Sadhya Until 10:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 4:41PM	Moon 11 - Phase 32 - Prathama		
		734376575 <b>Rahu</b> 1:22PM – 2:28PM	Balava Until 6:10PM	<b>Nataraja:</b> Purple				
Routine Work	Marana Yoga		<b>Prathama*</b> Until 7:09AM Fri	Moon – Yellow		<b>Sivaloka Day</b>		
				Margasira-Karttikai				
				<b>Vinayaga Viratam Begins</b>				

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





Friday, December 9, 2022

Gold Retreat Star

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

Milan, Italy

Sutra 236

Subhakrit 5124

Mithuna Rasi: 4.23 Tithi 16 - 17

Gulika 8:57AM - 10:03AM

Mrigashira Until 10:32AM

Ganesha: Red Sunrise: 7:50AM

Moon 12 - Phase 33 -

Creative Work Siddha Yoga

Yama 2:28PM - 3:35PM

Subha Until 11:14PM

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 11:09AM - 12:16PM

Taitila Until 8:15PM

Nataraja: Purple

Moon - Yellow

Sivaloka Day

Margasira-Karttikai

Prathama\* Until 7:09AM

1

Saturday, December 10, 2022

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

Milan, Italy

Sutra 237

Subhakrit 5124

Mithuna Rasi: 16.23 Tithi 17 - 18

Gulika 7:51AM - 8:58AM

Ardra Until 1:03PM

Ganesha: Red Sunrise: 7:51AM

Moon 12 - Phase 33 - 1

Creative Work Siddha Yoga

Yama 1:22PM - 2:28PM

Sukla Until 11:54PM

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 10:04AM - 11:10AM

Vanija Until 10:35PM

Nataraja: Purple

Moon - Yellow

Sivaloka Day

Margasira-Karttikai

Dvitiya Until 9:22AM

2

Sunday, December 11, 2022

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

Milan, Italy

Sutra 238

Subhakrit 5124

Mithuna Rasi: 28.19 Tithi 18 - 19

Gulika 2:29PM - 3:35PM

Punarvasu Until 4:06PM

Ganesha: Green Sunrise: 7:52AM

Moon 12 - Phase 33 - 2

Creative Work Siddha Yoga

Yama 12:17PM - 1:23PM

Brahma Until 12:42AM Mon

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 3:35PM - 4:41PM

Bava Until 1:04AM Mon

Nataraja: Purple

Moon - Blue

Devaloka Day

Margasira-Karttikai

Tritiya Until 11:47AM

3

Monday, December 12, 2022

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

Milan, Italy

Sutra 239

Subhakrit 5124

Kataka Rasi: 10.12 Tithi 19 - 20

Gulika 1:23PM - 2:29PM

Pushya Until 7:03PM

Ganesha: White Sunrise: 7:53AM

Moon 12 - Phase 33 - 3

Family Home Evening

Yama 11:11AM - 12:17PM

Indra Until 1:33AM Tue

Muruqa: Clear Sunset: 4:41PM

1st Phase

Creative Work Siddha Yoga

Rahu 8:59AM - 10:05AM

Kaulava Until 3:36AM Tue

Nataraja: Purple

Moon - Blue

Devaloka Day

Margasira-Karttikai

Chaturthi\* Until 2:19PM

4

Tuesday, December 13, 2022

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

Milan, Italy

Sutra 240

Subhakrit 5124

Kataka Rasi: 22.04 Tithi 20 - 21

Gulika 12:18PM - 1:23PM

Ashlesha\* Until 9:48PM

Ganesha: White Sunrise: 7:54AM

Moon 12 - Phase 33 - 4

Creative Work Siddha Yoga

Yama 10:06AM - 11:12AM

Vaidhriti\* Until 2:19AM Wed

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 2:29PM - 3:35PM

Gara Until 6:03AM Wed

Nataraja: Purple

Moon - Blue

Devaloka Day

Margasira-Karttikai

Panchami Until 4:49PM

5

Wednesday, December 14, 2022

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

Milan, Italy

Sutra 241

Subhakrit 5124

Simha Rasi: 3.59 Tithi 21

Gulika 11:12AM - 12:18PM

Magha\* Until 12:42AM Thu

Ganesha: Clear Sunrise: 7:55AM

Moon 12 - Phase 33 - 5

Creative Work Siddha Yoga

Yama 9:01AM - 10:06AM

Vishkambha\* Until 2:55AM Thu

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 12:18PM - 1:24PM

Gara Until 6:03AM

Nataraja: Purple

Moon - Red

Sivaloka Day

Margasira-Karttikai

Shashthi\* Until 7:10PM

6

Thursday, December 15, 2022

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

Milan, Italy

Sutra 242

Subhakrit 5124

Simha Rasi: 15.59 Tithi 22

Gulika 10:07AM - 11:13AM

Purvaphalguni Until 3:02AM Fri

Ganesha: Clear Sunrise: 7:56AM

Moon 12 - Phase 33 - 6

Creative Work Siddha Yoga

Yama 7:56AM - 9:01AM

Priti Until 3:13AM Fri

Muruqa: Clear Sunset: 4:41PM

1st Phase

Rahu 1:24PM - 2:30PM

Visti Until 8:14AM

Nataraja: Purple

Moon - Red

Sivaloka Day

Margasira-Karttikai

Saptami Until 9:08PM

7

Friday, December 16, 2022

Retreat Star

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

Milan, Italy

Sutra 243

Subhakrit 5124

Simha Rasi: 28.1 Tithi 23

Gulika 9:02AM - 10:08AM

Uttaraphalguni Until 4:38AM Sat

Ganesha: White Sunrise: 7:56AM

Moon 12 - Phase 33 - 7

Creative Work Siddha Yoga

Yama 2:30PM - 3:36PM

Ayushman Until 3:02AM Sat

Muruqa: Clear Sunset: 4:42PM

Ashtami

Until 4:38AM Sat

Rahu 11:13AM - 12:19PM

Balava Until 9:57AM

Nataraja: Purple

Moon - Red

Devaloka Day

Margasira-Markali

Ashtami\* Until 10:33PM

Then Routine Work - Marana Yoga

Saturday, December 17, 2022

Retreat Star

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

Milan, Italy

Sutra 244

Subhakrit 5124

Kanya Rasi: 10.37 Tithi 24

Gulika 7:57AM - 9:03AM

Hasta Until 5:49AM Sun

Ganesha: Clear Sunrise: 7:57AM

Moon 12 - Phase 33 - 8

Routine Work Marana Yoga

Yama 1:25PM - 2:31PM

Saubhagya Until 2:17AM Sun

Muruqa: Clear Sunset: 4:42PM

Navami

Until 5:49AM Sun

Rahu 10:08AM - 11:14AM

Taitila Until 11:01AM

Nataraja: Purple

Moon - Green

Sivaloka Day

Margasira-Markali

Navami\* Until 11:14PM

Then Creative Work - Siddha Yoga

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

All times are standard time. Calculated for Milan, Italy on 5/1/20


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<b>1</b>		<b>Sunday, December 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau		Milan, Italy Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 23.25	Tithi 25	<b>Gulika</b> 2:31PM – 3:37PM	<b>Chitra</b> <b>Until 6:01AM Mon</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 7:58AM		
		Yama 12:20PM – 1:26PM	Sobhana Until 12:54AM Mon	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:42PM	Moon 12 - Phase 34 - 9	
		865476575 <b>Rahu</b> 3:37PM – 4:42PM	Vanija Until 11:17AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 11:05PM</b>	Moon – Green		<b>Sivaloka Day</b>	
Until 6:01AM Mon				Margasira*Markali			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Monday, December 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Milan, Italy Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 6.38	Tithi 26	<b>Gulika</b> 1:26PM – 2:32PM	<b>Chitra</b> <b>Until 6:01AM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 7:58AM		
<b>Family Home Evening</b>		Yama 11:15AM – 12:20PM	Athiganda* Until 10:49PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:43PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	865476575 <b>Rahu</b> 9:04AM – 10:09AM	Bava Until 10:42AM	<b>Nataraja:</b> Purple		2nd Phase	
Until 6:01AM			<b>Ekadashi*</b> <b>Until 10:04PM</b>	Moon – Green		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Margasira*Markali			

<b>3</b>		<b>Tuesday, December 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Dvodashyam Titau		Milan, Italy Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 20.2	Tithi 27	<b>Gulika</b> 12:21PM – 1:26PM	<b>Vishakha</b> <b>Until 4:01AM Wed</b>	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 7:59AM		
		Yama 10:10AM – 11:15AM	Sukarma Until 8:07PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:43PM	Moon 12 - Phase 34 - 11	
Routine Work	Marana Yoga	875476575 <b>Rahu</b> 2:32PM – 3:37PM	Kaulava Until 9:17AM	<b>Nataraja:</b> Purple		2nd Phase	
Until 4:01AM Wed			<b>Dvadashi*</b> <b>Until 8:15PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Margasira*Markali			

<b>4</b>		<b>Wednesday, December 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 4.31	Tithi 28 – 29	<b>Gulika</b> 11:16AM – 12:21PM	<b>Anuradha</b> <b>Until 2:00AM Thu</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 8:00AM		
		Yama 9:05AM – 10:10AM	Dhriti Until 4:52PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:43PM	Moon 12 - Phase 34 - 12	
		876476575 <b>Rahu</b> 12:21PM – 1:27PM	Gara Until 7:06AM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> <b>Until 5:45PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
Until 2:00AM Thu		<b>Day 1 of Pancha Ganapati</b>		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>				

		<b>Thursday, December 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Milan, Italy Sun 13 Sutra 249 Subhakrit 5124	
<b>Retreat Star</b>		<b>Gulika</b> 10:11AM – 11:17AM	<b>Jyeshtha*</b> <b>Until 11:22PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 8:00AM		
Vrischika Rasi: 19.07	Tithi 29 – 30	Yama 8:00AM – 9:06AM	Shula* Until 1:09PM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:44PM	Moon 12 - Phase 34 - 13	
		876476575 <b>Rahu</b> 1:27PM – 2:33PM	Catuspada Until 1:02AM Fri	<b>Nataraja:</b> Purple		Amavasya	
Routine Work	Prabalarishta Yoga		<b>Chaturdashi*</b> <b>Until 2:42PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
Until 11:22PM		<b>Day 2 of Pancha Ganapati</b>		Margasira*Markali			
Then Creative Work - Siddha Yoga							

<b>Friday, December 23, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Milan, Italy Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 4.04	Tithi 30 – 1	<b>Gulika</b> 9:06AM – 10:12AM	<b>Mula*</b> <b>Until 8:42PM</b>	<b>Ganesha:</b> Orange	<b>Sunrise:</b> 8:01AM		
		Yama 2:34PM – 3:39PM	Ganda* Until 9:08AM	<b>Muruqa:</b> Clear	<b>Sunset:</b> 4:44PM	Moon 12 - Phase 34 - 14	
		886476575 <b>Rahu</b> 11:17AM – 12:23PM	Kintughna Until 9:29PM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Amrita Yoga		<b>Amavasya*</b> <b>Until 11:16AM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 8:42PM		<b>Day 3 of Pancha Ganapati</b>		Pausha*Markali			
Then Routine Work - Prabalarishta Yoga							

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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1	<b>Saturday, December 24, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 15
	Dhanus Rasi: 19.12	Tithi 1 – 2	<b>Gulika</b> 8:01AM – 9:06AM	<b>Purvashadha* Until 5:46PM</b>	<b>Ganesha:</b> Orange	Sunrise: 8:01AM	Subhakit 5124
			Yama 1:29PM – 2:34PM	Dhruva Until 12:40AM Sun	<b>Muruqa:</b> Purple	Sunset: 4:45PM	Moon 12 - Phase 35 - 15
		886486575	<b>Rahu</b> 10:12AM – 11:17AM	Kaulava Until 3:58AM Sun	<b>Nataraja:</b> Purple Moon – Light Blue		3rd Phase
Creative Work Siddha Yoga Until 5:46PM Then Routine Work - Marana Yoga		Day 4 of Pancha Ganapati		<b>Prathama* Until 7:38AM</b>	Pausha-Markali	<b>Subha Sivaloka Day</b>	

2	<b>Sunday, December 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 16
	Makara Rasi: 4.23	Tithi 3	<b>Gulika</b> 2:35PM – 3:40PM	<b>Uttarashadha Until 2:46PM</b>	<b>Ganesha:</b> Orange	Sunrise: 8:01AM	Subhakit 5124
			Yama 12:24PM – 1:29PM	Vyaghata* Until 8:30PM	<b>Muruqa:</b> Purple	Sunset: 4:46PM	Moon 12 - Phase 35 - 16
		886486575	<b>Rahu</b> 3:40PM – 4:46PM	Taitila Until 2:11PM	<b>Nataraja:</b> Purple Moon – Light Blue		3rd Phase
Creative Work Amrita Yoga		Day 5 of Pancha Ganapati		<b>Tritiya Until 12:26AM Mon</b>	Pausha-Markali	<b>Subha Sivaloka Day</b>	

3	<b>Monday, December 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 17
	Makara Rasi: 19.26	Tithi 4	<b>Gulika</b> 1:30PM – 2:35PM	<b>Shravana Until 12:15PM</b>	<b>Ganesha:</b> Clear	Sunrise: 8:02AM	Subhakit 5124
	<b>Family Home Evening</b>		Yama 11:18AM – 12:24PM	Harshana Until 4:35PM	<b>Muruqa:</b> Purple	Sunset: 4:46PM	Moon 12 - Phase 35 - 17
		896486576	<b>Rahu</b> 9:07AM – 10:13AM	Vanija Until 10:48AM	<b>Nataraja:</b> Clear Moon – Purple		3rd Phase
Creative Work Amrita Yoga Until 12:15PM Then Creative Work - Siddha Yoga				<b>Chaturthi* Until 9:13PM</b>	Pausha-Markali	<b>Sivaloka Day</b>	

4	<b>Tuesday, December 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 18
	Kumbha Rasi: 4.14	Tithi 5	<b>Gulika</b> 12:25PM – 1:30PM	<b>Dhanishtha Until 10:00AM</b>	<b>Ganesha:</b> Clear	Sunrise: 8:02AM	Subhakit 5124
			Yama 10:13AM – 11:19AM	Vajra* Until 12:58PM	<b>Muruqa:</b> Purple	Sunset: 4:47PM	Moon 12 - Phase 35 - 18
		896486576	<b>Rahu</b> 2:36PM – 3:41PM	Bava Until 7:47AM	<b>Nataraja:</b> Clear Moon – Purple		3rd Phase
Creative Work Siddha Yoga Until 10:00AM Then Routine Work - Marana Yoga				<b>Panchami Until 6:27PM</b>	Pausha-Markali	<b>Sivaloka Day</b>	

5	<b>Wednesday, December 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 19
	Kumbha Rasi: 18.38	Tithi 6 – 7	<b>Gulika</b> 11:19AM – 12:25PM	<b>Shatabhishak Until 8:08AM</b>	<b>Ganesha:</b> Clear	Sunrise: 8:02AM	Subhakit 5124
			Yama 9:08AM – 10:14AM	Siddhi Until 9:50AM	<b>Muruqa:</b> Purple	Sunset: 4:48PM	Moon 12 - Phase 35 - 19
		896486576	<b>Rahu</b> 12:25PM – 1:31PM	Gara Until 3:27AM Thu	<b>Nataraja:</b> Clear Moon – Purple		3rd Phase
Creative Work Siddha Yoga Until 8:08AM Then Creative Work - Amrita Yoga		Vinayaga Viratam Ends		<b>Shashthi* Until 4:16PM</b>	Pausha-Markali	<b>Sivaloka Day</b>	

D	<b>Thursday, December 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 20
	<b>Retreat Star</b>		<b>Gulika</b> 10:14AM – 11:20AM	<b>Purvaproshtapada* Until 7:12AM</b>	<b>Ganesha:</b> Blue	Sunrise: 8:02AM	Subhakit 5124
	Meena Rasi: 2.38	Tithi 7 – 8	Yama 8:02AM – 9:08AM	Vyatipata* Until 7:14AM	<b>Muruqa:</b> Purple	Sunset: 4:49PM	Moon 12 - Phase 35 - 20
		817486576	<b>Rahu</b> 1:31PM – 2:37PM	Visti Until 2:20AM Fri	<b>Nataraja:</b> Clear Moon – Clear		Ashtami
Creative Work Siddha Yoga				<b>Saptami Until 2:47PM</b>	Pausha-Markali	<b>Devaloka Day</b>	

<b>Friday, December 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha* Yoga Bava/Balava Karana Ashlami/Navamyam Titau				Milan, Italy Sun 21	
<b>Retreat Star</b>		<b>Gulika</b> 9:09AM – 10:14AM	<b>Uttaraproshtapada Until 6:51AM</b>	<b>Ganesha:</b> Blue	Sunrise: 8:03AM	Subhakit 5124	
Meena Rasi: 16.11	Tithi 8 – 9	Yama 2:38PM – 3:44PM	Parigha* Until 3:44AM Sat	<b>Muruqa:</b> Purple	Sunset: 4:49PM	Moon 12 - Phase 35 - 21	
	817486576	<b>Rahu</b> 11:20AM – 12:26PM	Balava Until 1:57AM Sat	<b>Nataraja:</b> Clear Moon – Clear		Navami	
Creative Work Siddha Yoga				<b>Ashtami* Until 2:02PM</b>	Pausha-Markali	<b>Devaloka Day</b>	

<b>1</b>		<b>Saturday, December 31, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manla Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Milan, Italy Sun 22 Sutra 258 Subhakrit 5124	
Meena Rasi: 29.2	Tithi 9 – 10	<b>Gulika</b> 8:03AM – 9:09AM	<b>Revati Until 7:04AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:50PM
		Yama 1:32PM – 2:38PM	Shiva Until 2:51AM Sun	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 22
		817486576 <b>Rahu</b> 10:15AM – 11:21AM	Taitila Until 2:17AM Sun	Moon – Clear			4th Phase
Routine Work	Prabalarishta Yoga		<b>Navami* Until 2:01PM</b>	<b>Devaloka Day</b>			
Until 7:04AM				Pausha-Markali			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Sunday, January 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Milan, Italy Sun 23 Sutra 259 Subhakrit 5124	
Mesha Rasi: 12.08	Tithi 10 – 11	<b>Gulika</b> 2:39PM – 3:45PM	<b>Ashvini Until 8:16AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:51PM
		Yama 12:27PM – 1:33PM	Siddha Until 2:24AM Mon	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 23
		827486576 <b>Rahu</b> 3:45PM – 4:51PM	Vanija Until 3:16AM Mon	Moon – White			4th Phase
Creative Work	Siddha Yoga		<b>Dashami Until 2:41PM</b>	<b>Sivaloka Day</b>			
Until 8:16AM		<b>Vaikuntha Ekadasi</b>		Pausha-Markali			
Then Routine Work - Prabalarishta Yoga							

<b>3</b>		<b>Monday, January 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Milan, Italy Sun 24 Sutra 260 Subhakrit 5124	
Mesha Rasi: 24.39	Tithi 11 – 12	<b>Gulika</b> 1:34PM – 2:40PM	<b>Bharani Until 9:53AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:52PM
<b>Family Home Evening</b>		Yama 11:21AM – 12:27PM	Sadhya Until 2:22AM Tue	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 24
		827486576 <b>Rahu</b> 9:09AM – 10:15AM	Bava Until 4:44AM Tue	Moon – White			4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 3:55PM</b>	<b>Sivaloka Day</b>			
Until 9:53AM				Pausha-Markali			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Tuesday, January 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sun 25 Sutra 261 Subhakrit 5124	
Vrishabha Rasi: 6.58	Tithi 12 – 13	<b>Gulika</b> 12:28PM – 1:34PM	<b>Krittika Until 11:47AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:53PM
		Yama 10:15AM – 11:22AM	Subha Until 2:38AM Wed	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 25
		827586576 <b>Rahu</b> 2:40PM – 3:47PM	Kaulava Until 6:35AM Wed	Moon – White			4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi Until 5:36PM</b>	<b>Subha Sivaloka Day</b>			
Until 11:47AM				Pausha-Markali			
Then Creative Work - Amrita Yoga				Pradosha Vrata			

<b>5</b>		<b>Wednesday, January 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Milan, Italy Sun 26 Sutra 262 Subhakrit 5124	
Vrishabha Rasi: 19.07	Tithi 13	<b>Gulika</b> 11:22AM – 12:28PM	<b>Rohini Until 2:21PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:54PM
		Yama 9:09AM – 10:16AM	Sukla Until 3:05AM Thu	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 26
		838586576 <b>Rahu</b> 12:28PM – 1:35PM	Kaulava Until 6:35AM	Moon – Yellow			4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 7:36PM</b>	<b>Devaloka Day</b>			
				Pausha-Markali			

<b>6</b>		<b>Thursday, January 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 263 Subhakrit 5124	
Mithuna Rasi: 1.1	Tithi 14	<b>Gulika</b> 10:16AM – 11:22AM	<b>Mrigashira Until 4:59PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:55PM
		Yama 8:03AM – 9:09AM	Brahma Until 3:42AM Fri	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - 27
		838586576 <b>Rahu</b> 1:35PM – 2:42PM	Gara Until 8:43AM	Moon – Yellow			4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi* Until 9:50PM</b>	<b>Devaloka Day</b>			
		<b>Subramuniyaswami Jayanti</b>		Pausha-Markali			

<b>○</b>		<b>Friday, January 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau		Milan, Italy Sun 28 Sutra 264 Subhakrit 5124	
Mithuna Rasi: 13.08	Tithi 15	<b>Gulika</b> 9:09AM – 10:16AM	<b>Ardra Until 7:36PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:56PM
		Yama 2:43PM – 3:49PM	Indra Until 4:25AM Sat	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - Purnima
		838586576 <b>Rahu</b> 11:23AM – 12:29PM	Visti Until 11:01AM	Moon – Yellow			
Creative Work	Siddha Yoga		<b>Purnima* Until 12:12AM Sat</b>	<b>Devaloka Day</b>			
				Pausha-Markali			
				<b>Ardra Darshanam</b>			

<b>○</b>		<b>Saturday, January 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manla Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Milan, Italy Sun 29 Sutra 265 Subhakrit 5124	
Mithuna Rasi: 25.04	Tithi 16	<b>Gulika</b> 8:03AM – 9:09AM	<b>Punarvasu Until 10:38PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 8:03AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 4:57PM
		Yama 1:37PM – 2:43PM	Vaidhriti* Until 5:10AM Sun	<b>Nataraja:</b> Clear			Moon 12 - Phase 36 - Prathama
		848586576 <b>Rahu</b> 10:16AM – 11:23AM	Balava Until 1:26PM	Moon – Blue			
Creative Work	Siddha Yoga		<b>Prathama* Until 2:39AM Sun</b>	<b>Sivaloka Day</b>			
				Pausha-Markali			

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



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

Kataka Rasi: 6.58      Tithi 17  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya Nakshatra Vishkambha\* Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika** 2:44PM – 3:51PM      **Pushya** Until 1:33AM Mon  
Yama 12:30PM – 1:37PM      Vishkambha\* Until 5:57AM Mon  
**Rahu** 3:51PM – 4:58PM      Taitila Until 3:55PM  
Dvitiya Until 5:09AM Mon

Milan, Italy  
Sutra 266  
Subhakrit 5124  
Sunrise: 8:02AM  
Sunset: 4:58PM  
Moon 1 - Phase 37 - 1st Phase  
Ganesha: Clear  
Muruqa: Purple  
Nataraja: Clear  
Moon – Blue  
Pausha-Markali  
**Sivaloka Day**

**1**

**Monday, January 9, 2023**

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\* Nakshatra Priti Yoga Vanija Karana Tritiyayam Titau  
**Gulika** 1:38PM – 2:45PM      **Ashlesha\*** Until 4:17AM Tue  
Yama 11:24AM – 12:31PM      Priti Until 6:45AM Tue  
**Rahu** 9:09AM – 10:16AM      Vanija Until 6:25PM  
Tritiya Until 7:37AM Tue

Milan, Italy  
Sutra 267  
Subhakrit 5124  
Sun 1  
Sunrise: 8:02AM  
Sunset: 4:59PM  
Moon 1 - Phase 37 - 1st Phase  
Ganesha: Clear  
Muruqa: Purple  
Nataraja: Clear  
Moon – Blue  
Pausha-Markali  
**Sivaloka Day**

**2**

**Tuesday, January 10, 2023**

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\* Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau  
**Gulika** 12:31PM – 1:38PM      **Magha\*** Until 7:16AM Wed  
Yama 10:16AM – 11:24AM      Priti Until 6:45AM  
**Rahu** 2:46PM – 3:53PM      Bava Until 8:51PM  
Tritiya Until 7:37AM

Milan, Italy  
Sutra 268  
Subhakrit 5124  
Sun 2  
Sunrise: 8:02AM  
Sunset: 5:00PM  
Moon 1 - Phase 37 - 2nd Phase  
Ganesha: Purple  
Muruqa: Purple  
Nataraja: Clear  
Moon – Red  
Pausha-Markali  
**Devaloka Day**

**3**

**Wednesday, January 11, 2023**

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
**Gulika** 11:24AM – 12:31PM      **Magha\*** Until 7:16AM  
Yama 9:09AM – 10:16AM      Ayushman Until 7:26AM  
**Rahu** 12:31PM – 1:39PM      Kaulava Until 11:07PM  
Chaturthi\* Until 9:59AM

Milan, Italy  
Sutra 269  
Subhakrit 5124  
Sun 3  
Sunrise: 8:01AM  
Sunset: 5:02PM  
Moon 1 - Phase 37 - 3rd Phase  
Ganesha: Clear  
Muruqa: Purple  
Nataraja: Clear  
Moon – Red  
Pausha-Markali  
**Sivaloka Day**

**4**

**Thursday, January 12, 2023**

Simha Rasi: 24.43      Tithi 20 – 21  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam Titau  
**Gulika** 10:16AM – 11:24AM      **Purvaphalguni** Until 9:51AM  
Yama 8:01AM – 9:09AM      Saubhagya Until 7:58AM  
**Rahu** 1:40PM – 2:47PM      Gara Until 1:03AM Fri  
Panchami Until 12:07PM

Milan, Italy  
Sutra 270  
Subhakrit 5124  
Sun 4  
Sunrise: 8:01AM  
Sunset: 5:03PM  
Moon 1 - Phase 37 - 4th Phase  
Ganesha: Clear  
Muruqa: Purple  
Nataraja: Clear  
Moon – Red  
Pausha-Markali  
**Sivaloka Day**

**5**

**Friday, January 13, 2023**

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
**Gulika** 9:08AM – 10:16AM      **Uttaraphalguni** Until 11:55AM  
Yama 2:48PM – 3:56PM      Sobhana Until 8:13AM  
**Rahu** 11:24AM – 12:32PM      Visti Until 2:30AM Sat  
Shashthi\* Until 1:50PM

Milan, Italy  
Sutra 271  
Subhakrit 5124  
Sun 5  
Sunrise: 8:01AM  
Sunset: 5:03PM  
Moon 1 - Phase 37 - 5th Phase  
Ganesha: Clear  
Muruqa: Purple  
Nataraja: Clear  
Moon – Red  
Pausha-Markali  
**Sivaloka Day**

**D**

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

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta/Chitra Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
**Gulika** 8:00AM – 9:08AM      **Hasta** Until 1:46PM  
Yama 1:41PM – 2:49PM      Athiganda\* Until 8:03AM  
**Rahu** 10:16AM – 11:25AM      Balava Until 3:17AM Sun  
Saptami Until 2:58PM

Milan, Italy  
Sutra 272  
Subhakrit 5124  
Sun 6  
Sunrise: 8:00AM  
Sunset: 5:05PM  
Moon 1 - Phase 37 - 6th Phase  
Ganesha: White  
Muruqa: Purple  
Nataraja: Clear  
Moon – Green  
Pausha-Thai  
**Subha Sivaloka Day**

**Sunday, January 15, 2023**

**Retreat Star**

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Svati Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
**Gulika** 2:50PM – 3:58PM      **Chitra** Until 2:45PM  
Yama 12:33PM – 1:41PM      Sukarma Until 7:21AM  
**Rahu** 3:58PM – 5:06PM      Taitila Until 3:15AM Mon  
Ashtami\* Until 3:21PM

Milan, Italy  
Sutra 273  
Subhakrit 5124  
Sun 7  
Sunrise: 8:00AM  
Sunset: 5:06PM  
Moon 1 - Phase 37 - 7th Phase  
Ganesha: White  
Muruqa: Purple  
Nataraja: Clear  
Moon – Green  
Pausha-Thai  
**Subha Sivaloka Day**

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>Monday, January 16, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Milan, Italy Sun 8 Sutra 274 Subhakrit 5124
<b>1</b>		<b>Gulika</b> 1:42PM – 2:51PM	<b>Svati</b> Until 2:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:59AM	
Tula Rasi: 15.01	Tithi 24 – 25	Yama 11:25AM – 12:33PM	Dhriti Until 6:03AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:08PM	Moon 1 - Phase 38 - 8
<b>Family Home Evening</b>	869586576	<b>Rahu</b> 9:08AM – 10:16AM	Vanija Until 2:23AM Tue	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Navami*</b> Until 2:54PM	Moon – Green		<b>Subha Sivaloka Day</b>
Until 2:46PM				Pausha*Thai		
Then Routine Work - Marana Yoga						

<b>Tuesday, January 17, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy Sun 9 Sutra 275 Subhakrit 5124
<b>2</b>		<b>Gulika</b> 12:34PM – 1:43PM	<b>Vishakha</b> Until 2:15PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:58AM	
Tula Rasi: 28.33	Tithi 25 – 26	Yama 10:16AM – 11:25AM	Ganda* Until 1:24AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:09PM	Moon 1 - Phase 38 - 9
	879586576	<b>Rahu</b> 2:51PM – 4:00PM	Bava Until 12:40AM Wed	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 1:36PM	Moon – Orange		<b>Sivaloka Day</b>
Until 2:15PM				Pausha*Thai		
Then Creative Work - Siddha Yoga						

<b>Wednesday, January 18, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 10 Sutra 276 Subhakrit 5124
<b>3</b>		<b>Gulika</b> 11:25AM – 12:34PM	<b>Anuradha</b> Until 12:48PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:58AM	
Vischika Rasi: 12.35	Tithi 26 – 27	Yama 9:07AM – 10:16AM	Vriddhi Until 10:11PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:10PM	Moon 1 - Phase 38 - 10
	879586576	<b>Rahu</b> 12:34PM – 1:43PM	Kaulava Until 10:13PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 11:30AM	Moon – Orange		<b>Sivaloka Day</b>
				Pausha*Thai		

<b>Thursday, January 19, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Milan, Italy Sun 11 Sutra 277 Subhakrit 5124
<b>4</b>		<b>Gulika</b> 10:16AM – 11:25AM	<b>Jyeshtha*</b> Until 10:33AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:57AM	
Vischika Rasi: 27.06	Tithi 27 – 28	Yama 7:57AM – 9:06AM	Dhruva Until 6:26PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:12PM	Moon 1 - Phase 38 - 11
	871586576	<b>Rahu</b> 1:44PM – 2:53PM	Gara Until 7:09PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Prabalarishta Yoga		<b>Dvadashi*</b> Until 8:44AM	Moon – Orange		<b>Sivaloka Day</b>
Until 10:33AM				Pausha*Thai		
Then Creative Work - Siddha Yoga						
						<i>Pradosha Vrata (Fasting)</i>

<b>Friday, January 20, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy Sun 12 Sutra 278 Subhakrit 5124
<b>5</b>		<b>Gulika</b> 9:06AM – 10:16AM	<b>Mula*</b> Until 8:04AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:56AM	
Dhanus Rasi: 12.01	Tithi 29	Yama 2:54PM – 4:03PM	Vyaghata* Until 2:20PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:13PM	Moon 1 - Phase 38 - 12
	881586576	<b>Rahu</b> 11:25AM – 12:35PM	Visti Until 3:38PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 1:44AM Sat	Moon – Light Blue		<b>Sivaloka Day</b>
Until 8:04AM				Pausha*Thai		
Then Routine Work - Prabalarishta Yoga						

<b>Saturday, January 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy Sun 13 Sutra 279 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 7:56AM – 9:05AM	<b>Uttarashadha</b> Until 1:51AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:56AM	
Dhanus Rasi: 27.14	Tithi 30	Yama 1:45PM – 2:55PM	Harshana Until 10:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:14PM	Moon 1 - Phase 38 - 13
	881586576	<b>Rahu</b> 10:15AM – 11:25AM	Catuspada Until 11:50AM	<b>Nataraja:</b> Clear		Amavasya
Routine Work	Marana Yoga		<b>Amavasya*</b> Until 9:53PM	Moon – Light Blue		<b>Sivaloka Day</b>
Until 1:51AM Sun				Pausha*Thai		
Then Creative Work - Amrita Yoga						

<b>Sunday, January 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy Sun 14 Sutra 280 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 2:55PM – 4:06PM	<b>Shravana</b> Until 10:53PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:55AM	
Makara Rasi: 12.34	Tithi 1	Yama 12:35PM – 1:45PM	Siddhi Until 1:11AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:16PM	Moon 1 - Phase 38 - 14
	891586576	<b>Rahu</b> 4:06PM – 5:16PM	Kintughna Until 7:57AM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 6:01PM	Moon – Purple		<b>Sivaloka Day</b>
Until 10:53PM				Magha*Thai		
Then Routine Work - Marana Yoga						

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

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<b>Monday, January 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Milan, Italy Sun 15 Sutra 281 Subhakrit 5124
<b>1</b>		<b>Gulika</b> 1:46PM – 2:56PM	<b>Dhanishtha</b> Until 8:00PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:54AM	
Makara Rasi: 27.5	Tithi 2 – 3	Yama 11:25AM – 12:36PM	Vyatipata* Until 9:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:17PM	Moon 1 - Phase 39 - 15
<b>Family Home Evening</b>	891586576	<b>Rahu</b> 9:04AM – 10:15AM	Taitila Until 12:36AM Tue	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 2:19PM	Moon – Purple		<b>Sivaloka Day</b>
				Magha*Thai		

<b>Tuesday, January 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturthiyam Titau				Milan, Italy Sun 16 Sutra 282 Subhakrit 5124
<b>2</b>		<b>Gulika</b> 12:36PM – 1:46PM	<b>Shatabhishak</b> Until 5:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:53AM	
Kumbha Rasi: 12.53	Tithi 3 – 4	Yama 10:14AM – 11:25AM	Variyan Until 5:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:18PM	Moon 1 - Phase 39 - 16
<b>Routine Work</b>	891586576	<b>Rahu</b> 2:57PM – 4:08PM	Vanija Until 9:31PM	<b>Nataraja:</b> Clear		3rd Phase
Marana Yoga			<b>Tritiya</b> Until 10:59AM	Moon – Purple		<b>Sivaloka Day</b>
				Magha*Thai		

<b>Wednesday, January 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Milan, Italy Sun 17 Sutra 283 Subhakrit 5124
<b>3</b>		<b>Gulika</b> 11:25AM – 12:36PM	<b>Purvaproshtapada*</b> Until 3:38PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:52AM	
Kumbha Rasi: 27.34	Tithi 4 – 5	Yama 9:03AM – 10:14AM	Parigha* Until 1:46PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:20PM	Moon 1 - Phase 39 - 17
<b>Creative Work</b>	911586576	<b>Rahu</b> 12:36PM – 1:47PM	Bava Until 7:01PM	<b>Nataraja:</b> Clear		3rd Phase
Amrita Yoga			<b>Chaturthi*</b> Until 8:09AM	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 3:38PM				Magha*Thai		
Then Creative Work - Siddha Yoga						

<b>Thursday, January 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Milan, Italy Sun 18 Sutra 284 Subhakrit 5124
<b>4</b>		<b>Gulika</b> 10:14AM – 11:25AM	<b>Uttaraproshtapada</b> Until 2:26PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:51AM	
Meena Rasi: 11.46	Tithi 5 – 6	Yama 7:51AM – 9:03AM	Shiva Until 10:59AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:21PM	Moon 1 - Phase 39 - 18
<b>Creative Work</b>	911586576	<b>Rahu</b> 1:48PM – 2:59PM	Taitila Until 4:40AM Fri	<b>Nataraja:</b> Clear		3rd Phase
Siddha Yoga			<b>Panchami</b> Until 6:01AM	Moon – Clear		<b>Subha Sivaloka Day</b>
				Magha*Thai		

<b>Friday, January 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Milan, Italy Sun 19 Sutra 285 Subhakrit 5124
<b>5</b>		<b>Gulika</b> 9:02AM – 10:13AM	<b>Revati</b> Until 1:55PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:50AM	
Meena Rasi: 25.29	Tithi 7	Yama 3:00PM – 4:11PM	Siddha Until 8:48AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:23PM	Moon 1 - Phase 39 - 19
<b>Creative Work</b>	911586576	<b>Rahu</b> 11:25AM – 12:37PM	Gara Until 4:20PM	<b>Nataraja:</b> Clear		3rd Phase
Siddha Yoga			<b>Saptami</b> Until 4:11AM Sat	Moon – Clear		<b>Subha Sivaloka Day</b>
Until 1:55PM				Magha*Thai		
Then Creative Work - Amrita Yoga						

<b>Saturday, January 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau				Milan, Italy Sun 20 Sutra 286 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 7:49AM – 9:01AM	<b>Ashvini</b> Until 2:32PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:49AM	
Mesha Rasi: 8.43	Tithi 8	Yama 1:49PM – 3:00PM	Sadhya Until 7:20AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:24PM	Moon 1 - Phase 39 - 20
<b>Creative Work</b>	921586576	<b>Rahu</b> 10:13AM – 11:25AM	Visti* Until 4:18PM	<b>Nataraja:</b> Clear		Ashtami
Siddha Yoga			<b>Ashtami*</b> Until 4:34AM Sun	Moon – White		<b>Sivaloka Day</b>
				Magha*Thai		

<b>Sunday, January 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Navamyam Titau				Milan, Italy Sun 21 Sutra 287 Subhakrit 5124
<b>Retreat Star</b>		<b>Gulika</b> 3:01PM – 4:13PM	<b>Bharani</b> Until 3:48PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:48AM	
Mesha Rasi: 21.32	Tithi 9	Yama 12:37PM – 1:49PM	Subha Until 6:31AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:26PM	Moon 1 - Phase 39 - 21
<b>Routine Work</b>	922686576	<b>Rahu</b> 4:13PM – 5:26PM	Balava Until 5:04PM	<b>Nataraja:</b> Clear		Navami
Prabalarishta Yoga			<b>Navami*</b> Until 5:42AM Mon	Moon – White		<b>Sivaloka Day</b>
Until 3:48PM				Magha*Thai		
Then Creative Work - Siddha Yoga						

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

<b>Monday, January 30, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukla/Brahma Yoga Taila Karana Dashamyam Titau				Milan, Italy Sun 22 Sutra 288 Subhakar 5124
<b>1</b>		<b>Gulika</b> 1:50PM – 3:02PM	<b>Krittika</b> Until 5:35PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:47AM	
Virshabha Rasi: 3.59	Tithi 10	Yama 11:25AM – 12:37PM	Sukla Until 6:16AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:27PM	Moon 1 - Phase 40 - 22
<b>Family Home Evening</b>	922686576	<b>Rahu</b> 9:00AM – 10:12AM	Taitila Until 6:32PM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 7:27AM Tue	Moon – White		<b>Sivaloka Day</b>
Until 5:35PM				Magha-Thai		
Then Creative Work - Amrita Yoga						

<b>Tuesday, January 31, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekashyam Titau				Milan, Italy Sun 23 Sutra 289 Subhakar 5124
<b>2</b>		<b>Gulika</b> 12:37PM – 1:50PM	<b>Rohini</b> Until 8:11PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:46AM	
Virshabha Rasi: 16.11	Tithi 10 – 11	Yama 10:12AM – 11:24AM	Brahma Until 6:28AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:28PM	Moon 1 - Phase 40 - 23
	932686576	<b>Rahu</b> 3:03PM – 4:16PM	Vanija Until 8:31PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 7:27AM	Moon – Yellow		<b>Subha Sivaloka Day</b>
Until 8:11PM				Magha-Thai		
Then Creative Work - Siddha Yoga						

<b>Wednesday, February 1, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvashyam Titau				Milan, Italy Sun 24 Sutra 290 Subhakar 5124
<b>3</b>		<b>Gulika</b> 11:24AM – 12:37PM	<b>Mrigashira</b> Until 10:56PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:46AM	
Virshabha Rasi: 28.14	Tithi 11 – 12	Yama 8:59AM – 10:12AM	Indra Until 7:01AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:28PM	Moon 1 - Phase 40 - 24
	932686576	<b>Rahu</b> 12:37PM – 1:50PM	Bava Until 10:50PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 9:37AM	Moon – Yellow		<b>Subha Sivaloka Day</b>
				Magha-Thai		

<b>Thursday, February 2, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvashmi/Trayodashyam Titau				Milan, Italy Sun 25 Sutra 291 Subhakar 5124
<b>4</b>		<b>Gulika</b> 10:11AM – 11:24AM	<b>Ardra</b> Until 1:40AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 7:45AM	
Mithuna Rasi: 10.1	Tithi 12 – 13	Yama 7:45AM – 8:58AM	Vaidhriti* Until 7:43AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:30PM	Moon 1 - Phase 40 - 25
	932686576	<b>Rahu</b> 1:51PM – 3:04PM	Kaulava Until 1:18AM Fri	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Dvashmi</b> Until 12:02PM	Moon – Yellow		<b>Subha Sivaloka Day</b>
Until 1:40AM Fri				Magha-Thai		
Then Creative Work - Siddha Yoga						

*Pradosha Vrata*

<b>Friday, February 3, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau				Milan, Italy Sun 26 Sutra 292 Subhakar 5124
<b>5</b>		<b>Gulika</b> 8:57AM – 10:11AM	<b>Punarvasu</b> Until 4:47AM Sat	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:44AM	
Mithuna Rasi: 22.03	Tithi 13 – 14	Yama 3:04PM – 4:18PM	Vishkambha* Until 8:32AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:31PM	Moon 1 - Phase 40 - 26
	942686576	<b>Rahu</b> 11:24AM – 12:38PM	Gara Until 3:49AM Sat	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 2:32PM	Moon – Blue		<b>Sivaloka Day</b>
				Magha-Thai		

<b>Saturday, February 4, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Milan, Italy Sun 27 Sutra 293 Subhakar 5124
<b>6</b>		<b>Gulika</b> 7:43AM – 8:56AM	<b>Pushya</b> Until 7:41AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:43AM	
Kataka Rasi: 3.55	Tithi 14 – 15	Yama 1:51PM – 3:05PM	Priti Until 9:22AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:33PM	Moon 1 - Phase 40 - 27
	942686577	<b>Rahu</b> 10:10AM – 11:24AM	Visti Until 6:17AM Sun	<b>Nataraja:</b> Orange		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 5:02PM	Moon – Blue		<b>Sivaloka Day</b>
		<b>Thai Pusam</b>		Magha-Thai		

<b>Sunday, February 5, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 28 Sutra 294 Subhakar 5124
<b>○</b>		<b>Gulika</b> 3:06PM – 4:20PM	<b>Pushya</b> Until 7:41AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:41AM	
Kataka Rasi: 15.49	Tithi 15	Yama 12:38PM – 1:52PM	Ayushman Until 10:08AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:34PM	Moon 1 - Phase 40 -
	942686577	<b>Rahu</b> 4:20PM – 5:34PM	Visti Until 6:17AM	<b>Nataraja:</b> Orange		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 7:27PM	Moon – Blue		<b>Sivaloka Day</b>
				Magha-Thai		

<b>Monday, February 6, 2023</b>		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Milan, Italy Sun 29 Sutra 295 Subhakar 5124
<b>○</b>		<b>Gulika</b> 1:52PM – 3:07PM	<b>Ashlesha*</b> Until 10:19AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 7:40AM	
Kataka Rasi: 27.45	Tithi 16	Yama 11:23AM – 12:38PM	Saubhagya Until 10:50AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:36PM	Moon 1 - Phase 40 -
	942686577	<b>Rahu</b> 8:55AM – 10:09AM	Balava Until 8:39AM	<b>Nataraja:</b> Orange		Prathama
<b>Family Home Evening</b>			<b>Prathama*</b> Until 9:46PM	Moon – Blue		<b>Sivaloka Day</b>
Creative Work	Siddha Yoga			Magha-Thai		
Until 10:19AM						
Then Routine Work - Marana Yoga						





Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 9.44      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

Milan, Italy

Sun 1      Sutra 296

Subhakrit 5124

Gulika 12:38PM – 1:53PM

Yama 10:08AM – 11:23AM

Rahu 3:07PM – 4:22PM

Magha\* Until 1:10PM

Sobhana Until 11:27AM

Taitila Until 10:54AM

Dvitiya Until 11:55PM

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon – Red  
Magha\*Thai

Sunrise: 7:39AM

Sunset: 5:37PM

Subha Sivaloka Day

Moon 2 - Phase 41 - 1

1st Phase

1

Wednesday, February 8, 2023

Simha Rasi: 21.47      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/Visti\* Karana Tritiyayam Titau

Milan, Italy

Sun 2      Sutra 297

Subhakrit 5124

Gulika 11:23AM – 12:38PM

Yama 8:53AM – 10:08AM

Rahu 12:38PM – 1:53PM

Purvaphalguni Until 3:40PM

Ahiganda\* Until 11:54AM

Vanija Until 12:57PM

Tritiya Until 1:52AM Thu

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon – Red  
Magha\*Thai

Sunrise: 7:38AM

Sunset: 5:39PM

Subha Sivaloka Day

Moon 2 - Phase 41 - 2

1st Phase

2

Thursday, February 9, 2023

Kanya Rasi: 3.55      Tithi 19

952686577

Amrita Yoga

Until 5:45PM

Then Routine Work - Marana Yoga

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

Milan, Italy

Sun 3      Sutra 298

Subhakrit 5124

Gulika 10:07AM – 11:23AM

Yama 7:36AM – 8:52AM

Rahu 1:54PM – 3:09PM

Uttaraphalguni Until 5:45PM

Sukarma Until 12:11PM

Bava Until 2:44PM

Chaturthi\* Until 3:29AM Fri

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon – Red  
Magha\*Thai

Sunrise: 7:36AM

Sunset: 5:40PM

Subha Sivaloka Day

Moon 2 - Phase 41 - 3

1st Phase

3

Friday, February 10, 2023

Kanya Rasi: 16.11      Tithi 20

962686577

Creative Work      Amrita Yoga

Until 7:48PM

Then Creative Work - Siddha Yoga

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

Milan, Italy

Sun 4      Sutra 299

Subhakrit 5124

Gulika 8:51AM – 10:06AM

Yama 3:10PM – 4:26PM

Rahu 11:22AM – 12:38PM

Hasta Until 7:48PM

Dhriti Until 12:13PM

Kaulava Until 4:11PM

Panchami Until 4:42AM Sat

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon – Green  
Magha\*Thai

Sunrise: 7:35AM

Sunset: 5:41PM

Sivaloka Day

Moon 2 - Phase 41 - 4

1st Phase

4

Saturday, February 11, 2023

Kanya Rasi: 28.38      Tithi 21

963686577

Routine Work      Marana Yoga

Until 9:13PM

Then Creative Work - Siddha Yoga

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

Milan, Italy

Sun 5      Sutra 300

Subhakrit 5124

Gulika 7:33AM – 8:50AM

Yama 1:54PM – 3:10PM

Rahu 10:06AM – 11:22AM

Chitra Until 9:13PM

Shula\* Until 11:52AM

Gara Until 5:08PM

Shashthi\* Until 5:22AM Sun

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon – Green  
Magha\*Thai

Sunrise: 7:33AM

Sunset: 5:43PM

Devaloka Day

Moon 2 - Phase 41 - 5

1st Phase

5

Sunday, February 12, 2023

Tula Rasi: 11.2      Tithi 22

963686577

Creative Work      Siddha Yoga

Until 9:52PM

Then Routine Work - Marana Yoga

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

Milan, Italy

Sun 6      Sutra 301

Subhakrit 5124

Gulika 3:11PM – 4:28PM

Yama 12:38PM – 1:55PM

Rahu 4:28PM – 5:44PM

Svati Until 9:52PM

Ganda\* Until 11:06AM

Visti Until 5:29PM

Saptami Until 5:22AM Mon

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon – Green  
Magha\*Thai

Sunrise: 7:32AM

Sunset: 5:44PM

Devaloka Day

Moon 2 - Phase 41 - 6

1st Phase

☾

Monday, February 13, 2023

Retreat Star

Tula Rasi: 24.21      Tithi 23

973686577

Family Home Evening

Routine Work      Marana Yoga

Until 10:08PM

Then Creative Work - Siddha Yoga

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

Milan, Italy

Sun 7      Sutra 302

Subhakrit 5124

Gulika 1:55PM – 3:12PM

Yama 11:21AM – 12:38PM

Rahu 8:47AM – 10:04AM

Vishakha Until 10:08PM

Vridhhi Until 9:49AM

Balava Until 5:07PM

Ashtami\* Until 4:39AM Tue

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon – Orange  
Magha\*Masi

Sunrise: 7:31AM

Sunset: 5:46PM

Sivaloka Day

Moon 2 - Phase 41 - 7

Ashtami

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.45      Tithi 24

973686577

Creative Work      Siddha Yoga

Until 9:32PM

Then Routine Work - Marana Yoga

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

Milan, Italy

Sun 8      Sutra 303

Subhakrit 5124

Gulika 12:38PM – 1:55PM

Yama 10:04AM – 11:21AM

Rahu 3:13PM – 4:30PM

Anuradha Until 9:32PM

Dhruva Until 7:56AM

Taitila Until 4:02PM

Navami\* Until 3:11AM Wed

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon – Orange  
Magha\*Masi

Sunrise: 7:29AM

Sunset: 5:47PM

Sivaloka Day

Moon 2 - Phase 41 - 8


Navami

<b>1</b>	<b>Wednesday, February 15, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau				Milan, Italy
	Vrischika Rasi: 21.35	Tithi 25	Gulika 11:20AM – 12:38PM	<b>Jyeshtha* Until 8:05PM</b>	Ganesha: Clear	Sunrise: 7:28AM	Sun 9 Sutra 304
973686577		Yama 8:45AM – 10:03AM	Harshana Until 2:29AM Thu	Muruqa: Purple	Sunset: 5:49PM	Subhakrit 5124	
		Rahu 12:38PM – 1:56PM	Vanija Until 2:13PM	Nataraja: Orange		Moon 2 - Phase 42 - 9	
Creative Work	Siddha Yoga		Dashami Until 1:02AM Thu	Moon – Orange		2nd Phase	
Until 8:05PM				Magha-Masi		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>2</b>	<b>Thursday, February 16, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Milan, Italy
	Dhanus Rasi: 5.51	Tithi 26	Gulika 10:02AM – 11:20AM	<b>Mula* Until 6:18PM</b>	Ganesha: White	Sunrise: 7:26AM	Sun 10 Sutra 305
983686577		Yama 7:26AM – 8:44AM	Vajra* Until 10:59PM	Muruqa: Purple	Sunset: 5:50PM	Subhakrit 5124	
		Rahu 1:56PM – 3:14PM	Bava Until 11:44AM	Nataraja: Orange		Moon 2 - Phase 42 - 10	
Creative Work	Siddha Yoga		Ekdashi* Until 10:16PM	Moon – Light Blue		2nd Phase	
				Magha-Masi		<b>Devaloka Day</b>	

<b>3</b>	<b>Friday, February 17, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Milan, Italy
	Dhanus Rasi: 20.31	Tithi 27	Gulika 8:43AM – 10:01AM	<b>Purvashadha* Until 3:53PM</b>	Ganesha: White	Sunrise: 7:25AM	Sun 11 Sutra 306
983686577		Yama 3:15PM – 4:33PM	Siddhi Until 7:08PM	Muruqa: Purple	Sunset: 5:51PM	Subhakrit 5124	
		Rahu 11:20AM – 12:38PM	Kaulava Until 8:43AM	Nataraja: Orange		Moon 2 - Phase 42 - 11	
Routine Work	Prabalarishta Yoga		Dvadashi* Until 7:02PM	Moon – Light Blue		2nd Phase	
Until 3:53PM				Magha-Masi		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>4</b>	<b>Saturday, February 18, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Milan, Italy
	Makara Rasi: 5.3	Tithi 28 – 29	Gulika 7:23AM – 8:42AM	<b>Uttarashadha Until 12:59PM</b>	Ganesha: White	Sunrise: 7:23AM	Sun 12 Sutra 307
983686577		Yama 1:57PM – 3:15PM	Vyatipata* Until 3:01PM	Muruqa: Purple	Sunset: 5:53PM	Subhakrit 5124	
		Rahu 10:00AM – 11:19AM	Visti Until 1:40AM Sun	Nataraja: Orange		Moon 2 - Phase 42 - 12	
Routine Work	Marana Yoga		Trayodashi* Until 3:29PM	Moon – Light Blue		2nd Phase	
Until 12:59PM				Magha-Masi		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata (Fasting)</i>							

	<b>Sunday, February 19, 2023</b>		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				Milan, Italy
	<b>Retreat Star</b>		Gulika 3:16PM – 4:35PM	<b>Shravana Until 10:11AM</b>	Ganesha: Green	Sunrise: 7:21AM	Sun 13 Sutra 308
Makara Rasi: 20.4	Tithi 29 – 30	Yama 12:38PM – 1:57PM	Variyan Until 10:45AM	Muruqa: Purple	Sunset: 5:54PM	Subhakrit 5124	
993686577		Rahu 4:35PM – 5:54PM	Catuspada Until 9:57PM	Nataraja: Orange		Moon 2 - Phase 42 - 13	
Creative Work	Amrita Yoga		Chaturdashi* Until 11:47AM	Moon – Purple		Amavasya	
Until 10:11AM				Magha-Masi		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Monday, February 20, 2023</b>		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				Milan, Italy
	<b>Family Home Evening</b>		Gulika 1:57PM – 3:17PM	<b>Dhanishtha Until 7:16AM</b>	Ganesha: Green	Sunrise: 7:20AM	Sun 14 Sutra 309
Kumbha Rasi: 5.52	Tithi 30 – 1	Yama 11:18AM – 12:38PM	Parigha* Until 6:31AM	Muruqa: Purple	Sunset: 5:56PM	Subhakrit 5124	
993686577		Rahu 8:39AM – 9:59AM	Kintughna Until 6:21PM	Nataraja: Orange		Moon 2 - Phase 42 - 14	
Creative Work	Siddha Yoga		Amavasya* Until 8:07AM	Moon – Purple		Prathama	
				Phalgun-Masi		<b>Devaloka Day</b>	

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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1	<b>Tuesday, February 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtpada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Milan, Italy Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 20.54	Tithi 2	<b>Gulika</b> 12:38PM – 1:58PM	<b>Purvaproshtpada* Until 2:10AM Wed</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:18AM	
			Yama 9:58AM – 11:18AM	Siddha Until 10:38PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 43 - 15
		913686577	<b>Rahu</b> 3:17PM – 4:37PM	Balava Until 3:02PM	<b>Nataraja:</b> Orange		3rd Phase
Routine Work Marana Yoga			<b>Dvitiya Until 1:31AM Wed</b>	Moon – Clear		<b>Sivaloka Day</b>	
Until 2:10AM Wed				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

2	<b>Wednesday, February 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtpada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Milan, Italy Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 5.39	Tithi 3	<b>Gulika</b> 11:17AM – 12:38PM	<b>Uttaraproshtpada Until 12:21AM Thu</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 7:17AM	
			Yama 8:37AM – 9:57AM	Sadhya Until 7:16PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 5:59PM	Moon 2 - Phase 43 - 16
		913686577	<b>Rahu</b> 12:38PM – 1:58PM	Taitila Until 12:11PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Tritiya Until 10:57PM</b>	Moon – Clear		<b>Sivaloka Day</b>	
				Phalguna-Masi			

3	<b>Thursday, February 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 19.59	Tithi 4	<b>Gulika</b> 9:56AM – 11:17AM	<b>Revati Until 11:05PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:15AM	
			Yama 7:15AM – 8:36AM	Subha Until 4:27PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 43 - 17
		913786577	<b>Rahu</b> 1:58PM – 3:19PM	Vanija Until 9:57AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi* Until 9:05PM</b>	Moon – Clear		<b>Subha Sivaloka Day</b>	
Until 11:05PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Siva Vision Day</b>					

4	<b>Friday, February 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 3.51	Tithi 5	<b>Gulika</b> 8:34AM – 9:55AM	<b>Ashvini Until 10:55PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:13AM	
			Yama 3:19PM – 4:40PM	Sukla Until 2:15PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:01PM	Moon 2 - Phase 43 - 18
		923786577	<b>Rahu</b> 11:16AM – 12:37PM	Bava Until 8:28AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Amrita Yoga			<b>Panchami Until 8:02PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 10:55PM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

5	<b>Saturday, February 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Milan, Italy Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 17.13	Tithi 6	<b>Gulika</b> 7:12AM – 8:33AM	<b>Bharani Until 11:27PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:12AM	
			Yama 1:59PM – 3:20PM	Brahma Until 12:44PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:03PM	Moon 2 - Phase 43 - 19
		923786577	<b>Rahu</b> 9:54AM – 11:16AM	Kaulava Until 7:51AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi* Until 7:50PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 11:27PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

6	<b>Sunday, February 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Milan, Italy Sun 20 Sutra 315 Subhakrit 5124
	Vrishabha Rasi: 0.08	Tithi 7	<b>Gulika</b> 3:21PM – 4:42PM	<b>Krittika Until 12:39AM Mon</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 7:10AM	
			Yama 12:37PM – 1:59PM	Indra Until 11:55AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:04PM	Moon 2 - Phase 43 - 20
		924786577	<b>Rahu</b> 4:42PM – 6:04PM	Gara Until 8:05AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Saptami Until 8:30PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 12:39AM Mon				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

D	<b>Monday, February 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Milan, Italy Sun 21 Sutra 316 Subhakrit 5124
	Vrishabha Rasi: 12.4	Tithi 8	<b>Gulika</b> 1:59PM – 3:21PM	<b>Rohini Until 2:51AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:08AM	
	<b>Family Home Evening</b>		Yama 11:15AM – 12:37PM	Vaidhriti* Until 11:41AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:06PM	Moon 2 - Phase 43 - 21
		934786577	<b>Rahu</b> 8:30AM – 9:53AM	Visti Until 9:09AM	<b>Nataraja:</b> Orange		Ashtami
Creative Work Amrita Yoga			<b>Ashtami* Until 9:55PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 2:51AM Tue				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

D	<b>Tuesday, February 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Milan, Italy Sun 22 Sutra 317 Subhakrit 5124
	Vrishabha Rasi: 24.55	Tithi 9	<b>Gulika</b> 12:37PM – 1:59PM	<b>Mrigashira Until 5:24AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:07AM	
			Yama 9:52AM – 11:14AM	Vishkambha* Until 11:57AM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:07PM	Moon 2 - Phase 43 - 22
		934786577	<b>Rahu</b> 3:22PM – 4:44PM	Balava Until 10:52AM	<b>Nataraja:</b> Orange		Navami
Creative Work Siddha Yoga			<b>Navami* Until 11:54PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				Phalguna-Masi			

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

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<b>1</b>		<b>Wednesday, March 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Milan, Italy Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 6.57	Tithi 10	<b>Gulika</b> 11:13AM – 12:36PM	<b>Ardra Until 8:06AM Thu</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:03AM		
		Yama 8:26AM – 9:50AM	Priti Until 12:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:10PM	Moon 2 - Phase 44 - 23	
		934786577 <b>Rahu</b> 12:36PM – 2:00PM	Taitila Until 1:04PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami Until 2:15AM Thu</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 8:06AM Thu				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, March 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Milan, Italy Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 11	<b>Gulika</b> 9:49AM – 11:12AM	<b>Ardra Until 8:06AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 7:01AM		
		Yama 7:01AM – 8:25AM	Ayushman Until 1:22PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:11PM	Moon 2 - Phase 44 - 24	
		934786577 <b>Rahu</b> 2:00PM – 3:24PM	Vanija Until 3:31PM	<b>Nataraja:</b> Orange		4th Phase	
Routine Work	Marana Yoga		<b>Ekadashi Until 4:45AM Fri</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Until 8:06AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Friday, March 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Milan, Italy Sun 25 Sutra 320 Subhakrit 5124	
Kataka Rasi: 0.44	Tithi 12	<b>Gulika</b> 8:24AM – 9:48AM	<b>Punarvasu Until 11:14AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:59AM		
		Yama 3:24PM – 4:48PM	Saubhagya Until 2:14PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:12PM	Moon 2 - Phase 44 - 25	
		944786577 <b>Rahu</b> 11:12AM – 12:36PM	Bava Until 6:02PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 7:15AM Sat</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 11:14AM				Phalguna-Masi			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Saturday, March 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Milan, Italy Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 13	Tithi 12 – 13	<b>Gulika</b> 6:58AM – 8:22AM	<b>Pushya Until 2:10PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:58AM		
		Yama 2:00PM – 3:25PM	Sobhana Until 3:05PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:14PM	Moon 2 - Phase 44 - 26	
		944786577 <b>Rahu</b> 9:47AM – 11:11AM	Kaulava Until 8:28PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi Until 7:15AM</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 2:10PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
							<i>Pradosha Vrata</i>

<b>5</b>		<b>Sunday, March 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 24.31	Tithi 13 – 14	<b>Gulika</b> 3:25PM – 4:50PM	<b>Ashlesha* Until 4:47PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:56AM		
		Yama 12:36PM – 2:00PM	Athiganda* Until 3:47PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:15PM	Moon 2 - Phase 44 - 27	
		144786577 <b>Rahu</b> 4:50PM – 6:15PM	Gara Until 10:44PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi Until 9:37AM</b>	Moon – Blue		<b>Devaloka Day</b>	
Until 4:47PM		<b>Chidambaram Abhishekam</b>		Phalguna-Masi			
Then Routine Work - Marana Yoga							

<b>○</b>		<b>Monday, March 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Milan, Italy Sun 28 Sutra 323 Subhakrit 5124	
<b>Copper Retreat Star</b>		<b>Gulika</b> 2:01PM – 3:26PM	<b>Magha* Until 7:31PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:54AM		
Simha Rasi: 6.31	Tithi 14 – 15	Yama 11:10AM – 12:35PM	Sukarma Until 4:19PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 44 -	
<b>Family Home Evening</b>		154786577 <b>Rahu</b> 8:19AM – 9:45AM	Visti Until 12:45AM Tue	<b>Nataraja:</b> Orange		Purnima	
Routine Work	Marana Yoga		<b>Chaturdashi* Until 11:45AM</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 7:31PM		<b>Holi</b>		Phalguna-Masi			
Then Creative Work - Siddha Yoga							

<b>○</b>		<b>Tuesday, March 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Milan, Italy Sun 29 Sutra 324 Subhakrit 5124	
<b>Silver Retreat Star</b>		<b>Gulika</b> 12:35PM – 2:01PM	<b>Purvaphalguni Until 9:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:52AM		
Simha Rasi: 18.37	Tithi 15 – 16	Yama 9:44AM – 11:09AM	Dhriti Until 4:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:18PM	Moon 2 - Phase 44 -	
		154786577 <b>Rahu</b> 3:26PM – 4:52PM	Balava Until 2:28AM Wed	<b>Nataraja:</b> Orange		Prathama	
Creative Work	Siddha Yoga		<b>Purnima* Until 1:38PM</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 9:48PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Milan, Italy

Sutra 325

Subhakrit 5124

Kanya Rasi: 0.5      Tithi 16 – 17

154786577

Gulika

11:09AM – 12:35PM

Yama

8:17AM – 9:43AM

Rahu

12:35PM – 2:01PM

Uttaraphalguni Until 11:37PM

Shula\* Until 4:44PM

Taitila Until 3:52AM Thu

Prathama\* Until 3:11PM

Ganesha: Clear

Sunrise: 6:50AM

Muruqa: Purple

Sunset: 6:19PM

Nataraja: Orange

Moon – Red

Phalguna-Masi

Moon 3 - Phase 45 -

1st Phase

Sivaloka Day

Creative Work    Amrita Yoga

Until 11:37PM

Then Routine Work - Marana Yoga

**1** Thursday, March 9, 2023

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

Milan, Italy

Sutra 326

Subhakrit 5124

Kanya Rasi: 13.13      Tithi 17 – 18

164786577

Gulika

9:42AM – 11:08AM

Yama

6:49AM – 8:15AM

Rahu

2:01PM – 3:28PM

Hasta Until 1:25AM Fri

Ganda\* Until 4:34PM

Vanija Until 4:53AM Fri

Dvitiya Until 4:24PM

Ganesha: White

Sunrise: 6:49AM

Muruqa: Purple

Sunset: 6:21PM

Nataraja: Orange

Moon – Green

Phalguna-Masi

Moon 3 - Phase 45 - 1

1st Phase

Devaloka Day

Routine Work    Marana Yoga

Until 1:25AM Fri

Then Creative Work - Siddha Yoga

**2** Friday, March 10, 2023

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

Milan, Italy

Sutra 327

Subhakrit 5124

Kanya Rasi: 25.44      Tithi 18 – 19

165786577

Gulika

8:14AM – 9:41AM

Yama

3:28PM – 4:55PM

Rahu

11:07AM – 12:34PM

Chitra Until 2:40AM Sat

Vridhhi Until 4:07PM

Bava Until 5:30AM Sat

Tritiya Until 5:13PM

Ganesha: Yellow

Sunrise: 6:47AM

Muruqa: Purple

Sunset: 6:22PM

Nataraja: Orange

Moon – Green

Phalguna-Masi

Moon 3 - Phase 45 - 2

1st Phase

Sivaloka Day

Creative Work    Siddha Yoga

**3** Saturday, March 11, 2023

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

Milan, Italy

Sutra 328

Subhakrit 5124

Tula Rasi: 8.26      Tithi 19 – 20

165786577

Gulika

6:45AM – 8:12AM

Yama

2:01PM – 3:29PM

Rahu

9:40AM – 11:07AM

Svati Until 3:21AM Sun

Dhruva Until 3:19PM

Kaulava Until 5:41AM Sun

Chaturthi\* Until 5:38PM

Ganesha: Yellow

Sunrise: 6:45AM

Muruqa: Purple

Sunset: 6:23PM

Nataraja: Orange

Moon – Green

Phalguna-Masi

Moon 3 - Phase 45 - 3

1st Phase

Sivaloka Day

Creative Work    Siddha Yoga

Until 3:21AM Sun

Then Routine Work - Marana Yoga

**4** Sunday, March 12, 2023

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

Milan, Italy

Sutra 329

Subhakrit 5124

Tula Rasi: 21.2      Tithi 20 – 21

175786577

Gulika

3:29PM – 4:57PM

Yama

12:34PM – 2:02PM

Rahu

4:57PM – 6:25PM

Vishakha Until 3:52AM Mon

Vyaghata\* Until 2:11PM

Gara Until 5:23AM Mon

Panchami Until 5:34PM

Ganesha: Blue

Sunrise: 6:43AM

Muruqa: Purple

Sunset: 6:25PM

Nataraja: Orange

Moon – Orange

Phalguna-Masi

Moon 3 - Phase 45 - 4

1st Phase

Subha Sivaloka Day

Routine Work    Marana Yoga

Until 3:52AM Mon

Then Creative Work - Siddha Yoga

**5** Monday, March 13, 2023

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

Milan, Italy

Sutra 330

Subhakrit 5124

Vrischika Rasi: 4.3      Tithi 21 – 22

175786577

Gulika

2:02PM – 3:30PM

Yama

11:05AM – 12:34PM

Rahu

8:09AM – 9:37AM

Anuradha Until 3:44AM Tue

Harshana Until 12:40PM

Visti Until 4:33AM Tue

Shashthi\* Until 5:01PM

Ganesha: Blue

Sunrise: 6:41AM

Muruqa: Purple

Sunset: 6:26PM

Nataraja: Orange

Moon – Orange

Phalguna-Masi

Moon 3 - Phase 45 - 5

1st Phase

Subha Sivaloka Day

Creative Work    Siddha Yoga

Until 3:44AM Tue

Then Routine Work - Marana Yoga

**6** Tuesday, March 14, 2023

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

Milan, Italy

Sutra 331

Subhakrit 5124

Vrischika Rasi: 17.56      Tithi 22 – 23

175786577

Gulika

12:33PM – 2:02PM

Yama

9:36AM – 11:05AM

Rahu

3:30PM – 4:59PM

Jyeshtha\* Until 2:56AM Wed

Vajra\* Until 10:43AM

Balava Until 3:12AM Wed

Saptami Until 3:56PM

Ganesha: Blue

Sunrise: 6:39AM

Muruqa: Purple

Sunset: 6:27PM

Nataraja: Orange

Moon – Orange

Phalguna-Masi

Moon 3 - Phase 45 - 6

1st Phase

Subha Sivaloka Day

Routine Work    Marana Yoga

**Retreat Star** Wednesday, March 15, 2023

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

Milan, Italy

Sutra 332

Subhakrit 5124

Dhanus Rasi: 1.41      Tithi 23 – 24

185786578

Gulika

11:04AM – 12:33PM

Yama

8:06AM – 9:35AM

Rahu

12:33PM – 2:02PM

Mula\* Until 1:55AM Thu

Siddhi Until 8:22AM

Taitila Until 1:20AM Thu

Ashtami\* Until 2:19PM

Ganesha: Red

Sunrise: 6:37AM

Muruqa: Purple

Sunset: 6:29PM

Nataraja: Clear

Moon – Light Blue

Phalguna-Panguni

Moon 3 - Phase 45 - 7

Ashtami

Sivaloka Day

Routine Work    Marana Yoga

Until 1:55AM Thu

Then Creative Work - Siddha Yoga

**Retreat Star** Thursday, March 16, 2023

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

Milan, Italy

Sutra 333

Subhakrit 5124

Dhanus Rasi: 15.44      Tithi 24 – 25

185786578

Gulika

9:34AM – 11:03AM

Yama

6:36AM – 8:05AM

Rahu

2:02PM – 3:31PM

Purvashadha\* Until 12:17AM Fri

Varyan Until 2:28AM Fri

Vanija Until 11:00PM

Navami\* Until 12:12PM

Ganesha: Red

Sunrise: 6:36AM

Muruqa: Purple

Sunset: 6:30PM

Nataraja: Clear

Moon – Light Blue

Phalguna-Panguni

Moon 3 - Phase 45 - 8

Navami

Sivaloka Day

Creative Work    Siddha Yoga

Until 12:17AM Fri

Then Routine Work - Marana Yoga

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

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1	<b>Friday, March 17, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy Sun 9 Sutra 334
	Makara Rasi: 0.06	Tithi 25 – 26	<b>Gulika</b> 8:03AM – 9:33AM	<b>Uttarashadha</b> Until 10:08PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:34AM	Subhakrit 5124
			Yama 3:32PM – 5:01PM	Parigha* Until 11:02PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 46 - 9
	Routine Work	Marana Yoga	185786578 <b>Rahu</b> 11:03AM – 12:32PM	Bava Until 8:16PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami</b> Until 9:39AM	Moon – Light Blue		<b>Sivaloka Day</b>	
				Phalgunapanguni			

2	<b>Saturday, March 18, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau				Milan, Italy Sun 10 Sutra 335
	Makara Rasi: 14.43	Tithi 26 – 27	<b>Gulika</b> 6:32AM – 8:02AM	<b>Shravana</b> Until 7:59PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 2:02PM – 3:32PM	Shiva Until 7:23PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 46 - 10
	Creative Work	Siddha Yoga	195786578 <b>Rahu</b> 9:32AM – 11:02AM	Taitila Until 3:39AM Sun	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi*</b> Until 6:46AM	Moon – Purple		<b>Subha Sivaloka Day</b>	
				Phalgunapanguni			

3	<b>Sunday, March 19, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Milan, Italy Sun 11 Sutra 336
	Makara Rasi: 29.3	Tithi 28	<b>Gulika</b> 3:33PM – 5:03PM	<b>Dhanishtha</b> Until 5:34PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:30AM	Subhakrit 5124
			Yama 12:32PM – 2:02PM	Siddha Until 3:35PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 3 - Phase 46 - 11
	Routine Work	Marana Yoga	196796578 <b>Rahu</b> 5:03PM – 6:34PM	Gara Until 2:04PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi*</b> Until 12:27AM Mon	Moon – Purple		<b>Devaloka Day</b>	
				Phalgunapanguni			
				<i>Pradosha Vrata (Fasting)</i>			

4	<b>Monday, March 20, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Milan, Italy Sun 12 Sutra 337
	Kumbha Rasi: 14.2	Tithi 29	<b>Gulika</b> 2:02PM – 3:33PM	<b>Shatabhishak</b> Until 3:01PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 11:01AM – 12:32PM	Sadhya Until 11:49AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 46 - 12
	Creative Work	Siddha Yoga	196896578 <b>Rahu</b> 7:59AM – 9:30AM	Visti Until 10:53AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Chaturdashi*</b> Until 9:19PM	Moon – Purple		<b>Sivaloka Day</b>	
				Phalgunapanguni			

●	<b>Tuesday, March 21, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Milan, Italy Sun 13 Sutra 338
	<b>Retreat Star</b>		<b>Gulika</b> 12:31PM – 2:03PM	<b>Purvaproshtapada*</b> Until 12:55PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:26AM	Subhakrit 5124
	Kumbha Rasi: 29.06	Tithi 30	Yama 9:29AM – 11:00AM	Subha Until 8:11AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 46 - 13
	Routine Work	Marana Yoga	116896578 <b>Rahu</b> 3:34PM – 5:05PM	Catuspada Until 7:50AM	<b>Nataraja:</b> Clear		Amavasya
			<b>Amavasya*</b> Until 6:24PM	Moon – Clear		<b>Devaloka Day</b>	
				Phalgunapanguni			

●	<b>Wednesday, March 22, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revali Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 14 Sutra 339
	<b>Retreat Star</b>		<b>Gulika</b> 10:59AM – 12:31PM	<b>Uttaraproshtapada</b> Until 11:01AM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:24AM	Subhakrit 5124
	Meena Rasi: 13.39	Tithi 1 – 2	Yama 7:56AM – 9:28AM	Brahma Until 1:43AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 46 - 14
	Creative Work	Siddha Yoga	116896578 <b>Rahu</b> 12:31PM – 2:03PM	Balava Until 2:48AM Thu	<b>Nataraja:</b> Clear		Prathama
			<b>Prathama*</b> Until 3:52PM	Moon – Clear		<b>Devaloka Day</b>	
				Chaitrapanguni			
				<i>Yugadhi</i>			
				Then Routine Work - Marana Yoga			

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

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<b>1</b>		<b>Thursday, March 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Milan, Italy Sun 15 Sutra 340	
Meena Rasi: 27.53	Tithi 2 – 3	<b>Gulika</b> 9:27AM – 10:59AM	<b>Revati Until 9:28AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:22AM		Subhakrit 5124
		Yama 6:22AM – 7:54AM	Indra Until 11:11PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 3 - Phase 47 - 15	
		116896578 <b>Rahu</b> 2:03PM – 3:35PM	Taitila Until 1:06AM Fri	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Dvitiya Until 1:51PM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 9:28AM		Chellappaswami Mahasamadhi		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, March 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Milan, Italy Sun 16 Sutra 341	
Mesha Rasi: 11.43	Tithi 3 – 4	<b>Gulika</b> 7:53AM – 9:25AM	<b>Ashvini Until 8:50AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM		Subhakrit 5124
		Yama 3:35PM – 5:08PM	Vaidhriti* Until 9:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 47 - 16	
		126896578 <b>Rahu</b> 10:58AM – 12:30PM	Vanija Until 12:07AM Sat	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Tritiya Until 12:30PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 8:50AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, March 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Milan, Italy Sun 17 Sutra 342	
Mesha Rasi: 25.07	Tithi 4 – 5	<b>Gulika</b> 6:19AM – 7:51AM	<b>Bharani Until 8:48AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:19AM		Subhakrit 5124
		Yama 2:03PM – 3:36PM	Vishkamba* Until 7:48PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 17	
		126896578 <b>Rahu</b> 9:24AM – 10:57AM	Bava Until 11:55PM	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Chaturthi* Until 11:54AM</b>	Moon – White		<b>Devaloka Day</b>	
Until 8:48AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, March 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Milan, Italy Sun 18 Sutra 343	
Vrishabha Rasi: 8.07	Tithi 5 – 6	<b>Gulika</b> 3:36PM – 5:10PM	<b>Krittika Until 9:22AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:17AM		Subhakrit 5124
		Yama 12:30PM – 2:03PM	Priti Until 7:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 47 - 18	
		126896578 <b>Rahu</b> 5:10PM – 6:43PM	Kaulava Until 12:30AM Mon	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Panchami Until 12:05PM</b>	Moon – White		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>5</b>		<b>Monday, March 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Milan, Italy Sun 19 Sutra 344	
Vrishabha Rasi: 20.44	Tithi 6 – 7	<b>Gulika</b> 2:03PM – 3:37PM	<b>Rohini Until 10:59AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:15AM		Subhakrit 5124
<b>Family Home Evening</b>		Yama 10:56AM – 12:29PM	Ayushman Until 6:50PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:44PM	Moon 3 - Phase 47 - 19	
		137896578 <b>Rahu</b> 7:48AM – 9:22AM	Gara Until 1:47AM Tue	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Shashthi* Until 1:02PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>Retreat Star</b>		<b>Tuesday, March 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Milan, Italy Sun 20 Sutra 345	
Mithuna Rasi: 3.04	Tithi 7 – 8	<b>Gulika</b> 12:29PM – 2:03PM	<b>Mrigashira Until 1:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:13AM		Subhakrit 5124
		Yama 9:21AM – 10:55AM	Saubhagya Until 7:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 3 - Phase 47 - 20	
		137896578 <b>Rahu</b> 3:37PM – 5:11PM	Visti Until 3:39AM Wed	<b>Nataraja:</b> Clear		Ashtami	
Creative Work Siddha Yoga			<b>Saptami Until 2:38PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 1:05PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, March 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Milan, Italy Sun 21 Sutra 346	
Mithuna Rasi: 15.1	Tithi 8 – 9	<b>Gulika</b> 10:54AM – 12:29PM	<b>Ardra Until 3:30PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:11AM		Subhakrit 5124
		Yama 7:45AM – 9:20AM	Sobhana Until 7:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:47PM	Moon 3 - Phase 47 - 21	
		137896578 <b>Rahu</b> 12:29PM – 2:03PM	Balava Until 5:53AM Thu	<b>Nataraja:</b> Clear		Navami	
Creative Work Siddha Yoga			<b>Ashtami* Until 4:42PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
		Sri Rama Navami		Chaitra•Panguni			

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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<b>1</b>		<b>Thursday, March 30, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Kaulava Karana Navamyam Titau		Milan, Italy Sun 22 Sutra 347 Subhakit 5124	
Mithuna Rasi: 27.07	Tithi 9	<b>Gulika</b> 9:19AM – 10:54AM	<b>Punarvasu</b> Until 6:30PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:09AM		
		Yama 6:09AM – 7:44AM	Athiganda* Until 8:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:48PM	Moon 3 - Phase 48 - 22	
147896578	<b>Rahu</b> 2:03PM – 3:38PM		Kaulava Until 7:03PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Navami*</b> Until 7:03PM	Moon – Blue		<b>Bhuloka Day</b>	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

<b>2</b>		<b>Friday, March 31, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Milan, Italy Sun 23 Sutra 348 Subhakit 5124	
Kataka Rasi: 9.01	Tithi 10	<b>Gulika</b> 7:42AM – 9:18AM	<b>Pushya</b> Until 9:26PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM		
		Yama 3:39PM – 5:14PM	Sukarma Until 9:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 3 - Phase 48 - 23	
147896578	<b>Rahu</b> 10:53AM – 12:28PM		Taitila Until 8:17AM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Dashami</b> Until 9:29PM	Moon – Blue		<b>Bhuloka Day</b>	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

<b>3</b>		<b>Saturday, April 1, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau		Milan, Italy Sun 24 Sutra 349 Subhakit 5124	
Kataka Rasi: 20.55	Tithi 11	<b>Gulika</b> 6:07AM – 7:42AM	<b>Ashlesha*</b> Until 12:05AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM		
		Yama 2:03PM – 3:39PM	Dhriti Until 10:11PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:49PM	Moon 3 - Phase 48 - 24	
147896578	<b>Rahu</b> 9:18AM – 10:53AM		Vanija Until 10:41AM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Ekadashi</b> Until 11:48PM	Moon – Blue		<b>Bhuloka Day</b>	
		<b>Yogaswami Mahasamadhi</b>		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

<b>4</b>		<b>Sunday, April 2, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Milan, Italy Sun 25 Sutra 350 Subhakit 5124	
Simha Rasi: 2.52	Tithi 12	<b>Gulika</b> 3:39PM – 5:15PM	<b>Magha*</b> Until 2:50AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:05AM		
		Yama 12:28PM – 2:04PM	Shula* Until 10:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:51PM	Moon 3 - Phase 48 - 25	
158896578	<b>Rahu</b> 5:15PM – 6:51PM		Bava Until 12:54PM	<b>Nataraja:</b> Clear		4th Phase	
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 1:52AM Mon	Moon – Red		<b>Devaloka Day</b>	
Until 2:50AM Mon				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

<b>5</b>		<b>Monday, April 3, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Milan, Italy Sun 26 Sutra 351 Subhakit 5124	
Simha Rasi: 14.55	Tithi 13	<b>Gulika</b> 2:04PM – 3:40PM	<b>Purvaphalguni</b> Until 5:04AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:03AM		
		Yama 10:52AM – 12:28PM	Ganda* Until 11:06PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 3 - Phase 48 - 26	
158896578	<b>Rahu</b> 7:40AM – 9:16AM		Kaulava Until 2:48PM	<b>Nataraja:</b> Clear		4th Phase	
Family Home Evening	Siddha Yoga		<b>Trayodashi</b> Until 3:34AM Tue	Moon – Red		<b>Devaloka Day</b>	
Until 5:04AM Tue				Chaitra•Panguni			
Then Creative Work - Amrita Yoga						<i>Pradosha Vrata</i>	

<b>6</b>		<b>Tuesday, April 4, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Milan, Italy Sun 27 Sutra 352 Subhakit 5124	
Simha Rasi: 27.08	Tithi 14	<b>Gulika</b> 12:27PM – 2:04PM	<b>Uttaraphalguni</b> Until 6:42AM Wed	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:02AM		
		Yama 9:14AM – 10:51AM	Vriddhi Until 11:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 3 - Phase 48 - 27	
158896578	<b>Rahu</b> 3:40PM – 5:17PM		Gara Until 4:17PM	<b>Nataraja:</b> Clear		4th Phase	
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 4:50AM Wed	Moon – Red		<b>Devaloka Day</b>	
Until 6:42AM Wed				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

<b>○</b>		<b>Wednesday, April 5, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau		Milan, Italy Sun 28 Sutra 353 Subhakit 5124	
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:50AM – 12:27PM	<b>Uttaraphalguni</b> Until 6:42AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:00AM		
Kanya Rasi: 9.32	Tithi 15	Yama 7:37AM – 9:13AM	Dhruva Until 10:44PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM	Moon 3 - Phase 48 -	
158896578	<b>Rahu</b> 12:27PM – 2:04PM		Visti Until 5:17PM	<b>Nataraja:</b> Clear		Purnima	
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 5:36AM Thu	Moon – Red		<b>Devaloka Day</b>	
Until 6:42AM		<b>Panguni Uttiram</b>		Chaitra•Panguni			
Then Routine Work - Marana Yoga		<b>Hanuman Jayanti</b>					

<b>○</b>		<b>Thursday, April 6, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau		Milan, Italy Sun 29 Sutra 354 Subhakit 5124	
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:12AM – 10:50AM	<b>Hasta</b> Until 8:11AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:58AM		
Kanya Rasi: 22.1	Tithi 16	Yama 5:58AM – 7:35AM	Vyaghata* Until 10:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:56PM	Moon 3 - Phase 48 -	
168896578	<b>Rahu</b> 2:04PM – 3:41PM		Balava Until 5:49PM	<b>Nataraja:</b> Clear		Prathama	
Routine Work	Marana Yoga		<b>Prathama*</b> Until 5:52AM Fri	Moon – Green		<b>Bhuloka Day</b>	
Until 8:11AM				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

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

All times are standard time. Calculated for Milan, Italy on 5/1/20

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

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

Milan, Italy  
Sutra 355

Tula Rasi: 5.01      Tithi 17

**Gulika** 7:34AM – 9:11AM  
Yama 3:42PM – 5:19PM  
168896578 **Rahu** 10:49AM – 12:26PM

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

**Ganesha:** Blue      *Sunrise:* 5:56AM  
**Muruqa:** Clear      *Sunset:* 6:57PM  
**Nataraja:** Clear  
Moon – Green

Moon 4 - Phase 49 -  
1st Phase

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

Creative Work      Siddha Yoga

**1**

**Saturday, April 8, 2023**

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

Milan, Italy  
Sun 1      Sutra 356

Tula Rasi: 18.05      Tithi 18

**Gulika** 5:54AM – 7:32AM  
Yama 2:04PM – 3:42PM  
168896578 **Rahu** 9:10AM – 10:48AM

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

**Ganesha:** Blue      *Sunrise:* 5:54AM  
**Muruqa:** Clear      *Sunset:* 6:58PM  
**Nataraja:** Clear  
Moon – Green

Moon 4 - Phase 49 - 1  
1st Phase

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

Creative Work      Siddha Yoga

**2**

**Sunday, April 9, 2023**

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

Milan, Italy  
Sun 2      Sutra 357

Vrischika Rasi: 1.23      Tithi 19

**Gulika** 3:43PM – 5:21PM  
Yama 12:26PM – 2:04PM  
179896578 **Rahu** 5:21PM – 6:59PM

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

**Ganesha:** Red      *Sunrise:* 5:52AM  
**Muruqa:** Clear      *Sunset:* 6:59PM  
**Nataraja:** Clear  
Moon – Orange

Moon 4 - Phase 49 - 2  
1st Phase

**Devaloka Day**

Routine Work      Marana Yoga

**3**

**Monday, April 10, 2023**

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

Milan, Italy  
Sun 3      Sutra 358

Vrischika Rasi: 14.53      Tithi 20

**Family Home Evening**  
Creative Work      Siddha Yoga

**Gulika** 2:04PM – 3:43PM  
Yama 10:47AM – 12:26PM  
179896578 **Rahu** 7:29AM – 9:08AM

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

**Ganesha:** Red      *Sunrise:* 5:50AM  
**Muruqa:** Clear      *Sunset:* 7:01PM  
**Nataraja:** Clear  
Moon – Orange

Moon 4 - Phase 49 - 3  
1st Phase

**Devaloka Day**

**4**

**Tuesday, April 11, 2023**

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

Milan, Italy  
Sun 4      Sutra 359

Vrischika Rasi: 28.35      Tithi 21

Routine Work      Marana Yoga  
Until 8:17AM  
Then Creative Work - Amrita Yoga

**Gulika** 12:25PM – 2:05PM  
Yama 9:07AM – 10:46AM  
179896578 **Rahu** 3:44PM – 5:23PM

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

**Ganesha:** Red      *Sunrise:* 5:49AM  
**Muruqa:** Clear      *Sunset:* 7:02PM  
**Nataraja:** Clear  
Moon – Orange

Moon 4 - Phase 49 - 4  
1st Phase

**Devaloka Day**

**5**

**Wednesday, April 12, 2023**

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

Milan, Italy  
Sun 5      Sutra 360

Dhanus Rasi: 12.28      Tithi 22

Routine Work      Marana Yoga  
Until 7:28AM  
Then Creative Work - Amrita Yoga

**Gulika** 10:46AM – 12:25PM  
Yama 7:26AM – 9:06AM  
189896578 **Rahu** 12:25PM – 2:05PM

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

**Ganesha:** Green      *Sunrise:* 5:47AM  
**Muruqa:** Clear      *Sunset:* 7:03PM  
**Nataraja:** Clear  
Moon – Light Blue

Moon 4 - Phase 49 - 5  
1st Phase

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

**D**

**Thursday, April 13, 2023**

**Retreat Star**

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

Milan, Italy  
Sun 6      Sutra 361

Dhanus Rasi: 26.31      Tithi 23

Creative Work      Siddha Yoga  
Until 6:14AM  
Then Routine Work - Marana Yoga

**Gulika** 9:05AM – 10:45AM  
Yama 5:45AM – 7:25AM  
189996578 **Rahu** 2:05PM – 3:45PM

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

**Ganesha:** White      *Sunrise:* 5:45AM  
**Muruqa:** Clear      *Sunset:* 7:05PM  
**Nataraja:** Clear  
Moon – Light Blue

Moon 4 - Phase 49 - 6  
Ashtami

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

**Friday, April 14, 2023**

**Retreat Star**

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

Milan, Italy  
Sun 7      Sutra 362

Makara Rasi: 10.43      Tithi 24

Routine Work      Marana Yoga  
Until 3:10AM Sat  
Then Creative Work - Siddha Yoga

**Gulika** 7:24AM – 9:04AM  
Yama 3:45PM – 5:26PM  
199996578 **Rahu** 10:44AM – 12:25PM

**Chidambaram Abhishekam**  
**Tamil New Year**

**Shravana Until 3:10AM Sat**  
Sadhya Until 2:05AM Sat  
Taitila Until 8:01AM  
**Navami\* Until 6:49PM**

**Ganesha:** Clear      *Sunrise:* 5:43AM  
**Muruqa:** Clear      *Sunset:* 7:06PM  
**Nataraja:** Clear  
Moon – Purple

Moon 4 - Phase 49 - 7  
Navami

**Devaloka Day**


Chaitra\*Chaitra

<b>1</b>	<b>Saturday, April 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Milan, Italy
	Makara Rasi: 25.01	Tithi 25 – 26	<b>Gulika</b> 5:41AM – 7:22AM	<b>Dhanishtha</b> Until 1:26AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:41AM	Sun 8 Sutra 363
			Yama 2:05PM – 3:46PM	Subha Until 10:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:07PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 9:03AM – 10:44AM	Bava Until 3:08AM Sun	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 8
			<b>Dashami</b> Until 4:22PM	Moon – Purple		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Sunday, April 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Milan, Italy
	Kumbha Rasi: 9.23	Tithi 26 – 27	<b>Gulika</b> 3:46PM – 5:27PM	<b>Shatabhishak</b> Until 11:33PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:40AM	Sun 9 Sutra 364
			Yama 12:24PM – 2:05PM	Sukla Until 7:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:07PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 5:27PM – 7:08PM	Kaulava Until 12:37AM Mon	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 9
			<b>Ekadashi*</b> Until 1:51PM	Moon – Purple		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Bhuloka Day</b>	
						Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Monday, April 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Milan, Italy
	Kumbha Rasi: 23.46	Tithi 27 – 28	<b>Gulika</b> 2:05PM – 3:47PM	<b>Purvaproshtapada*</b> Until 10:01PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:38AM	Sun 10 Sutra 1
	<b>Family Home Evening</b>		Yama 10:42AM – 12:24PM	Brahma Until 4:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:10PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 7:19AM – 9:01AM	Gara Until 10:11PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 10
			<b>Dvadashi*</b> Until 11:22AM	Moon – Clear		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Devaloka Day</b>	
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Tuesday, April 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Milan, Italy
	Meena Rasi: 8.04	Tithi 28 – 29	<b>Gulika</b> 12:24PM – 2:05PM	<b>Uttaraproshtapada</b> Until 8:32PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:36AM	Sun 11 Sutra 2
			Yama 9:00AM – 10:42AM	Indra Until 1:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:11PM	Sobhana 5125
	Creative Work	Amrita Yoga	211996578 <b>Rahu</b> 3:47PM – 5:29PM	Visti Until 7:57PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 11
			<b>Trayodashi*</b> Until 9:01AM	Moon – Clear		2nd Phase	
				<b>Chaitra*Chaitra</b>		<b>Devaloka Day</b>	

	<b>Wednesday, April 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Milan, Italy
	<b>Retreat Star</b>		<b>Gulika</b> 10:41AM – 12:23PM	<b>Revati</b> Until 7:14PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:34AM	Sun 12 Sutra 3
	Meena Rasi: 22.13	Tithi 29 – 30	Yama 7:17AM – 8:59AM	Vaidhriti* Until 10:54AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:12PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 12:23PM – 2:06PM	Catuspada Until 6:02PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 12
			<b>Chaturdashi*</b> Until 6:55AM	Moon – Clear		Amavasya	
				<b>Chaitra*Chaitra</b>		<b>Devaloka Day</b>	

<b>Retreat Star</b>	<b>Thursday, April 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Milan, Italy
	Mesha Rasi: 6.07	Tithi 1	<b>Gulika</b> 8:58AM – 10:40AM	<b>Ashvini</b> Until 6:39PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:33AM	Sun 13 Sutra 4
			Yama 5:33AM – 7:15AM	Vishkambha* Until 8:28AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:14PM	Sobhana 5125
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 2:06PM – 3:48PM	Kintughna Until 4:32PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 13
			<b>Prathama*</b> Until 3:58AM Fri	Moon – White		Prathama	
				<b>Vaisaka*Chaitra</b>		<b>Devaloka Day</b>	

<b>1</b>	<b>Friday, April 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Milan, Italy Sun 14 Sutra 5
	Mesha Rasi: 19.43	Tithi 2	<b>Gulika</b> 7:14AM – 8:57AM	<b>Bharani Until 6:28PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:31AM	Sobhana 5125
			Yama 3:49PM – 5:32PM	Priti Until 6:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:15PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 <b>Rahu</b> 10:40AM – 12:23PM	Balava Until 3:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya Until 3:19AM Sat</b>	Moon – White		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>2</b>	<b>Saturday, April 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Milan, Italy Sun 15 Sutra 6
	Wrishabha Rasi: 3	Tithi 3	<b>Gulika</b> 5:29AM – 7:13AM	<b>Krittika Until 6:44PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:29AM	Sobhana 5125
			Yama 2:06PM – 3:49PM	Saubhagya Until 3:51AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:16PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 8:56AM – 10:39AM	Taitila Until 3:15PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya Until 3:19AM Sun</b>	Moon – White		<b>Devaloka Day</b>	
			Akshaya Tritiya	Vaisaka-Chaitra			

<b>3</b>	<b>Sunday, April 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Milan, Italy Sun 16 Sutra 7
	Wrishabha Rasi: 15.56	Tithi 4	<b>Gulika</b> 3:50PM – 5:34PM	<b>Rohini Until 7:58PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:28AM	Sobhana 5125
			Yama 12:22PM – 2:06PM	Sobhana Until 3:20AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:17PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 <b>Rahu</b> 5:34PM – 7:17PM	Vanija Until 3:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi* Until 3:59AM Mon</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>4</b>	<b>Monday, April 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Milan, Italy Sun 17 Sutra 8
	Wrishabha Rasi: 28.34	Tithi 5	<b>Gulika</b> 2:06PM – 3:50PM	<b>Mrigashira Until 9:40PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:26AM	Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:38AM – 12:22PM	Athiganda* Until 3:17AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:19PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 <b>Rahu</b> 7:10AM – 8:54AM	Bava Until 4:34PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami Until 5:15AM Tue</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>5</b>	<b>Tuesday, April 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Kaulava Karana Shashthyam Titau				Milan, Italy Sun 18 Sutra 9
	Mithuna Rasi: 10.55	Tithi 6	<b>Gulika</b> 12:22PM – 2:07PM	<b>Ardra Until 11:44PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:24AM	Sobhana 5125
			Yama 8:53AM – 10:38AM	Sukarma Until 3:38AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:20PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 <b>Rahu</b> 3:51PM – 5:35PM	Kaulava Until 6:07PM	<b>Nataraja:</b> Purple		3rd Phase
			<b>Shashthi* Until 7:02AM Wed</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>6</b>	<b>Wednesday, April 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Milan, Italy Sun 19 Sutra 10
	Mithuna Rasi: 23.04	Tithi 6 – 7	<b>Gulika</b> 10:37AM – 12:22PM	<b>Punarvasu Until 2:31AM Thu</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:23AM	Sobhana 5125
			Yama 7:07AM – 8:52AM	Dhriti Until 4:18AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:21PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 <b>Rahu</b> 12:22PM – 2:07PM	Gara Until 8:06PM	<b>Nataraja:</b> Purple		3rd Phase
			<b>Shashthi* Until 7:02AM</b>	Moon – Blue		<b>Subha Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>D</b>	<b>Thursday, April 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Milan, Italy Sun 20 Sutra 11
	<b>Retreat Star</b>		<b>Gulika</b> 8:51AM – 10:37AM	<b>Pushya Until 5:21AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:21AM	Sobhana 5125
	Kataka Rasi: 5.04	Tithi 7 – 8	Yama 5:21AM – 7:06AM	Shula* Until 5:06AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:22PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 <b>Rahu</b> 2:07PM – 3:52PM	Visti Until 10:21PM	<b>Nataraja:</b> Purple		Ashtami
			<b>Saptami Until 9:11AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>D</b>	<b>Friday, April 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Milan, Italy Sun 21 Sutra 12
	<b>Retreat Star</b>		<b>Gulika</b> 7:05AM – 8:50AM	<b>Ashlesha* Until 8:03AM Sat</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:19AM	Sobhana 5125
	Kataka Rasi: 16.59	Tithi 8 – 9	Yama 3:53PM – 5:38PM	Ganda* Until 5:57AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 7:24PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 <b>Rahu</b> 10:36AM – 12:22PM	Balava Until 12:42AM Sat	<b>Nataraja:</b> Purple		Navami
			<b>Ashtami* Until 11:30AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

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

<b>1</b>	<b>Saturday, April 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Milan, Italy Sun 22 Sutra 13
	Kataka Rasi: 28.53	Tithi 9 – 10	Gulika 5:18AM – 7:04AM Yama 2:07PM – 3:53PM Rahu 8:50AM – 10:36AM	<b>Ashlesha* Until 8:03AM</b> Vriddhi Until 6:42AM Sun Taitila Until 2:55AM Sun Navami* Until 1:49PM	Ganesha: Red Muruga: Clear Nataraja: Purple Moon – Blue	Sunrise: 5:18AM Sunset: 7:25PM	Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase
Routine Work Marana Yoga Until 8:03AM Then Creative Work - Amrita Yoga			<b>Sivaloka Day</b>				


<b>2</b>	<b>Sunday, April 30, 2023</b>		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				Milan, Italy Sun 23 Sutra 14
	Simha Rasi: 10.51	Tithi 10 – 11	Gulika 3:54PM – 5:40PM Yama 12:21PM – 2:07PM Rahu 5:40PM – 7:26PM	<b>Magha* Until 10:56AM</b> Vriddhi Until 6:42AM Vanija Until 4:51AM Mon Dashami Until 3:55PM	Ganesha: Blue Muruga: Clear Nataraja: Purple Moon – Red	Sunrise: 5:16AM Sunset: 7:26PM	Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase
Routine Work Marana Yoga Until 10:56AM Then Creative Work - Siddha Yoga			<b>Devaloka Day</b>				

<b>3</b>	<b>Monday, May 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Milan, Italy Sun 24 Sutra 15
	Simha Rasi: 22.56	Tithi 11 – 12	Gulika 2:08PM – 3:55PM Yama 10:34AM – 12:21PM Rahu 7:00AM – 8:47AM	<b>Purvaphalguni Until 1:17PM</b> Dhruva Until 7:10AM Bava Until 6:19AM Tue Ekadashi Until 5:38PM	Ganesha: Blue Muruga: Clear Nataraja: Purple Moon – Red	Sunrise: 5:13AM Sunset: 7:29PM	Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase
Family Home Evening Creative Work Siddha Yoga			<b>Devaloka Day</b>				

<b>4</b>	<b>Tuesday, May 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Milan, Italy Sun 25 Sutra 16
	Kanya Rasi: 5.14	Tithi 12	Gulika 12:21PM – 2:08PM Yama 8:46AM – 10:34AM Rahu 3:55PM – 5:43PM	<b>Uttaraphalguni Until 3:00PM</b> Vyaghata* Until 7:17AM Bava Until 6:19AM Dvadashi Until 6:48PM	Ganesha: Blue Muruga: Clear Nataraja: Purple Moon – Red	Sunrise: 5:12AM Sunset: 7:30PM	Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase
Creative Work Amrita Yoga Until 3:00PM Then Creative Work - Siddha Yoga			<b>Devaloka Day</b>				

<b>5</b>	<b>Wednesday, May 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Milan, Italy Sun 26 Sutra 17
	Kanya Rasi: 17.46	Tithi 13	Gulika 10:33AM – 12:21PM Yama 6:58AM – 8:45AM Rahu 12:21PM – 2:08PM	<b>Hasta Until 4:27PM</b> Harshana Until 6:58AM Kaulava Until 7:11AM Trayodashi Until 7:22PM	Ganesha: Yellow Muruga: Clear Nataraja: Purple Moon – Green	Sunrise: 5:10AM Sunset: 7:31PM	Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase
Routine Work Marana Yoga Until 4:27PM Then Creative Work - Siddha Yoga			<b>Sivaloka Day</b> <i>Pradosha Vrata</i>				

<b>6</b>	<b>Thursday, May 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Milan, Italy Sun 27 Sutra 18
	Tula Rasi: 1	Tithi 14	Gulika 8:45AM – 10:33AM Yama 5:09AM – 6:57AM Rahu 2:09PM – 3:57PM	<b>Chitra Until 5:07PM</b> Vajra* Until 6:07AM Gara Until 7:26AM Chaturdashi* Until 7:18PM	Ganesha: Yellow Muruga: Clear Nataraja: Purple Moon – Green	Sunrise: 5:09AM Sunset: 7:32PM	Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase
Creative Work Siddha Yoga Until 5:07PM Then Creative Work - Amrita Yoga			<b>Sivaloka Day</b>				

	<b>Friday, May 5, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Milan, Italy Sun 28 Sutra 19
	Tula Rasi: 13.45	Tithi 15	Gulika 6:56AM – 8:44AM Yama 3:57PM – 5:45PM Rahu 10:32AM – 12:21PM	<b>Svati Until 5:02PM</b> Vyatipata* Until 3:01AM Sat Visti Until 7:03AM Purnima* Until 6:37PM	Ganesha: Yellow Muruga: Clear Nataraja: Purple Moon – Green	Sunrise: 5:07AM Sunset: 7:34PM	Sobhana 5125 Moon 4 - Phase 3 - Purnima
Creative Work Siddha Yoga Then Creative Work - Amrita Yoga			<b>Sivaloka Day</b> Budha Purnima (Tamil Nadu)				

<b>7</b>	<b>Saturday, May 6, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau				Milan, Italy Sun 29 Sutra 20
	Tula Rasi: 27.13	Tithi 16 – 17	Gulika 5:06AM – 6:55AM Yama 2:09PM – 3:58PM Rahu 8:43AM – 10:32AM	<b>Vishakha Until 4:43PM</b> Variyan Until 12:50AM Sun Balava Until 6:05AM Prathama* Until 5:24PM	Ganesha: White Muruga: Clear Nataraja: Purple Moon – Orange	Sunrise: 5:06AM Sunset: 7:35PM	Sobhana 5125 Moon 4 - Phase 3 - Prathama
Creative Work Siddha Yoga			<b>Devaloka Day</b>				