



Monday, April 18, 2022
Gold Retreat Star

Tula Rasi: 21.1 Tithi 17 – 18
Family Home Evening 278345478
Routine Work Marana Yoga
Until 2:07AM Tue
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yukhtayam
Vishakha Nakshatra Siddhi Yoga Taitila/Vanija Karana Dvitiya/Trityayam Titau
Gulika 1:42PM – 3:17PM
Yama 10:31AM – 12:06PM
Rahu 7:19AM – 8:55AM
Vishakha Until 2:07AM Tue
Siddhi Until 6:51PM
Taitila Until 7:16AM
Dvitiya Until 5:54PM

Muscat, Oman
Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase
Sunrise: 5:44AM
Sunset: 6:29PM
Bhuloka Day
Ganesha: Purple
Muruga: White
Nataraja: White
Moon – Orange
Chaitra+Chaitra

1

Tuesday, April 19, 2022

Virschika Rasi: 5.41 Tithi 18 – 19
278345478
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yukhtayam
Anuradha Nakshatra Vyatipata/Variyan Yoga Visti/Bava Karana Tritya/Chaturthyam Titau
Gulika 12:06PM – 1:42PM
Yama 8:54AM – 10:30AM
Rahu 3:18PM – 4:53PM
Anuradha Until 12:06AM Wed
Vyatipata* Until 3:29PM
Bava Until 1:45AM Wed
Tritya Until 3:07PM

Muscat, Oman
Sun 1
Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 - 1st Phase
Sunrise: 5:43AM
Sunset: 6:29PM
Bhuloka Day
Ganesha: Purple
Muruga: White
Nataraja: White
Moon – Orange
Chaitra+Chaitra

2

Wednesday, April 20, 2022

Virschika Rasi: 20.14 Tithi 19 – 20
278345478
Creative Work Siddha Yoga
Until 10:00PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yukhtayam
Jyeshtha* Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 10:30AM – 12:06PM
Yama 7:18AM – 8:54AM
Rahu 12:06PM – 1:42PM
Jyeshtha* Until 10:00PM
Variyan Until 12:05PM
Kaulava Until 11:01PM
Chaturthi* Until 12:21PM

Muscat, Oman
Sun 2
Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 - 2nd Phase
Sunrise: 5:42AM
Sunset: 6:30PM
Bhuloka Day
Ganesha: Purple
Muruga: White
Nataraja: White
Moon – Orange
Chaitra+Chaitra

3

Thursday, April 21, 2022

Dhanus Rasi: 4.44 Tithi 20 – 21
288345478
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Guru Vasara Yukhtayam
Mula* Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 8:53AM – 10:29AM
Yama 5:41AM – 7:17AM
Rahu 1:42PM – 3:18PM
Mula* Until 8:19PM
Parigha* Until 8:47AM
Gara Until 8:25PM
Panchami Until 9:40AM

Muscat, Oman
Sun 3
Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 - 3rd Phase
Sunrise: 5:41AM
Sunset: 6:30PM
Bhuloka Day
Devaloka Time: 6:AM to 9:AM
Ganesha: Clear
Muruga: White
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

4

Friday, April 22, 2022

Dhanus Rasi: 19.07 Tithi 21 – 22
289345478
Routine Work Prabalarishta Yoga
Until 6:43PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Sukra Vasara Yukhtayam
Purvashadha* Nakshatra Siddha Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 7:17AM – 8:53AM
Yama 3:18PM – 4:54PM
Rahu 10:29AM – 12:05PM
Purvashadha* Until 6:43PM
Siddha Until 2:42AM Sat
Visti Until 6:03PM
Shashthi* Until 7:11AM

Muscat, Oman
Sun 4
Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 - 4th Phase
Sunrise: 5:40AM
Sunset: 6:30PM
Devaloka Day
Ganesha: Purple
Muruga: White
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

5

Saturday, April 23, 2022
Retreat Star

Makara Rasi: 3.19 Tithi 23
289345478
Routine Work Marana Yoga
Until 5:15PM
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yukhtayam
Uttarashadha/Shravana Nakshatra Sadhya Yoga Balava/Kaulava Karana Ashtamyam Titau
Gulika 5:40AM – 7:16AM
Yama 1:42PM – 3:18PM
Rahu 8:52AM – 10:29AM
Uttarashadha Until 5:15PM
Sadhya Until 12:00AM Sun
Balava Until 3:58PM
Ashtami* Until 3:02AM Sun

Muscat, Oman
Sun 5
Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 - 5th Phase
Sunrise: 5:40AM
Sunset: 6:31PM
Devaloka Day
Ganesha: Purple
Muruga: White
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Sunday, April 24, 2022
Retreat Star

Makara Rasi: 17.19 Tithi 24
299345478
Creative Work Amrita Yoga
Until 4:24PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yukhtayam
Shravana/Dhanishtha Nakshatra Subha Yoga Taitila/Gara Karana Navamyam Titau
Gulika 3:18PM – 4:55PM
Yama 12:05PM – 1:42PM
Rahu 4:55PM – 6:31PM
Shravana Until 4:24PM
Subha Until 9:35PM
Taitila Until 2:12PM
Navami* Until 1:26AM Mon

Muscat, Oman
Sun 6
Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 - 6th Phase
Sunrise: 5:39AM
Sunset: 6:31PM
Bhuloka Day
Devaloka Time: 9:AM to 12:PM
Ganesha: Clear
Muruga: White
Nataraja: White
Moon – Purple
Chaitra+Chaitra

1		Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Muscat, Oman Sun 7 Sutra 8
Kumbha Rasi: 1.07	Tithi 25	Gulika	1:42PM – 3:18PM	Dhanishtha Until 3:45PM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM		Subhakrit 5124
Family Home Evening	299345479	Yama	10:28AM – 12:05PM	Sukla Until 7:26PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 2 - 7	2nd Phase
Creative Work	Siddha Yoga	Rahu	7:15AM – 8:51AM	Vanija Until 12:47PM	Nataraja: Clear			
				Dashami Until 12:12AM Tue	Moon – Purple			Devaloka Day
					Chaitra•Chaitra			

2		Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Muscat, Oman Sun 8 Sutra 9
Kumbha Rasi: 14.41	Tithi 26	Gulika	12:05PM – 1:42PM	Shatabhishak Until 3:19PM	Ganesha: Clear	<i>Sunrise:</i> 5:37AM		Subhakrit 5124
	299345479	Yama	8:51AM – 10:28AM	Brahma Until 5:36PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 2 - 8	2nd Phase
Routine Work	Marana Yoga	Rahu	3:18PM – 4:55PM	Bava Until 11:45AM	Nataraja: Clear			
				Ekadashi* Until 11:21PM	Moon – Purple			Devaloka Day
					Chaitra•Chaitra			

3		Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitilla Karana Dvadashyam Titau				Muscat, Oman Sun 9 Sutra 10
Kumbha Rasi: 28.02	Tithi 27	Gulika	10:27AM – 12:04PM	Purvaproshtapada* Until 3:36PM	Ganesha: Red	<i>Sunrise:</i> 5:36AM		Subhakrit 5124
	219345479	Yama	7:13AM – 8:50AM	Indra Until 4:07PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2 - 9	2nd Phase
Creative Work	Amrita Yoga	Rahu	12:04PM – 1:41PM	Kaulava Until 11:07AM	Nataraja: Clear			
Until 3:36PM				Dvadashi* Until 10:56PM	Moon – Clear			Devaloka Day
Then Creative Work - Siddha Yoga					Chaitra•Chaitra			

4		Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Muscat, Oman Sun 10 Sutra 11
Meena Rasi: 11.1	Tithi 28	Gulika	8:50AM – 10:27AM	Uttaraproshtapada Until 4:10PM	Ganesha: Red	<i>Sunrise:</i> 5:36AM		Subhakrit 5124
	219345479	Yama	5:36AM – 7:13AM	Vaidhriti* Until 2:57PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2 - 10	2nd Phase
Creative Work	Siddha Yoga	Rahu	1:41PM – 3:19PM	Gara Until 10:54AM	Nataraja: Clear			
				Trayodashi* Until 10:57PM	Moon – Clear			Devaloka Day
					Chaitra•Chaitra			
				<i>Pradosha Vrata (Fasting)</i>				

5		Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman Sun 11 Sutra 12
Meena Rasi: 24.04	Tithi 29	Gulika	7:12AM – 8:50AM	Revati Until 5:02PM	Ganesha: Blue	<i>Sunrise:</i> 5:35AM		Subhakrit 5124
	219445479	Yama	3:19PM – 4:56PM	Vishkambha* Until 2:11PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 4 - Phase 2 - 11	2nd Phase
Creative Work	Siddha Yoga	Rahu	10:27AM – 12:04PM	Visti Until 11:10AM	Nataraja: Clear			
Until 5:02PM				Chaturdashi* Until 11:27PM	Moon – Clear			Bhuloka Day
Then Creative Work - Amrita Yoga					Chaitra•Chaitra			Devaloka Time: 6:PM to 9:PM

●		Saturday, April 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman Sun 12 Sutra 13
Retreat Star		Gulika	5:34AM – 7:12AM	Ashvini Until 6:41PM	Ganesha: Green	<i>Sunrise:</i> 5:34AM		Subhakrit 5124
Mesha Rasi: 6.43	Tithi 30	Yama	1:41PM – 3:19PM	Priti Until 1:48PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 12	Amavasya
	221445479	Rahu	8:49AM – 10:27AM	Catuspada Until 11:55AM	Nataraja: Clear			
Creative Work	Siddha Yoga			Amavasya* Until 12:27AM Sun	Moon – White			Bhuloka Day
					Chaitra•Chaitra			Devaloka Time: 6:PM to 9:PM

●		Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman Sun 13 Sutra 14
Retreat Star		Gulika	3:19PM – 4:57PM	Bharani Until 8:40PM	Ganesha: Green	<i>Sunrise:</i> 5:34AM		Subhakrit 5124
Mesha Rasi: 19.1	Tithi 1	Yama	12:04PM – 1:41PM	Ayushman Until 1:46PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 13	Prathama
	221445479	Rahu	4:57PM – 6:34PM	Kintughna Until 1:10PM	Nataraja: Clear			
Routine Work	Prabalarishta Yoga			Prathama* Until 1:56AM Mon	Moon – White			Bhuloka Day
Until 8:40PM					Vaisaka•Chaitra			Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga								

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

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Muscat, Oman Sun 14 Sutra 15
1	231445479	Gulika Yama Rahu	1:42PM – 3:19PM 10:26AM – 12:04PM 7:11AM – 8:48AM	Krittika Until 10:55PM Saubhagya Until 2:07PM Balava Until 2:52PM Dvitiya Until 3:51AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:33AM Sunset: 6:35PM Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 1.23 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 10:55PM Then Creative Work - Amrita Yoga						

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Muscat, Oman Sun 15 Sutra 16
2	231445479	Gulika Yama Rahu	12:04PM – 1:42PM 8:48AM – 10:26AM 3:19PM – 4:57PM	Rohini Until 1:50AM Wed Sobhana Until 2:47PM Taitila Until 4:58PM Tritiya Until 6:06AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:32AM Sunset: 6:35PM Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 13.27 Tithi 3 Creative Work Amrita Yoga Until 1:50AM Wed Then Creative Work - Siddha Yoga						

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 16 Sutra 17
3	231445479	Gulika Yama Rahu	10:26AM – 12:04PM 7:10AM – 8:48AM 12:04PM – 1:42PM	Mrigashira Until 4:48AM Thu Athiganda* Until 3:38PM Vanija Until 7:21PM Tritiya Until 6:06AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:31AM Sunset: 6:36PM Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vrishabha Rasi: 25.23 Tithi 3 – 4 Creative Work Siddha Yoga Until 4:48AM Thu Then Routine Work - Marana Yoga						

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 17 Sutra 18
4	231445479	Gulika Yama Rahu	8:47AM – 10:25AM 5:31AM – 7:09AM 1:42PM – 3:20PM	Ardra Until 7:40AM Fri Sukarma Until 4:37PM Bava Until 9:51PM Chaturthi* Until 8:34AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:31AM Sunset: 6:36PM Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 7.14 Tithi 4 – 5 Routine Work Marana Yoga Until 7:40AM Fri Then Creative Work - Siddha Yoga						

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 18 Sutra 19
5	231445479	Gulika Yama Rahu	7:09AM – 8:47AM 3:20PM – 4:58PM 10:25AM – 12:03PM	Ardra Until 7:40AM Dhriti Until 5:36PM Kaulava Until 12:18AM Sat Panchami Until 11:04AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:30AM Sunset: 6:37PM Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 19.05 Tithi 5 – 6 Creative Work Siddha Yoga						

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 19 Sutra 20
6	241445479	Gulika Yama Rahu	5:30AM – 7:08AM 1:42PM – 3:20PM 8:46AM – 10:25AM	Punarvasu Until 10:46AM Shula* Until 6:26PM Gara Until 2:31AM Sun Shashthi* Until 1:26PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:30AM Sunset: 6:37PM Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day
Kataka Rasi: 0.57 Tithi 6 – 7 Creative Work Siddha Yoga						

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 20 Sutra 21
Retreat Star		Gulika Yama Rahu	3:20PM – 4:59PM 12:03PM – 1:42PM 4:59PM – 6:37PM	Pushya Until 1:25PM Ganda* Until 7:00PM Visti Until 4:20AM Mon Saptami Until 3:28PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:29AM Sunset: 6:37PM Moon 4 - Phase 3 - 20 3rd Phase Devaloka Day
Kataka Rasi: 12.56 Tithi 7 – 8 Creative Work Siddha Yoga						

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 21 Sutra 22
Retreat Star		Gulika Yama Rahu	1:42PM – 3:21PM 10:24AM – 12:03PM 7:07AM – 8:46AM	Ashlesha* Until 3:25PM Vriddhi Until 7:11PM Balava Until 5:33AM Tue Ashtami* Until 5:00PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:28AM Sunset: 6:38PM Moon 4 - Phase 3 - 21 Ashtami Devaloka Day
Kataka Rasi: 25.04 Tithi 8 – 9 Family Home Evening Creative Work Siddha Yoga Until 3:25PM Then Routine Work - Marana Yoga						

Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 22 Sutra 23
Retreat Star		Gulika Yama Rahu	12:03PM – 1:42PM 8:45AM – 10:24AM 3:21PM – 5:00PM	Magha* Until 5:08PM Dhruva Until 6:49PM Taitila Until 6:04AM Wed Navami* Until 5:53PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sunrise: 5:28AM Sunset: 6:38PM Moon 4 - Phase 3 - 22 Navami Devaloka Day
Simha Rasi: 7.28 Tithi 9 – 10 Creative Work Siddha Yoga						


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

1		Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Dashamyam Titau			Muscat, Oman Sun 23 Sutra 24
Simha Rasi: 20.11	Tithi 10	Gulika 10:24AM – 12:03PM	Purvaphalguni Until 5:57PM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Subhakrit 5124	
		Yama 7:06AM – 8:45AM	Vyaghata* Until 5:53PM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 4 - 23	
252445479	Rahu 12:03PM – 1:42PM		Taitila Until 6:04AM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 6:01PM	Moon – Red			Devaloka Day
				Vaisaka-Chaitra			

2		Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Muscat, Oman Sun 24 Sutra 25
Kanya Rasi: 3.17	Tithi 11 – 12	Gulika 8:45AM – 10:24AM	Uttaraphalguni Until 5:51PM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Subhakrit 5124	
		Yama 5:27AM – 7:06AM	Harshana Until 4:21PM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 4 - Phase 4 - 24	
252445479	Rahu 1:42PM – 3:21PM		Bava Until 4:47AM Fri	Nataraja: Clear		4th Phase	
Amrita Yoga			Ekadashi Until 5:23PM	Moon – Red			Devaloka Day
Until 5:51PM				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

3		Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Muscat, Oman Sun 25 Sutra 26
Kanya Rasi: 16.48	Tithi 12 – 13	Gulika 7:05AM – 8:45AM	Hasta Until 5:19PM	Ganesha: White	<i>Sunrise:</i> 5:26AM	Subhakrit 5124	
		Yama 3:21PM – 5:01PM	Vajra* Until 2:11PM	Muruqa: White	<i>Sunset:</i> 6:40PM	Moon 4 - Phase 4 - 25	
262445479	Rahu 10:24AM – 12:03PM		Kaulava Until 3:02AM Sat	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dvadashi Until 3:58PM	Moon – Green			Sivaloka Day
Until 5:19PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>				

4		Saturday, May 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Muscat, Oman Sun 26 Sutra 27
Tula Rasi: 0.45	Tithi 13 – 14	Gulika 5:26AM – 7:05AM	Chitra Until 3:58PM	Ganesha: White	<i>Sunrise:</i> 5:26AM	Subhakrit 5124	
		Yama 1:42PM – 3:22PM	Siddhi Until 11:28AM	Muruqa: White	<i>Sunset:</i> 6:40PM	Moon 4 - Phase 4 - 26	
262445479	Rahu 8:44AM – 10:24AM		Gara Until 12:40AM Sun	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Trayodashi Until 1:54PM	Moon – Green			Sivaloka Day
Until 3:58PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

		Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Muscat, Oman Sun 27 Sutra 28
Copper Retreat Star		Gulika 3:22PM – 5:01PM	Svati Until 1:56PM	Ganesha: White	<i>Sunrise:</i> 5:25AM	Subhakrit 5124	
Tula Rasi: 15.05	Tithi 14 – 15	Yama 12:03PM – 1:42PM	Vyatipata* Until 8:19AM	Muruqa: White	<i>Sunset:</i> 6:41PM	Moon 4 - Phase 4 - 27	
262445479	Rahu 5:01PM – 6:41PM		Visti Until 9:49PM	Nataraja: Clear		Purnima	
Creative Work	Siddha Yoga		Chaturdashi* Until 11:16AM	Moon – Green			Sivaloka Day
Until 1:56PM				Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga							

Monday, May 16, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Muscat, Oman Sutra 29		
Silver Retreat Star		Gulika 1:43PM – 3:22PM	Vishakha Until 11:47AM	Ganesha: Yellow	<i>Sunrise:</i> 5:25AM	Subhakrit 5124	
Tula Rasi: 29.45	Tithi 15 – 16	Yama 10:24AM – 12:03PM	Parigha* Until 1:00AM Tue	Muruqa: White	<i>Sunset:</i> 6:41PM	Moon 4 - Phase 4 - Prathama	
Family Home Evening	272445479	Rahu 7:04AM – 8:44AM	Balava Until 6:37PM	Nataraja: Clear			
Routine Work	Marana Yoga		Purnima* Until 8:14AM	Moon – Orange			Devaloka Day
Until 11:47AM				Vaisaka-Vaikasi			
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

Muscat, Oman
Sutra 30

Vrischika Rasi: 14.38 Tithi 17

272445479

Gulika 12:03PM – 1:43PM
Yama 8:44AM – 10:23AM
Rahu 3:22PM – 5:02PM

Anuradha Until 9:15AM

Shiva Until 9:07PM

Taitila Until 3:14PM

Dvitiya Until 1:31AM Wed

Ganesha: Yellow *Sunrise:* 5:24AM
Muruqa: White *Sunset:* 6:42PM

Nataraja: Clear

Moon – Orange

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 9:15AM

Then Routine Work - Marana Yoga

1

Wednesday, May 18, 2022

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

Muscat, Oman
Sun 1 Sutra 31

Vrischika Rasi: 29.35 Tithi 18

272445479

Gulika 10:23AM – 12:03PM
Yama 7:04AM – 8:44AM
Rahu 12:03PM – 1:43PM

Jyeshtha* Until 6:31AM

Siddha Until 5:13PM

Vanija Until 11:49AM

Tritiya Until 10:08PM

Ganesha: Yellow *Sunrise:* 5:24AM
Muruqa: White *Sunset:* 6:42PM

Nataraja: Clear

Moon – Orange

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 6:31AM

Then Routine Work - Marana Yoga

2

Thursday, May 19, 2022

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

Muscat, Oman
Sun 2 Sutra 32

Dhanus Rasi: 14.29 Tithi 19

282445479

Gulika 8:43AM – 10:23AM
Yama 5:24AM – 7:03AM
Rahu 1:43PM – 3:23PM

Purvashadha* Until 1:47AM Fri

Sadhya Until 1:27PM

Bava Until 8:30AM

Chaturthi* Until 6:55PM

Ganesha: Blue *Sunrise:* 5:24AM
Muruqa: White *Sunset:* 6:43PM

Nataraja: Clear

Moon – Light Blue

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
2nd Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 1:47AM Fri

Then Routine Work - Marana Yoga

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

Muscat, Oman
Sun 3 Sutra 33

Dhanus Rasi: 29.13 Tithi 20 – 21

282445479

Gulika 7:03AM – 8:43AM
Yama 3:23PM – 5:03PM
Rahu 10:23AM – 12:03PM

Uttarashadha Until 11:40PM

Subha Until 9:55AM

Gara Until 2:43AM Sat

Panchami Until 4:01PM

Ganesha: Blue *Sunrise:* 5:23AM
Muruqa: White *Sunset:* 6:43PM

Nataraja: Clear

Moon – Light Blue

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
3rd Phase

Sivaloka Day

Routine Work Marana Yoga

4

Saturday, May 21, 2022

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

Muscat, Oman
Sun 4 Sutra 34

Makara Rasi: 13.41 Tithi 21 – 22

292445479

Gulika 5:23AM – 7:03AM
Yama 1:43PM – 3:23PM
Rahu 8:43AM – 10:23AM

Shravana Until 10:17PM

Sukla Until 6:41AM

Visti Until 12:28AM Sun

Shashthi* Until 1:31PM

Ganesha: Red *Sunrise:* 5:23AM
Muruqa: White *Sunset:* 6:44PM

Nataraja: Clear

Moon – Purple

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
4th Phase

Devaloka Day

Creative Work Siddha Yoga

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

Muscat, Oman
Sun 5 Sutra 35

Makara Rasi: 27.5 Tithi 22 – 23

292445479

Gulika 3:24PM – 5:04PM
Yama 12:03PM – 1:44PM
Rahu 5:04PM – 6:44PM

Dhanishtha Until 9:17PM

Indra Until 1:29AM Mon

Balava Until 10:45PM

Saptami Until 11:31AM

Ganesha: Red *Sunrise:* 5:22AM
Muruqa: White *Sunset:* 6:44PM

Nataraja: Clear

Moon – Purple

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
5th Phase

Devaloka Day

Routine Work Marana Yoga

Until 9:17PM

Then Creative Work - Siddha Yoga

Monday, May 23, 2022
Retreat Star

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

Muscat, Oman
Sun 6 Sutra 36

Kumbha Rasi: 11.37 Tithi 23 – 24

293445479

Gulika 1:44PM – 3:24PM
Yama 10:23AM – 12:03PM
Rahu 7:02AM – 8:43AM

Shatabhishak Until 8:43PM

Vaidhriti* Until 11:34PM

Taitila Until 9:38PM

Ashtami* Until 10:06AM

Ganesha: Green *Sunrise:* 5:22AM
Muruqa: White *Sunset:* 6:45PM

Nataraja: Clear

Moon – Purple

Vaisaka-Vaikasi

Moon 5 - Phase 5 -
6th Phase

Bhuloka Day

Creative Work Siddha Yoga

Until 8:43PM

Then Routine Work - Marana Yoga

Devaloka Time: 6:PM to 9:PM

1		Tuesday, May 24, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Muscat, Oman Sun 7 Sutra 37
Kumbha Rasi: 25.04	Tithi 24 – 25	Gulika Yama	12:03PM – 1:44PM 8:43AM – 10:23AM	Purvaproshtapada* Until 9:03PM Vishkambha* Until 10:09PM Vanija Until 9:06PM Navami* Until 9:16AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Clear	Sunrise: 5:22AM Sunset: 6:45PM	Subhakrit 5124 Moon 5 - Phase 6 - 7 2nd Phase Devaloka Day
Routine Work Marana Yoga Until 9:03PM Then Creative Work - Amrita Yoga		213545479	Rahu 3:24PM – 5:05PM				
2		Wednesday, May 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Muscat, Oman Sun 8 Sutra 38
Meena Rasi: 8.11	Tithi 25 – 26	Gulika Yama	10:23AM – 12:04PM 7:02AM – 8:43AM	Uttaraproshtapada Until 9:48PM Priti Until 9:13PM Bava Until 9:10PM Dashami Until 9:02AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Clear	Sunrise: 5:22AM Sunset: 6:46PM	Subhakrit 5124 Moon 5 - Phase 6 - 8 2nd Phase Devaloka Day
Creative Work Siddha Yoga Until 9:48PM Then Routine Work - Marana Yoga		213545479	Rahu 12:04PM – 1:44PM				
3		Thursday, May 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Muscat, Oman Sun 9 Sutra 39
Meena Rasi: 21	Tithi 26 – 27	Gulika Yama	8:42AM – 10:23AM 5:21AM – 7:02AM	Revati Until 10:57PM Ayushman Until 8:42PM Kaulava Until 9:47PM Ekadashi* Until 9:23AM	Ganesha: Purple Muruqa: White Nataraja: Clear Moon – Clear	Sunrise: 5:21AM Sunset: 6:46PM	Subhakrit 5124 Moon 5 - Phase 6 - 9 2nd Phase Sivaloka Day
Creative Work Siddha Yoga Until 10:57PM Then Creative Work - Amrita Yoga		313545479	Rahu 1:44PM – 3:25PM				
4		Friday, May 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau			Muscat, Oman Sun 10 Sutra 40
Mesha Rasi: 3.35	Tithi 27 – 28	Gulika Yama	7:02AM – 8:42AM 3:25PM – 5:06PM	Ashvini Until 12:54AM Sat Saubhagya Until 8:35PM Gara Until 10:55PM Dvadashi* Until 10:17AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White	Sunrise: 5:21AM Sunset: 6:46PM	Subhakrit 5124 Moon 5 - Phase 6 - 10 2nd Phase Devaloka Day
Creative Work Amrita Yoga Until 12:54AM Sat Then Creative Work - Siddha Yoga		323545479	Rahu 10:23AM – 12:04PM				
				<i>Pradosha Vrata (Fasting)</i>			
5		Saturday, May 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Muscat, Oman Sun 11 Sutra 41
Mesha Rasi: 15.56	Tithi 28 – 29	Gulika Yama	5:21AM – 7:02AM 1:45PM – 3:25PM	Bharani Until 3:08AM Sun Sobhana Until 8:51PM Visti Until 12:30AM Sun Trayodashi* Until 11:39AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White	Sunrise: 5:21AM Sunset: 6:47PM	Subhakrit 5124 Moon 5 - Phase 6 - 11 2nd Phase Devaloka Day
Creative Work Siddha Yoga		323545479	Rahu 8:42AM – 10:23AM				
Retreat Star		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			Muscat, Oman Sun 12 Sutra 42
Mesha Rasi: 28.06	Tithi 29 – 30	Gulika Yama	3:26PM – 5:07PM 12:04PM – 1:45PM	Krittika Until 5:32AM Mon Athiganda* Until 9:22PM Catuspada Until 2:28AM Mon Chaturdashi* Until 1:25PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White	Sunrise: 5:21AM Sunset: 6:47PM	Subhakrit 5124 Moon 5 - Phase 6 - 12 Amavasya Devaloka Day
Creative Work Siddha Yoga Until 5:32AM Mon Then Creative Work - Amrita Yoga		323545479	Rahu 5:07PM – 6:47PM				
Retreat Star		Monday, May 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Muscat, Oman Sun 13 Sutra 43
Vrishabha Rasi: 10.08	Tithi 30 – 1	Gulika Yama	1:45PM – 3:26PM 10:23AM – 12:04PM	Rohini Until 8:33AM Tue Sukarma Until 10:09PM Kintughna Until 4:42AM Tue Amavasya* Until 3:32PM	Ganesha: Orange Muruqa: White Nataraja: Clear Moon – Yellow	Sunrise: 5:20AM Sunset: 6:48PM	Subhakrit 5124 Moon 5 - Phase 6 - 13 Prathama Devaloka Day
Family Home Evening Creative Work Amrita Yoga Until 8:33AM Tue Then Creative Work - Siddha Yoga		333545479	Rahu 7:01AM – 8:42AM				

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

1		Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Muscat, Oman Sun 14 Sutra 44	
Wrisabha Rasi: 22.04	Tithi 1 – 2	333545479	Gulika 12:04PM – 1:45PM Yama 8:42AM – 10:23AM Rahu 3:26PM – 5:07PM	Rohini Until 8:33AM Dhriti Until 11:06PM Balava Until 7:07AM Wed Prathama* Until 5:52PM	Ganesha: Orange <i>Sunrise:</i> 5:20AM Muruqa: White <i>Sunset:</i> 6:48PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 14 3rd Phase Devaloka Day	
Creative Work Amrita Yoga Until 8:33AM Then Creative Work - Siddha Yoga							

2		Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Muscat, Oman Sun 15 Sutra 45	
Mithuna Rasi: 3.55	Tithi 2	333545479	Gulika 10:23AM – 12:04PM Yama 7:01AM – 8:42AM Rahu 12:04PM – 1:45PM	Mrigashira Until 11:33AM Shula* Until 12:05AM Thu Balava Until 7:07AM Dvitiya Until 8:20PM	Ganesha: Orange <i>Sunrise:</i> 5:20AM Muruqa: White <i>Sunset:</i> 6:49PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 15 3rd Phase Devaloka Day	
Creative Work Siddha Yoga							

3		Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau		Muscat, Oman Sun 16 Sutra 46	
Mithuna Rasi: 15.45	Tithi 3	333555479	Gulika 8:42AM – 10:23AM Yama 5:20AM – 7:01AM Rahu 1:46PM – 3:27PM	Ardra Until 2:25PM Ganda* Until 1:06AM Fri Taitila Until 9:36AM Tritiya Until 10:49PM	Ganesha: Orange <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:49PM Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 16 3rd Phase Devaloka Day	
Routine Work Marana Yoga Until 2:25PM Then Creative Work - Amrita Yoga							

4		Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau		Muscat, Oman Sun 17 Sutra 47	
Mithuna Rasi: 27.35	Tithi 4	343555479	Gulika 7:01AM – 8:42AM Yama 3:27PM – 5:08PM Rahu 10:23AM – 12:05PM	Punarvasu Until 5:35PM Vriddhi Until 2:03AM Sat Vanija Until 12:03PM Chaturthi* Until 1:12AM Sat	Ganesha: Clear <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:50PM Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 17 3rd Phase Devaloka Day	
Creative Work Siddha Yoga Until 5:35PM Then Routine Work - Marana Yoga							

5		Saturday, June 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau		Muscat, Oman Sun 18 Sutra 48	
Kataka Rasi: 9.29	Tithi 5	343555479	Gulika 5:20AM – 7:01AM Yama 1:46PM – 3:27PM Rahu 8:42AM – 10:24AM	Pushya Until 8:23PM Dhruva Until 2:47AM Sun Bava Until 2:20PM Panchami Until 3:21AM Sun	Ganesha: Clear <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:50PM Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 18 3rd Phase Devaloka Day	
Creative Work Siddha Yoga Until 8:23PM Then Routine Work - Marana Yoga							

6		Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Muscat, Oman Sun 19 Sutra 49	
Kataka Rasi: 21.28	Tithi 6	343555471	Gulika 3:28PM – 5:09PM Yama 12:05PM – 1:46PM Rahu 5:09PM – 6:50PM	Ashlesha* Until 10:42PM Vyaghata* Until 3:15AM Mon Kaulava Until 4:19PM Shashthi* Until 5:08AM Mon	Ganesha: Clear <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:50PM Nataraja: Yellow Moon – Blue Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 19 3rd Phase Devaloka Day	
Creative Work Siddha Yoga Until 10:42PM Then Routine Work - Marana Yoga							

Monday, June 6, 2022		Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau		Muscat, Oman Sun 20 Sutra 50	
Simha Rasi: 3.37	Tithi 7	353555471	Gulika 1:47PM – 3:28PM Yama 10:24AM – 12:05PM Rahu 7:01AM – 8:42AM	Magha* Until 12:53AM Tue Harshana Until 3:21AM Tue Gara Until 5:51PM Saptami Until 6:23AM Tue	Ganesha: Purple <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:51PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 20 3rd Phase Sivaloka Day	
Family Home Evening Routine Work Marana Yoga Until 12:53AM Tue Then Creative Work - Siddha Yoga							

Tuesday, June 7, 2022		Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 51	
Simha Rasi: 15.59	Tithi 7 – 8	354555471	Gulika 12:05PM – 1:47PM Yama 8:43AM – 10:24AM Rahu 3:28PM – 5:10PM	Purvaphalguni Until 2:18AM Wed Vajra* Until 2:55AM Wed Visti Until 6:48PM Saptami Until 6:23AM	Ganesha: Clear <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:51PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 21 Ashtami Devaloka Day	
Creative Work Siddha Yoga Until 2:18AM Wed Then Creative Work - Amrita Yoga							

Wednesday, June 8, 2022		Retreat Star		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Muscat, Oman Sun 22 Sutra 52	
Simha Rasi: 28.38	Tithi 8 – 9	354555471	Gulika 10:24AM – 12:06PM Yama 7:01AM – 8:43AM Rahu 12:06PM – 1:47PM	Uttaraphalguni Until 2:51AM Thu Siddhi Until 1:55AM Thu Balava Until 7:03PM Ashtami* Until 7:00AM	Ganesha: Clear <i>Sunrise:</i> 5:20AM Muruqa: Green <i>Sunset:</i> 6:52PM Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Moon 5 - Phase 7 - 22 Navami Devaloka Day	
Creative Work Amrita Yoga Until 2:51AM Thu Then Routine Work - Marana Yoga							

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


1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hashta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman
	Kanya Rasi: 11.38	Tithi 9 – 10	Gulika 8:43AM – 10:24AM	Hasta Until 2:55AM Fri	Ganesha: White	<i>Sunrise:</i> 5:20AM	Sun 23
			Yama 5:20AM – 7:01AM	Vyatipata* Until 12:19AM Fri	Muruqa: Green	<i>Sunset:</i> 6:52PM	Subhakrit 5124
			364555471 Rahu 1:47PM – 3:29PM	Taitila Until 6:31PM	Nataraja: Yellow		Moon 5 - Phase 8 - 23
			Navami* Until 6:51AM	Moon – Green		4th Phase	
				Jyeshtha-Vaikasi		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Muscat, Oman
	Kanya Rasi: 25.04	Tithi 11	Gulika 7:01AM – 8:43AM	Chitra Until 2:05AM Sat	Ganesha: White	<i>Sunrise:</i> 5:20AM	Sun 24
			Yama 3:29PM – 5:11PM	Variyan Until 10:03PM	Muruqa: Green	<i>Sunset:</i> 6:52PM	Subhakrit 5124
			364555471 Rahu 10:24AM – 12:06PM	Vanija Until 5:12PM	Nataraja: Yellow		Moon 5 - Phase 8 - 24
			Ekadashi Until 4:14AM Sat	Moon – Green		4th Phase	
				Jyeshtha-Vaikasi		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Muscat, Oman
	Tula Rasi: 8.57	Tithi 12	Gulika 5:20AM – 7:01AM	Svati Until 12:24AM Sun	Ganesha: White	<i>Sunrise:</i> 5:20AM	Sun 25
			Yama 1:48PM – 3:29PM	Parigha* Until 7:13PM	Muruqa: Green	<i>Sunset:</i> 6:53PM	Subhakrit 5124
			364555471 Rahu 8:43AM – 10:25AM	Bava Until 3:08PM	Nataraja: Yellow		Moon 5 - Phase 8 - 25
			Dvadashi Until 1:51AM Sun	Moon – Green		4th Phase	
				Jyeshtha-Vaikasi		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Muscat, Oman
	Tula Rasi: 23.17	Tithi 13	Gulika 3:30PM – 5:11PM	Vishakha Until 10:24PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Sun 26
			Yama 12:06PM – 1:48PM	Shiva Until 3:53PM	Muruqa: Green	<i>Sunset:</i> 6:53PM	Subhakrit 5124
			374555471 Rahu 5:11PM – 6:53PM	Kaulava Until 12:27PM	Nataraja: Yellow		Moon 5 - Phase 8 - 26
			Trayodashi Until 10:53PM	Moon – Orange		4th Phase	
			Vaikasi Visakam	Jyeshtha-Vaikasi		Devaloka Day	
						<i>Pradosha Vrata</i>	

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman
	Vrischika Rasi: 8.01	Tithi 14	Gulika 1:48PM – 3:30PM	Anuradha Until 7:50PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Sun 27
	Family Home Evening		Yama 10:25AM – 12:07PM	Siddha Until 12:08PM	Muruqa: Green	<i>Sunset:</i> 6:53PM	Subhakrit 5124
			374555471 Rahu 7:01AM – 8:43AM	Gara Until 9:15AM	Nataraja: Yellow		Moon 5 - Phase 8 - 27
			Chaturdashi* Until 7:30PM	Moon – Orange		4th Phase	
				Jyeshtha-Vaikasi		Devaloka Day	

	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Muscat, Oman
	Copper Retreat Star		Gulika 12:07PM – 1:48PM	Jyeshtha* Until 4:52PM	Ganesha: Yellow	<i>Sunrise:</i> 5:20AM	Sun 27
	Vrischika Rasi: 23.02	Tithi 15 – 16	Yama 8:43AM – 10:25AM	Sadhya Until 8:06AM	Muruqa: Green	<i>Sunset:</i> 6:54PM	Subhakrit 5124
			374555471 Rahu 3:30PM – 5:12PM	Balava Until 1:57AM Wed	Nataraja: Yellow		Moon 5 - Phase 8 - Purnima
			Purnima* Until 3:49PM	Moon – Orange			
				Jyeshtha-Vaikasi		Devaloka Day	

○	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Muscat, Oman
	Silver Retreat Star		Gulika 10:25AM – 12:07PM	Mula* Until 2:02PM	Ganesha: Blue	<i>Sunrise:</i> 5:20AM	Sun 28
	Dhanus Rasi: 8.14	Tithi 16 – 17	Yama 7:02AM – 8:43AM	Sukla Until 11:44PM	Muruqa: Green	<i>Sunset:</i> 6:54PM	Subhakrit 5124
			384555471 Rahu 12:07PM – 1:49PM	Taitila Until 10:09PM	Nataraja: Yellow		Moon 5 - Phase 8 - Prathama
			Prathama* Until 12:02PM	Moon – Light Blue			
				Jyeshtha-Ani		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	



Thursday, June 16, 2022

Gold Retreat Star

Dhanus Rasi: 23.25 Tithi 17 - 18

384555471

Creative Work Siddha Yoga

Until 11:08AM

Then Routine Work - Marana Yoga

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

Gulika 8:44AM - 10:25AM
Yama 5:20AM - 7:02AM
Rahu 1:49PM - 3:31PM

Purvashadha* Until 11:08AM
Brahma Until 7:40PM
Vanija Until 6:30PM
Dvitiya Until 8:17AM

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

Sunrise: 5:20AM
Sunset: 6:54PM

Muscat, Oman
Sun 1 Sutra 60
Subhakrit 5124
Moon 6 - Phase 9 - 1
1st Phase

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

1

Friday, June 17, 2022

Makara Rasi: 8.27 Tithi 19

384555471

Routine Work Marana Yoga

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

Gulika 7:02AM - 8:44AM
Yama 3:31PM - 5:13PM
Rahu 10:26AM - 12:07PM

Uttarashadha Until 8:21AM
Indra Until 3:51PM
Bava Until 3:07PM
Chaturthi* Until 1:34AM Sat

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

Sunrise: 5:20AM
Sunset: 6:55PM

Muscat, Oman
Sun 2 Sutra 61
Subhakrit 5124
Moon 6 - Phase 9 - 2
1st Phase

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

2

Saturday, June 18, 2022

Makara Rasi: 23.11 Tithi 20

394655471

Creative Work Siddha Yoga

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

Gulika 5:20AM - 7:02AM
Yama 1:49PM - 3:31PM
Rahu 8:44AM - 10:26AM

Shravana Until 6:13AM
Vaidhrili* Until 12:23PM
Kaulava Until 12:11PM
Panchami Until 10:54PM

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

Sunrise: 5:20AM
Sunset: 6:55PM

Muscat, Oman
Sun 3 Sutra 62
Subhakrit 5124
Moon 6 - Phase 9 - 3
1st Phase

Sivaloka Day

3

Sunday, June 19, 2022

Kumbha Rasi: 7.33 Tithi 21

395655471

Creative Work Siddha Yoga

Until 3:16AM Mon

Then Routine Work - Marana Yoga

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

Gulika 3:31PM - 5:13PM
Yama 12:08PM - 1:50PM
Rahu 5:13PM - 6:55PM

Shatabhishak Until 3:16AM Mon
Vishkambha* Until 9:24AM
Gara Until 9:49AM
Shashthi* Until 8:52PM

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

Sunrise: 5:21AM
Sunset: 6:55PM

Muscat, Oman
Sun 4 Sutra 63
Subhakrit 5124
Moon 6 - Phase 9 - 4
1st Phase

Devaloka Day

4

Monday, June 20, 2022

Kumbha Rasi: 21.28 Tithi 22

Family Home Evening

315655471

Routine Work Marana Yoga

Until 3:05AM Tue

Then Creative Work - Amrita Yoga

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

Gulika 1:50PM - 3:32PM
Yama 10:26AM - 12:08PM
Rahu 7:03AM - 8:44AM

Purvaproshtapada* Until 3:05AM Tue
Priti Until 7:00AM
Visti Until 8:08AM
Saptami Until 7:33PM

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

Sunrise: 5:21AM
Sunset: 6:55PM

Muscat, Oman
Sun 5 Sutra 64
Subhakrit 5124
Moon 6 - Phase 9 - 5
1st Phase

Devaloka Day

●

Tuesday, June 21, 2022

Retreat Star

Meena Rasi: 4.56 Tithi 23

315655471

Creative Work Amrita Yoga

Until 3:32AM Wed

Then Routine Work - Marana Yoga

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

Gulika 12:08PM - 1:50PM
Yama 8:45AM - 10:26AM
Rahu 3:32PM - 5:14PM

Uttaraproshtapada Until 3:32AM Wed
Saubhagya Until 3:59AM Wed
Balava Until 7:12AM
Ashtami* Until 7:01PM

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

Sunrise: 5:21AM
Sunset: 6:56PM

Muscat, Oman
Sun 6 Sutra 65
Subhakrit 5124
Moon 6 - Phase 9 - 6
Ashtami

Devaloka Day

Wednesday, June 22, 2022

Retreat Star

Meena Rasi: 17.59 Tithi 24

315655471

Routine Work Marana Yoga

Until 4:32AM Thu

Then Creative Work - Amrita Yoga

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

Gulika 10:27AM - 12:08PM
Yama 7:03AM - 8:45AM
Rahu 12:08PM - 1:50PM

Revati Until 4:32AM Thu
Sobhana Until 3:24AM Thu
Taitila Until 7:03AM
Navami* Until 7:14PM

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

Sunrise: 5:21AM
Sunset: 6:56PM

Muscat, Oman
Sun 7 Sutra 66
Subhakrit 5124
Moon 6 - Phase 9 - 7
Navami

Devaloka Day

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21

www.gurudeva.org/panchang

1 Thursday, June 23, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Muscat, Oman
 Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau Sun 8 Sutra 67
 Mesha Rasi: 0.4 Tithi 25 325655471 **Gulika** 8:45AM – 10:27AM **Ashvini Until 6:31AM Fri** **Ganesha:** Purple *Sunrise:* 5:21AM Subhakrit 5124
 Yama 5:21AM – 7:03AM **Athiganda* Until 3:19AM Fri** **Muruqa:** Green *Sunset:* 6:56PM Moon 6 - Phase 10 - 8
Rahu 1:50PM – 3:32PM **Vanija Until 7:38AM** **Nataraja:** Yellow 2nd Phase
 Creative Work Amrita Yoga **Dashami Until 8:10PM** **Jyeshtha-Ani** **Bhuloka Day**
 Until 6:31AM Fri **Devaloka Time: 6:PM to 9:PM**
 Then Creative Work - Siddha Yoga

2 Friday, June 24, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Muscat, Oman
 Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau Sun 9 Sutra 68
 Mesha Rasi: 13.03 Tithi 26 325655471 **Gulika** 7:03AM – 8:45AM **Ashvini Until 6:31AM** **Ganesha:** Purple *Sunrise:* 5:22AM Subhakrit 5124
 Yama 3:32PM – 5:14PM **Sukarma Until 3:41AM Sat** **Muruqa:** Green *Sunset:* 6:56PM Moon 6 - Phase 10 - 9
Rahu 10:27AM – 12:09PM **Bava Until 8:53AM** **Nataraja:** Yellow 2nd Phase
 Creative Work Amrita Yoga **Ekadashi* Until 9:41PM** **Jyeshtha-Ani** **Bhuloka Day**
 Until 6:31AM **Devaloka Time: 6:PM to 9:PM**
 Then Creative Work - Siddha Yoga

3 Saturday, June 25, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Muscat, Oman
 Bharani/Krittika Nakshatra Dhriti* Yoga Kaulava/Taitila Karana Dvodashyam Titau Sun 10 Sutra 69
 Mesha Rasi: 25.13 Tithi 27 325655471 **Gulika** 5:22AM – 7:04AM **Bharani Until 8:52AM** **Ganesha:** Purple *Sunrise:* 5:22AM Subhakrit 5124
 Yama 1:51PM – 3:33PM **Dhriti Until 4:23AM Sun** **Muruqa:** Green *Sunset:* 6:56PM Moon 6 - Phase 10 - 10
Rahu 8:45AM – 10:27AM **Kaulava Until 10:39AM** **Nataraja:** Yellow 2nd Phase
 Creative Work Siddha Yoga **Dvadashi* Until 11:40PM** **Jyeshtha-Ani** **Bhuloka Day**
 Until 8:52AM **Devaloka Time: 6:PM to 9:PM**
 Then Creative Work - Amrita Yoga

4 Sunday, June 26, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Muscat, Oman
 Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau Sun 11 Sutra 70
 Vrishabha Rasi: 7.13 Tithi 28 325655471 **Gulika** 3:33PM – 5:15PM **Krittika Until 11:25AM** **Ganesha:** Purple *Sunrise:* 5:22AM Subhakrit 5124
 Yama 12:09PM – 1:51PM **Shula* Until 5:17AM Mon** **Muruqa:** Green *Sunset:* 6:56PM Moon 6 - Phase 10 - 11
Rahu 5:15PM – 6:56PM **Gara Until 12:48PM** **Nataraja:** Yellow 2nd Phase
 Creative Work Siddha Yoga **Trayodashi* Until 1:57AM Mon** **Jyeshtha-Ani** **Bhuloka Day**
Devaloka Time: 6:PM to 9:PM
Pradosha Vrata (Fasting)

5 Monday, June 27, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Muscat, Oman
 Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau Sun 12 Sutra 71
 Vrishabha Rasi: 19.06 Tithi 29 335655471 **Gulika** 1:51PM – 3:33PM **Rohini Until 2:33PM** **Ganesha:** Light Blue *Sunrise:* 5:22AM Subhakrit 5124
 Yama 10:28AM – 12:10PM **Ganda* Until 6:18AM Tue** **Muruqa:** Green *Sunset:* 6:57PM Moon 6 - Phase 10 - 12
Family Home Evening **Rahu** 7:04AM – 8:46AM **Visti Until 3:11PM** **Nataraja:** Yellow 2nd Phase
 Creative Work Amrita Yoga **Chaturdashi* Until 4:25AM Tue** **Jyeshtha-Ani** **Bhuloka Day**
Devaloka Time: 6:PM to 9:PM

Tuesday, June 28, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Muscat, Oman
 Mrigashira/Ardra Nakshatra Ganda*/Vridhhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau Sun 13 Sutra 72
 Mithuna Rasi: 0.56 Tithi 30 335655471 **Gulika** 12:10PM – 1:51PM **Mrigashira Until 5:37PM** **Ganesha:** Light Blue *Sunrise:* 5:23AM Subhakrit 5124
 Yama 8:46AM – 10:28AM **Ganda* Until 6:18AM** **Muruqa:** Green *Sunset:* 6:57PM Moon 6 - Phase 10 - 13
Rahu 3:33PM – 5:15PM **Catuspada Until 5:41PM** **Nataraja:** Yellow Amavasya
 Creative Work Siddha Yoga **Amavasya* Until 6:55AM Wed** **Jyeshtha-Ani** **Bhuloka Day**
 Until 5:37PM **Devaloka Time: 6:PM to 9:PM**
 Then Routine Work - Marana Yoga

Wednesday, June 29, 2022 Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Muscat, Oman
 Ardra Nakshatra Vridhhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau Sun 14 Sutra 73
 Mithuna Rasi: 12.46 Tithi 30 – 1 336655471 **Gulika** 10:28AM – 12:10PM **Ardra Until 8:30PM** **Ganesha:** Purple *Sunrise:* 5:23AM Subhakrit 5124
 Yama 7:05AM – 8:46AM **Vridhhi Until 7:22AM** **Muruqa:** Green *Sunset:* 6:57PM Moon 6 - Phase 10 - 14
Rahu 12:10PM – 1:52PM **Kintughna Until 8:10PM** **Nataraja:** Yellow Prathama
 Creative Work Siddha Yoga **Amavasya* Until 6:55AM** **Ashada-Ani** **Bhuloka Day**
Devaloka Time: 6:PM to 9:PM

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

1		Thursday, June 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman Sun 15 Sutra 74 Subhakarit 5124
Mithuna Rasi: 24.35	Tithi 1 - 2	Gulika 8:47AM - 10:28AM	Punarvasu Until 11:38PM	Ganesha: Light Blue	Sunrise: 5:23AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 15 3rd Phase
346655471	Rahu 1:52PM - 3:33PM	Yama 5:23AM - 7:05AM	Dhruva Until 8:22AM	Nataraja: Yellow				
Creative Work	Amrita Yoga		Balava Until 10:34PM	Moon - Blue				
			Prathama* Until 9:22AM	Ashada*Ani				Bhuloka Day Devaloka Time: 6:PM to 9:PM
2		Friday, July 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 16 Sutra 75 Subhakarit 5124
Kataka Rasi: 6.29	Tithi 2 - 3	Gulika 7:05AM - 8:47AM	Pushya Until 2:26AM Sat	Ganesha: Light Blue	Sunrise: 5:24AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 16 3rd Phase
346655471	Rahu 10:29AM - 12:10PM	Yama 3:34PM - 5:15PM	Vyaghata* Until 9:16AM	Nataraja: Yellow				
Routine Work	Marana Yoga		Taitila Until 12:47AM Sat	Moon - Blue				
			Dvitiya Until 11:41AM	Ashada*Ani				Bhuloka Day Devaloka Time: 6:PM to 9:PM
3		Saturday, July 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 17 Sutra 76 Subhakarit 5124
Kataka Rasi: 18.26	Tithi 3 - 4	Gulika 5:24AM - 7:06AM	Ashlesha* Until 4:49AM Sun	Ganesha: Light Blue	Sunrise: 5:24AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 17 3rd Phase
346655471	Rahu 8:47AM - 10:29AM	Yama 1:52PM - 3:34PM	Harshana Until 10:02AM	Nataraja: Yellow				
Routine Work	Marana Yoga		Vanija Until 2:45AM Sun	Moon - Blue				
			Tritiya Until 1:47PM	Ashada*Ani				Bhuloka Day Devaloka Time: 6:PM to 9:PM
4		Sunday, July 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 18 Sutra 77 Subhakarit 5124
Simha Rasi: 0.3	Tithi 4 - 5	Gulika 3:34PM - 5:15PM	Magha* Until 7:12AM Mon	Ganesha: Orange	Sunrise: 5:24AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 18 3rd Phase
356655471	Rahu 5:15PM - 6:57PM	Yama 12:11PM - 1:52PM	Vajra* Until 10:34AM	Nataraja: Yellow				
Routine Work	Marana Yoga		Bava Until 4:23AM Mon	Moon - Red				
Until 7:12AM Mon			Chaturthi* Until 3:36PM	Ashada*Ani				Devaloka Day
Then Creative Work - Siddha Yoga								
5		Monday, July 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatiyata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 19 Sutra 78 Subhakarit 5124
Simha Rasi: 12.43	Tithi 5 - 6	Gulika 1:52PM - 3:34PM	Magha* Until 7:12AM	Ganesha: Orange	Sunrise: 5:25AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 19 3rd Phase
356655471	Rahu 7:06AM - 8:48AM	Yama 10:29AM - 12:11PM	Siddhi Until 10:50AM	Nataraja: Yellow				
Family Home Evening			Kaulava Until 5:35AM Tue	Moon - Red				
Routine Work	Marana Yoga		Panchami Until 5:02PM	Ashada*Ani				Devaloka Day
Until 7:12AM								
Then Creative Work - Siddha Yoga								
6		Tuesday, July 5, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatiyata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 20 Sutra 79 Subhakarit 5124
Simha Rasi: 25.06	Tithi 6 - 7	Gulika 12:11PM - 1:53PM	Purvaphalguni Until 8:59AM	Ganesha: Orange	Sunrise: 5:25AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 20 3rd Phase
356655471	Rahu 3:34PM - 5:15PM	Yama 8:48AM - 10:30AM	Vyatiyata* Until 10:45AM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Gara Until 6:15AM Wed	Moon - Red				
Until 8:59AM			Shashthi* Until 5:58PM	Ashada*Ani				Devaloka Day
Then Creative Work - Amrita Yoga		Chidambaram Abhishekam						
Retreat Star		Wednesday, July 6, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman Sun 21 Sutra 80 Subhakarit 5124
Kanya Rasi: 7.44	Tithi 7	Gulika 10:30AM - 12:11PM	Uttaraphalguni Until 10:04AM	Ganesha: Clear	Sunrise: 5:25AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 21 3rd Phase
357655471	Rahu 12:11PM - 1:53PM	Yama 7:07AM - 8:48AM	Varyan Until 10:12AM	Nataraja: Yellow				
Creative Work	Amrita Yoga		Gara Until 6:15AM	Moon - Red				
Until 10:04AM			Saptami Until 6:19PM	Ashada*Ani				Devaloka Day
Then Routine Work - Marana Yoga								
Retreat Star		Thursday, July 7, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 22 Sutra 81 Subhakarit 5124
Kanya Rasi: 20.4	Tithi 8 - 9	Gulika 8:49AM - 10:30AM	Hasta Until 10:50AM	Ganesha: Clear	Sunrise: 5:26AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 22 Ashtami
467655471	Rahu 1:53PM - 3:34PM	Yama 5:26AM - 7:07AM	Parigha* Until 9:08AM	Nataraja: Yellow				
Routine Work	Marana Yoga		Visti Until 6:16AM	Moon - Green				
Until 10:50AM			Ashtami* Until 5:59PM	Ashada*Ani				Devaloka Day
Then Creative Work - Siddha Yoga								
Retreat Star		Friday, July 8, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 23 Sutra 82 Subhakarit 5124
Tula Rasi: 3.59	Tithi 9 - 10	Gulika 7:08AM - 8:49AM	Chitra Until 10:43AM	Ganesha: Clear	Sunrise: 5:26AM	Muruqa: Green	Sunset: 6:57PM	Moon 6 - Phase 11 - 23 Navami
467655471	Rahu 10:30AM - 12:12PM	Yama 3:34PM - 5:15PM	Shiva Until 7:31AM	Nataraja: Yellow				
Creative Work	Siddha Yoga		Taitila Until 4:07AM Sat	Moon - Green				
			Navami* Until 4:55PM	Ashada*Ani				Devaloka Day

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

1	Saturday, July 9, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 83
	Tula Rasi: 17.44	Tithi 10 - 11	Gulika 5:27AM - 7:08AM	Svati Until 9:43AM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Subhakra 5124
			Yama 1:53PM - 3:34PM	Sadhya Until 2:27AM Sun	Muruqa: Green	<i>Sunset:</i> 6:57PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:49AM - 10:30AM	Vanija Until 1:58AM Sun	Nataraja: Yellow		4th Phase
			Dashami Until 3:07PM	Ashada*Ani	Devaloka Day		

2	Sunday, July 10, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 84
	Vrischika Rasi: 1.55	Tithi 11 - 12	Gulika 3:34PM - 5:15PM	Vishakha Until 8:20AM	Ganesha: White	<i>Sunrise:</i> 5:27AM	Subhakra 5124
			Yama 12:12PM - 1:53PM	Subha Until 11:09PM	Muruqa: Green	<i>Sunset:</i> 6:57PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 5:15PM - 6:57PM	Bava Until 11:13PM	Nataraja: Yellow		4th Phase
			Ekadashi Until 12:39PM	Ashada*Ani	Bhuloka Day		Devaloka Time: 6:PM to 9:PM

3	Monday, July 11, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 85
	Vrischika Rasi: 16.31	Tithi 12 - 13	Gulika 1:53PM - 3:34PM	Anuradha Until 6:13AM	Ganesha: White	<i>Sunrise:</i> 5:27AM	Subhakra 5124
	Family Home Evening		Yama 10:31AM - 12:12PM	Sukla Until 7:24PM	Muruqa: Green	<i>Sunset:</i> 6:56PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 7:09AM - 8:50AM	Kaulava Until 7:57PM	Nataraja: Yellow		4th Phase
			Dvadashi Until 9:37AM	Ashada*Ani	Bhuloka Day		Devaloka Time: 6:PM to 9:PM
<i>Pradosha Vrata</i>							

4	Tuesday, July 12, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula Nakshatra Brahma/Indra Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 86
	Dhanu Rasi: 1.28	Tithi 13 - 14	Gulika 12:12PM - 1:53PM	Mula* Until 12:46AM Wed	Ganesha: White	<i>Sunrise:</i> 5:28AM	Subhakra 5124
			Yama 8:50AM - 10:31AM	Brahma Until 3:22PM	Muruqa: Green	<i>Sunset:</i> 6:56PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 3:34PM - 5:15PM	Vanija Until 2:26AM Wed	Nataraja: Yellow		4th Phase
			Trayodashi Until 6:10AM	Moon - Light Blue Ashada*Ani	Sivaloka Day		

	Wednesday, July 13, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha Nakshatra Indra/Vaidhriti Yoga Visti/Bava Karana Purnimayam Titau				Muscat, Oman Sutra 87
	Copper Retreat Star		Gulika 10:31AM - 12:12PM	Purvashadha* Until 9:46PM	Ganesha: Yellow	<i>Sunrise:</i> 5:28AM	Subhakra 5124
	Dhanu Rasi: 16.38	Tithi 15	Yama 7:09AM - 8:50AM	Indra Until 11:11AM	Muruqa: Green	<i>Sunset:</i> 6:56PM	Moon 6 - Phase 12 - Purnima
	Creative Work	Amrita Yoga	488755471 Rahu 12:12PM - 1:53PM	Visti Until 12:32PM	Nataraja: Yellow		
			Satguru Purnima	Purnima* Until 10:35PM	Ashada*Ani	Devaloka Day	

5	Thursday, July 14, 2022		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti/Vishkambha Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 88
	Silver Retreat Star		Gulika 8:50AM - 10:31AM	Uttarashadha Until 6:40PM	Ganesha: Yellow	<i>Sunrise:</i> 5:29AM	Subhakra 5124
	Makara Rasi: 1.53	Tithi 16	Yama 5:29AM - 7:10AM	Vaidhriti* Until 6:55AM	Muruqa: Green	<i>Sunset:</i> 6:56PM	Moon 6 - Phase 12 - Prathama
	Routine Work	Marana Yoga	488755471 Rahu 1:53PM - 3:34PM	Balava Until 8:41AM	Nataraja: Yellow		
			Prathama* Until 6:47PM	Moon - Light Blue Ashada*Ani	Devaloka Day		
Then Creative Work - Siddha Yoga							

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



Friday, July 15, 2022
Gold Retreat Star

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

Muscat, Oman

Sun 1 Sutra 89

Subhakrit 5124

Makara Rasi: 17.02 Tithi 17 – 18

Gulika 7:10AM – 8:51AM

Shravana Until 4:04PM

Ganesha: Blue

Sunrise: 5:29AM

Yama 3:34PM – 5:15PM

Priti Until 10:54PM

Muruqa: Green

Sunset: 6:56PM

Moon 7 - Phase 13 - 1

Routine Work Marana Yoga

498755471 **Rahu** 10:32AM – 12:12PM

Vanija Until 1:35AM Sat

Nataraja: Yellow

1st Phase

Until 4:04PM

Dvitiya Until 3:13PM

Moon – Purple
Ashada•Ani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Then Creative Work - Siddha Yoga

1

Saturday, July 16, 2022

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

Muscat, Oman

Sun 2 Sutra 90

Subhakrit 5124

Kumbha Rasi: 1.56 Tithi 18 – 19

Gulika 5:30AM – 7:10AM

Dhanishtha Until 1:44PM

Ganesha: Blue

Sunrise: 5:30AM

Yama 1:53PM – 3:34PM

Ayushman Until 7:22PM

Muruqa: Green

Sunset: 6:56PM

Moon 7 - Phase 13 - 2

Creative Work Siddha Yoga

498755471 **Rahu** 8:51AM – 10:32AM

Bava Until 10:40PM

Nataraja: Yellow

1st Phase

Until 1:44PM

Tritiya Until 12:02PM

Moon – Purple
Ashada•Adi

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Then Creative Work - Amrita Yoga

2

Sunday, July 17, 2022

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

Muscat, Oman

Sun 3 Sutra 91

Subhakrit 5124

Kumbha Rasi: 16.26 Tithi 19 – 20

Gulika 3:34PM – 5:15PM

Shatabhishak Until 11:50AM

Ganesha: Blue

Sunrise: 5:30AM

Yama 12:13PM – 1:53PM

Saubhagya Until 4:22PM

Muruqa: Green

Sunset: 6:55PM

Moon 7 - Phase 13 - 3

Creative Work Siddha Yoga

498755472 **Rahu** 5:15PM – 6:55PM

Kaulava Until 8:22PM

Nataraja: White

1st Phase

Until 10:56AM

Chaturthi* Until 9:25AM

Moon – Purple
Ashada•Adi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Then Creative Work - Siddha Yoga

3

Monday, July 18, 2022

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

Muscat, Oman

Sun 4 Sutra 92

Subhakrit 5124

Meena Rasi: 0.29 Tithi 20 – 21

Gulika 1:53PM – 3:34PM

Purvaprosarthapada* Until 10:56AM

Ganesha: White

Sunrise: 5:30AM

Yama 10:32AM – 12:13PM

Sobhana Until 1:58PM

Muruqa: Green

Sunset: 6:55PM

Moon 7 - Phase 13 - 4

Family Home Evening

418755472 **Rahu** 7:11AM – 8:52AM

Gara Until 6:50PM

Nataraja: White

1st Phase

Routine Work Marana Yoga

Panchami Until 7:29AM

Moon – Clear
Ashada•Adi

Bhuloka Day

Until 10:56AM

Then Creative Work - Siddha Yoga

4

Tuesday, July 19, 2022

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

Muscat, Oman

Sun 5 Sutra 93

Subhakrit 5124

Meena Rasi: 14.03 Tithi 21 – 22

Gulika 12:13PM – 1:53PM

Uttaraprosarthapada Until 10:42AM

Ganesha: Clear

Sunrise: 5:31AM

Yama 8:52AM – 10:32AM

Athiganda* Until 12:13PM

Muruqa: Green

Sunset: 6:55PM

Moon 7 - Phase 13 - 5

Creative Work Amrita Yoga

419755472 **Rahu** 3:34PM – 5:14PM

Visti Until 6:09PM

Nataraja: White

1st Phase

Until 10:42AM

Shashthi* Until 6:22AM

Moon – Clear
Ashada•Adi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Then Creative Work - Siddha Yoga

5

Wednesday, July 20, 2022

Retreat Star

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

Muscat, Oman

Sun 6 Sutra 94

Subhakrit 5124

Meena Rasi: 27.08 Tithi 22 – 23

Gulika 10:32AM – 12:13PM

Revati Until 11:10AM

Ganesha: Clear

Sunrise: 5:31AM

Yama 7:12AM – 8:52AM

Sukarma Until 11:11AM

Muruqa: Green

Sunset: 6:54PM

Moon 7 - Phase 13 - 6

Routine Work Marana Yoga

419755472 **Rahu** 12:13PM – 1:53PM

Balava Until 6:19PM

Nataraja: White

Ashtami

Until 12:46PM

Saptami Until 6:06AM

Moon – Clear
Ashada•Adi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Then Creative Work - Siddha Yoga

Thursday, July 21, 2022

Retreat Star

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

Muscat, Oman

Sun 7 Sutra 95

Subhakrit 5124

Mesha Rasi: 9.49 Tithi 23 – 24

Gulika 8:52AM – 10:33AM

Ashvini Until 12:46PM

Ganesha: Purple

Sunrise: 5:32AM

Yama 5:32AM – 7:12AM

Dhriti Until 10:49AM

Muruqa: Green

Sunset: 6:54PM

Moon 7 - Phase 13 - 7

Creative Work Amrita Yoga

429755472 **Rahu** 1:53PM – 3:33PM

Taitila Until 7:19PM

Nataraja: White

Navami

Until 12:46PM

Ashtami* Until 6:42AM

Moon – White
Ashada•Adi

Devaloka Day

Then Creative Work - Siddha Yoga

1	Friday, July 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Muscat, Oman Sun 8 Sutra 96
	Mesha Rasi: 22.08	Tithi 24 – 25	Gulika 7:12AM – 8:53AM	Bharani Until 2:54PM	Ganesha: Purple	<i>Sunrise:</i> 5:32AM	Subhakrit 5124
			Yama 3:33PM – 5:13PM	Shula* Until 10:59AM	Muruqa: Green	<i>Sunset:</i> 6:54PM	Moon 7 - Phase 14 - 8
	Creative Work	Siddha Yoga	429755472 Rahu 10:33AM – 12:13PM	Vanija Until 8:59PM	Nataraja: White		2nd Phase
			Navami* Until 8:03AM	Moon – White		Devaloka Day	
				Ashada*Adi			


2	Saturday, July 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda/Vridhhi Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 9 Sutra 97
	Vrishabha Rasi: 4.14	Tithi 25 – 26	Gulika 5:33AM – 7:13AM	Krittika Until 5:24PM	Ganesha: Purple	<i>Sunrise:</i> 5:32AM	Subhakrit 5124
			Yama 1:53PM – 3:33PM	Ganda* Until 11:37AM	Muruqa: Green	<i>Sunset:</i> 6:53PM	Moon 7 - Phase 14 - 9
	Creative Work	Amrita Yoga	429755472 Rahu 8:53AM – 10:33AM	Bava Until 11:08PM	Nataraja: White		2nd Phase
			Dashami Until 9:59AM	Moon – White		Devaloka Day	
				Ashada*Adi			


3	Sunday, July 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 10 Sutra 98
	Vrishabha Rasi: 16.09	Tithi 26 – 27	Gulika 3:33PM – 5:13PM	Rohini Until 8:32PM	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Subhakrit 5124
			Yama 12:13PM – 1:53PM	Vridhhi Until 12:32PM	Muruqa: Green	<i>Sunset:</i> 6:53PM	Moon 7 - Phase 14 - 10
	Creative Work	Siddha Yoga	439755472 Rahu 5:13PM – 6:53PM	Kaulava Until 1:34AM Mon	Nataraja: White		2nd Phase
			Ekadashi* Until 12:18PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

4	Monday, July 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 11 Sutra 99
	Vrishabha Rasi: 27.59	Tithi 27 – 28	Gulika 1:53PM – 3:33PM	Mrigashira Until 11:37PM	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Subhakrit 5124
	Family Home Evening		Yama 10:33AM – 12:13PM	Dhruva Until 1:34PM	Muruqa: Green	<i>Sunset:</i> 6:52PM	Moon 7 - Phase 14 - 11
	Creative Work	Amrita Yoga	439755472 Rahu 7:13AM – 8:53AM	Gara Until 4:06AM Tue	Nataraja: White		2nd Phase
			Dvadashi* Until 2:49PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, July 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 12 Sutra 100
	Mithuna Rasi: 9.47	Tithi 28 – 29	Gulika 12:13PM – 1:53PM	Ardra Until 2:30AM Wed	Ganesha: Clear	<i>Sunrise:</i> 5:34AM	Subhakrit 5124
			Yama 8:53AM – 10:33AM	Vyaghata* Until 2:38PM	Muruqa: Green	<i>Sunset:</i> 6:52PM	Moon 7 - Phase 14 - 12
	Routine Work	Marana Yoga	439755472 Rahu 3:33PM – 5:12PM	Visti Until 6:34AM Wed	Nataraja: White		2nd Phase
			Trayodashi* Until 5:20PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

6	Wednesday, July 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Visti/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman Sun 13 Sutra 101
	Mithuna Rasi: 21.38	Tithi 29	Gulika 10:33AM – 12:13PM	Punarvasu Until 5:35AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 5:34AM	Subhakrit 5124
			Yama 7:14AM – 8:54AM	Harshana Until 3:37PM	Muruqa: Green	<i>Sunset:</i> 6:52PM	Moon 7 - Phase 14 - 13
	Creative Work	Siddha Yoga	441755472 Rahu 12:13PM – 1:53PM	Visti Until 6:34AM	Nataraja: White		2nd Phase
			Chaturdashi* Until 7:44PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Thursday, July 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra/Siddhi Yoga Catuspada/Naga* Karana Amavasyayam Titau				Muscat, Oman Sun 14 Sutra 102
	Retreat Star		Gulika 8:54AM – 10:33AM	Pushya Until 8:16AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM	Subhakrit 5124
	Kataka Rasi: 3.32	Tithi 30	Yama 5:35AM – 7:14AM	Vajra* Until 4:26PM	Muruqa: Green	<i>Sunset:</i> 6:51PM	Moon 7 - Phase 14 - 14
	Creative Work	Amrita Yoga	441755472 Rahu 1:53PM – 3:32PM	Catuspada Until 8:52AM	Nataraja: White		Amavasya
			Amavasya* Until 9:55PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Friday, July 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatpata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman Sun 15 Sutra 103
	Retreat Star		Gulika 7:15AM – 8:54AM	Pushya Until 8:16AM	Ganesha: Yellow	<i>Sunrise:</i> 5:35AM	Subhakrit 5124
	Kataka Rasi: 15.31	Tithi 1	Yama 3:32PM – 5:11PM	Siddhi Until 5:04PM	Muruqa: Green	<i>Sunset:</i> 6:51PM	Moon 7 - Phase 14 - 15
	Creative Work	Amrita Yoga	441755472 Rahu 10:34AM – 12:13PM	Kintughna Until 10:57AM	Nataraja: White		Prathama
			Prathama* Until 11:51PM	Moon – Blue		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to 12:PM	

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

1	Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Muscat, Oman
	Kataka Rasi: 27.37	Tithi 2	Gulika 5:36AM – 7:15AM	Ashlesha* Until 10:31AM	Ganesha: Yellow	Sunrise: 5:36AM	Sun 16 Sutra 104
		441755472	Yama 1:52PM – 3:32PM	Vyatipata* Until 5:30PM	Muruqa: Green	Sunset: 6:50PM	Subhakrit 5124
			Rahu 8:54AM – 10:34AM	Balava Until 12:44PM	Nataraja: White		Moon 7 - Phase 15 - 16
				Dvitiya Until 1:29AM Sun	Moon – Blue		3rd Phase
					Sravana*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

2	Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Muscat, Oman
	Simha Rasi: 9.5	Tithi 3	Gulika 3:31PM – 5:10PM	Magha* Until 12:48PM	Ganesha: Red	Sunrise: 5:36AM	Sun 17 Sutra 105
		451755472	Yama 12:13PM – 1:52PM	Varyan Until 5:39PM	Muruqa: Green	Sunset: 6:50PM	Subhakrit 5124
			Rahu 5:10PM – 6:50PM	Taitila Until 2:12PM	Nataraja: White		Moon 7 - Phase 15 - 17
				Tritiya Until 2:47AM Mon	Moon – Red		3rd Phase
					Sravana*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

3	Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau				Muscat, Oman
	Simha Rasi: 22.12	Tithi 4	Gulika 1:52PM – 3:31PM	Purvaphalguni Until 2:35PM	Ganesha: Red	Sunrise: 5:37AM	Sun 18 Sutra 106
Family Home Evening		451755472	Yama 10:34AM – 12:13PM	Parigha* Until 5:32PM	Muruqa: Green	Sunset: 6:49PM	Subhakrit 5124
Creative Work			Rahu 7:16AM – 8:55AM	Vanija Until 3:19PM	Nataraja: White		Moon 7 - Phase 15 - 18
				Chaturthi* Until 3:43AM Tue	Moon – Red		3rd Phase
					Sravana*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

4	Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman
	Kanya Rasi: 4.44	Tithi 5	Gulika 12:13PM – 1:52PM	Uttaraphalguni Until 3:48PM	Ganesha: Red	Sunrise: 5:37AM	Sun 19 Sutra 107
		451755472	Yama 8:55AM – 10:34AM	Shiva Until 5:06PM	Muruqa: Green	Sunset: 6:49PM	Subhakrit 5124
			Rahu 3:31PM – 5:10PM	Bava Until 4:02PM	Nataraja: White		Moon 7 - Phase 15 - 19
				Panchami Until 4:12AM Wed	Moon – Red		3rd Phase
					Sravana*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

5	Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman
	Kanya Rasi: 17.28	Tithi 6	Gulika 10:34AM – 12:13PM	Hasta Until 4:53PM	Ganesha: Blue	Sunrise: 5:37AM	Sun 20 Sutra 108
		461755472	Yama 7:16AM – 8:55AM	Siddha Until 4:17PM	Muruqa: Green	Sunset: 6:48PM	Subhakrit 5124
			Rahu 12:13PM – 1:51PM	Kaulava Until 4:17PM	Nataraja: White		Moon 7 - Phase 15 - 20
				Shashthi* Until 4:11AM Thu	Moon – Green		3rd Phase
					Sravana*Adi		Devaloka Day

6	Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman
	Tula Rasi: 0.27	Tithi 7	Gulika 8:55AM – 10:34AM	Chitra Until 5:17PM	Ganesha: Blue	Sunrise: 5:38AM	Sun 21 Sutra 109
		461755472	Yama 5:38AM – 7:17AM	Sadhya Until 3:03PM	Muruqa: Green	Sunset: 6:47PM	Subhakrit 5124
			Rahu 1:51PM – 3:30PM	Gara Until 4:00PM	Nataraja: White		Moon 7 - Phase 15 - 21
				Saptami Until 3:37AM Fri	Moon – Green		3rd Phase
					Sravana*Adi		Devaloka Day

☽	Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman
	Tula Rasi: 13.44	Tithi 8	Gulika 7:17AM – 8:55AM	Svati Until 4:58PM	Ganesha: Blue	Sunrise: 5:38AM	Sun 22 Sutra 110
		461765472	Yama 3:30PM – 5:08PM	Subha Until 1:22PM	Muruqa: White	Sunset: 6:47PM	Subhakrit 5124
			Rahu 10:34AM – 12:12PM	Visti Until 3:07PM	Nataraja: White		Moon 7 - Phase 15 - 22
				Ashtami* Until 2:26AM Sat	Moon – Green		Ashtami
					Sravana*Adi		Devaloka Day

☽	Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman
	Tula Rasi: 27.21	Tithi 9	Gulika 5:39AM – 7:17AM	Vishakha Until 4:19PM	Ganesha: White	Sunrise: 5:39AM	Sun 23 Sutra 111
		472765472	Yama 1:51PM – 3:29PM	Sukla Until 11:09AM	Muruqa: White	Sunset: 6:46PM	Subhakrit 5124
			Rahu 8:56AM – 10:34AM	Balava Until 1:38PM	Nataraja: White		Moon 7 - Phase 15 - 23
				Navami* Until 12:38AM Sun	Moon – Orange		Navami
					Sravana*Adi		Bhuloka Day

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 Muscat, Oman on 5/1/21

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1 Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Tilau				Muscat, Oman Sun 24 Sutra 112 Subhakrit 5124
Vrischika Rasi: 11.21	Tithi 10	Gulika 3:29PM – 5:07PM	Anuradha Until 2:56PM	Ganesha: Yellow	<i>Sunrise:</i> 5:39AM	
		Yama 12:12PM – 1:51PM	Brahma Until 8:28AM	Muruqa: White	<i>Sunset:</i> 6:45PM	Moon 7 - Phase 16 - 24
	472865472	Rahu 5:07PM – 6:45PM	Taitila Until 11:32AM	Nataraja: White		4th Phase
Routine Work	Marana Yoga		Dashami Until 10:16PM	Moon – Orange		
				Sravana*Adi		Bhuloka Day Devaloka Time: 9:AM to12:PM

2 Monday, August 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Tilau				Muscat, Oman Sun 25 Sutra 113 Subhakrit 5124
Vrischika Rasi: 25.43	Tithi 11	Gulika 1:50PM – 3:28PM	Jyeshtha* Until 12:53PM	Ganesha: Yellow	<i>Sunrise:</i> 5:39AM	
Family Home Evening		Yama 10:34AM – 12:12PM	Vaidhriti* Until 1:48AM Tue	Muruqa: White	<i>Sunset:</i> 6:45PM	Moon 7 - Phase 16 - 25
	472865472	Rahu 7:18AM – 8:56AM	Vanija Until 8:55AM	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 7:25PM	Moon – Orange		
				Sravana*Adi		Bhuloka Day Devaloka Time: 9:AM to12:PM

3 Tuesday, August 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Tilau				Muscat, Oman Sun 26 Sutra 114 Subhakrit 5124
Dhanus Rasi: 10.25	Tithi 12 – 13	Gulika 12:12PM – 1:50PM	Mula* Until 10:41AM	Ganesha: White	<i>Sunrise:</i> 5:40AM	
		Yama 8:56AM – 10:34AM	Vishkambha* Until 9:59PM	Muruqa: White	<i>Sunset:</i> 6:44PM	Moon 7 - Phase 16 - 26
	482865472	Rahu 3:28PM – 5:06PM	Kaulava Until 2:28AM Wed	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Dvadashi Until 4:10PM	Moon – Light Blue		
Until 10:41AM				Sravana*Adi		Devaloka Day
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

4 Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Tilau				Muscat, Oman Sun 27 Sutra 115 Subhakrit 5124
Dhanus Rasi: 25.22	Tithi 13 – 14	Gulika 10:34AM – 12:12PM	Purvashadha* Until 8:04AM	Ganesha: White	<i>Sunrise:</i> 5:40AM	
		Yama 7:18AM – 8:56AM	Priti Until 6:01PM	Muruqa: White	<i>Sunset:</i> 6:43PM	Moon 7 - Phase 16 - 27
	482865472	Rahu 12:12PM – 1:50PM	Gara Until 10:55PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 12:41PM	Moon – Light Blue		
				Sravana*Adi		Devaloka Day

Thursday, August 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Tilau				Muscat, Oman Sutra 116 Subhakrit 5124
Copper Retreat Star		Gulika 8:56AM – 10:34AM	Shravana Until 2:36AM Fri	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	
Makara Rasi: 10.25	Tithi 14 – 15	Yama 5:41AM – 7:18AM	Ayushman Until 1:59PM	Muruqa: White	<i>Sunset:</i> 6:43PM	Moon 7 - Phase 16 -
	492865472	Rahu 1:49PM – 3:27PM	Visti Until 7:20PM	Nataraja: White		Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 9:06AM	Moon – Purple		
		Raksha Bandhan		Sravana*Adi		Bhuloka Day Devaloka Time: 9:AM to12:PM

Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Tilau				Muscat, Oman Sutra 117 Subhakrit 5124
Silver Retreat Star		Gulika 7:19AM – 8:56AM	Dhanishtha Until 12:06AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:41AM	
Makara Rasi: 25.26	Tithi 16	Yama 3:27PM – 5:04PM	Saubhagya Until 10:02AM	Muruqa: White	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 16 -
	492865472	Rahu 10:34AM – 12:12PM	Balava Until 3:55PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Prathama* Until 2:18AM Sat	Moon – Purple		
Until 12:06AM Sat				Sravana*Adi		Bhuloka Day Devaloka Time: 9:AM to12:PM
Then Creative Work - Amrita Yoga						

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



Saturday, August 13, 2022
Gold Retreat Star

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

Muscat, Oman
Sutra 118

Kumbha Rasi: 10.16 Tithi 17

Gulika 5:42AM – 7:19AM
Yama 1:49PM – 3:26PM
492865472 Rahu 8:56AM – 10:34AM

Shatabhishak Until 9:51PM
Sobhana Until 6:20AM
Taitila Until 12:50PM
Dvitiya Until 11:26PM

Ganesha: Clear Sunrise: 5:42AM
Muruga: White Sunset: 6:41PM
Nataraja: White
Moon – Purple

Subhakit 5124
Moon 8 - Phase 17 -
1st Phase

Creative Work Amrita Yoga
Until 9:51PM
Then Routine Work - Marana Yoga

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

1

Sunday, August 14, 2022

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

Muscat, Oman
Sun 1 Sutra 119

Kumbha Rasi: 24.47 Tithi 18

Gulika 3:26PM – 5:03PM
Yama 12:11PM – 1:49PM
412865472 Rahu 5:03PM – 6:40PM

Purvaproshtapada* Until 8:27PM
Sukarma Until 12:08AM Mon
Vanija Until 10:13AM
Tritiya Until 9:08PM

Ganesha: Yellow Sunrise: 5:42AM
Muruga: White Sunset: 6:40PM
Nataraja: White
Moon – Clear

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

Creative Work Siddha Yoga
Until 8:27PM
Then Creative Work - Amrita Yoga

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

2

Monday, August 15, 2022

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

Muscat, Oman
Sun 2 Sutra 120

Meena Rasi: 8.52 Tithi 19

Gulika 1:48PM – 3:25PM
Yama 10:34AM – 12:11PM
412865472 Rahu 7:19AM – 8:57AM

Uttaraproshtapada Until 7:37PM
Dhriti Until 9:53PM
Bava Until 8:16AM
Chaturthi* Until 7:33PM

Ganesha: Yellow Sunrise: 5:42AM
Muruga: White Sunset: 6:40PM
Nataraja: White
Moon – Clear

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

Creative Work Siddha Yoga
Until 8:27PM
Then Creative Work - Amrita Yoga

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

3

Tuesday, August 16, 2022

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

Muscat, Oman
Sun 3 Sutra 121

Meena Rasi: 22.29 Tithi 20

Gulika 12:11PM – 1:48PM
Yama 8:57AM – 10:34AM
412865472 Rahu 3:25PM – 5:02PM

Revati Until 7:27PM
Shula* Until 8:18PM
Kaulava Until 7:05AM
Panchami Until 6:48PM

Ganesha: Yellow Sunrise: 5:43AM
Muruga: White Sunset: 6:39PM
Nataraja: White
Moon – Clear

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

Creative Work Siddha Yoga
Until 8:27PM
Then Creative Work - Siddha Yoga

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

4

Wednesday, August 17, 2022

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

Muscat, Oman
Sun 4 Sutra 122

Mesha Rasi: 5.37 Tithi 21

Gulika 10:34AM – 12:11PM
Yama 7:20AM – 8:57AM
522865472 Rahu 12:11PM – 1:47PM

Ashvini Until 8:27PM
Ganda* Until 7:25PM
Gara Until 6:46AM
Shashthi* Until 6:55PM

Ganesha: Yellow Sunrise: 5:43AM
Muruga: White Sunset: 6:38PM
Nataraja: White
Moon – White

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

Routine Work Marana Yoga
Until 8:27PM
Then Creative Work - Siddha Yoga

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

5

Thursday, August 18, 2022

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

Muscat, Oman
Sun 5 Sutra 123

Mesha Rasi: 18.2 Tithi 22

Gulika 8:57AM – 10:34AM
Yama 5:43AM – 7:20AM
522865472 Rahu 1:47PM – 3:24PM

Bharani Until 10:06PM
Vriddhi Until 7:12PM
Visti Until 7:19AM
Saptami Until 7:53PM

Ganesha: Yellow Sunrise: 5:43AM
Muruga: White Sunset: 6:37PM
Nataraja: White
Moon – White

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

Creative Work Siddha Yoga
Until 10:06PM
Then Routine Work - Marana Yoga

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

D

Friday, August 19, 2022
Retreat Star

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

Muscat, Oman
Sun 6 Sutra 124

Vrishabha Rasi: 0.41 Tithi 23

Gulika 7:20AM – 8:57AM
Yama 3:23PM – 5:00PM
523865472 Rahu 10:34AM – 12:10PM

Krittika Until 12:16AM Sat
Dhruva Until 7:30PM
Balava Until 8:40AM
Ashtami* Until 9:33PM

Ganesha: White Sunrise: 5:44AM
Muruga: White Sunset: 6:36PM
Nataraja: White
Moon – White

Subhakit 5124
Moon 8 - Phase 17 - 6
Ashtami

Creative Work Siddha Yoga
Until 12:16AM Sat
Then Creative Work - Amrita Yoga

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

Saturday, August 20, 2022

Retreat Star

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

Muscat, Oman
Sun 7 Sutra 125

Vrishabha Rasi: 12.47 Tithi 24

Gulika 5:44AM – 7:21AM
Yama 1:46PM – 3:23PM
533865472 Rahu 8:57AM – 10:33AM

Rohini Until 3:13AM Sun
Vyaghata* Until 8:13PM
Taitila Until 10:37AM
Navami* Until 11:44PM

Ganesha: Yellow Sunrise: 5:44AM
Muruga: White Sunset: 6:36PM
Nataraja: White
Moon – Yellow

Subhakit 5124
Moon 8 - Phase 17 - 7
Navami

Creative Work Amrita Yoga
Until 3:13AM Sun
Then Creative Work - Siddha Yoga

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

1		Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Muscat, Oman Sun 8 Sutra 126 Subhakrit 5124	
Wishabha Rasi: 24.42	Tithi 25	Gulika 3:22PM – 4:58PM	Mrigashira Until 6:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:45AM		
		Yama 12:10PM – 1:46PM	Harshana Until 9:11PM	Muruqa: White	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 18 - 8	
		533865472 Rahu 4:58PM – 6:35PM	Vanija Until 12:57PM	Nataraja: White		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 2:10AM Mon	Moon – Yellow		Bhuloka Day	
				Sravana•Avani		Devaloka Time: 6:AM to 9:AM	

2		Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Muscat, Oman Sun 9 Sutra 127 Subhakrit 5124	
Mithuna Rasi: 6.32	Tithi 26	Gulika 1:46PM – 3:22PM	Mrigashira Until 6:14AM	Ganesha: Yellow	<i>Sunrise:</i> 5:45AM		
Family Home Evening		Yama 10:33AM – 12:09PM	Vajra* Until 10:11PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 18 - 9	
Creative Work	Amrita Yoga	533865472 Rahu 7:21AM – 8:57AM	Bava Until 3:27PM	Nataraja: White		2nd Phase	
Until 6:14AM			Ekadashi* Until 4:40AM Tue	Moon – Yellow		Bhuloka Day	
Then Creative Work - Siddha Yoga				Sravana•Avani		Devaloka Time: 6:AM to 9:AM	

3		Tuesday, August 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Muscat, Oman Sun 10 Sutra 128 Subhakrit 5124	
Mithuna Rasi: 18.23	Tithi 27	Gulika 12:09PM – 1:45PM	Ardra Until 9:05AM	Ganesha: Yellow	<i>Sunrise:</i> 5:45AM		
		Yama 8:57AM – 10:33AM	Siddhi Until 11:07PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 8 - Phase 18 - 10	
		533865472 Rahu 3:21PM – 4:57PM	Kaulava Until 5:54PM	Nataraja: White		2nd Phase	
Routine Work	Marana Yoga		Dvadashi* Until 7:02AM Wed	Moon – Yellow		Bhuloka Day	
Until 9:05AM				Sravana•Avani		Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga							

4		Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 11 Sutra 129 Subhakrit 5124	
Kataka Rasi: 0.16	Tithi 27 – 28	Gulika 10:33AM – 12:09PM	Punarvasu Until 12:08PM	Ganesha: Blue	<i>Sunrise:</i> 5:46AM		
		Yama 7:21AM – 8:57AM	Vyatipata* Until 11:54PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 8 - Phase 18 - 11	
		533865472 Rahu 12:09PM – 1:45PM	Gara Until 8:08PM	Nataraja: White		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 7:02AM	Moon – Blue		Bhuloka Day	
				Sravana•Avani			
				<i>Pradosha Vrata (Fasting)</i>			

5		Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Muscat, Oman Sun 12 Sutra 130 Subhakrit 5124	
Kataka Rasi: 12.16	Tithi 28 – 29	Gulika 8:57AM – 10:33AM	Pushya Until 2:45PM	Ganesha: Blue	<i>Sunrise:</i> 5:46AM		
		Yama 5:46AM – 7:22AM	Variyan Until 12:24AM Fri	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 8 - Phase 18 - 12	
		533865472 Rahu 1:44PM – 3:20PM	Visti Until 10:04PM	Nataraja: White		2nd Phase	
Creative Work	Amrita Yoga		Trayodashi* Until 9:08AM	Moon – Blue		Bhuloka Day	
Until 2:45PM				Sravana•Avani			
Then Creative Work - Siddha Yoga							

Retreat Star		Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Muscat, Oman Sun 13 Sutra 131 Subhakrit 5124	
Kataka Rasi: 24.23	Tithi 29 – 30	Gulika 7:22AM – 8:57AM	Ashlesha* Until 4:51PM	Ganesha: Blue	<i>Sunrise:</i> 5:46AM		
		Yama 3:19PM – 4:55PM	Parigha* Until 12:38AM Sat	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 8 - Phase 18 - 13	
		533865472 Rahu 10:33AM – 12:08PM	Catuspada Until 11:38PM	Nataraja: White		Amavasya	
Routine Work	Marana Yoga		Chaturdashi* Until 10:53AM	Moon – Blue		Bhuloka Day	
				Sravana•Avani			

Retreat Star		Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Muscat, Oman Sun 14 Sutra 132 Subhakrit 5124	
Simha Rasi: 6.4	Tithi 30 – 1	Gulika 5:47AM – 7:22AM	Magha* Until 6:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:47AM		
		Yama 1:43PM – 3:19PM	Shiva Until 12:35AM Sun	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 8 - Phase 18 - 14	
		533865472 Rahu 8:57AM – 10:33AM	Kintughna Until 12:49AM Sun	Nataraja: White		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 12:15PM	Moon – Red		Bhuloka Day	
Until 6:54PM				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 Muscat, Oman on 5/1/21

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1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Muscat, Oman Sun 15 Sutra 133 Subhakrit 5124
Simha Rasi: 19.06	Tithi 1 – 2	Gulika 3:18PM – 4:53PM	Purvaphalguni Until 8:24PM	Ganesha: Blue <i>Sunrise: 5:47AM</i>
		Yama 12:08PM – 1:43PM	Siddha Until 12:11AM Mon	Muruqa: White <i>Sunset: 6:29PM</i>
	553865473	Rahu 4:53PM – 6:29PM	Balava Until 1:36AM Mon	Nataraja: Clear
Creative Work Siddha Yoga			Prathama* Until 1:14PM	Moon – Red
Until 8:24PM				Bhadrpada*Avani
Then Creative Work - Amrita Yoga				Devaloka Day Devaloka Time: 6:PM to 9:PM

2 Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Muscat, Oman Sun 16 Sutra 134 Subhakrit 5124
Kanya Rasi: 1.43	Tithi 2 – 3	Gulika 1:43PM – 3:18PM	Uttaraphalguni Until 9:22PM	Ganesha: Blue <i>Sunrise: 5:47AM</i>
Family Home Evening		Yama 10:32AM – 12:07PM	Sadhya Until 11:30PM	Muruqa: White <i>Sunset: 6:28PM</i>
	553865473	Rahu 7:22AM – 8:57AM	Taitila Until 1:59AM Tue	Nataraja: Clear
Creative Work Siddha Yoga			Dvitiya Until 1:49PM	Moon – Red
				Bhadrpada*Avani
				Devaloka Day Devaloka Time: 6:PM to 9:PM

3 Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtthyam Titau		Muscat, Oman Sun 17 Sutra 135 Subhakrit 5124
Kanya Rasi: 14.32	Tithi 3 – 4	Gulika 12:07PM – 1:42PM	Hasta Until 10:17PM	Ganesha: Blue <i>Sunrise: 5:48AM</i>
		Yama 8:57AM – 10:32AM	Subha Until 10:32PM	Muruqa: White <i>Sunset: 6:27PM</i>
	563865473	Rahu 3:17PM – 4:52PM	Vanija Until 2:00AM Wed	Nataraja: Clear
Creative Work Siddha Yoga			Tritiya Until 2:01PM	Moon – Green
				Bhadrpada*Avani
				Devaloka Day Devaloka Time: 6:PM to 9:PM

4 Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Muscat, Oman Sun 18 Sutra 136 Subhakrit 5124
Kanya Rasi: 27.31	Tithi 4 – 5	Gulika 10:32AM – 12:07PM	Chitra Until 10:39PM	Ganesha: Blue <i>Sunrise: 5:48AM</i>
		Yama 7:23AM – 8:57AM	Sukla Until 9:14PM	Muruqa: White <i>Sunset: 6:26PM</i>
	563865473	Rahu 12:07PM – 1:42PM	Bava Until 1:38AM Thu	Nataraja: Clear
Creative Work Siddha Yoga			Chaturthi* Until 1:51PM	Moon – Green
		Ganesha Chaturthi		Bhadrpada*Avani
				Devaloka Day Devaloka Time: 6:PM to 9:PM

5 Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Muscat, Oman Sun 19 Sutra 137 Subhakrit 5124
Tula Rasi: 10.43	Tithi 5 – 6	Gulika 8:57AM – 10:32AM	Svati Until 10:30PM	Ganesha: Red <i>Sunrise: 5:48AM</i>
		Yama 5:48AM – 7:23AM	Brahma Until 7:38PM	Muruqa: White <i>Sunset: 6:25PM</i>
	563965473	Rahu 1:41PM – 3:16PM	Kaulava Until 12:52AM Fri	Nataraja: Clear
Creative Work Amrita Yoga			Panchami Until 1:17PM	Moon – Green
Until 10:30PM				Bhadrpada*Avani
Then Creative Work - Siddha Yoga				Devaloka Day

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		Muscat, Oman Sun 20 Sutra 138 Subhakrit 5124
Tula Rasi: 24.07	Tithi 6 – 7	Gulika 7:23AM – 8:57AM	Vishakha Until 10:14PM	Ganesha: Blue <i>Sunrise: 5:49AM</i>
		Yama 3:15PM – 4:49PM	Indra Until 5:43PM	Muruqa: White <i>Sunset: 6:24PM</i>
	573965473	Rahu 10:32AM – 12:06PM	Gara Until 11:41PM	Nataraja: Clear
Creative Work Siddha Yoga			Shashthi* Until 12:18PM	Moon – Orange
				Bhadrpada*Avani
				Sivaloka Day

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 139 Subhakrit 5124
Vrischika Rasi: 7.46	Tithi 7 – 8	Gulika 5:49AM – 7:23AM	Anuradha Until 9:24PM	Ganesha: Yellow <i>Sunrise: 5:49AM</i>
		Yama 1:40PM – 3:14PM	Vaidhriti* Until 3:26PM	Muruqa: White <i>Sunset: 6:23PM</i>
	574965473	Rahu 8:57AM – 10:32AM	Visti Until 10:05PM	Nataraja: Clear
Creative Work Siddha Yoga			Saptami Until 10:55AM	Moon – Orange
				Bhadrpada*Avani
				Devaloka Day

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Muscat, Oman Sun 22 Sutra 140 Subhakrit 5124
Vrischika Rasi: 21.4	Tithi 8 – 9	Gulika 3:14PM – 4:48PM	Jyeshtha* Until 8:01PM	Ganesha: Yellow <i>Sunrise: 5:49AM</i>
		Yama 12:06PM – 1:40PM	Vishkambha* Until 12:49PM	Muruqa: White <i>Sunset: 6:22PM</i>
	574965473	Rahu 4:48PM – 6:22PM	Balava Until 8:05PM	Nataraja: Clear
Routine Work Marana Yoga			Ashtami* Until 9:07AM	Moon – Orange
Until 8:01PM				Bhadrpada*Avani
Then Creative Work - Amrita Yoga				Devaloka Day

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


1		Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Gara Karana Navami/Dashmyam Titau		Muscat, Oman Sun 23 Sutra 141 Subhakrit 5124	
Dhanus Rasi: 5.5	Tithi 9 – 10	Gulika	1:39PM – 3:13PM	Mula* Until 6:32PM	Ganesha: White	<i>Sunrise:</i> 5:50AM	
Family Home Evening	584965473	Yama	10:31AM – 12:05PM	Priti Until 9:55AM	Muruqa: White	<i>Sunset:</i> 6:21PM	Moon 8 - Phase 20 - 23
Creative Work Siddha Yoga		Rahu	7:24AM – 8:57AM	Gara Until 4:22AM Tue	Nataraja: Clear		4th Phase
Until 6:32PM				Navami* Until 6:55AM	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Marana Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

2		Tuesday, September 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Vanja/Visti* Karana Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 142 Subhakrit 5124	
Dhanus Rasi: 20.14	Tithi 11	Gulika	12:05PM – 1:39PM	Purvashadha* Until 4:36PM	Ganesha: White	<i>Sunrise:</i> 5:50AM	
	584965473	Yama	8:57AM – 10:31AM	Ayushman Until 6:42AM	Muruqa: White	<i>Sunset:</i> 6:20PM	Moon 8 - Phase 20 - 24
Creative Work Siddha Yoga		Rahu	3:12PM – 4:46PM	Vanija Until 3:00PM	Nataraja: Clear		4th Phase
Until 4:36PM				Ekadashi Until 1:33AM Wed	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Prabararishta Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

3		Wednesday, September 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Muscat, Oman Sun 25 Sutra 143 Subhakrit 5124	
Makara Rasi: 4.49	Tithi 12	Gulika	10:31AM – 12:05PM	Uttarashadha Until 2:20PM	Ganesha: White	<i>Sunrise:</i> 5:50AM	
	584965473	Yama	7:24AM – 8:57AM	Sobhana Until 11:44PM	Muruqa: White	<i>Sunset:</i> 6:19PM	Moon 8 - Phase 20 - 25
Creative Work Amrita Yoga		Rahu	12:05PM – 1:38PM	Bava Until 12:05PM	Nataraja: Clear		4th Phase
Until 2:20PM				Dvadashi Until 10:34PM	Moon – Light Blue	Bhuloka Day	
Then Creative Work - Siddha Yoga					Bhadrapada*Avani	Devaloka Time: 6:PM to 9:PM	

4		Thursday, September 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 144 Subhakrit 5124	
Makara Rasi: 19.3	Tithi 13	Gulika	8:57AM – 10:31AM	Shravana Until 12:15PM	Ganesha: Clear	<i>Sunrise:</i> 5:51AM	
	594965473	Yama	5:51AM – 7:24AM	Athiganda* Until 8:09PM	Muruqa: White	<i>Sunset:</i> 6:18PM	Moon 8 - Phase 20 - 26
Creative Work Siddha Yoga		Rahu	1:38PM – 3:11PM	Kaulava Until 9:04AM	Nataraja: Clear		4th Phase
				Chidambaram Abhishekam	Moon – Purple	Devaloka Day	
				Trayodashi Until 7:33PM	Bhadrapada*Avani		
				<i>Pradosha Vrata</i>			

5		Friday, September 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarna/Dhriti* Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau		Muscat, Oman Sun 27 Sutra 145 Subhakrit 5124	
Kumbha Rasi: 4.1	Tithi 14 – 15	Gulika	7:24AM – 8:57AM	Dhanishtha Until 10:04AM	Ganesha: Clear	<i>Sunrise:</i> 5:51AM	
	594965473	Yama	3:10PM – 4:44PM	Sukarna Until 4:40PM	Muruqa: White	<i>Sunset:</i> 6:17PM	Moon 8 - Phase 20 - 27
Creative Work Siddha Yoga		Rahu	10:31AM – 12:04PM	Gara Until 6:05AM	Nataraja: Clear		4th Phase
				Chaturdashi* Until 4:38PM	Moon – Purple	Devaloka Day	
					Bhadrapada*Avani		

		Saturday, September 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Muscat, Oman Sun 27 Sutra 146 Subhakrit 5124	
Kumbha Rasi: 18.43	Tithi 15 – 16	Gulika	5:51AM – 7:24AM	Shatabhishak Until 7:58AM	Ganesha: Clear	<i>Sunrise:</i> 5:51AM	
	594965473	Yama	1:37PM – 3:10PM	Dhriti Until 1:25PM	Muruqa: White	<i>Sunset:</i> 6:16PM	Moon 8 - Phase 20 - Purnima
Creative Work Amrita Yoga		Rahu	8:57AM – 10:30AM	Balava Until 12:49AM Sun	Nataraja: Clear		
Until 7:58AM				Purnima* Until 1:59PM	Moon – Purple	Devaloka Day	
Then Routine Work - Marana Yoga					Bhadrapada*Avani		

Sunday, September 11, 2022		Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Muscat, Oman Sun 27 Sutra 147 Subhakrit 5124	
Meena Rasi: 3.01	Tithi 16 – 17	Gulika	3:09PM – 4:42PM	Purvaprosarthapada* Until 6:31AM	Ganesha: Clear	<i>Sunrise:</i> 5:52AM	
	514965473	Yama	12:03PM – 1:36PM	Shula* Until 10:28AM	Muruqa: White	<i>Sunset:</i> 6:15PM	Moon 8 - Phase 20 - Prathama
Creative Work Siddha Yoga		Rahu	4:42PM – 6:15PM	Taitila Until 10:51PM	Nataraja: Clear		
Until 6:31AM				Prathama* Until 11:45AM	Moon – Clear	Devaloka Day	
Then Creative Work - Amrita Yoga				Grandparent's Day	Bhadrapada*Avani		

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



Monday, September 12, 2022

Gold Retreat Star

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

Muscat, Oman

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 16.58 Tithi 17 - 18

Family Home Evening

514965473

Gulika 1:36PM - 3:08PM
Yama 10:30AM - 12:03PM
Rahu 7:25AM - 8:57AM

Revati Until 4:55AM Tue
Ganda* Until 7:59AM
Vanija Until 9:31PM
Dvitiya Until 10:05AM

Ganesha: Clear *Sunrise:* 5:52AM
Muruqa: White *Sunset:* 6:14PM

Nataraja: Clear
Moon - Clear

Devaloka Day

Bhadrapada-Avani

1 Tuesday, September 13, 2022

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

Muscat, Oman

Sun 2 Sutra 149

Subhakrit 5124

Mesha Rasi: 0.31 Tithi 18 - 19

Creative Work Siddha Yoga

524965473

Gulika 12:02PM - 1:35PM
Yama 8:57AM - 10:30AM
Rahu 3:08PM - 4:40PM

Ashvini Until 5:25AM Wed
Vridhi Until 6:04AM
Bava Until 8:56PM
Tritiya Until 9:06AM

Ganesha: White *Sunrise:* 5:52AM
Muruqa: White *Sunset:* 6:13PM

Nataraja: Clear
Moon - White

Bhuloka Day

Bhadrapada-Avani

Devaloka Time: 6:PM to 9:PM

2 Wednesday, September 14, 2022

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

Muscat, Oman

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 13.38 Tithi 19 - 20

Creative Work Siddha Yoga

Until 6:34AM Thu

Then Routine Work - Marana Yoga

524965473

Gulika 10:30AM - 12:02PM
Yama 7:25AM - 8:57AM
Rahu 12:02PM - 1:35PM

Bharani Until 6:34AM Thu
Vyaghata* Until 4:03AM Thu
Kaulava Until 9:09PM
Chaturthi* Until 8:55AM

Ganesha: White *Sunrise:* 5:53AM
Muruqa: White *Sunset:* 6:12PM

Nataraja: Clear
Moon - White

Bhuloka Day

Bhadrapada-Avani

Devaloka Time: 6:PM to 9:PM

3 Thursday, September 15, 2022

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

Muscat, Oman

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 26.21 Tithi 20 - 21

Creative Work Siddha Yoga

Until 6:34AM

Then Routine Work - Marana Yoga

525965473

Gulika 8:57AM - 10:30AM
Yama 5:53AM - 7:25AM
Rahu 1:34PM - 3:06PM

Bharani Until 6:34AM
Harshana Until 3:59AM Fri
Gara Until 10:08PM
Panchami Until 9:32AM

Ganesha: Clear *Sunrise:* 5:53AM
Muruqa: White *Sunset:* 6:11PM

Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Avani

4 Friday, September 16, 2022

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

Muscat, Oman

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 8.44 Tithi 21 - 22

Creative Work Siddha Yoga

Until 8:17AM

Then Routine Work - Marana Yoga

525965473

Gulika 7:25AM - 8:57AM
Yama 3:06PM - 4:38PM
Rahu 10:29AM - 12:01PM

Krittika Until 8:17AM
Vajra* Until 4:22AM Sat
Visti Until 11:49PM
Shashthi* Until 10:53AM

Ganesha: Clear *Sunrise:* 5:53AM
Muruqa: White *Sunset:* 6:10PM

Nataraja: Clear
Moon - White

Devaloka Day

Bhadrapada-Avani

Retreat Star Saturday, September 17, 2022

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

Muscat, Oman

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 20.52 Tithi 22 - 23

Creative Work Amrita Yoga

Until 10:55AM

Then Creative Work - Siddha Yoga

535965473

Gulika 5:53AM - 7:25AM
Yama 1:33PM - 3:05PM
Rahu 8:57AM - 10:29AM

Rohini Until 10:55AM
Siddhi Until 5:06AM Sun
Balava Until 1:58AM Sun
Saptami Until 12:50PM

Ganesha: White *Sunrise:* 5:53AM
Muruqa: White *Sunset:* 6:09PM

Nataraja: Clear
Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Retreat Star Sunday, September 18, 2022

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

Muscat, Oman

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 2.49 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika 3:04PM - 4:36PM
Yama 12:01PM - 1:32PM
Rahu 4:36PM - 6:08PM

Mrigashira Until 1:44PM
Vyatipata* Until 6:01AM Mon
Taitila Until 4:23AM Mon
Ashtami* Until 3:09PM

Ganesha: White *Sunrise:* 5:54AM
Muruqa: White *Sunset:* 6:08PM

Nataraja: Clear
Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21

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1	Monday, September 19, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vyatipata/Variyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Muscat, Oman
	Mithuna Rasi: 14.41 Tithi 24 – 25	Gulika 1:32PM – 3:03PM	Ardra Until 4:33PM	Sun 8 Sutra 155
Family Home Evening	535965473	Rahu 7:26AM – 8:57AM	Navami* Until 5:36PM	Subhakra 5124
Creative Work Siddha Yoga			Ganesha: White <i>Sunrise:</i> 5:54AM	Moon 9 - Phase 22 - 8
Until 4:33PM			Muruqa: White <i>Sunset:</i> 6:07PM	2nd Phase
Then Creative Work - Amrita Yoga			Nataraja: Clear	Sivaloka Day
			Moon – Yellow	Bhadrapada-Puratasi


2	Tuesday, September 20, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau		Muscat, Oman
	Mithuna Rasi: 26.34 Tithi 25	Gulika 12:00PM – 1:31PM	Punarvasu Until 7:36PM	Sun 9 Sutra 156
Creative Work Siddha Yoga	545965473	Rahu 3:03PM – 4:34PM	Dashami Until 7:58PM	Subhakra 5124
			Ganesha: Yellow <i>Sunrise:</i> 5:54AM	Moon 9 - Phase 22 - 9
			Muruqa: White <i>Sunset:</i> 6:06PM	2nd Phase
			Nataraja: Clear	Devaloka Day
			Moon – Blue	Bhadrapada-Puratasi

3	Wednesday, September 21, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Muscat, Oman
	Kataka Rasi: 8.3 Tithi 26	Gulika 10:28AM – 12:00PM	Pushya Until 10:15PM	Sun 10 Sutra 157
Creative Work Siddha Yoga	545965473	Rahu 12:00PM – 1:31PM	Ekadashi* Until 10:04PM	Subhakra 5124
			Ganesha: Yellow <i>Sunrise:</i> 5:55AM	Moon 9 - Phase 22 - 10
			Muruqa: White <i>Sunset:</i> 6:05PM	2nd Phase
			Nataraja: Clear	Devaloka Day
			Moon – Blue	Bhadrapada-Puratasi

4	Thursday, September 22, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Muscat, Oman
	Kataka Rasi: 20.34 Tithi 27	Gulika 8:57AM – 10:28AM	Ashlesha* Until 12:20AM Fri	Sun 11 Sutra 158
Creative Work Siddha Yoga	545965473	Rahu 1:30PM – 3:01PM	Dvadashi* Until 11:46PM	Subhakra 5124
Until 12:20AM Fri			Ganesha: Yellow <i>Sunrise:</i> 5:55AM	Moon 9 - Phase 22 - 11
Then Routine Work - Marana Yoga			Muruqa: White <i>Sunset:</i> 6:04PM	2nd Phase
			Nataraja: Clear	Devaloka Day
			Moon – Blue	Bhadrapada-Puratasi

5	Friday, September 23, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Muscat, Oman
	Simha Rasi: 2.49 Tithi 28	Gulika 7:26AM – 8:57AM	Magha* Until 2:18AM Sat	Sun 12 Sutra 159
Routine Work Marana Yoga	555965473	Rahu 10:28AM – 11:59AM	Trayodashi* Until 12:59AM Sat	Subhakra 5124
Until 2:18AM Sat			Ganesha: Red <i>Sunrise:</i> 5:55AM	Moon 9 - Phase 22 - 12
Then Creative Work - Siddha Yoga			Muruqa: White <i>Sunset:</i> 6:03PM	2nd Phase
			Nataraja: Clear	Devaloka Day
			Moon – Red	Bhadrapada-Puratasi
				<i>Pradosha Vrata (Fasting)</i>

6	Saturday, September 24, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Muscat, Oman
	Simha Rasi: 15.16 Tithi 29	Gulika 5:56AM – 7:26AM	Purvaphalguni Until 3:36AM Sun	Sun 13 Sutra 160
Creative Work Siddha Yoga	555965473	Rahu 8:57AM – 10:28AM	Chaturdashi* Until 1:42AM Sun	Subhakra 5124
Until 3:36AM Sun			Ganesha: Red <i>Sunrise:</i> 5:56AM	Moon 9 - Phase 22 - 13
Then Creative Work - Amrita Yoga			Muruqa: White <i>Sunset:</i> 6:01PM	2nd Phase
			Nataraja: Clear	Devaloka Day
			Moon – Red	Bhadrapada-Puratasi

	Sunday, September 25, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Muscat, Oman
	Retreat Star	Gulika 2:59PM – 4:30PM	Uttaraphalguni Until 4:15AM Mon	Sun 14 Sutra 161
Simha Rasi: 27.56 Tithi 30	566165473	Rahu 4:30PM – 6:00PM	Amavasya* Until 1:54AM Mon	Subhakra 5124
Creative Work Amrita Yoga			Ganesha: Blue <i>Sunrise:</i> 5:56AM	Moon 9 - Phase 22 - 14
Until 4:15AM Mon			Muruqa: White <i>Sunset:</i> 6:00PM	Amavasya
Then Creative Work - Siddha Yoga		Mahalaya Amavasai (Tamil Nadu)	Nataraja: Clear	Bhuloka Day
			Moon – Red	Bhadrapada-Puratasi
				Devaloka Time: 6:PM to 9:PM

Retreat Star	Monday, September 26, 2022	Subhakra Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Muscat, Oman
	Kanya Rasi: 10.52 Tithi 1	Gulika 1:28PM – 2:59PM	Hasta Until 4:45AM Tue	Sun 15 Sutra 162
Family Home Evening	566165473	Rahu 7:27AM – 8:57AM	Prathama* Until 1:38AM Tue	Subhakra 5124
Creative Work Siddha Yoga			Ganesha: Blue <i>Sunrise:</i> 5:56AM	Moon 9 - Phase 22 - 15
			Muruqa: White <i>Sunset:</i> 5:59PM	Prathama
			Nataraja: Clear	Bhuloka Day
		Navaratri Begins	Moon – Green	Bhadrapada-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 Muscat, Oman on 5/1/21

www.gurudeva.org/panchang

1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Muscat, Oman Sun 16
	Kanya Rasi: 24.01	Tithi 2	Gulika 11:58AM – 1:28PM	Chitra Until 4:41AM Wed	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	Subhakit 5124
			Yama 8:57AM – 10:27AM	Indra Until 3:31AM Wed	Muruqa: White	<i>Sunset:</i> 5:58PM	Moon 9 - Phase 23 - 16
	Creative Work	Siddha Yoga	666165473 Rahu 2:58PM – 4:28PM	Balava Until 1:21PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 12:57AM Wed	Moon – Green		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Triliyayam Titau				Muscat, Oman Sun 17
	Tula Rasi: 7.23	Tithi 3	Gulika 10:27AM – 11:57AM	Svati Until 4:09AM Thu	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	Subhakit 5124
			Yama 7:27AM – 8:57AM	Vaidhriti* Until 1:32AM Thu	Muruqa: White	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 23 - 17
	Creative Work	Siddha Yoga	666165473 Rahu 11:57AM – 1:27PM	Taitila Until 12:29PM	Nataraja: Clear		3rd Phase
			Tritiya Until 11:54PM	Moon – Green		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau				Muscat, Oman Sun 18
	Tula Rasi: 20.58	Tithi 4	Gulika 8:57AM – 10:27AM	Vishakha Until 3:37AM Fri	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	Subhakit 5124
			Yama 5:57AM – 7:27AM	Vishkambha* Until 11:19PM	Muruqa: White	<i>Sunset:</i> 5:56PM	Moon 9 - Phase 23 - 18
	Creative Work	Siddha Yoga	676165473 Rahu 1:27PM – 2:57PM	Vanija Until 11:17AM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 10:34PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman Sun 19
	Vrischika Rasi: 4.42	Tithi 5	Gulika 7:27AM – 8:57AM	Anuradha Until 2:41AM Sat	Ganesha: Blue	<i>Sunrise:</i> 5:58AM	Subhakit 5124
			Yama 2:56PM – 4:26PM	Priti Until 8:56PM	Muruqa: White	<i>Sunset:</i> 5:55PM	Moon 9 - Phase 23 - 19
	Creative Work	Siddha Yoga	676165473 Rahu 10:27AM – 11:57AM	Bava Until 9:49AM	Nataraja: Clear		3rd Phase
			Panchami Until 8:58PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman Sun 20
	Vrischika Rasi: 18.35	Tithi 6	Gulika 5:58AM – 7:28AM	Jyeshtha* Until 1:26AM Sun	Ganesha: Blue	<i>Sunrise:</i> 5:58AM	Subhakit 5124
			Yama 1:26PM – 2:56PM	Ayushman Until 6:21PM	Muruqa: White	<i>Sunset:</i> 5:54PM	Moon 9 - Phase 23 - 20
	Creative Work	Siddha Yoga	676165473 Rahu 8:57AM – 10:27AM	Kaulava Until 8:07AM	Nataraja: Clear		3rd Phase
			Shashthi* Until 7:10PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

6	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Visiti* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 21
	Dhanus Rasi: 2.35	Tithi 7 – 8	Gulika 2:55PM – 4:24PM	Mula* Until 12:17AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:58AM	Subhakit 5124
			Yama 11:56AM – 1:25PM	Saubhagya Until 3:38PM	Muruqa: Green	<i>Sunset:</i> 5:53PM	Moon 9 - Phase 23 - 21
	Creative Work	Amrita Yoga	687166473 Rahu 4:24PM – 5:53PM	Gara Until 6:13AM	Nataraja: Clear		3rd Phase
			Saptami Until 5:12PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 22
	Retreat Star		Gulika 1:25PM – 2:54PM	Purvashadha* Until 10:52PM	Ganesha: Blue	<i>Sunrise:</i> 5:59AM	Subhakit 5124
	Dhanus Rasi: 16.41	Tithi 8 – 9	Yama 10:26AM – 11:56AM	Sobhana Until 12:48PM	Muruqa: Green	<i>Sunset:</i> 5:52PM	Moon 9 - Phase 23 - 22
	Family Home Evening		687166473 Rahu 7:28AM – 8:57AM	Balava Until 1:59AM Tue	Nataraja: Clear		Ashtami
			Ashtami* Until 3:05PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

D	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 23
	Retreat Star		Gulika 11:55AM – 1:24PM	Uttarashadha Until 9:12PM	Ganesha: Blue	<i>Sunrise:</i> 5:59AM	Subhakit 5124
	Makara Rasi: 0.53	Tithi 9 – 10	Yama 8:57AM – 10:26AM	Athiganda* Until 9:51AM	Muruqa: Green	<i>Sunset:</i> 5:51PM	Moon 9 - Phase 23 - 23
	Routine Work	Prabalarishta Yoga	687166473 Rahu 2:53PM – 4:22PM	Taitila Until 11:43PM	Nataraja: Clear		Navami
			Navami* Until 12:50PM	Moon – Light Blue		Sivaloka Day	
				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 Muscat, Oman on 5/1/21


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1	Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 171 Subhakrit 5124
	Makara Rasi: 15.08	Tithi 10 – 11	Gulika 10:26AM – 11:55AM	Shravana Until 7:46PM	Ganesha: Yellow <i>Sunrise:</i> 5:59AM	Muruqa: Green <i>Sunset:</i> 5:50PM	Moon 9 - Phase 24 - 24 4th Phase
	Creative Work	Siddha Yoga	Yama 7:28AM – 8:57AM	Sukarma Until 6:50AM	Nataraja: Clear		
	Until 7:46PM		697166473 Rahu 11:55AM – 1:24PM	Vanija Until 9:24PM	Moon – Purple		Devaloka Day
Then Routine Work - Prabalarishta Yoga		Vijaya Dasami		Dashami Until 10:32AM		Ashvina+Puratasi	

2	Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 172 Subhakrit 5124
	Makara Rasi: 29.24	Tithi 11 – 12	Gulika 8:57AM – 10:26AM	Dhanishtha Until 6:14PM	Ganesha: Yellow <i>Sunrise:</i> 6:00AM	Muruqa: Green <i>Sunset:</i> 5:50PM	Moon 9 - Phase 24 - 25 4th Phase
	Creative Work	Siddha Yoga	Yama 6:00AM – 7:29AM	Shula* Until 12:51AM Fri	Nataraja: Clear		
			697166473 Rahu 1:23PM – 2:52PM	Bava Until 7:07PM	Moon – Purple		Devaloka Day
		Ekadashi Until 8:14AM		Ashvina+Puratasi			

3	Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 173 Subhakrit 5124
	Kumbha Rasi: 13.37	Tithi 12 – 13	Gulika 7:29AM – 8:57AM	Shatabhishak Until 4:41PM	Ganesha: Yellow <i>Sunrise:</i> 6:00AM	Muruqa: Green <i>Sunset:</i> 5:49PM	Moon 9 - Phase 24 - 26 4th Phase
	Creative Work	Siddha Yoga	Yama 2:51PM – 4:20PM	Ganda* Until 10:01PM	Nataraja: Clear		
			697166473 Rahu 10:26AM – 11:54AM	Taitila Until 3:58AM Sat	Moon – Purple		Devaloka Day
		Kadaitswami Mahasamadhi		Dvadashi Until 6:00AM		Ashvina+Puratasi	
<i>Pradosha Vrata</i>							

4	Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vridhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 174 Subhakrit 5124
	Kumbha Rasi: 27.43	Tithi 14	Gulika 6:01AM – 7:29AM	Purvaproshtapada* Until 3:39PM	Ganesha: White <i>Sunrise:</i> 6:01AM	Muruqa: Green <i>Sunset:</i> 5:48PM	Moon 9 - Phase 24 - 27 4th Phase
	Routine Work	Marana Yoga	Yama 1:22PM – 2:51PM	Vridhi Until 7:25PM	Nataraja: Purple		
	Until 3:39PM		618166474 Rahu 8:57AM – 10:26AM	Gara Until 3:04PM	Moon – Clear		Bhuloka Day
Then Creative Work - Siddha Yoga		Chidambaram Abhishekam		Chaturdashi* Until 2:13AM Sun		Ashvina+Puratasi	

	Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Muscat, Oman Sutra 175 Subhakrit 5124
	Meena Rasi: 12	Tithi 15	Gulika 2:50PM – 4:18PM	Uttaraproshtapada Until 2:50PM	Ganesha: White <i>Sunrise:</i> 6:01AM	Muruqa: Green <i>Sunset:</i> 5:47PM	Moon 9 - Phase 24 - Purnima
	Creative Work	Amrita Yoga	Yama 11:54AM – 1:22PM	Dhruva Until 5:05PM	Nataraja: Purple		
			618166474 Rahu 4:18PM – 5:47PM	Visti Until 1:31PM	Moon – Clear		Bhuloka Day
		Purnima* Until 12:54AM Mon		Ashvina+Puratasi			

Monday, October 10, 2022	Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 176 Subhakrit 5124
	Meena Rasi: 25.14	Tithi 16	Gulika 1:22PM – 2:50PM	Revati Until 2:21PM	Ganesha: White <i>Sunrise:</i> 6:01AM	Muruqa: Green <i>Sunset:</i> 5:46PM	Moon 9 - Phase 24 - Prathama
	Family Home Evening		Yama 10:26AM – 11:54AM	Vyaghata* Until 3:10PM	Nataraja: Purple		
	Creative Work	Siddha Yoga	618166474 Rahu 7:29AM – 8:57AM	Balava Until 12:28PM	Moon – Clear		Bhuloka Day
		Prathama* Until 12:07AM Tue		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

Muscat, Oman
Sun 1 Sutra 177
Subhakrit 5124

Mesha Rasi: 8.33 Tithi 17

628176474

Gulika 11:53AM – 1:21PM
Yama 8:58AM – 10:25AM
Rahu 2:49PM – 4:17PM

Ashvini Until 2:45PM
Harshana Until 1:44PM
Taitila Until 11:59AM
Dvitiya Until 11:58PM

Ganesha: Yellow *Sunrise:* 6:02AM
Muruqa: White *Sunset:* 5:45PM
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

Muscat, Oman
Sun 2 Sutra 178
Subhakrit 5124

Mesha Rasi: 21.32 Tithi 18

628176474

Gulika 10:25AM – 11:53AM
Yama 7:30AM – 8:58AM
Rahu 11:53AM – 1:21PM

Bharani Until 3:38PM
Vajra* Until 12:47PM
Vanija Until 12:10PM
Tritiya Until 12:30AM Thu

Ganesha: Yellow *Sunrise:* 6:02AM
Muruqa: White *Sunset:* 5:44PM
Nataraja: Purple
Moon – White

Moon 10 - Phase 25 - 2
1st Phase

Creative Work Siddha Yoga

Until 3:38PM

Then Creative Work - Amrita Yoga

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

2

Thursday, October 13, 2022

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

Muscat, Oman
Sun 3 Sutra 179
Subhakrit 5124

Wrishabha Rasi: 4.11 Tithi 19

628176474

Gulika 8:58AM – 10:25AM
Yama 6:03AM – 7:30AM
Rahu 1:20PM – 2:48PM

Krittika Until 5:01PM
Siddhi Until 12:23PM
Bava Until 1:02PM
Chaturthi* Until 1:41AM Fri

Ganesha: Yellow *Sunrise:* 6:03AM
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 Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Muscat, Oman
Sun 4 Sutra 180
Subhakrit 5124

Wrishabha Rasi: 16.34 Tithi 20

638176474

Gulika 7:30AM – 8:58AM
Yama 2:47PM – 4:15PM
Rahu 10:25AM – 11:53AM

Rohini Until 7:19PM
Vyatipata* Until 12:28PM
Kaulava Until 2:32PM
Panchami Until 3:27AM Sat

Ganesha: Blue *Sunrise:* 6:03AM
Muruqa: White *Sunset:* 5:42PM
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 4
1st Phase

Routine Work Marana Yoga

Until 7:19PM

Then Creative Work - Siddha Yoga

Bhuloka Day

4

Saturday, October 15, 2022

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

Muscat, Oman
Sun 5 Sutra 181
Subhakrit 5124

Wrishabha Rasi: 28.42 Tithi 21

639176474

Gulika 6:03AM – 7:31AM
Yama 1:20PM – 2:47PM
Rahu 8:58AM – 10:25AM

Mrigashira Until 9:55PM
Variyan Until 12:56PM
Gara Until 4:32PM
Shashthi* Until 5:39AM Sun

Ganesha: Red *Sunrise:* 6:03AM
Muruqa: White *Sunset:* 5:41PM
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* Karana Saptamyam Titau

Muscat, Oman
Sun 6 Sutra 182
Subhakrit 5124

Mithuna Rasi: 10.41 Tithi 22

639176474

Gulika 2:46PM – 4:13PM
Yama 11:52AM – 1:19PM
Rahu 4:13PM – 5:40PM

Ardra Until 12:37AM Mon
Parigha* Until 1:40PM
Visti Until 6:52PM
Saptami Until 8:04AM Mon

Ganesha: Red *Sunrise:* 6:04AM
Muruqa: White *Sunset:* 5:40PM
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 6
1st Phase

Creative Work Siddha Yoga

Until 12:37AM Mon

Then Creative Work - Amrita Yoga

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

D

Monday, October 17, 2022

Retreat Star

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

Muscat, Oman
Sun 7 Sutra 183
Subhakrit 5124

Mithuna Rasi: 22.34 Tithi 22 – 23

649176474

Gulika 1:19PM – 2:46PM
Yama 10:25AM – 11:52AM
Rahu 7:31AM – 8:58AM

Punarvasu Until 3:42AM Tue
Shiva Until 2:32PM
Balava Until 9:18PM
Saptami Until 8:04AM

Ganesha: Green *Sunrise:* 6:04AM
Muruqa: White *Sunset:* 5:40PM
Nataraja: Purple
Moon – Blue

Moon 10 - Phase 25 - 7
Ashtami

Creative Work Amrita Yoga

Until 3:42AM Tue

Then Creative Work - Siddha Yoga

Devaloka Day

Tuesday, October 18, 2022

Retreat Star

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

Muscat, Oman
Sun 8 Sutra 184
Subhakrit 5124

Kataka Rasi: 4.28 Tithi 23 – 24

649176474

Gulika 11:52AM – 1:18PM
Yama 8:58AM – 10:25AM
Rahu 2:45PM – 4:12PM

Pushya Until 6:29AM Wed
Siddha Until 3:20PM
Taitila Until 11:39PM
Ashtami* Until 10:29AM

Ganesha: Green *Sunrise:* 6:05AM
Muruqa: White *Sunset:* 5:39PM
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 Muscat, Oman on 5/1/21

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1		Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Muscat, Oman Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 16.25	Tithi 24 – 25	Gulika 10:25AM – 11:52AM	Pushya Until 6:29AM	Ganesha: Green	<i>Sunrise:</i> 6:05AM		
		Yama 7:32AM – 8:58AM	Sadhya Until 3:58PM	Muruqa: White	<i>Sunset:</i> 5:38PM	Moon 10 - Phase 26 - 9	
	649176474	Rahu 11:52AM – 1:18PM	Vanija Until 1:42AM Thu	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Navami* Until 12:42PM	Moon – Blue			Devaloka Day
				Ashvina-Aipasi			

2		Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 10 Sutra 186 Subhakrit 5124	
Kataka Rasi: 28.29	Tithi 25 – 26	Gulika 8:58AM – 10:25AM	Ashlesha* Until 8:47AM	Ganesha: Red	<i>Sunrise:</i> 6:06AM		
		Yama 6:06AM – 7:32AM	Subha Until 4:19PM	Muruqa: White	<i>Sunset:</i> 5:37PM	Moon 10 - Phase 26 - 10	
	649276474	Rahu 1:18PM – 2:44PM	Bava Until 3:17AM Fri	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 2:32PM	Moon – Blue			Bhuloka Day
Until 8:47AM				Ashvina-Aipasi			Devaloka Time: 6:AM to 9:AM
Then Creative Work - Amrita Yoga							

3		Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 10.47	Tithi 26 – 27	Gulika 7:32AM – 8:59AM	Magha* Until 10:55AM	Ganesha: Green	<i>Sunrise:</i> 6:06AM		
		Yama 2:44PM – 4:10PM	Sukla Until 4:13PM	Muruqa: White	<i>Sunset:</i> 5:36PM	Moon 10 - Phase 26 - 11	
	659276474	Rahu 10:25AM – 11:51AM	Kaulava Until 4:18AM Sat	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Ekadashi* Until 3:51PM	Moon – Red			Bhuloka Day
Until 10:55AM				Ashvina-Aipasi			
Then Creative Work - Siddha Yoga							

4		Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 23.19	Tithi 27 – 28	Gulika 6:07AM – 7:33AM	Purvaphalguni Until 12:18PM	Ganesha: Green	<i>Sunrise:</i> 6:07AM		
		Yama 1:17PM – 2:43PM	Brahma Until 3:39PM	Muruqa: White	<i>Sunset:</i> 5:35PM	Moon 10 - Phase 26 - 12	
	659276474	Rahu 8:59AM – 10:25AM	Gara Until 4:40AM Sun	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 4:33PM	Moon – Red			Bhuloka Day
Until 12:18PM				Ashvina-Aipasi			
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>				

5		Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Sakuni*/Catuspada* Karana Trayodashi/Chaturdashyam Titau		Muscat, Oman Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 6.09	Tithi 28 – 29	Gulika 2:43PM – 4:09PM	Uttaraphalguni Until 12:55PM	Ganesha: Purple	<i>Sunrise:</i> 6:07AM		
		Yama 11:51AM – 1:17PM	Indra Until 2:37PM	Muruqa: White	<i>Sunset:</i> 5:35PM	Moon 10 - Phase 26 - 13	
	651276474	Rahu 4:09PM – 5:35PM	Visti Until 4:23AM Mon	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Trayodashi* Until 4:35PM	Moon – Red			Bhuloka Day
		Deepavali Hindu Solidarity Day		Ashvina-Aipasi			

6		Monday, October 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Muscat, Oman Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 19.18	Tithi 29 – 30	Gulika 1:17PM – 2:42PM	Hasta Until 1:13PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:08AM		
Family Home Evening		Yama 10:25AM – 11:51AM	Vaidhriti* Until 1:02PM	Muruqa: White	<i>Sunset:</i> 5:34PM	Moon 10 - Phase 26 - 14	
	661276474	Rahu 7:33AM – 8:59AM	Catuspada Until 3:30AM Tue	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 4:00PM	Moon – Green			Bhuloka Day
Until 1:13PM		Subramuniyaswami Mahasamadhi		Ashvina-Aipasi			
Then Routine Work - Prabalarishta Yoga							

Retreat Star		Tuesday, October 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Muscat, Oman Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 2.47	Tithi 30 – 1	Gulika 11:51AM – 1:16PM	Chitra Until 12:47PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:08AM		
		Yama 8:59AM – 10:25AM	Vishkambha* Until 11:01AM	Muruqa: White	<i>Sunset:</i> 5:33PM	Moon 10 - Phase 26 - 15	
	661276474	Rahu 2:42PM – 4:08PM	Kintughna Until 2:06AM Wed	Nataraja: Purple		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 2:50PM	Moon – Green			Bhuloka Day
				Ashvina-Aipasi			

Retreat Star		Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yukhtayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Muscat, Oman Sun 16 Sutra 192 Subhakrit 5124	
Tula Rasi: 16.34	Tithi 1 – 2	Gulika 10:25AM – 11:50AM	Svati Until 11:45AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:09AM		
		Yama 7:34AM – 9:00AM	Priti Until 8:37AM	Muruqa: Clear	<i>Sunset:</i> 5:32PM	Moon 10 - Phase 26 - 16	
	661276574	Rahu 11:50AM – 1:16PM	Balava Until 12:16AM Thu	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 1:13PM	Moon – Green			Bhuloka Day
		Skanda Shasthi Begins		Karttika-Aipasi			Devaloka Time: 3:PM to 6:PM

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

1	Thursday, October 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Muscat, Oman Sun 17 Sutra 193 Subhakrit 5124
	Vrischika Rasi: 0.35 Tithi 2 - 3	671276574	Gulika Yama Rahu	9:00AM - 10:25AM 6:09AM - 7:34AM 1:16PM - 2:41PM	Vishakha Until 10:38AM Saubhagya Until 2:57AM Fri Taitila Until 10:09PM Dvitiya Until 11:13AM
	Creative Work Siddha Yoga				Ganesha: Purple Sunrise: 6:09AM Muruga: Clear Sunset: 5:32PM Nataraja: Clear Moon - Orange
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Bhuloka Day

2	Friday, October 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau			Muscat, Oman Sun 18 Sutra 194 Subhakrit 5124
	Vrischika Rasi: 14.48 Tithi 3 - 4	671276574	Gulika Yama Rahu	7:35AM - 9:00AM 2:41PM - 4:06PM 10:25AM - 11:50AM	Anuradha Until 9:07AM Sobhana Until 11:54PM Vanija Until 7:50PM Tritiya Until 9:00AM
	Creative Work Siddha Yoga Until 9:07AM Then Routine Work - Marana Yoga				Ganesha: Purple Sunrise: 6:10AM Muruga: Clear Sunset: 5:31PM Nataraja: Clear Moon - Orange
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Bhuloka Day

3	Saturday, October 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Balava Karana Chaturthi/Panchamyam Titau			Muscat, Oman Sun 19 Sutra 195 Subhakrit 5124
	Vrischika Rasi: 29.06 Tithi 4 - 5	671276574	Gulika Yama Rahu	6:10AM - 7:35AM 1:15PM - 2:40PM 9:00AM - 10:25AM	Jyeshtha* Until 7:21AM Athiganda* Until 8:45PM Balava Until 4:14AM Sun Chaturthi* Until 6:38AM
	Creative Work Siddha Yoga				Ganesha: Purple Sunrise: 6:10AM Muruga: Clear Sunset: 5:30PM Nataraja: Clear Moon - Orange
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Bhuloka Day

4	Sunday, October 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau			Muscat, Oman Sun 20 Sutra 196 Subhakrit 5124
	Dhanus Rasi: 13.26 Tithi 6	681276574	Gulika Yama Rahu	2:40PM - 4:05PM 11:50AM - 1:15PM 4:05PM - 5:30PM	Purvashadha* Until 4:11AM Mon Sukarma Until 5:39PM Kaulava Until 3:03PM Shashthi* Until 1:52AM Mon
	Creative Work Siddha Yoga Until 4:11AM Mon Then Routine Work - Marana Yoga		Skanda Shasthi		Ganesha: Clear Sunrise: 6:11AM Muruga: Clear Sunset: 5:30PM Nataraja: Clear Moon - Light Blue
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Devaloka Day

5	Monday, October 31, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau			Muscat, Oman Sun 21 Sutra 197 Subhakrit 5124
	Dhanus Rasi: 27.44 Tithi 7	681276574	Gulika Yama Rahu	1:15PM - 2:40PM 10:25AM - 11:50AM 7:36AM - 9:01AM	Uttarashadha Until 2:33AM Tue Dhriti Until 2:37PM Gara Until 12:45PM Saptami Until 11:38PM
	Family Home Evening Routine Work Marana Yoga Until 2:33AM Tue Then Creative Work - Siddha Yoga				Ganesha: Clear Sunrise: 6:11AM Muruga: Clear Sunset: 5:29PM Nataraja: Clear Moon - Light Blue
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Devaloka Day

D	Tuesday, November 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau			Muscat, Oman Sun 22 Sutra 198 Subhakrit 5124
	Makara Rasi: 11.56 Tithi 8	691276574	Gulika Yama Rahu	11:50AM - 1:15PM 9:01AM - 10:25AM 2:39PM - 4:04PM	Shravana Until 1:21AM Wed Shula* Until 11:41AM Visti Until 10:35AM Ashtami* Until 9:33PM
	Creative Work Siddha Yoga Until 1:21AM Wed Then Routine Work - Prabalarishta Yoga				Ganesha: White Sunrise: 6:12AM Muruga: Clear Sunset: 5:28PM Nataraja: Clear Moon - Purple
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Bhuloka Day

D	Wednesday, November 2, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau			Muscat, Oman Sun 23 Sutra 199 Subhakrit 5124
	Makara Rasi: 26.02 Tithi 9	692276574	Gulika Yama Rahu	10:26AM - 11:50AM 7:37AM - 9:01AM 11:50AM - 1:14PM	Dhanishtha Until 12:14AM Thu Ganda* Until 8:55AM Balava Until 8:37AM Navami* Until 7:41PM
	Routine Work Prabalarishta Yoga Until 12:14AM Thu Then Creative Work - Siddha Yoga				Ganesha: Green Sunrise: 6:12AM Muruga: Clear Sunset: 5:28PM Nataraja: Clear Moon - Purple
					Karttika-Aipasi Devaloka Time: 3:PM to 6:PM Bhuloka Day

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 Muscat, Oman on 5/1/21


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1	Thursday, November 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shalabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Muscat, Oman
	Kumbha Rasi: 10	Tithi 10	Gulika 9:01AM – 10:26AM	Shatabhishak Until 11:12PM	Ganesha: Green	<i>Sunrise:</i> 6:13AM	Sun 24 Sutra 200
			Yama 6:13AM – 7:37AM	Vridhhi Until 6:20AM	Muruqa: Clear	<i>Sunset:</i> 5:27PM	Subhakrit 5124
	692276574	Rahu 1:14PM – 2:39PM	Taitila Until 6:51AM		Nataraja: Clear		Moon 10 - Phase 28 - 24 4th Phase
Creative Work	Siddha Yoga		Dashami Until 6:03PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

2	Friday, November 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman
	Kumbha Rasi: 23.48	Tithi 11 – 12	Gulika 7:38AM – 9:02AM	Purvaproshtapada* Until 10:44PM	Ganesha: Blue	<i>Sunrise:</i> 6:13AM	Sun 25 Sutra 201
			Yama 2:38PM – 4:03PM	Vyaghata* Until 1:46AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:27PM	Subhakrit 5124
	612276574	Rahu 10:26AM – 11:50AM	Bava Until 4:10AM Sat		Nataraja: Clear		Moon 10 - Phase 28 - 25 4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 4:42PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

3	Saturday, November 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman
	Meena Rasi: 7.25	Tithi 12 – 13	Gulika 6:14AM – 7:38AM	Uttaraproshtapada Until 10:28PM	Ganesha: Blue	<i>Sunrise:</i> 6:14AM	Sun 26 Sutra 202
			Yama 1:14PM – 2:38PM	Harshana Until 11:54PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Subhakrit 5124
	612276574	Rahu 9:02AM – 10:26AM	Kaulava Until 3:19AM Sun		Nataraja: Clear		Moon 10 - Phase 28 - 26 4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 3:40PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 10:28PM				Karttika•Aipasi			
Then Routine Work - Prabararishta Yoga			<i>Pradosha Vrata</i>				

4	Sunday, November 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman
	Meena Rasi: 20.5	Tithi 13 – 14	Gulika 2:38PM – 4:02PM	Revati Until 10:25PM	Ganesha: Blue	<i>Sunrise:</i> 6:15AM	Sun 27 Sutra 203
			Yama 11:50AM – 1:14PM	Vajra* Until 10:18PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Subhakrit 5124
	612276574	Rahu 4:02PM – 5:26PM	Gara Until 2:52AM Mon		Nataraja: Clear		Moon 10 - Phase 28 - 27 4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 3:01PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 10:25PM				Karttika•Aipasi			
Then Creative Work - Siddha Yoga							

	Monday, November 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman
	Copper Retreat Star		Gulika 1:14PM – 2:38PM	Ashvini Until 11:07PM	Ganesha: Blue	<i>Sunrise:</i> 6:15AM	Sutra 204
	Mesha Rasi: 4.03	Tithi 14 – 15	Yama 10:26AM – 11:50AM	Siddhi Until 9:05PM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Subhakrit 5124
	Family Home Evening	722276574	Rahu 7:39AM – 9:03AM	Visti Until 2:52AM Tue	Nataraja: Clear		Moon 10 - Phase 28 - Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 2:47PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

	Tuesday, November 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Muscat, Oman
	Silver Retreat Star		Gulika 11:50AM – 1:14PM	Bharani Until 12:08AM Wed	Ganesha: Blue	<i>Sunrise:</i> 6:16AM	Sutra 205
	Mesha Rasi: 17.01	Tithi 15 – 16	Yama 9:03AM – 10:27AM	Vyatipata* Until 8:14PM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Subhakrit 5124
	722276574	Rahu 2:37PM – 4:01PM	Balava Until 3:23AM Wed		Nataraja: Clear		Moon 10 - Phase 28 - Prathama
Creative Work	Siddha Yoga		Purnima* Until 3:02PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 12:08AM Wed				Karttika•Aipasi			
Then Creative Work - Amrita Yoga							

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Muscat, Oman

Sutra 206

Mesha Rasi: 29.44 Tithi 16 - 17

722276574

Gulika 10:27AM - 11:50AM
Yama 7:40AM - 9:03AM
Rahu 11:50AM - 1:14PM

Krittika **Until 1:29AM Thu**
Varyan Until 7:46PM
Taitila Until 4:25AM Thu
Prathama* Until 3:49PM

Ganesha: Blue *Sunrise: 6:16AM*
Muruqa: Clear *Sunset: 5:24PM*
Nataraja: Clear
Moon - White
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 1st Phase

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

Creative Work Amrita Yoga

Until 1:29AM Thu

Then Routine Work - Marana Yoga

1

Thursday, November 10, 2022

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

Muscat, Oman

Sun 1 Sutra 207

Vrishabha Rasi: 12.14 Tithi 17 - 18

732276574

Gulika 9:04AM - 10:27AM
Yama 6:17AM - 7:40AM
Rahu 1:14PM - 2:37PM

Rohini **Until 3:39AM Fri**
Parigha* Until 7:42PM
Vanija Until 5:56AM Fri
Dvitiya **Until 5:06PM**

Ganesha: Red *Sunrise: 6:17AM*
Muruqa: Clear *Sunset: 5:24PM*
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 3:39AM Fri

Then Creative Work - Siddha Yoga

2

Friday, November 11, 2022

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

Muscat, Oman

Sun 2 Sutra 208

Vrishabha Rasi: 24.31 Tithi 18

732276574

Gulika 7:41AM - 9:04AM
Yama 2:37PM - 4:00PM
Rahu 10:27AM - 11:50AM

Mrigashira **Until 6:05AM Sat**
Shiva Until 8:00PM
Visti Until 6:51PM
Tritiya **Until 6:51PM**

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 2nd Phase

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Muscat, Oman

Sun 3 Sutra 209

Mithuna Rasi: 6.37 Tithi 19

732276574

Gulika 6:18AM - 7:41AM
Yama 1:14PM - 2:37PM
Rahu 9:04AM - 10:28AM

Mrigashira **Until 6:05AM**
Siddha Until 8:34PM
Bava Until 7:55AM
Chaturthi* Until 9:00PM

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 3rd Phase

Devaloka Day

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Muscat, Oman

Sun 4 Sutra 210

Mithuna Rasi: 18.35 Tithi 20

732276574

Gulika 2:37PM - 4:00PM
Yama 11:51AM - 1:14PM
Rahu 4:00PM - 5:23PM

Ardra **Until 8:39AM**
Sadhya Until 9:19PM
Kaulava Until 10:12AM
Panchami **Until 11:24PM**

Ganesha: Red *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 5:23PM*
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 4th Phase

Devaloka Day

Creative Work Siddha Yoga

5

Monday, November 14, 2022

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

Muscat, Oman

Sun 5 Sutra 211

Kataka Rasi: 0.29 Tithi 21

742376574

Gulika 1:14PM - 2:37PM
Yama 10:28AM - 11:51AM
Rahu 7:42AM - 9:05AM

Punarvasu **Until 11:45AM**
Subha Until 10:11PM
Gara Until 12:41PM
Shashthi* Until 1:54AM Tue

Ganesha: White *Sunrise: 6:20AM*
Muruqa: Clear *Sunset: 5:22PM*
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 5th Phase

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

Creative Work Amrita Yoga

Until 11:45AM

Then Creative Work - Siddha Yoga

6

Tuesday, November 15, 2022

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

Muscat, Oman

Sun 6 Sutra 212

Kataka Rasi: 12.22 Tithi 22

743376574

Gulika 11:51AM - 1:14PM
Yama 9:06AM - 10:28AM
Rahu 2:36PM - 3:59PM

Pushya **Until 2:40PM**
Sukla Until 10:57PM
Visti Until 3:09PM
Saptami **Until 4:18AM Wed**

Ganesha: Green *Sunrise: 6:20AM*
Muruqa: Clear *Sunset: 5:22PM*
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

Subhakrit 5124
Moon 11 - Phase 29 - 6th Phase

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

Creative Work Siddha Yoga

7

Wednesday, November 16, 2022

Retreat Star

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

Muscat, Oman

Sun 7 Sutra 213

Kataka Rasi: 24.17 Tithi 23

743376574

Gulika 10:29AM - 11:51AM
Yama 7:43AM - 9:06AM
Rahu 11:51AM - 1:14PM

Ashlesha* **Until 5:15PM**
Brahma Until 11:33PM
Balava Until 5:26PM
Ashtami* Until 6:24AM Thu

Ganesha: Green *Sunrise: 6:21AM*
Muruqa: Clear *Sunset: 5:22PM*
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

Subhakrit 5124
Moon 11 - Phase 29 - 7th Phase

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

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Muscat, Oman

Sun 8 Sutra 214

Simha Rasi: 6.2 Tithi 23 - 24

753376575

Gulika 9:06AM - 10:29AM
Yama 6:22AM - 7:44AM
Rahu 1:14PM - 2:36PM

Magha* **Until 7:47PM**
Indra Until 11:49PM
Taitila Until 7:19PM
Ashtami* Until 6:24AM

Ganesha: Orange *Sunrise: 6:22AM*
Muruqa: Clear *Sunset: 5:21PM*
Nataraja: Purple
Moon - Red
Karttika-Karttikai

Subhakrit 5124
Moon 11 - Phase 29 - 8th Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 7:47PM

Then Creative Work - Siddha Yoga

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


1		Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Navami/Dashmyam Titau			Muscat, Oman Sun 9 Sutra 215 Subhakrit 5124
Simha Rasi: 18.34	Tithi 24 – 25	Gulika 7:45AM – 9:07AM	Purvaphalguni Until 9:35PM	Ganesha: Orange	<i>Sunrise:</i> 6:22AM		
		Yama 2:36PM – 3:59PM	Vaidhriti* Until 11:37PM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 11 - Phase 30 - 9	
		753376575 Rahu 10:29AM – 11:52AM	Vanija Until 8:37PM	Nataraja: Purple			2nd Phase
Creative Work	Siddha Yoga		Navami* Until 8:01AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2		Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Muscat, Oman Sun 10 Sutra 216 Subhakrit 5124
Kanya Rasi: 1.04	Tithi 25 – 26	Gulika 6:23AM – 7:45AM	Uttaraphalguni Until 10:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM		
		Yama 1:14PM – 2:36PM	Vishkambha* Until 10:53PM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 11 - Phase 30 - 10	
		753376575 Rahu 9:07AM – 10:30AM	Bava Until 9:13PM	Nataraja: Purple			2nd Phase
Routine Work	Marana Yoga		Dashami Until 9:00AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3		Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Muscat, Oman Sun 11 Sutra 217 Subhakrit 5124
Kanya Rasi: 13.55	Tithi 26 – 27	Gulika 2:36PM – 3:58PM	Hasta Until 11:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:24AM		
		Yama 11:52AM – 1:14PM	Priti Until 9:33PM	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 11 - Phase 30 - 11	
		763376575 Rahu 3:58PM – 5:21PM	Kaulava Until 9:03PM	Nataraja: Purple			2nd Phase
Creative Work	Amrita Yoga		Ekadashi* Until 9:13AM	Moon – Green		Devaloka Day	
Until 11:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

4		Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau			Muscat, Oman Sun 12 Sutra 218 Subhakrit 5124
Kanya Rasi: 27.1	Tithi 27 – 28	Gulika 1:14PM – 2:36PM	Chitra Until 10:45PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:24AM		
Family Home Evening		Yama 10:30AM – 11:52AM	Ayushman Until 7:36PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	763376575 Rahu 7:46AM – 9:08AM	Gara Until 8:07PM	Nataraja: Purple			2nd Phase
Until 10:45PM			Dvadashi* Until 8:40AM	Moon – Green		Devaloka Day	
Then Creative Work - Amrita Yoga				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Muscat, Oman Sun 13 Sutra 219 Subhakrit 5124
Tula Rasi: 10.49	Tithi 28 – 29	Gulika 11:53AM – 1:14PM	Svati Until 9:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:25AM		
		Yama 9:09AM – 10:31AM	Saubhagya Until 5:07PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 30 - 13	
		763376575 Rahu 2:36PM – 3:58PM	Visti Until 6:30PM	Nataraja: Purple			2nd Phase
Creative Work	Siddha Yoga		Trayodashi* Until 7:22AM	Moon – Green		Devaloka Day	
Until 9:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

		Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Muscat, Oman Sun 14 Sutra 220 Subhakrit 5124
Retreat Star		Gulika 10:31AM – 11:53AM	Vishakha Until 8:07PM	Ganesha: Purple	<i>Sunrise:</i> 6:26AM		
Tula Rasi: 24.53	Tithi 30	Yama 7:47AM – 9:09AM	Sobhana Until 2:09PM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 30 - 14	
		773376575 Rahu 11:53AM – 1:15PM	Catuspada Until 4:16PM	Nataraja: Purple			Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 2:58AM Thu	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

Thursday, November 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau			Muscat, Oman Sun 15 Sutra 221 Subhakrit 5124		
Retreat Star		Gulika 9:10AM – 10:31AM	Anuradha Until 6:06PM	Ganesha: Purple	<i>Sunrise:</i> 6:26AM		
Vrischika Rasi: 9.17	Tithi 1	Yama 6:26AM – 7:48AM	Athiganda* Until 10:48AM	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 30 - 15	
		773376575 Rahu 1:15PM – 2:36PM	Kintughna Until 1:36PM	Nataraja: Purple			Prathama
Creative Work	Siddha Yoga		Prathama* Until 12:08AM Fri	Moon – Orange		Devaloka Day	
Until 6:06PM				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

1	Friday, November 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Muscat, Oman Sun 16 Sutra 222 Subhakrit 5124
	Vrischika Rasi: 23.56	Tithi 2	Gulika 7:49AM – 9:10AM	Jyeshtha* Until 3:41PM	Ganesha: Purple <i>Sunrise:</i> 6:27AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 16 3rd Phase
	Routine Work	Marana Yoga	Yama 2:37PM – 3:58PM	Sukarma Until 7:11AM	Nataraja: Purple		
	Until 3:41PM		773376575 Rahu 10:32AM – 11:53AM	Balava Until 10:39AM	Moon – Orange	Devaloka Day	
Then Creative Work - Amrita Yoga				Dvitiya Until 9:05PM	Margasira-Karttikai		

2	Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 17 Sutra 223 Subhakrit 5124
	Dhanus Rasi: 8.44	Tithi 3 – 4	Gulika 6:28AM – 7:49AM	Mula* Until 1:26PM	Ganesha: Light Blue <i>Sunrise:</i> 6:28AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 17 3rd Phase
			Yama 1:15PM – 2:37PM	Shula* Until 11:41PM	Nataraja: Purple		
	783376575 Rahu 9:11AM – 10:32AM			Taitila Until 7:32AM	Moon – Light Blue	Devaloka Day	
Creative Work Siddha Yoga				Tritiya Until 5:57PM	Margasira-Karttikai		

3	Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 18 Sutra 224 Subhakrit 5124
	Dhanus Rasi: 23.31	Tithi 4 – 5	Gulika 2:37PM – 3:58PM	Purvashadha* Until 11:06AM	Ganesha: Light Blue <i>Sunrise:</i> 6:28AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 18 3rd Phase
			Yama 11:54AM – 1:15PM	Ganda* Until 8:00PM	Nataraja: Purple		
	783376575 Rahu 3:58PM – 5:20PM			Bava Until 1:29AM Mon	Moon – Light Blue	Devaloka Day	
Creative Work Siddha Yoga				Chaturthi* Until 2:55PM	Margasira-Karttikai		
Until 11:06AM							
Then Creative Work - Amrita Yoga							

4	Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 19 Sutra 225 Subhakrit 5124
	Makara Rasi: 8.12	Tithi 5 – 6	Gulika 1:16PM – 2:37PM	Uttarashadha Until 8:49AM	Ganesha: Light Blue <i>Sunrise:</i> 6:29AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 19 3rd Phase
	Family Home Evening		Yama 10:33AM – 11:54AM	Vriddhi Until 4:32PM	Nataraja: Purple		
	783376575 Rahu 7:50AM – 9:12AM			Kaulava Until 10:47PM	Moon – Light Blue	Devaloka Day	
Routine Work Marana Yoga				Panchami Until 12:04PM	Margasira-Karttikai		
Until 8:49AM							
Then Creative Work - Amrita Yoga							

5	Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 20 Sutra 226 Subhakrit 5124
	Makara Rasi: 22.4	Tithi 6 – 7	Gulika 11:55AM – 1:16PM	Shravana Until 7:06AM	Ganesha: Orange <i>Sunrise:</i> 6:30AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 20 3rd Phase
			Yama 9:12AM – 10:33AM	Dhruva Until 1:20PM	Nataraja: Purple		
	793376575 Rahu 2:37PM – 3:58PM			Gara Until 8:28PM	Moon – Purple	Sivaloka Day	
Creative Work Siddha Yoga				Shashthi* Until 9:34AM	Margasira-Karttikai		

☾	Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanja/Visti* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 21 Sutra 227 Subhakrit 5124
	Retreat Star		Gulika 10:34AM – 11:55AM	Shatabhishak Until 4:32AM Thu	Ganesha: Clear <i>Sunrise:</i> 6:30AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 21 Ashtami
	Kumbha Rasi: 6.52	Tithi 7 – 8	Yama 7:52AM – 9:13AM	Vyaghata* Until 10:29AM	Nataraja: Purple		
	794376575 Rahu 11:55AM – 1:16PM			Visti Until 6:37PM	Moon – Purple	Sivaloka Day	
Creative Work Siddha Yoga				Saptami Until 7:28AM	Margasira-Karttikai		

☽	Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman Sun 22 Sutra 228 Subhakrit 5124
	Retreat Star		Gulika 9:13AM – 10:34AM	Purvaproshtapada* Until 4:12AM Fri	Ganesha: Red <i>Sunrise:</i> 6:31AM	Muruqa: Clear <i>Sunset:</i> 5:20PM	Moon 11 - Phase 31 - 22 Navami
	Kumbha Rasi: 20.44	Tithi 9	Yama 6:31AM – 7:52AM	Harshana Until 8:02AM	Nataraja: Purple		
	714376575 Rahu 1:16PM – 2:38PM			Balava Until 5:15PM	Moon – Clear	Sivaloka Day	
Creative Work Siddha Yoga				Navami* Until 4:45AM Fri	Margasira-Karttikai		

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


1		Friday, December 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Muscat, Oman Sun 23 Sutra 229 Subhakrit 5124
Meena Rasi: 4.2	Tithi 10	Gulika 7:53AM – 9:14AM	Uttaraproshtapada Until 4:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:32AM		
		Yama 2:38PM – 3:59PM	Siddhi Until 4:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 32 - 23	
	714376575	Rahu 10:35AM – 11:56AM	Taitila Until 4:25PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 4:10AM Sat	Moon – Clear		Sivaloka Day	
Until 4:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

2		Saturday, December 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Muscat, Oman Sun 24 Sutra 230 Subhakrit 5124
Meena Rasi: 17.37	Tithi 11	Gulika 6:32AM – 7:53AM	Revati Until 4:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:32AM		
		Yama 1:17PM – 2:38PM	Vyatipata* Until 3:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 32 - 24	
	714376575	Rahu 9:14AM – 10:35AM	Vanija Until 4:05PM	Nataraja: Purple		4th Phase	
Routine Work	Prabalarishta Yoga		Ekadashi Until 4:06AM Sun	Moon – Clear		Sivaloka Day	
Until 4:37AM Sun				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

3		Sunday, December 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Variyan Yoga Bava/Balava Karana Dvodashyam Titau			Muscat, Oman Sun 25 Sutra 231 Subhakrit 5124
Mesha Rasi: 0.39	Tithi 12	Gulika 2:38PM – 3:59PM	Ashvini Until 5:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:33AM		
		Yama 11:57AM – 1:17PM	Variyan Until 2:10AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 32 - 25	
	724376575	Rahu 3:59PM – 5:20PM	Bava Until 4:15PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Dvodashi Until 4:30AM Mon	Moon – White		Devaloka Day	
				Margasira-Karttikai			

4		Monday, December 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Muscat, Oman Sun 26 Sutra 232 Subhakrit 5124
Mesha Rasi: 13.27	Tithi 13	Gulika 1:18PM – 2:39PM	Bharani Until 7:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 6:34AM		
Family Home Evening		Yama 10:36AM – 11:57AM	Parigha* Until 1:37AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 32 - 26	
	724376575	Rahu 7:55AM – 9:15AM	Kaulava Until 4:53PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 5:20AM Tue	Moon – White		Devaloka Day	
				Margasira-Karttikai			
<i>Pradosha Vrata</i>							

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Muscat, Oman Sun 27 Sutra 233 Subhakrit 5124
Mesha Rasi: 26.03	Tithi 14	Gulika 11:57AM – 1:18PM	Bharani Until 7:09AM	Ganesha: Blue	<i>Sunrise:</i> 6:35AM		
		Yama 9:16AM – 10:37AM	Shiva Until 1:23AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:20PM	Moon 11 - Phase 32 - 27	
	724376575	Rahu 2:39PM – 4:00PM	Gara Until 5:56PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 6:35AM Wed	Moon – White		Devaloka Day	
		Krittika Deepam		Margasira-Karttikai			

		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Muscat, Oman Sutra 234 Subhakrit 5124
Vrishabha Rasi: 8.28	Tithi 14 – 15	Gulika 10:37AM – 11:58AM	Krittika Until 8:47AM	Ganesha: Blue	<i>Sunrise:</i> 6:35AM		
		Yama 7:56AM – 9:17AM	Siddha Until 1:25AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 11 - Phase 32 - Purnima	
	724376575	Rahu 11:58AM – 1:19PM	Visti Until 7:22PM	Nataraja: Purple			
Creative Work	Amrita Yoga		Chaturdashi* Until 6:35AM	Moon – White		Devaloka Day	
Until 8:47AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

Thursday, December 8, 2022		Silver Retreat Star			Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Muscat, Oman Sutra 235 Subhakrit 5124
Vrishabha Rasi: 20.44	Tithi 15 – 16	Gulika 9:17AM – 10:38AM	Rohini Until 11:05AM	Ganesha: Yellow	<i>Sunrise:</i> 6:36AM			
		Yama 6:36AM – 7:56AM	Sadhya Until 1:43AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:21PM	Moon 11 - Phase 32 - Prathama		
	734376575	Rahu 1:19PM – 2:40PM	Balava Until 9:10PM	Nataraja: Purple				
Routine Work	Marana Yoga		Purnima* Until 8:12AM	Moon – Yellow		Sivaloka Day		
				Margasira-Karttikai				
Vinayaga Viratam Begins								

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



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/Taitila Karana Prathama/Dvitiyayam Titau

Muscat, Oman

Sutra 236

Subhakrit 5124

Mithuna Rasi: 2.52 Tithi 16 - 17

734476575

Gulika 7:57AM - 9:18AM
Yama 2:40PM - 4:00PM
Rahu 10:38AM - 11:59AM

Mrigashira Until 1:32PM

Subha Until 2:14AM Sat

Taitila Until 11:15PM

Prathama* Until 10:09AM

Ganesha: Red *Sunrise:* 6:36AM

Muruqa: Clear *Sunset:* 5:21PM

Nataraja: Purple

Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

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

Muscat, Oman

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 14.53 Tithi 17 - 18

734476575

Gulika 6:37AM - 7:58AM
Yama 1:20PM - 2:40PM
Rahu 9:18AM - 10:39AM

Ardra Until 4:03PM

Sukla Until 2:54AM Sun

Vanija Until 1:35AM Sun

Dvitiya Until 12:22PM

Ganesha: Red *Sunrise:* 6:37AM

Muruqa: Clear *Sunset:* 5:21PM

Nataraja: Purple

Moon - Yellow

Sivaloka Day

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Muscat, Oman

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 26.5 Tithi 18 - 19

744476575

Gulika 2:41PM - 4:01PM
Yama 12:00PM - 1:20PM
Rahu 4:01PM - 5:22PM

Punarvasu Until 7:06PM

Brahma Until 3:42AM Mon

Bava Until 4:04AM Mon

Tritiya Until 2:47PM

Ganesha: Green *Sunrise:* 6:38AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Purple

Moon - Blue

Devaloka Day

Creative Work Siddha Yoga

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

Muscat, Oman

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 8.43 Tithi 19 - 20

745476575

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:21PM - 2:41PM
Yama 10:40AM - 12:00PM
Rahu 7:59AM - 9:19AM

Pushya Until 10:03PM

Indra Until 4:33AM Tue

Kaulava Until 6:36AM Tue

Chaturthi* Until 5:19PM

Ganesha: White *Sunrise:* 6:38AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Purple

Moon - Blue

Devaloka Day

Creative Work Siddha Yoga

4

Tuesday, December 13, 2022

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

Muscat, Oman

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 20.35 Tithi 20

745476575

Gulika 12:01PM - 1:21PM
Yama 9:20AM - 10:40AM
Rahu 2:41PM - 4:02PM

Ashlesha* Until 12:48AM Wed

Vaidhriti* Until 5:19AM Wed

Kaulava Until 6:36AM

Panchami Until 7:49PM

Ganesha: White *Sunrise:* 6:39AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Purple

Moon - Blue

Devaloka Day

Creative Work Siddha Yoga

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

Muscat, Oman

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 2.29 Tithi 21

755476575

Gulika 10:41AM - 12:01PM
Yama 8:00AM - 9:20AM
Rahu 12:01PM - 1:21PM

Magha* Until 3:42AM Thu

Vishkambha* Until 5:55AM Thu

Gara Until 9:03AM

Shashthi* Until 10:10PM

Ganesha: Clear *Sunrise:* 6:40AM

Muruqa: Clear *Sunset:* 5:22PM

Nataraja: Purple

Moon - Red

Sivaloka Day

Creative Work Siddha Yoga

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

Muscat, Oman

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 14.29 Tithi 22

755476575

Gulika 9:21AM - 10:41AM
Yama 6:40AM - 8:01AM
Rahu 1:22PM - 2:42PM

Purvaphalguni Until 6:02AM Fri

Priti Until 6:13AM Fri

Visti Until 11:14AM

Saptami Until 12:08AM Fri

Ganesha: Clear *Sunrise:* 6:40AM

Muruqa: Clear *Sunset:* 5:23PM

Nataraja: Purple

Moon - Red

Sivaloka Day

Creative Work Siddha Yoga

7

Friday, December 16, 2022

Retreat Star

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

Muscat, Oman

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 26.38 Tithi 23

755476575

Gulika 8:01AM - 9:21AM
Yama 2:43PM - 4:03PM
Rahu 10:42AM - 12:02PM

Purvaphalguni Until 6:02AM

Priti Until 6:13AM

Balava Until 12:57PM

Ashtami* Until 1:33AM Sat

Ganesha: Clear *Sunrise:* 6:41AM

Muruqa: Clear *Sunset:* 5:23PM

Nataraja: Purple

Moon - Red

Sivaloka Day

Creative Work Siddha Yoga

Markali Pillaiyar

Margasira-Markali

Saturday, December 17, 2022

Retreat Star

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

Muscat, Oman

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 9.03 Tithi 24

855476575

Gulika 6:41AM - 8:02AM
Yama 1:23PM - 2:43PM
Rahu 9:22AM - 10:42AM

Uttaraphalguni Until 7:38AM

Ayushman Until 6:02AM

Taitila Until 2:01PM

Navami* Until 2:14AM Sun

Ganesha: White *Sunrise:* 6:41AM

Muruqa: Clear *Sunset:* 5:24PM

Nataraja: Purple

Moon - Red

Devaloka Day

Routine Work Marana Yoga

Margasira-Markali

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 Muscat, Oman on 5/1/21

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1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau				Muscat, Oman Sun 9 Sutra 245 Subhakrit 5124
Kanya Rasi: 21.48	Tithi 25	Gulika	2:44PM – 4:04PM	Hasta Until 8:49AM	Ganesha: Clear	<i>Sunrise:</i> 6:42AM		
		Yama	12:03PM – 1:23PM	Sobhana Until 3:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:24PM	Moon 12 - Phase 34 - 9	
		865476575 Rahu	4:04PM – 5:24PM	Vanija Until 2:17PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga			Dashami Until 2:05AM Mon	Moon – Green		Sivaloka Day	
Until 8:49AM					Margasira*Markali			
Then Creative Work - Siddha Yoga								

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau				Muscat, Oman Sun 10 Sutra 246 Subhakrit 5124
Tula Rasi: 4.58	Tithi 26	Gulika	1:24PM – 2:44PM	Chitra Until 9:01AM	Ganesha: Clear	<i>Sunrise:</i> 6:42AM		
Family Home Evening		Yama	10:43AM – 12:04PM	Athiganda* Until 1:49AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	865476575 Rahu	8:03AM – 9:23AM	Bava Until 1:42PM	Nataraja: Purple		2nd Phase	
Until 9:01AM				Ekadashi* Until 1:04AM Tue	Moon – Green		Sivaloka Day	
Then Creative Work - Amrita Yoga								

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau				Muscat, Oman Sun 11 Sutra 247 Subhakrit 5124
Tula Rasi: 18.36	Tithi 27	Gulika	12:04PM – 1:24PM	Svati Until 8:15AM	Ganesha: Clear	<i>Sunrise:</i> 6:43AM		
		Yama	9:24AM – 10:44AM	Sukarma Until 11:07PM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Moon 12 - Phase 34 - 11	
		865476575 Rahu	2:44PM – 4:05PM	Kaulava Until 12:17PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga			Dvadashi* Until 11:15PM	Moon – Green		Sivaloka Day	
Until 8:15AM					Margasira*Markali			
Then Routine Work - Marana Yoga								

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau				Muscat, Oman Sun 12 Sutra 248 Subhakrit 5124
Vrischika Rasi: 2.43	Tithi 28	Gulika	10:44AM – 12:05PM	Vishakha Until 7:01AM	Ganesha: Clear	<i>Sunrise:</i> 6:44AM		
		Yama	8:04AM – 9:24AM	Dhriti Until 7:52PM	Muruqa: Clear	<i>Sunset:</i> 5:25PM	Moon 12 - Phase 34 - 12	
		876476575 Rahu	12:05PM – 1:25PM	Gara Until 10:06AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga			Trayodashi* Until 8:45PM	Moon – Orange		Sivaloka Day	
Day 1 of Pancha Ganapati								
Pradosha Vrata (Fasting)								

5		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Vistil*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Muscat, Oman Sun 13 Sutra 249 Subhakrit 5124
Vrischika Rasi: 17.16	Tithi 29 – 30	Gulika	9:25AM – 10:45AM	Jyeshtha* Until 2:22AM Fri	Ganesha: Clear	<i>Sunrise:</i> 6:44AM		
		Yama	6:44AM – 8:04AM	Shula* Until 4:09PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Moon 12 - Phase 34 - 13	
		876476575 Rahu	1:25PM – 2:45PM	Vistil Until 7:18AM	Nataraja: Purple		2nd Phase	
Routine Work	Prabalarishta Yoga			Chaturdashi* Until 5:42PM	Moon – Orange		Sivaloka Day	
Until 2:22AM Fri					Margasira*Markali			
Then Creative Work - Amrita Yoga								

		Friday, December 23, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Muscat, Oman Sun 14 Sutra 250 Subhakrit 5124
Retreat Star		Gulika	8:05AM – 9:25AM	Mula* Until 11:42PM	Ganesha: Orange	<i>Sunrise:</i> 6:45AM		
Dhanus Rasi: 2.11	Tithi 30 – 1	Yama	2:46PM – 4:06PM	Ganda* Until 12:08PM	Muruqa: Clear	<i>Sunset:</i> 5:26PM	Moon 12 - Phase 34 - 14	
		886476575 Rahu	10:45AM – 12:06PM	Kintughna Until 12:29AM Sat	Nataraja: Purple		Amavasya	
Creative Work	Amrita Yoga			Amavasya* Until 2:16PM	Moon – Light Blue		Sivaloka Day	
Until 11:42PM					Margasira*Markali			
Then Routine Work - Prabalarishta Yoga								

Saturday, December 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman Sun 15 Sutra 251 Subhakrit 5124
Dhanus Rasi: 17.19	Tithi 1 – 2	Gulika	6:45AM – 8:05AM	Purvashadha* Until 8:46PM	Ganesha: Orange	<i>Sunrise:</i> 6:45AM		
		Yama	1:26PM – 2:47PM	Vridhhi Until 7:56AM	Muruqa: Clear	<i>Sunset:</i> 5:27PM	Moon 12 - Phase 34 - 15	
		886476575 Rahu	9:26AM – 10:46AM	Balava Until 8:49PM	Nataraja: Purple		Prathama	
Creative Work	Siddha Yoga			Prathama* Until 10:38AM	Moon – Light Blue		Sivaloka Day	
Until 8:46PM					Pausha*Markali			
Then Routine Work - Marana Yoga								

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21

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1		Sunday, December 25, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau		Muscat, Oman
Makara Rasi: 2.29	Tithi 2 - 3	886486575	Gulika 2:47PM - 4:07PM Yama 12:07PM - 1:27PM Rahu 4:07PM - 5:28PM	Uttarashadha Until 5:46PM Vyaghata* Until 11:30PM Gara Until 3:26AM Mon	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon - Light Blue	Sun 16 Sutra 252 Subhakrit 5124 Moon 12 - Phase 35 - 16 3rd Phase
Creative Work	Amrita Yoga		Day 5 of Pancha Ganapati	Dvitiya Until 6:58AM	Pausha-Markali	Subha Sivaloka Day

2		Monday, December 26, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visli* Karana Chaturthyam Titau		Muscat, Oman
Makara Rasi: 17.34	Tithi 4	896486576	Gulika 1:27PM - 2:48PM Yama 10:47AM - 12:07PM Rahu 8:06AM - 9:26AM	Shravana Until 3:15PM Harshana Until 7:35PM Vanija Until 1:48PM Chaturthi* Until 12:13AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple	Sun 17 Sutra 253 Subhakrit 5124 Moon 12 - Phase 35 - 17 3rd Phase
Family Home Evening	Amrita Yoga				Pausha-Markali	Sivaloka Day
Until 3:15PM						
Then Creative Work	Siddha Yoga					

3		Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Muscat, Oman
Kumbha Rasi: 2.24	Tithi 5	896486576	Gulika 12:08PM - 1:28PM Yama 9:27AM - 10:47AM Rahu 2:48PM - 4:08PM	Dhanishtha Until 1:00PM Vajra* Until 3:58PM Bava Until 10:47AM Panchami Until 9:27PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple	Sun 18 Sutra 254 Subhakrit 5124 Moon 12 - Phase 35 - 18 3rd Phase
Creative Work	Siddha Yoga				Pausha-Markali	Sivaloka Day
Until 1:00PM						
Then Routine Work	Marana Yoga					

4		Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Muscat, Oman
Kumbha Rasi: 16.52	Tithi 6	896486576	Gulika 10:48AM - 12:08PM Yama 8:07AM - 9:27AM Rahu 12:08PM - 1:28PM	Shatabhishak Until 11:08AM Siddhi Until 12:50PM Kaulava Until 8:18AM Shashthi* Until 7:16PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple	Sun 19 Sutra 255 Subhakrit 5124 Moon 12 - Phase 35 - 19 3rd Phase
Creative Work	Siddha Yoga				Pausha-Markali	Sivaloka Day
Until 11:08AM						
Then Creative Work	Amrita Yoga		Vinayaga Viratam Ends			

5		Thursday, December 29, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Gara/Visli* Karana Sapthami/Ashtamyam Titau		Muscat, Oman
Meena Rasi: 0.55	Tithi 7 - 8	817486576	Gulika 9:28AM - 10:48AM Yama 6:47AM - 8:07AM Rahu 1:29PM - 2:49PM	Purvaproshtapada* Until 10:12AM Vyatipata* Until 10:14AM Gara Until 6:27AM Saptami Until 5:47PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear	Sun 20 Sutra 256 Subhakrit 5124 Moon 12 - Phase 35 - 20 3rd Phase
Creative Work	Siddha Yoga				Pausha-Markali	Devaloka Day

Retreat Star		Friday, December 30, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Muscat, Oman
Meena Rasi: 14.31	Tithi 8 - 9	817486576	Gulika 8:08AM - 9:28AM Yama 2:50PM - 4:10PM Rahu 10:49AM - 12:09PM	Uttaraproshtapada Until 9:51AM Variyan Until 8:11AM Balava Until 4:57AM Sat Ashtami* Until 5:02PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear	Sun 21 Sutra 257 Subhakrit 5124 Moon 12 - Phase 35 - 21 Ashtami
Creative Work	Siddha Yoga				Pausha-Markali	Devaloka Day

Retreat Star		Saturday, December 31, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Muscat, Oman
Meena Rasi: 27.43	Tithi 9 - 10	817486576	Gulika 6:48AM - 8:08AM Yama 1:30PM - 2:50PM Rahu 9:29AM - 10:49AM	Revati Until 10:04AM Parigha* Until 6:44AM Taitila Until 5:17AM Sun Navami* Until 5:01PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear	Sun 22 Sutra 258 Subhakrit 5124 Moon 12 - Phase 35 - 22 Navami
Routine Work	Prabalarishta Yoga				Pausha-Markali	Devaloka Day
Until 10:04AM						
Then Creative Work	Siddha Yoga					

1		Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 23 Sutra 259 Subhakrit 5124
Mesha Rasi: 10.33	Tithi 10 - 11	Gulika 2:51PM - 4:11PM	Ashvini Until 11:16AM	Ganesha: Yellow	<i>Sunrise:</i> 6:48AM	
		Yama 12:10PM - 1:30PM	Siddha Until 5:24AM Mon	Muruqa: Purple	<i>Sunset:</i> 5:32PM	Moon 12 - Phase 36 - 23
	827486576	Rahu 4:11PM - 5:32PM	Vanija Until 6:16AM Mon	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 5:41PM	Moon - White		Sivaloka Day
Until 11:16AM				Pausha-Markali		
Then Routine Work - Prabalarishta Yoga						
2		Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 260 Subhakrit 5124
Mesha Rasi: 23.06	Tithi 11	Gulika 1:31PM - 2:51PM	Bharani Until 12:53PM	Ganesha: Yellow	<i>Sunrise:</i> 6:48AM	
		Yama 10:50AM - 12:10PM	Sadhya Until 5:22AM Tue	Muruqa: Purple	<i>Sunset:</i> 5:32PM	Moon 12 - Phase 36 - 24
	827486576	Rahu 8:09AM - 9:29AM	Vanija Until 6:16AM	Nataraja: Clear		4th Phase
Family Home Evening	Siddha Yoga		Ekadashi Until 6:55PM	Moon - White		Sivaloka Day
Until 12:53PM		Vaikuntha Ekadasi		Pausha-Markali		
Then Routine Work - Marana Yoga						
3		Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvodashyam Titau		Muscat, Oman Sun 25 Sutra 261 Subhakrit 5124
Vrishabha Rasi: 5.26	Tithi 12	Gulika 12:11PM - 1:31PM	Krittika Until 2:47PM	Ganesha: Yellow	<i>Sunrise:</i> 6:49AM	
		Yama 9:30AM - 10:50AM	Subha Until 5:38AM Wed	Muruqa: Purple	<i>Sunset:</i> 5:33PM	Moon 12 - Phase 36 - 25
	827486576	Rahu 2:52PM - 4:12PM	Bava Until 7:44AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 8:36PM	Moon - White		Sivaloka Day
Until 2:47PM				Pausha-Markali		
Then Creative Work - Amrita Yoga						
4		Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 262 Subhakrit 5124
Vrishabha Rasi: 17.36	Tithi 13	Gulika 10:51AM - 12:11PM	Rohini Until 5:21PM	Ganesha: White	<i>Sunrise:</i> 6:49AM	
		Yama 8:10AM - 9:30AM	Sukla Until 6:05AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:34PM	Moon 12 - Phase 36 - 26
	838586576	Rahu 12:11PM - 1:32PM	Kaulava Until 9:35AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 10:36PM	Moon - Yellow		Devaloka Day
				Pausha-Markali		
<i>Pradosha Vrata</i>						
5		Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Muscat, Oman Sun 27 Sutra 263 Subhakrit 5124
Vrishabha Rasi: 29.4	Tithi 14	Gulika 9:31AM - 10:51AM	Mrigashira Until 7:59PM	Ganesha: White	<i>Sunrise:</i> 6:49AM	
		Yama 6:49AM - 8:10AM	Sukla Until 6:05AM	Muruqa: Purple	<i>Sunset:</i> 5:34PM	Moon 12 - Phase 36 - 27
	838586576	Rahu 1:32PM - 2:53PM	Gara Until 11:43AM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 12:50AM Fri	Moon - Yellow		Devaloka Day
		Subramuniyaswami Jayanti		Pausha-Markali		
○		Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Purnimayam Titau		Muscat, Oman Sutra 264 Subhakrit 5124
Mithuna Rasi: 11.39	Tithi 15	Gulika 8:10AM - 9:31AM	Ardra Until 10:36PM	Ganesha: White	<i>Sunrise:</i> 6:50AM	
		Yama 2:54PM - 4:14PM	Brahma Until 6:42AM	Muruqa: Purple	<i>Sunset:</i> 5:35PM	Moon 12 - Phase 36 - Purnima
	838586576	Rahu 10:52AM - 12:12PM	Visti Until 2:01PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Purnima* Until 3:12AM Sat	Moon - Yellow		Devaloka Day
				Pausha-Markali		
Ardra Darshanam						
○		Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Muscat, Oman Sutra 265 Subhakrit 5124
Mithuna Rasi: 23.35	Tithi 16	Gulika 6:50AM - 8:10AM	Punarvasu Until 1:38AM Sun	Ganesha: Clear	<i>Sunrise:</i> 6:50AM	
		Yama 1:33PM - 2:54PM	Indra Until 7:25AM	Muruqa: Purple	<i>Sunset:</i> 5:36PM	Moon 12 - Phase 36 - Prathama
	848586576	Rahu 9:31AM - 10:52AM	Balava Until 4:26PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Prathama* Until 5:39AM Sun	Moon - Blue		Sivaloka Day
				Pausha-Markali		

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 5.29 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:55PM – 4:16PM **Pushya Until 4:33AM Mon**
Yama 12:13PM – 1:34PM Vaidhriti* Until 8:10AM
848586576 **Rahu** 4:16PM – 5:36PM Tailila Until 6:55PM
Dvitiya Until 8:09AM Mon

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:36PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

1

Monday, January 9, 2023

Kataka Rasi: 17.22 Tithi 17 – 18
Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:34PM – 2:55PM **Ashlesha* Until 7:17AM Tue**
Yama 10:53AM – 12:14PM Vishkamba* Until 8:57AM
848586576 **Rahu** 8:11AM – 9:32AM Vanija Until 9:25PM
Dvitiya Until 8:09AM

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:37PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

2

Tuesday, January 10, 2023

Kataka Rasi: 29.16 Tithi 18 – 19
Creative Work Siddha Yoga

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

Gulika 12:14PM – 1:35PM **Ashlesha* Until 7:17AM**
Yama 9:32AM – 10:53AM Priti Until 9:45AM
848586576 **Rahu** 2:56PM – 4:17PM Bava Until 11:51PM
Tritiya Until 10:37AM

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:38PM
Nataraja: Clear
Moon – Blue **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

3

Wednesday, January 11, 2023

Simha Rasi: 11.12 Tithi 19 – 20
Creative Work Siddha Yoga
Until 10:16AM
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 10:53AM – 12:14PM **Magha* Until 10:16AM**
Yama 8:11AM – 9:32AM Ayushman Until 10:26AM
859586576 **Rahu** 12:14PM – 1:35PM Kaulava Until 2:07AM Thu
Chaturthi* Until 12:59PM

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:38PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

4

Thursday, January 12, 2023

Simha Rasi: 23.12 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 Tailila/Gara Karana Panchami/Shashthiyam Titau

Gulika 9:33AM – 10:54AM **Purvaphalguni Until 12:51PM**
Yama 6:50AM – 8:11AM Saubhagya Until 10:58AM
859586576 **Rahu** 1:36PM – 2:57PM Gara Until 4:03AM Fri
Panchami Until 3:07PM

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:39PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

5

Friday, January 13, 2023

Kanya Rasi: 5.2 Tithi 21 – 22
Creative Work Siddha Yoga
Until 2:55PM
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 8:12AM – 9:33AM **Uttaraphalguni Until 2:55PM**
Yama 2:58PM – 4:19PM Sobhana Until 11:13AM
859586576 **Rahu** 10:54AM – 12:15PM Visti Until 5:30AM Sat
Shashthi* Until 4:50PM

Ganesha: Clear *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:40PM
Nataraja: Clear
Moon – Red **Sivaloka Day**
Pausha-Markali

Muscat, Oman
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

6

Saturday, January 14, 2023

Kanya Rasi: 17.41 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 6:50AM – 8:12AM **Hasta Until 4:46PM**
Yama 1:37PM – 2:58PM Athiganda* Until 11:03AM
869586576 **Rahu** 9:33AM – 10:54AM Balava Until 6:17AM Sun
Saptami Until 5:58PM

Ganesha: White *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:41PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

Muscat, Oman
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

D

Sunday, January 15, 2023

Retreat Star

Tula Rasi: 0.2 Tithi 23
Creative Work Siddha Yoga

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

Gulika 2:59PM – 4:20PM **Chitra Until 5:45PM**
Yama 12:16PM – 1:37PM Sukarma Until 10:21AM
869586576 **Rahu** 4:20PM – 5:41PM Balava Until 6:17AM
Ashtami* Until 6:21PM

Ganesha: White *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:41PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

Muscat, Oman
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Monday, January 16, 2023

Retreat Star

Tula Rasi: 13.22 Tithi 24 – 25
Family Home Evening
Creative Work Amrita Yoga
Until 5:46PM
Then Routine Work - Marana Yoga

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

Gulika 1:38PM – 2:59PM **Svati Until 5:46PM**
Yama 10:55AM – 12:16PM Dhriti Until 9:03AM
869586576 **Rahu** 8:12AM – 9:33AM Tailila Until 6:15AM
Navami* Until 5:54PM

Ganesha: White *Sunrise:* 6:50AM
Muruqa: Purple *Sunset:* 5:42PM
Nataraja: Clear
Moon – Green **Subha Sivaloka Day**
Pausha-Thai

Muscat, Oman
Sun 8 Sutra 274
Subhakrit 5124
Moon 1 - Phase 37 - 8
Navami

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21


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1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Muscat, Oman
	Tula Rasi: 26.5	Tithi 25 – 26	Gulika 12:17PM – 1:38PM	Vishakha Until 5:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM	Sun 9 Sutra 275
			Yama 9:34AM – 10:55AM	Shula* Until 7:03AM	Muruqa: Purple	<i>Sunset:</i> 5:43PM	Subhakrit 5124
		879586576	Rahu 3:00PM – 4:21PM	Bava Until 3:40AM Wed	Nataraja: Clear		Moon 1 - Phase 38 - 9 2nd Phase
Routine Work Marana Yoga				Moon – Orange		Sivaloka Day	
Until 5:15PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Muscat, Oman
	Vrischika Rasi: 10.49	Tithi 26 – 27	Gulika 10:55AM – 12:17PM	Anuradha Until 3:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM	Sun 10 Sutra 276
			Yama 8:12AM – 9:34AM	Vriddhi Until 1:11AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:44PM	Subhakrit 5124
		879586576	Rahu 12:17PM – 1:39PM	Kaulava Until 1:13AM Thu	Nataraja: Clear		Moon 1 - Phase 38 - 10 2nd Phase
Creative Work Siddha Yoga				Moon – Orange		Sivaloka Day	
				Pausha*Thai			

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashti/Trayodashyam Titau				Muscat, Oman
	Vrischika Rasi: 25.16	Tithi 27 – 28	Gulika 9:34AM – 10:56AM	Jyeshtha* Until 1:33PM	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM	Sun 11 Sutra 277
			Yama 6:50AM – 8:12AM	Dhruva Until 9:26PM	Muruqa: Purple	<i>Sunset:</i> 5:44PM	Subhakrit 5124
		871586576	Rahu 1:39PM – 3:01PM	Gara Until 10:09PM	Nataraja: Clear		Moon 1 - Phase 38 - 11 2nd Phase
Routine Work Prabalarishta Yoga				Moon – Orange		Sivaloka Day	
Until 1:33PM				Pausha*Thai			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman
	Dhanus Rasi: 10.08	Tithi 28 – 29	Gulika 8:12AM – 9:34AM	Mula* Until 11:04AM	Ganesha: Red	<i>Sunrise:</i> 6:50AM	Sun 12 Sutra 278
			Yama 3:01PM – 4:23PM	Vyaghata* Until 5:20PM	Muruqa: Purple	<i>Sunset:</i> 5:45PM	Subhakrit 5124
		881586576	Rahu 10:56AM – 12:18PM	Visti Until 6:38PM	Nataraja: Clear		Moon 1 - Phase 38 - 12 2nd Phase
Creative Work Amrita Yoga				Moon – Light Blue		Sivaloka Day	
Until 11:04AM				Pausha*Thai			
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman
	Retreat Star		Gulika 6:50AM – 8:12AM	Purvashadha* Until 8:06AM	Ganesha: Red	<i>Sunrise:</i> 6:50AM	Sun 13 Sutra 279
	Dhanus Rasi: 25.19	Tithi 30	Yama 1:40PM – 3:02PM	Harshana Until 1:01PM	Muruqa: Purple	<i>Sunset:</i> 5:46PM	Subhakrit 5124
		881586576	Rahu 9:34AM – 10:56AM	Catuspada Until 2:50PM	Nataraja: Clear		Moon 1 - Phase 38 - 13 Amavasya
Creative Work Siddha Yoga				Moon – Light Blue		Sivaloka Day	
Until 8:06AM				Pausha*Thai			
Then Routine Work - Marana Yoga							

	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman
	Retreat Star		Gulika 3:02PM – 4:24PM	Shravana Until 1:53AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM	Sun 14 Sutra 280
	Makara Rasi: 10.38	Tithi 1	Yama 12:18PM – 1:40PM	Vajra* Until 8:34AM	Muruqa: Purple	<i>Sunset:</i> 5:46PM	Subhakrit 5124
		891586576	Rahu 4:24PM – 5:46PM	Kintughna Until 10:57AM	Nataraja: Clear		Moon 1 - Phase 38 - 14 Prathama
Creative Work Amrita Yoga				Moon – Purple		Sivaloka Day	
Until 1:53AM Mon				Magha*Thai			
Then Creative Work - Siddha Yoga							

1	Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 15
	Makara Rasi: 25.56	Tithi 2 – 3	Gulika	1:41PM – 3:03PM	Dhanishtha Until 11:00PM	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM
	Family Home Evening	891586576	Yama	10:56AM – 12:18PM	Vyatipata* Until 12:01AM Tue	Muruqa: Purple	<i>Sunset:</i> 5:47PM
	Creative Work	Siddha Yoga	Rahu	8:12AM – 9:34AM	Balava Until 7:09AM	Nataraja: Clear	Moon 1 - Phase 39 - 15
			Dvitiya Until 5:19PM		Moon – Purple	Sivaloka Day	

2	Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 16
	Kumbha Rasi: 11.01	Tithi 3 – 4	Gulika	12:19PM – 1:41PM	Shatabhishak Until 8:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:50AM
		891586576	Yama	9:34AM – 10:56AM	Variyan Until 8:09PM	Muruqa: Purple	<i>Sunset:</i> 5:48PM
	Routine Work	Marana Yoga	Rahu	3:03PM – 4:26PM	Vanija Until 12:31AM Wed	Nataraja: Clear	Moon 1 - Phase 39 - 16
			Tritiya Until 1:59PM		Moon – Purple	Sivaloka Day	

3	Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha* Shiva Yoga Visli* Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 17
	Kumbha Rasi: 25.45	Tithi 4 – 5	Gulika	10:57AM – 12:19PM	Purvaproshtapada* Until 6:38PM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM
		911586576	Yama	8:12AM – 9:34AM	Parigha* Until 4:46PM	Muruqa: Purple	<i>Sunset:</i> 5:49PM
	Creative Work	Amrita Yoga	Rahu	12:19PM – 1:41PM	Bava Until 10:01PM	Nataraja: Clear	Moon 1 - Phase 39 - 17
			Chaturthi* Until 11:09AM		Moon – Clear	Subha Sivaloka Day	

4	Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 18
	Meena Rasi: 10.01	Tithi 5 – 6	Gulika	9:34AM – 10:57AM	Uttaraproshtapada Until 5:26PM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM
		911586576	Yama	6:49AM – 8:12AM	Shiva Until 1:59PM	Muruqa: Purple	<i>Sunset:</i> 5:49PM
	Creative Work	Siddha Yoga	Rahu	1:42PM – 3:04PM	Kaulava Until 8:15PM	Nataraja: Clear	Moon 1 - Phase 39 - 18
			Panchami Until 9:01AM		Moon – Clear	Subha Sivaloka Day	

5	Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Muscat, Oman Sun 19
	Meena Rasi: 23.48	Tithi 6 – 7	Gulika	8:11AM – 9:34AM	Revati Until 4:55PM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM
		911586576	Yama	3:05PM – 4:27PM	Siddha Until 11:48AM	Muruqa: Purple	<i>Sunset:</i> 5:50PM
	Creative Work	Siddha Yoga	Rahu	10:57AM – 12:19PM	Gara Until 7:20PM	Nataraja: Clear	Moon 1 - Phase 39 - 19
			Shashthi* Until 7:40AM		Moon – Clear	Subha Sivaloka Day	

6	Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vanija/Visli* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 20
	Retreat Star		Gulika	6:49AM – 8:11AM	Ashvini Until 5:32PM	Ganesha: Yellow	<i>Sunrise:</i> 6:49AM
	Mesha Rasi: 7.05	Tithi 7 – 8	Yama	1:42PM – 3:05PM	Sadhya Until 10:20AM	Muruqa: Purple	<i>Sunset:</i> 5:51PM
		921586576	Rahu	9:34AM – 10:57AM	Visli Until 7:18PM	Nataraja: Clear	Moon 1 - Phase 39 - 20
			Saptami Until 7:11AM		Moon – White	Sivaloka Day	

7	Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 21
	Retreat Star		Gulika	3:06PM – 4:28PM	Bharani Until 6:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:48AM
	Mesha Rasi: 19.57	Tithi 8 – 9	Yama	12:20PM – 1:43PM	Subha Until 9:31AM	Muruqa: Purple	<i>Sunset:</i> 5:51PM
		922686576	Rahu	4:28PM – 5:51PM	Balava Until 8:04PM	Nataraja: Clear	Moon 1 - Phase 39 - 21
			Ashtami* Until 7:34AM		Moon – White	Sivaloka Day	

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 22 Sutra 288 Subhakrit 5124
1	922686576	Gulika 1:43PM – 3:06PM Yama 10:57AM – 12:20PM Rahu 8:11AM – 9:34AM	Krittika Until 8:35PM Sukla Until 9:16AM Taitila Until 9:32PM Navami* Until 8:42AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai	Sunrise: 6:48AM Sunset: 5:52PM	Moon 1 - Phase 40 - 22 4th Phase Sivaloka Day
Vrishabha Rasi: 2.27 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 8:35PM Then Creative Work - Amrita Yoga						

Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 23 Sutra 289 Subhakrit 5124
2	932686576	Gulika 12:20PM – 1:43PM Yama 9:34AM – 10:57AM Rahu 3:06PM – 4:30PM	Rohini Until 11:11PM Brahma Until 9:28AM Vanija Until 11:31PM Dashami Until 10:27AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 6:48AM Sunset: 5:53PM	Moon 1 - Phase 40 - 23 4th Phase Subha Sivaloka Day
Vrishabha Rasi: 14.41 Tithi 10 – 11 Creative Work Amrita Yoga Until 11:11PM Then Creative Work - Siddha Yoga						

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 24 Sutra 290 Subhakrit 5124
3	932686576	Gulika 10:57AM – 12:20PM Yama 8:11AM – 9:34AM Rahu 12:20PM – 1:43PM	Mrigashira Until 1:56AM Thu Indra Until 10:01AM Bava Until 1:50AM Thu Ekadashi Until 12:37PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 6:48AM Sunset: 5:53PM	Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day
Vrishabha Rasi: 26.44 Tithi 11 – 12 Creative Work Siddha Yoga Until 1:56AM Thu Then Routine Work - Marana Yoga						

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 25 Sutra 291 Subhakrit 5124
4	932686576	Gulika 9:34AM – 10:57AM Yama 6:47AM – 8:10AM Rahu 1:44PM – 3:07PM	Ardra Until 4:40AM Fri Vaidhriti* Until 10:43AM Kaulava Until 4:18AM Fri Dvadashi Until 3:02PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 6:47AM Sunset: 5:53PM	Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day
Mithuna Rasi: 8.4 Tithi 12 – 13 Routine Work Marana Yoga Until 4:40AM Fri Then Creative Work - Siddha Yoga <i>Pradosha Vrata</i>						

Friday, February 3, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 26 Sutra 292 Subhakrit 5124
5	942686576	Gulika 8:10AM – 9:34AM Yama 3:07PM – 4:31PM Rahu 10:57AM – 12:20PM	Punarvasu Until 7:47AM Sat Vishkambha* Until 11:32AM Gara Until 6:49AM Sat Trayodashi Until 5:32PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Blue Magha-Thai	Sunrise: 6:47AM Sunset: 5:54PM	Moon 1 - Phase 40 - 26 4th Phase Sivaloka Day
Mithuna Rasi: 20.34 Tithi 13 – 14 Creative Work Siddha Yoga						

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 293 Subhakrit 5124
6	942686577	Gulika 6:46AM – 8:10AM Yama 1:44PM – 3:08PM Rahu 9:33AM – 10:57AM	Punarvasu Until 7:47AM Priti Until 12:22PM Gara Until 6:49AM Chaturdashi* Until 8:02PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 6:46AM Sunset: 5:55PM	Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day
Kataka Rasi: 2.26 Tithi 14 Creative Work Siddha Yoga Thai Pusam						

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau				Muscat, Oman Sutra 294 Subhakrit 5124
○	942686577	Gulika 3:08PM – 4:32PM Yama 12:21PM – 1:44PM Rahu 4:32PM – 5:55PM	Pushya Until 10:41AM Ayushman Until 1:08PM Visti Until 9:17AM Purnima* Until 10:27PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 6:46AM Sunset: 5:55PM	Moon 1 - Phase 40 - Purnima Sivaloka Day
Kataka Rasi: 14.2 Tithi 15 Creative Work Siddha Yoga						

Monday, February 6, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 295 Subhakrit 5124
○	942686577	Gulika 1:45PM – 3:08PM Yama 10:57AM – 12:21PM Rahu 8:09AM – 9:33AM	Ashlesha* Until 1:19PM Saubhagya Until 1:50PM Balava Until 11:39AM Prathama* Until 12:46AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 6:45AM Sunset: 5:56PM	Moon 1 - Phase 40 - Prathama Sivaloka Day
Kataka Rasi: 26.16 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 1:19PM Then Routine Work - Marana Yoga						



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 8.14 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 12:21PM - 1:45PM
Yama 9:33AM - 10:57AM
Rahu 3:09PM - 4:33PM

Magha* Until 4:10PM
Sobhana Until 2:27PM
Taitila Until 1:54PM
Dvitiya Until 2:55AM Wed

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

Sunrise: 6:45AM
Sunset: 5:57PM

Muscat, Oman
Sun 1 Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 20.16 Tithi 18

952686577

Creative Work Amrita Yoga

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

Gulika 10:57AM - 12:21PM
Yama 8:09AM - 9:33AM
Rahu 12:21PM - 1:45PM

Purvaphalguni Until 6:40PM
Athiganda* Until 2:54PM
Vanija Until 3:57PM
Tritiya Until 4:52AM Thu

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

Sunrise: 6:44AM
Sunset: 5:57PM

Muscat, Oman
Sun 2 Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 2.23 Tithi 19

952686577

Amrita Yoga

Until 8:45PM

Then Routine Work - Marana Yoga

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

Gulika 9:32AM - 10:57AM
Yama 6:44AM - 8:08AM
Rahu 1:45PM - 3:09PM

Uttaraphalguni Until 8:45PM
Sukarma Until 3:11PM
Bava Until 5:44PM
Chaturthi* Until 6:29AM Fri

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

Sunrise: 6:44AM
Sunset: 5:58PM

Muscat, Oman
Sun 3 Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 14.38 Tithi 19 - 20

962686577

Amrita Yoga

Until 10:48PM

Then Creative Work - Siddha Yoga

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

Gulika 8:08AM - 9:32AM
Yama 3:10PM - 4:34PM
Rahu 10:57AM - 12:21PM

Hasta Until 10:48PM
Dhriti Until 3:13PM
Kaulava Until 7:11PM
Chaturthi* Until 6:29AM

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

Sunrise: 6:43AM
Sunset: 5:58PM

Muscat, Oman
Sun 4 Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 27.04 Tithi 20 - 21

963686577

Marana Yoga

Until 12:13AM Sun

Then Creative Work - Siddha Yoga

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

Gulika 6:43AM - 8:07AM
Yama 1:46PM - 3:10PM
Rahu 9:32AM - 10:56AM

Chitra Until 12:13AM Sun
Shula* Until 2:52PM
Gara Until 8:08PM
Panchami Until 7:42AM

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

Sunrise: 6:43AM
Sunset: 5:59PM

Muscat, Oman
Sun 5 Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 9.44 Tithi 21 - 22

963686577

Siddha Yoga

Until 12:52AM Mon

Then Routine Work - Marana Yoga

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

Gulika 3:10PM - 4:35PM
Yama 12:21PM - 1:46PM
Rahu 4:35PM - 6:00PM

Svati Until 12:52AM Mon
Ganda* Until 2:06PM
Visti Until 8:29PM
Shashthi* Until 8:22AM

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

Sunrise: 6:42AM
Sunset: 6:00PM

Muscat, Oman
Sun 6 Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 6
1st Phase

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 22.43 Tithi 22 - 23

973686577

Family Home Evening

Marana Yoga

Until 1:08AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:46PM - 3:11PM
Yama 10:56AM - 12:21PM
Rahu 8:07AM - 9:31AM

Vishakha Until 1:08AM Tue
Vridhhi Until 12:49PM
Balava Until 8:07PM
Saptami Until 8:22AM

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

Sunrise: 6:42AM
Sunset: 6:00PM

Muscat, Oman
Sun 7 Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 7
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 6.04 Tithi 23 - 24

973686577

Siddha Yoga

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

Gulika 12:21PM - 1:46PM
Yama 9:31AM - 10:56AM
Rahu 3:11PM - 4:36PM

Anuradha Until 12:32AM Wed
Dhruva Until 10:56AM
Taitila Until 7:02PM
Ashtami* Until 7:39AM

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

Sunrise: 6:41AM
Sunset: 6:01PM

Muscat, Oman
Sun 8 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21

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1 **Wednesday, February 15, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Muscat, Oman
 Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Visti* Karana Navami/Dashamyam Titau Sun 9 Sutra 304
 Vrishchika Rasi: 19.5 Tithi 24 – 25 973686577 **Gulika** 10:56AM – 12:21PM **Jyeshtha* Until 11:05PM** **Ganesha:** Clear *Sunrise:* 6:40AM Subhakarit 5124
 Yama 8:06AM – 9:31AM **Muruqa:** Purple *Sunset:* 6:01PM Moon 2 - Phase 42 - 9
 Rahu 12:21PM – 1:46PM **Vyaghata* Until 8:29AM** **Nataraja:** Orange 2nd Phase
 Creative Work Siddha Yoga **Visti Until 4:02AM Thu** Moon – Orange **Sivaloka Day**
 Until 11:05PM **Navami* Until 6:11AM** Magha-Masi
 Then Routine Work - Marana Yoga

2 **Thursday, February 16, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Muscat, Oman
 Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau Sun 10 Sutra 305
 Dhanus Rasi: 4.02 Tithi 26 983686577 **Gulika** 9:30AM – 10:56AM **Mula* Until 9:18PM** **Ganesha:** White *Sunrise:* 6:40AM Subhakarit 5124
 Yama 6:40AM – 8:05AM **Vajra* Until 1:59AM Fri** **Muruqa:** Purple *Sunset:* 6:02PM Moon 2 - Phase 42 - 10
 Rahu 1:46PM – 3:12PM **Bava Until 2:44PM** **Nataraja:** Orange 2nd Phase
 Creative Work Siddha Yoga **Ekadashi* Until 1:16AM Fri** Moon – Light Blue **Devaloka Day**
 Magha-Masi

3 **Friday, February 17, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Muscat, Oman
 Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvodashyam Titau Sun 11 Sutra 306
 Dhanus Rasi: 18.4 Tithi 27 983686577 **Gulika** 8:05AM – 9:30AM **Purvashadha* Until 6:53PM** **Ganesha:** White *Sunrise:* 6:39AM Subhakarit 5124
 Yama 3:12PM – 4:37PM **Siddhi Until 10:08PM** **Muruqa:** Purple *Sunset:* 6:03PM Moon 2 - Phase 42 - 11
 Rahu 10:55AM – 12:21PM **Kaulava Until 11:43AM** **Nataraja:** Orange 2nd Phase
 Routine Work Prabalarishta Yoga **Dvodashi* Until 10:02PM** Moon – Light Blue **Devaloka Day**
 Until 6:53PM Magha-Masi
 Then Routine Work - Marana Yoga

4 **Saturday, February 18, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Muscat, Oman
 Uttarakshadha/Shravana Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau Sun 12 Sutra 307
 Makara Rasi: 3.37 Tithi 28 983686577 **Gulika** 6:38AM – 8:04AM **Uttarakshadha Until 3:59PM** **Ganesha:** White *Sunrise:* 6:38AM Subhakarit 5124
 Yama 1:46PM – 3:12PM **Vyatipata* Until 6:01PM** **Muruqa:** Purple *Sunset:* 6:03PM Moon 2 - Phase 42 - 12
 Rahu 9:30AM – 10:55AM **Gara Until 8:19AM** **Nataraja:** Orange 2nd Phase
 Routine Work Marana Yoga **Trayodashi* Until 6:29PM** Moon – Light Blue **Devaloka Day**
 Until 3:59PM Magha-Masi
 Then Creative Work - Siddha Yoga *Pradosha Vrata (Fasting)*

Retreat Star **Sunday, February 19, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Muscat, Oman
 Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau Sun 13 Sutra 308
 Makara Rasi: 18.46 Tithi 29 – 30 993686577 **Gulika** 3:12PM – 4:38PM **Shravana Until 1:11PM** **Ganesha:** Green *Sunrise:* 6:38AM Subhakarit 5124
 Yama 12:21PM – 1:47PM **Variyan Until 1:45PM** **Muruqa:** Purple *Sunset:* 6:04PM Moon 2 - Phase 42 - 13
 Rahu 4:38PM – 6:04PM **Catuspada Until 12:57AM Mon** **Nataraja:** Orange Amavasya
 Creative Work Amrita Yoga **Chaturdashi* Until 2:47PM** Moon – Purple **Devaloka Day**
 Until 1:11PM Magha-Masi
 Then Routine Work - Marana Yoga

Retreat Star **Monday, February 20, 2023** Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Muscat, Oman
 Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau Sun 14 Sutra 309
 Kumbha Rasi: 3.58 Tithi 30 – 1 993686577 **Gulika** 1:47PM – 3:12PM **Dhanishtha Until 10:16AM** **Ganesha:** Green *Sunrise:* 6:37AM Subhakarit 5124
 Yama 10:55AM – 12:21PM **Parigha* Until 9:31AM** **Muruqa:** Purple *Sunset:* 6:04PM Moon 2 - Phase 42 - 14
 Rahu 8:03AM – 9:29AM **Kintughna Until 9:21PM** **Nataraja:** Orange Prathama
 Family Home Evening **Amavasya* Until 11:07AM** Moon – Purple **Devaloka Day**
 Creative Work Siddha Yoga Phalgun-Masi

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 Muscat, Oman on 5/1/21

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1	Tuesday, February 21, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Muscat, Oman
	Kumbha Rasi: 19.02	Tithi 1 - 2	993686577	Gulika 12:21PM - 1:47PM Yama 9:28AM - 10:55AM Rahu 3:13PM - 4:39PM	Shatabhishak Until 7:23AM Siddha Until 1:38AM Wed Balava Until 6:02PM Prathama* Until 7:38AM	Ganesha: Green Muruga: Purple Nataraja: Orange Moon - Purple Phalguna-Masi	Sun 15 Sutra 310 Subhakra 5124 Moon 2 - Phase 43 - 15 3rd Phase Devaloka Day
	Routine Work	Marana Yoga					

2	Wednesday, February 22, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Muscat, Oman
	Meena Rasi: 3.5	Tithi 3	913686577	Gulika 10:54AM - 12:20PM Yama 8:02AM - 9:28AM Rahu 12:20PM - 1:47PM	Uttaraproshtapada Until 3:21AM Thu Sadhya Until 10:16PM Taitila Until 3:11PM Tritiya Until 1:57AM Thu	Ganesha: Red Muruga: Purple Nataraja: Orange Moon - Clear Phalguna-Masi	Sun 16 Sutra 311 Subhakra 5124 Moon 2 - Phase 43 - 16 3rd Phase Sivaloka Day
	Creative Work	Siddha Yoga					

3	Thursday, February 23, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturtham Titau				Muscat, Oman
	Meena Rasi: 18.13	Tithi 4	913786577	Gulika 9:28AM - 10:54AM Yama 6:35AM - 8:01AM Rahu 1:47PM - 3:13PM	Revati Until 2:05AM Fri Subha Until 7:27PM Vanija Until 12:57PM Chaturthi* Until 12:05AM Fri	Ganesha: Blue Muruga: Purple Nataraja: Orange Moon - Clear Phalguna-Masi	Sun 17 Sutra 312 Subhakra 5124 Moon 2 - Phase 43 - 17 3rd Phase Subha Sivaloka Day
	Creative Work	Siddha Yoga					
	Until 2:05AM Fri	Then Creative Work - Amrita Yoga		Subramuniyaswami Siva Vision Day			

4	Friday, February 24, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman
	Mesha Rasi: 2.08	Tithi 5	923786577	Gulika 8:01AM - 9:27AM Yama 3:13PM - 4:40PM Rahu 10:54AM - 12:20PM	Ashvini Until 1:55AM Sat Sukla Until 5:15PM Bava Until 11:28AM Panchami Until 11:02PM	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sun 18 Sutra 313 Subhakra 5124 Moon 2 - Phase 43 - 18 3rd Phase Sivaloka Day
	Creative Work	Amrita Yoga					
	Until 1:55AM Sat	Then Creative Work - Siddha Yoga					


5	Saturday, February 25, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman
	Mesha Rasi: 15.34	Tithi 6	923786577	Gulika 6:33AM - 8:00AM Yama 1:47PM - 3:14PM Rahu 9:27AM - 10:53AM	Bharani Until 2:27AM Sun Brahma Until 3:44PM Kaulava Until 10:51AM Shashthi* Until 10:50PM	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sun 19 Sutra 314 Subhakra 5124 Moon 2 - Phase 43 - 19 3rd Phase Sivaloka Day
	Creative Work	Siddha Yoga					

6	Sunday, February 26, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Muscat, Oman
	Mesha Rasi: 28.32	Tithi 7	924786577	Gulika 3:14PM - 4:41PM Yama 12:20PM - 1:47PM Rahu 4:41PM - 6:07PM	Krittika Until 3:39AM Mon Indra Until 2:55PM Gara Until 11:05AM Saptami Until 11:30PM	Ganesha: Blue Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sun 20 Sutra 315 Subhakra 5124 Moon 2 - Phase 43 - 20 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga					
	Until 3:39AM Mon	Then Creative Work - Amrita Yoga					

D	Monday, February 27, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman
	Retreat Star		934786577	Gulika 1:47PM - 3:14PM Yama 10:53AM - 12:20PM Rahu 7:59AM - 9:26AM	Rohini Until 5:51AM Tue Vaidhriti* Until 2:41PM Visti Until 12:09PM Ashtami* Until 12:55AM Tue	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi	Sun 21 Sutra 316 Subhakra 5124 Moon 2 - Phase 43 - 21 Ashtami Sivaloka Day
	Vrishabha Rasi: 11.07	Tithi 8					
	Family Home Evening						

D	Tuesday, February 28, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman
	Retreat Star		934786577	Gulika 12:20PM - 1:47PM Yama 9:25AM - 10:52AM Rahu 3:14PM - 4:41PM	Mrigashira Until 8:24AM Wed Vishkambha* Until 2:57PM Balava Until 1:52PM Navami* Until 2:54AM Wed	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi	Sun 22 Sutra 317 Subhakra 5124 Moon 2 - Phase 43 - 22 Navami Sivaloka Day
	Vrishabha Rasi: 23.24	Tithi 9					
	Creative Work	Siddha Yoga					

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

1	Wednesday, March 1, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau	Muscat, Oman Sun 23 Sutra 318 Subhakrit 5124
Mithuna Rasi: 5.27	Tithi 10	Gulika 10:52AM – 12:19PM Yama 7:57AM – 9:24AM 934786577 Rahu 12:19PM – 1:47PM	Mrigashira Until 8:24AM Priti Until 3:34PM Taitila Until 4:04PM Dashami Until 5:15AM Thu
Creative Work	Siddha Yoga		Ganesha: Yellow <i>Sunrise:</i> 6:29AM Muruqa: Purple <i>Sunset:</i> 6:09PM Nataraja: Orange Moon – Yellow Phalguna-Masi Sivaloka Day
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2	Thursday, March 2, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija Karana Ekadashyam Titau	Muscat, Oman Sun 24 Sutra 319 Subhakrit 5124
Mithuna Rasi: 17.23	Tithi 11	Gulika 9:24AM – 10:51AM Yama 6:28AM – 7:56AM 934786577 Rahu 1:47PM – 3:14PM	Ardra Until 11:06AM Ayushman Until 4:22PM Vanija Until 6:31PM Ekadashi Until 7:45AM Fri
Routine Work	Marana Yoga		Ganesha: Yellow <i>Sunrise:</i> 6:28AM Muruqa: Purple <i>Sunset:</i> 6:10PM Nataraja: Orange Moon – Yellow Phalguna-Masi Sivaloka Day
Until 11:06AM			
Then Creative Work - Amrita Yoga			
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3	Friday, March 3, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Vistil/Bava Karana Ekadashi/Dvadashyam Titau	Muscat, Oman Sun 25 Sutra 320 Subhakrit 5124
Mithuna Rasi: 29.15	Tithi 11 – 12	Gulika 7:55AM – 9:23AM Yama 3:15PM – 4:42PM 944786577 Rahu 10:51AM – 12:19PM	Punarvasu Until 2:14PM Saubhagya Until 5:14PM Bava Until 9:02PM Ekadashi Until 7:45AM
Creative Work	Siddha Yoga		Ganesha: White <i>Sunrise:</i> 6:27AM Muruqa: Purple <i>Sunset:</i> 6:10PM Nataraja: Orange Moon – Blue Phalguna-Masi Devaloka Day
Until 2:14PM			
Then Routine Work - Marana Yoga			
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4	Saturday, March 4, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Muscat, Oman Sun 26 Sutra 321 Subhakrit 5124
Kataka Rasi: 11.07	Tithi 12 – 13	Gulika 6:27AM – 7:55AM Yama 1:47PM – 3:15PM 944786577 Rahu 9:23AM – 10:51AM	Pushya Until 5:10PM Sobhana Until 6:05PM Kaulava Until 11:28PM Dvadashi Until 10:15AM
Creative Work	Siddha Yoga		Ganesha: White <i>Sunrise:</i> 6:27AM Muruqa: Purple <i>Sunset:</i> 6:11PM Nataraja: Orange Moon – Blue Phalguna-Masi Devaloka Day
Until 5:10PM			
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>
<hr/>			
5	Sunday, March 5, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Muscat, Oman Sun 27 Sutra 322 Subhakrit 5124
Kataka Rasi: 23.02	Tithi 13 – 14	Gulika 3:15PM – 4:43PM Yama 12:18PM – 1:47PM 144786577 Rahu 4:43PM – 6:11PM	Ashlesha* Until 7:47PM Athiganda* Until 6:47PM Gara Until 1:44AM Mon Trayodashi Until 12:37PM
Creative Work	Siddha Yoga		Ganesha: Purple <i>Sunrise:</i> 6:26AM Muruqa: Purple <i>Sunset:</i> 6:11PM Nataraja: Orange Moon – Blue Phalguna-Masi Devaloka Day
Until 7:47PM			
Then Routine Work - Marana Yoga			
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	Monday, March 6, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau	Muscat, Oman Sutra 323 Subhakrit 5124
Simha Rasi: 5.01	Tithi 14 – 15	Gulika 1:47PM – 3:15PM Yama 10:50AM – 12:18PM 154786577 Rahu 7:53AM – 9:21AM	Magha* Until 10:31PM Sukarma Until 7:19PM Vistil Until 3:45AM Tue Chaturdashi* Until 2:45PM
Family Home Evening			Ganesha: Clear <i>Sunrise:</i> 6:25AM Muruqa: Purple <i>Sunset:</i> 6:12PM Nataraja: Orange Moon – Red Phalguna-Masi Sivaloka Day
Routine Work	Marana Yoga		
Until 10:31PM		Chidambaram Abhishekam	
Then Creative Work - Siddha Yoga		Holi	
<hr/>			
0	Tuesday, March 7, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Muscat, Oman Sutra 324 Subhakrit 5124
Simha Rasi: 17.06	Tithi 15 – 16	Gulika 12:18PM – 1:47PM Yama 9:21AM – 10:49AM 154786577 Rahu 3:15PM – 4:44PM	Purvaphalguni Until 12:48AM Wed Dhriti Until 7:40PM Balava Until 5:28AM Wed Purnima* Until 4:38PM
Creative Work	Siddha Yoga		Ganesha: Clear <i>Sunrise:</i> 6:24AM Muruqa: Purple <i>Sunset:</i> 6:12PM Nataraja: Orange Moon – Red Phalguna-Masi Sivaloka Day
Until 12:48AM Wed			
Then Creative Work - Amrita Yoga			
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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 Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam
Uttaraphalguni Nakshatra Shula* Yoga Kaulava Karana Prathamayam Titau

Muscat, Oman

Sutra 325

Subhakrit 5124

Simha Rasi: 29.19 Tithi 16

154786577

Gulika 10:49AM – 12:18PM
Yama 7:52AM – 9:20AM
Rahu 12:18PM – 1:46PM

Uttaraphalguni Until 2:37AM Thu
Shula* Until 7:44PM
Kaulava Until 6:11PM
Prathama* Until 6:11PM

Ganesha: Clear *Sunrise:* 6:23AM
Muruqa: Purple *Sunset:* 6:13PM
Nataraja: Orange
Moon – Red
Phalguna-Masi

Moon 3 - Phase 45 -
1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 2:37AM Thu

Then Routine Work - Marana Yoga

1 Thursday, March 9, 2023

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

Muscat, Oman

Sun 1 Sutra 326

Subhakrit 5124

Kanya Rasi: 11.39 Tithi 17

164786577

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

Hasta Until 4:25AM Fri
Ganda* Until 7:34PM
Taitila Until 6:52AM
Dvitiya Until 7:24PM

Ganesha: White *Sunrise:* 6:22AM
Muruqa: Purple *Sunset:* 6:13PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 1
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 4:25AM Fri

Then Creative Work - Siddha Yoga

2 Friday, March 10, 2023

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

Muscat, Oman

Sun 2 Sutra 327

Subhakrit 5124

Kanya Rasi: 24.09 Tithi 18

165786577

Gulika 7:50AM – 9:19AM
Yama 3:15PM – 4:44PM
Rahu 10:48AM – 12:17PM

Chitra Until 5:40AM Sat
Vriddhi Until 7:07PM
Vanija Until 7:53AM
Tritiya Until 8:13PM

Ganesha: Yellow *Sunrise:* 6:21AM
Muruqa: Purple *Sunset:* 6:13PM
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 Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam
Svati Nakshatra Dhruva Yoga Bava/Balava Karana Chaturthayam Titau

Muscat, Oman

Sun 3 Sutra 328

Subhakrit 5124

Tula Rasi: 6.5 Tithi 19

165786577

Gulika 6:20AM – 7:49AM
Yama 1:46PM – 3:15PM
Rahu 9:19AM – 10:48AM

Svati Until 6:21AM Sun
Dhruva Until 6:19PM
Bava Until 8:30AM
Chaturthi* Until 8:38PM

Ganesha: Yellow *Sunrise:* 6:20AM
Muruqa: Purple *Sunset:* 6:14PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 3
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 6:21AM Sun

Then Routine Work - Marana Yoga

4 Sunday, March 12, 2023

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

Muscat, Oman

Sun 4 Sutra 329

Subhakrit 5124

Tula Rasi: 19.43 Tithi 20

165786577

Gulika 3:15PM – 4:45PM
Yama 12:17PM – 1:46PM
Rahu 4:45PM – 6:14PM

Svati Until 6:21AM
Vyaghata* Until 5:11PM
Kaulava Until 8:41AM
Panchami Until 8:34PM

Ganesha: Yellow *Sunrise:* 6:19AM
Muruqa: Purple *Sunset:* 6:14PM
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 4
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 6:21AM

Then Routine Work - Marana Yoga

5 Monday, March 13, 2023

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

Muscat, Oman

Sun 5 Sutra 330

Subhakrit 5124

Vrischika Rasi: 2.5 Tithi 21

175786577

Gulika 1:46PM – 3:16PM
Yama 10:47AM – 12:16PM
Rahu 7:48AM – 9:17AM

Vishakha Until 6:52AM
Harshana Until 3:40PM
Gara Until 8:23AM
Shashthi* Until 8:01PM

Ganesha: Blue *Sunrise:* 6:18AM
Muruqa: Purple *Sunset:* 6:15PM
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 6:52AM

Then Creative Work - Siddha Yoga

6 Tuesday, March 14, 2023

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

Muscat, Oman

Sun 6 Sutra 331

Subhakrit 5124

Vrischika Rasi: 16.14 Tithi 22

175786577

Gulika 12:16PM – 1:46PM
Yama 9:17AM – 10:46AM
Rahu 3:16PM – 4:45PM

Anuradha Until 6:44AM
Vajra* Until 1:43PM
Visiti Until 7:33AM
Saptami Until 6:56PM

Ganesha: Blue *Sunrise:* 6:17AM
Muruqa: Purple *Sunset:* 6:15PM
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 6:44AM

Then Routine Work - Marana Yoga

Retreat Star Wednesday, March 15, 2023

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

Muscat, Oman

Sun 7 Sutra 332

Subhakrit 5124

Vrischika Rasi: 29.56 Tithi 23 – 24

175786578

Gulika 10:46AM – 12:16PM
Yama 7:46AM – 9:16AM
Rahu 12:16PM – 1:46PM

Mula* Until 4:55AM Thu
Siddhi Until 11:22AM
Balava Until 6:12AM
Ashtami* Until 5:19PM

Ganesha: Blue *Sunrise:* 6:16AM
Muruqa: Purple *Sunset:* 6:15PM
Nataraja: Clear
Moon – Orange
Phalguna-Panguni

Moon 3 - Phase 45 - 7
Ashtami

Subha Sivaloka Day

Routine Work Marana Yoga

Until 4:55AM Thu

Then Creative Work - Siddha Yoga

Retreat Star Thursday, March 16, 2023

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

Muscat, Oman

Sun 8 Sutra 333

Subhakrit 5124

Dhanus Rasi: 13.58 Tithi 24 – 25

185786578

Gulika 9:15AM – 10:46AM
Yama 6:15AM – 7:45AM
Rahu 1:46PM – 3:16PM

Purvashadha* Until 3:17AM Fri
Vyatipata* Until 8:37AM
Vanija Until 2:00AM Fri
Navami* Until 3:12PM

Ganesha: Red *Sunrise:* 6:15AM
Muruqa: Purple *Sunset:* 6:16PM
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8
Navami

Sivaloka Day

Creative Work Siddha Yoga

Until 3:17AM 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

All times are standard time. Calculated for Muscat, Oman on 5/1/21


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1	Friday, March 17, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 9 Sutra 334 Subhakrit 5124
	Dhanus Rasi: 28.17 Tithi 25 – 26	Gulika 7:45AM – 9:15AM	Uttarashadha Until 1:08AM Sat	Ganesha: Red <i>Sunrise:</i> 6:14AM		
	185786578	Yama 3:16PM – 4:46PM	Parigha* Until 2:02AM Sat	Muruqa: Purple <i>Sunset:</i> 6:16PM		Moon 3 - Phase 46 - 9
	Routine Work Marana Yoga Until 1:08AM Sat Then Creative Work - Siddha Yoga	Rahu 10:45AM – 12:15PM	Bava Until 11:16PM Dashami Until 12:39PM	Nataraja: Clear Moon – Light Blue Phalguna-Panguni	Sivaloka Day	2nd Phase

2	Saturday, March 18, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 10 Sutra 335 Subhakrit 5124
	Makara Rasi: 12.53 Tithi 26 – 27	Gulika 6:13AM – 7:44AM	Shravana Until 10:59PM	Ganesha: Green <i>Sunrise:</i> 6:13AM		
	195786578	Yama 1:45PM – 3:16PM	Shiva Until 10:23PM	Muruqa: Purple <i>Sunset:</i> 6:17PM		Moon 3 - Phase 46 - 10
	Creative Work Siddha Yoga	Rahu 9:14AM – 10:45AM	Kaulava Until 8:15PM Ekadashi* Until 9:46AM	Nataraja: Clear Moon – Purple Phalguna-Panguni	Subha Sivaloka Day	2nd Phase

3	Sunday, March 19, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Tailila/Vanija Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 11 Sutra 336 Subhakrit 5124
	Makara Rasi: 27.39 Tithi 27 – 28	Gulika 3:16PM – 4:46PM	Dhanishtha Until 8:34PM	Ganesha: Orange <i>Sunrise:</i> 6:12AM		
	196796578	Yama 12:15PM – 1:45PM	Siddha Until 6:35PM	Muruqa: Clear <i>Sunset:</i> 6:17PM		Moon 3 - Phase 46 - 11
	Routine Work Marana Yoga Until 8:34PM Then Creative Work - Siddha Yoga	Rahu 4:46PM – 6:17PM	Vanija Until 3:27AM Mon Dvadashi* Until 6:39AM <i>Pradosha Vrata (Fasting)</i>	Nataraja: Clear Moon – Purple Phalguna-Panguni	Devaloka Day	2nd Phase

4	Monday, March 20, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman Sun 12 Sutra 337 Subhakrit 5124
	Kumbha Rasi: 12.29 Tithi 29	Gulika 1:45PM – 3:16PM	Shatabhishak Until 6:01PM	Ganesha: Green <i>Sunrise:</i> 6:11AM		
	196896578	Yama 10:44AM – 12:14PM	Sadhya Until 2:49PM	Muruqa: Clear <i>Sunset:</i> 6:17PM		Moon 3 - Phase 46 - 12
	Family Home Evening Creative Work Siddha Yoga Until 6:01PM Then Routine Work - Marana Yoga	Rahu 7:42AM – 9:13AM	Visti Until 1:53PM Chaturdashi* Until 12:19AM Tue	Nataraja: Clear Moon – Purple Phalguna-Panguni	Sivaloka Day	2nd Phase

	Tuesday, March 21, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaprossthapada*/Uttaraprossthapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman Sun 13 Sutra 338 Subhakrit 5124
	Kumbha Rasi: 27.16 Tithi 30	Gulika 12:14PM – 1:45PM	Purvaprossthapada* Until 3:55PM	Ganesha: Orange <i>Sunrise:</i> 6:11AM		
	116896578	Yama 9:12AM – 10:43AM	Subha Until 11:11AM	Muruqa: Clear <i>Sunset:</i> 6:18PM		Moon 3 - Phase 46 - 13
	Routine Work Marana Yoga Until 3:55PM Then Creative Work - Amrita Yoga	Rahu 3:16PM – 4:47PM	Catuspada Until 10:50AM Amavasya* Until 9:24PM	Nataraja: Clear Moon – Clear Phalguna-Panguni	Devaloka Day	Amavasya

Retreat Star	Wednesday, March 22, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraprossthapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman Sun 14 Sutra 339 Subhakrit 5124
	Meena Rasi: 11.5 Tithi 1	Gulika 10:43AM – 12:14PM	Uttaraprossthapada Until 2:01PM	Ganesha: Orange <i>Sunrise:</i> 6:10AM		
	116896578	Yama 7:41AM – 9:12AM	Sukla Until 7:45AM	Muruqa: Clear <i>Sunset:</i> 6:18PM		Moon 3 - Phase 46 - 14
	Creative Work Siddha Yoga Until 2:01PM Then Routine Work - Marana Yoga	Rahu 12:14PM – 1:45PM	Kintughna Until 8:06AM Prathama* Until 6:52PM	Nataraja: Clear Moon – Clear Chaitra-Panguni	Devaloka Day	Prathama

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

All times are standard time. Calculated for Muscat, Oman on 5/1/21

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1		Thursday, March 23, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Muscat, Oman Sun 15 Sutra 340 Subhakit 5124	
Meena Rasi: 26.07	Tithi 2 - 3	Gulika 9:11AM - 10:42AM	Revati Until 12:28PM	Ganesha: Orange	<i>Sunrise:</i> 6:09AM		
		Yama 6:09AM - 7:40AM	Indra Until 2:11AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:45PM - 3:16PM	Taitila Until 4:06AM Fri	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Dvitiya Until 4:51PM	Moon - Clear		Devaloka Day	
Until 12:28PM		Chellappaswami Mahasamadhi		Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Muscat, Oman Sun 16 Sutra 341 Subhakit 5124	
Mesha Rasi: 10	Tithi 3 - 4	Gulika 7:39AM - 9:10AM	Ashvini Until 11:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:08AM		
		Yama 3:16PM - 4:48PM	Vaidhriti* Until 12:10AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:42AM - 12:13PM	Vanija Until 3:07AM Sat	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Tritiya Until 3:30PM	Moon - White		Devaloka Day	
Until 11:50AM				Chaitra-Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Muscat, Oman Sun 17 Sutra 342 Subhakit 5124	
Mesha Rasi: 23.28	Tithi 4 - 5	Gulika 6:07AM - 7:38AM	Bharani Until 11:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM		
		Yama 1:45PM - 3:16PM	Vishkambha* Until 10:48PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:10AM - 10:41AM	Bava Until 2:55AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Chaturthi* Until 2:54PM	Moon - White		Devaloka Day	
Until 11:48AM				Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Muscat, Oman Sun 18 Sutra 343 Subhakit 5124	
Vrishabha Rasi: 6.31	Tithi 5 - 6	Gulika 3:16PM - 4:48PM	Krittika Until 12:22PM	Ganesha: Clear	<i>Sunrise:</i> 6:06AM		
		Yama 12:13PM - 1:44PM	Priti Until 10:03PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:48PM - 6:20PM	Kaulava Until 3:30AM Mon	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Panchami Until 3:05PM	Moon - White		Devaloka Day	
				Chaitra-Panguni			

5		Monday, March 27, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Muscat, Oman Sun 19 Sutra 344 Subhakit 5124	
Vrishabha Rasi: 19.11	Tithi 6 - 7	Gulika 1:44PM - 3:16PM	Rohini Until 1:59PM	Ganesha: Clear	<i>Sunrise:</i> 6:05AM		
Family Home Evening		Yama 10:40AM - 12:12PM	Ayushman Until 9:50PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:37AM - 9:08AM	Gara Until 4:47AM Tue	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Shashthi* Until 4:02PM	Moon - Yellow		Devaloka Day	
				Chaitra-Panguni			

6		Tuesday, March 28, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Muscat, Oman Sun 20 Sutra 345 Subhakit 5124	
Mithuna Rasi: 1.32	Tithi 7 - 8	Gulika 12:12PM - 1:44PM	Mrigashira Until 4:05PM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM		
		Yama 9:08AM - 10:40AM	Saubhagya Until 10:07PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:16PM - 4:48PM	Visti Until 6:39AM Wed	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Saptami Until 5:38PM	Moon - Yellow		Devaloka Day	
Until 4:05PM				Chaitra-Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 346 Subhakit 5124	
Mithuna Rasi: 13.4	Tithi 8	Gulika 10:39AM - 12:12PM	Ardra Until 6:30PM	Ganesha: Clear	<i>Sunrise:</i> 6:03AM		
		Yama 7:35AM - 9:07AM	Sobhana Until 10:45PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:12PM - 1:44PM	Visti Until 6:39AM	Nataraja: Clear		Ashtami	
Creative Work Siddha Yoga			Ashtami* Until 7:42PM	Moon - Yellow		Devaloka Day	
				Chaitra-Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Muscat, Oman Sun 22 Sutra 347 Subhakit 5124	
Mithuna Rasi: 25.38	Tithi 9	Gulika 9:07AM - 10:39AM	Punarvasu Until 9:30PM	Ganesha: White	<i>Sunrise:</i> 6:02AM		
		Yama 6:02AM - 7:34AM	Athiganda* Until 11:32PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 22	
		147896578 Rahu 1:44PM - 3:16PM	Balava Until 8:53AM	Nataraja: Clear		Navami	
Creative Work Amrita Yoga			Navami* Until 10:03PM	Moon - Blue		Bhuloka Day	
		Sri Rama Navami		Chaitra-Panguni		Devaloka Time: 3:PM to 6:PM	

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

all times are standard time. Calculated for Muscat, Oman on 5/1/21

www.gurudeva.org/panchang



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 Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Muscat, Oman
Sutra 355

Tula Rasi: 3.23 Tithi 16 – 17

Gulika 7:28AM – 9:02AM
Yama 3:17PM – 4:50PM
Rahu 10:36AM – 12:09PM

Chitra Until 12:03PM
Harshana Until 11:54PM
Taitila Until 8:51PM
Prathama* Until 8:52AM

Ganesha: Blue *Sunrise:* 5:55AM
Muruqa: Clear *Sunset:* 6:24PM
Nataraja: Clear
Moon – Green
Chaitra•Panguni

Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

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

Creative Work Siddha Yoga

1

Saturday, April 8, 2023

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

Muscat, Oman
Sun 1 Sutra 356

Tula Rasi: 16.26 Tithi 17 – 18

Gulika 5:54AM – 7:28AM
Yama 1:43PM – 3:17PM
Rahu 9:02AM – 10:35AM

Svati Until 12:18PM
Vajra* Until 10:26PM
Vanija Until 8:27PM
Dvitiya Until 8:41AM

Ganesha: Blue *Sunrise:* 5:54AM
Muruqa: Clear *Sunset:* 6:24PM
Nataraja: Clear
Moon – Green
Chaitra•Panguni

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

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

Creative Work Siddha Yoga

2

Sunday, April 9, 2023

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

Muscat, Oman
Sun 2 Sutra 357

Tula Rasi: 29.43 Tithi 18 – 19

Gulika 3:17PM – 4:51PM
Yama 12:09PM – 1:43PM
Rahu 4:51PM – 6:25PM

Vishakha Until 12:28PM
Siddhi Until 8:40PM
Bava Until 7:40PM
Tritiya Until 8:05AM

Ganesha: Red *Sunrise:* 5:53AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Clear
Moon – Orange
Chaitra•Panguni

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

Devaloka Day

Routine Work Marana Yoga

3

Monday, April 10, 2023

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

Muscat, Oman
Sun 3 Sutra 358

Vrischika Rasi: 13.11 Tithi 19 – 20

Gulika 1:43PM – 3:17PM
Yama 10:34AM – 12:09PM
Rahu 7:26AM – 9:00AM

Anuradha Until 12:07PM
Vyatipata* Until 6:38PM
Kaulava Until 6:30PM
Chaturthi* Until 7:06AM

Ganesha: Red *Sunrise:* 5:52AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Clear
Moon – Orange
Chaitra•Panguni

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

Devaloka Day

Family Home Evening
Creative Work Siddha Yoga

4

Tuesday, April 11, 2023

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

Muscat, Oman
Sun 4 Sutra 359

Vrischika Rasi: 26.52 Tithi 21

Gulika 12:08PM – 1:43PM
Yama 9:00AM – 10:34AM
Rahu 3:17PM – 4:51PM

Jyeshtha* Until 11:17AM
Variyan Until 4:19PM
Gara Until 5:02PM
Shashthi* Until 4:10AM Wed

Ganesha: Red *Sunrise:* 5:51AM
Muruqa: Clear *Sunset:* 6:25PM
Nataraja: Clear
Moon – Orange
Chaitra•Panguni

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

Devaloka Day

Routine Work Marana Yoga
Until 11:17AM
Then Creative Work - Amrita Yoga

5

Wednesday, April 12, 2023

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

Muscat, Oman
Sun 5 Sutra 360

Dhanus Rasi: 10.44 Tithi 22

Gulika 10:34AM – 12:08PM
Yama 7:25AM – 8:59AM
Rahu 12:08PM – 1:42PM

Mula* Until 10:28AM
Parigha* Until 1:47PM
Visti Until 3:16PM
Saptami Until 2:16AM Thu

Ganesha: Green *Sunrise:* 5:50AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Panguni

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

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

Routine Work Marana Yoga
Until 10:28AM
Then Creative Work - Amrita Yoga

D

Thursday, April 13, 2023

Retreat Star

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

Muscat, Oman
Sun 6 Sutra 361

Dhanus Rasi: 24.45 Tithi 23

Gulika 8:58AM – 10:33AM
Yama 5:49AM – 7:24AM
Rahu 1:42PM – 3:17PM

Purvashadha* Until 9:14AM
Shiva Until 11:04AM
Balava Until 1:15PM
Ashtami* Until 12:09AM Fri

Ganesha: White *Sunrise:* 5:49AM
Muruqa: Clear *Sunset:* 6:26PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Panguni

Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Creative Work Siddha Yoga
Until 9:14AM
Then Routine Work - Marana Yoga

Friday, April 14, 2023

Retreat Star

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

Muscat, Oman
Sun 7 Sutra 362

Makara Rasi: 8.56 Tithi 24

Gulika 7:23AM – 8:58AM
Yama 3:17PM – 4:52PM
Rahu 10:33AM – 12:07PM

Uttarashadha Until 7:39AM
Siddha Until 8:08AM
Taitila Until 11:01AM
Navami* Until 9:49PM

Ganesha: White *Sunrise:* 5:48AM
Muruqa: Clear *Sunset:* 6:27PM
Nataraja: Clear
Moon – Light Blue
Chaitra•Chaitra

Sobhana 5125
Moon 4 - Phase 49 - 7
Navami

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

Routine Work Marana Yoga


Chidambaram Abhishekam
Tamil New Year


1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Subha Yoga Vanija/Visli* Karana Dashamyam Titau				Muscat, Oman
	Makara Rasi: 23.13	Tithi 25	299996578	Gulika 5:47AM – 7:22AM Yama 1:42PM – 3:17PM Rahu 8:57AM – 10:32AM	Shravana Until 6:10AM Subha Until 1:57AM Sun Vanija Until 8:38AM Dashami Until 7:22PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple Chaitra*Chaitra	Sun 8 Sutra 363 Sobhana 5125 Moon 4 - Phase 1 - 8 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work	Siddha Yoga					

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman
	Kumbha Rasi: 7.35	Tithi 26 – 27	299996578	Gulika 3:17PM – 4:52PM Yama 12:07PM – 1:42PM Rahu 4:52PM – 6:27PM	Shatabhishak Until 2:33AM Mon Sukla Until 10:46PM Bava Until 6:08AM Ekadashi* Until 4:51PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple Chaitra*Chaitra	Sun 9 Sutra 364 Sobhana 5125 Moon 4 - Phase 1 - 9 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work	Siddha Yoga					
	Until 2:33AM Mon	Then Routine Work - Marana Yoga					

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Muscat, Oman
	Kumbha Rasi: 21.58	Tithi 27 – 28	211996578	Gulika 1:42PM – 3:17PM Yama 10:31AM – 12:07PM Rahu 7:21AM – 8:56AM	Purvaproshtapada* Until 1:01AM Tue Brahma Until 7:39PM Gara Until 1:11AM Tue Dvadashi* Until 2:22PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 10 Sutra 1 Sobhana 5125 Moon 4 - Phase 1 - 10 2nd Phase Devaloka Day
	Family Home Evening	Routine Work	Marana Yoga				
	Until 1:01AM Tue	Then Creative Work - Amrita Yoga					

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman
	Meena Rasi: 6.17	Tithi 28 – 29	211996578	Gulika 12:06PM – 1:42PM Yama 8:56AM – 10:31AM Rahu 3:17PM – 4:53PM	Uttaraproshtapada Until 11:32PM Indra Until 4:40PM Visti Until 10:57PM Trayodashi* Until 12:01PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 11 Sutra 2 Sobhana 5125 Moon 4 - Phase 1 - 11 2nd Phase Devaloka Day
	Creative Work	Amrita Yoga					
	Until 11:32PM	Then Creative Work - Siddha Yoga					

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Muscat, Oman
	Retreat Star		211996578	Gulika 10:31AM – 12:06PM Yama 7:19AM – 8:55AM Rahu 12:06PM – 1:42PM	Revati Until 10:14PM Vaidhriti* Until 1:54PM Catuspada Until 9:02PM Chaturdashi* Until 9:55AM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 12 Sutra 3 Sobhana 5125 Moon 4 - Phase 1 - 12 Amavasya Devaloka Day
	Meena Rasi: 20.27	Tithi 29 – 30					
	Routine Work	Marana Yoga					

	Thursday, April 20, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Muscat, Oman
	Retreat Star		221996578	Gulika 8:55AM – 10:30AM Yama 5:43AM – 7:19AM Rahu 1:42PM – 3:17PM	Ashvini Until 9:39PM Vishkambha* Until 11:28AM Kintughna Until 7:32PM Amavasya* Until 8:12AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – White Vaisaka*Chaitra	Sun 13 Sutra 4 Sobhana 5125 Moon 4 - Phase 1 - 13 Prathama Devaloka Day
	Mesha Rasi: 4.23	Tithi 30 – 1					
	Creative Work	Amrita Yoga					

1	Friday, April 21, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman Sun 14 Sutra 5
	Mesha Rasi: 18.02 Tithi 1 – 2	Gulika 7:18AM – 8:54AM	Bharani Until 9:28PM	Ganesha: Clear <i>Sunrise:</i> 5:42AM	Sobhana 5125	
		Yama 3:18PM – 4:53PM	Priti Until 9:27AM	Muruqa: Clear <i>Sunset:</i> 6:29PM	Moon 4 - Phase 2 - 14	
	221996578	Rahu 10:30AM – 12:06PM	Balava Until 6:35PM	Nataraja: Clear Moon – White	3rd Phase	
Creative Work Siddha Yoga		Prathama* Until 6:58AM	Vaisaka-Chaitra	Devaloka Day		

2	Saturday, April 22, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 15 Sutra 6
	Vrishabha Rasi: 1.21 Tithi 2 – 3	Gulika 5:41AM – 7:17AM	Krittika Until 9:44PM	Ganesha: Clear <i>Sunrise:</i> 5:41AM	Sobhana 5125	
		Yama 1:42PM – 3:18PM	Ayushman Until 7:53AM	Muruqa: Clear <i>Sunset:</i> 6:30PM	Moon 4 - Phase 2 - 15	
	221996578	Rahu 8:53AM – 10:30AM	Taitila Until 6:15PM	Nataraja: Clear Moon – White	3rd Phase	
Creative Work Amrita Yoga		Dvitiya Until 6:19AM	Vaisaka-Chaitra	Devaloka Day		

3	Sunday, April 23, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 16 Sutra 7
	Vrishabha Rasi: 14.2 Tithi 3 – 4	Gulika 3:18PM – 4:54PM	Rohini Until 10:58PM	Ganesha: Orange <i>Sunrise:</i> 5:41AM	Sobhana 5125	
		Yama 12:05PM – 1:42PM	Saubhagya Until 6:51AM	Muruqa: Clear <i>Sunset:</i> 6:30PM	Moon 4 - Phase 2 - 16	
	231996578	Rahu 4:54PM – 6:30PM	Vanija Until 6:35PM	Nataraja: Clear Moon – Yellow	3rd Phase	
Creative Work Siddha Yoga	Akshaya Tritiya	Tritiya Until 6:19AM	Vaisaka-Chaitra	Devaloka Day		

4	Monday, April 24, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 17 Sutra 8
	Vrishabha Rasi: 27 Tithi 4 – 5	Gulika 1:42PM – 3:18PM	Mrigashira Until 12:40AM Tue	Ganesha: Orange <i>Sunrise:</i> 5:40AM	Sobhana 5125	
	Family Home Evening	Yama 10:29AM – 12:05PM	Sobhana Until 6:20AM	Muruqa: Clear <i>Sunset:</i> 6:31PM	Moon 4 - Phase 2 - 17	
	231996578	Rahu 7:16AM – 8:52AM	Bava Until 7:34PM	Nataraja: Clear Moon – Yellow	3rd Phase	
Creative Work Amrita Yoga Until 12:40AM Tue Then Routine Work - Marana Yoga	Adi Sankara Jayanthi	Chaturthi* Until 6:59AM	Vaisaka-Chaitra	Devaloka Day		

5	Tuesday, April 25, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 18 Sutra 9
	Mithuna Rasi: 9.23 Tithi 5 – 6	Gulika 12:05PM – 1:41PM	Ardra Until 2:44AM Wed	Ganesha: Orange <i>Sunrise:</i> 5:39AM	Sobhana 5125	
		Yama 8:52AM – 10:28AM	Athiganda* Until 6:17AM	Muruqa: Clear <i>Sunset:</i> 6:31PM	Moon 4 - Phase 2 - 18	
	231996579	Rahu 3:18PM – 4:55PM	Kaulava Until 9:07PM	Nataraja: Purple Moon – Yellow	3rd Phase	
Routine Work Marana Yoga Until 2:44AM Wed Then Creative Work - Siddha Yoga		Panchami Until 8:15AM	Vaisaka-Chaitra	Sivaloka Day		

6	Wednesday, April 26, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 19 Sutra 10
	Mithuna Rasi: 21.33 Tithi 6 – 7	Gulika 10:28AM – 12:05PM	Punarvasu Until 5:31AM Thu	Ganesha: Green <i>Sunrise:</i> 5:38AM	Sobhana 5125	
		Yama 7:15AM – 8:51AM	Sukarma Until 6:38AM	Muruqa: Clear <i>Sunset:</i> 6:31PM	Moon 4 - Phase 2 - 19	
	241996579	Rahu 12:05PM – 1:41PM	Gara Until 11:06PM	Nataraja: Purple Moon – Blue	3rd Phase	
Creative Work Siddha Yoga Until 5:31AM Thu Then Creative Work - Amrita Yoga		Shashthi* Until 10:02AM	Vaisaka-Chaitra	Subha Sivaloka Day		

D	Thursday, April 27, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau				Muscat, Oman Sun 20 Sutra 11
	Retreat Star	Gulika 8:51AM – 10:28AM	Pushya Until 8:21AM Fri	Ganesha: Red <i>Sunrise:</i> 5:37AM	Sobhana 5125	
	Kataka Rasi: 3.34 Tithi 7 – 8	Yama 5:37AM – 7:14AM	Dhriti Until 7:18AM	Muruqa: Clear <i>Sunset:</i> 6:32PM	Moon 4 - Phase 2 - 20	
	242996579	Rahu 1:41PM – 3:18PM	Visti Until 1:21AM Fri	Nataraja: Purple Moon – Blue	Ashtami	
Creative Work Amrita Yoga Until 8:21AM Fri Then Routine Work - Marana Yoga		Saptami Until 12:11PM	Vaisaka-Chaitra	Sivaloka Day		

D	Friday, April 28, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 21 Sutra 12
	Retreat Star	Gulika 7:14AM – 8:51AM	Pushya Until 8:21AM	Ganesha: Red <i>Sunrise:</i> 5:37AM	Sobhana 5125	
	Kataka Rasi: 15.29 Tithi 8 – 9	Yama 3:18PM – 4:55PM	Shula* Until 8:06AM	Muruqa: Clear <i>Sunset:</i> 6:32PM	Moon 4 - Phase 2 - 21	
	242996579	Rahu 10:27AM – 12:04PM	Balava Until 3:42AM Sat	Nataraja: Purple Moon – Blue	Navami	
Routine Work Marana Yoga		Ashtami* Until 2:30PM	Vaisaka-Chaitra	Sivaloka Day		

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

1		Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 22 Sutra 13
Kataka Rasi: 27.23	Tithi 9 – 10	Gulika 5:36AM – 7:13AM	Ashlesha* Until 11:03AM	Ganesha: Red	<i>Sunrise:</i> 5:36AM			Sobhana 5125
		Yama 1:41PM – 3:19PM	Ganda* Until 8:57AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM			Moon 4 - Phase 3 - 22
		242996579 Rahu 8:50AM – 10:27AM	Taitila Until 5:55AM Sun	Nataraja: Purple				4th Phase
Routine Work	Marana Yoga		Navami* Until 4:49PM	Moon – Blue			Sivaloka Day	
Until 11:03AM				Vaisaka*Chaitra				
Then Creative Work - Amrita Yoga								


2		Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Vridhhi/Dhruva Yoga Gara Karana Dashamyam Titau				Muscat, Oman Sun 23 Sutra 14
Simha Rasi: 9.21	Tithi 10	Gulika 3:19PM – 4:56PM	Magha* Until 1:56PM	Ganesha: Blue	<i>Sunrise:</i> 5:35AM			Sobhana 5125
		Yama 12:04PM – 1:41PM	Vridhhi Until 9:42AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM			Moon 4 - Phase 3 - 23
		252996579 Rahu 4:56PM – 6:33PM	Gara Until 6:55PM	Nataraja: Purple				4th Phase
Routine Work	Marana Yoga		Dashami Until 6:55PM	Moon – Red			Devaloka Day	
Until 1:56PM				Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga								

3		Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Vishti* Karana Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 15
Simha Rasi: 21.25	Tithi 11	Gulika 1:41PM – 3:19PM	Purvaphalguni Until 4:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:34AM			Sobhana 5125
Family Home Evening		Yama 10:26AM – 12:04PM	Dhruva Until 10:10AM	Muruqa: Clear	<i>Sunset:</i> 6:34PM			Moon 4 - Phase 3 - 24
		252996579 Rahu 7:11AM – 8:49AM	Vanija Until 7:51AM	Nataraja: Purple				4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 8:38PM	Moon – Red			Devaloka Day	
				Vaisaka*Chaitra				

4		Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yukhtayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 16
Kanya Rasi: 3.41	Tithi 12	Gulika 12:04PM – 1:41PM	Uttaraphalguni Until 6:00PM	Ganesha: Blue	<i>Sunrise:</i> 5:33AM			Sobhana 5125
		Yama 8:48AM – 10:26AM	Vyaghata* Until 10:17AM	Muruqa: Clear	<i>Sunset:</i> 6:35PM			Moon 4 - Phase 3 - 25
		252996579 Rahu 3:19PM – 4:57PM	Bava Until 9:19AM	Nataraja: Purple				4th Phase
Creative Work	Amrita Yoga		Dvadashi Until 9:48PM	Moon – Red			Devaloka Day	
Until 6:00PM				Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga								

5		Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yukhtayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 17
Kanya Rasi: 16.11	Tithi 13	Gulika 10:26AM – 12:04PM	Hasta Until 7:27PM	Ganesha: Yellow	<i>Sunrise:</i> 5:32AM			Sobhana 5125
		Yama 7:10AM – 8:48AM	Harshana Until 9:58AM	Muruqa: Clear	<i>Sunset:</i> 6:35PM			Moon 4 - Phase 3 - 26
		262996579 Rahu 12:04PM – 1:41PM	Kaulava Until 10:11AM	Nataraja: Purple				4th Phase
Routine Work	Marana Yoga		Trayodashi Until 10:22PM	Moon – Green			Sivaloka Day	
Until 7:27PM				Vaisaka*Chaitra				
Then Creative Work - Siddha Yoga								

6		Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yukhtayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 18
Kanya Rasi: 28.59	Tithi 14	Gulika 8:48AM – 10:26AM	Chitra Until 8:07PM	Ganesha: Yellow	<i>Sunrise:</i> 5:32AM			Sobhana 5125
		Yama 5:32AM – 7:10AM	Vajra* Until 9:07AM	Muruqa: Clear	<i>Sunset:</i> 6:35PM			Moon 4 - Phase 3 - 27
		262996579 Rahu 1:42PM – 3:19PM	Gara Until 10:26AM	Nataraja: Purple				4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 10:18PM	Moon – Green			Sivaloka Day	
Until 8:07PM				Vaisaka*Chaitra				
Then Creative Work - Amrita Yoga								

		Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yukhtayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Muscat, Oman Sun 28 Sutra 19
Tula Rasi: 12.05	Tithi 15	Gulika 7:09AM – 8:47AM	Svati Until 8:02PM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM			Sobhana 5125
		Yama 3:20PM – 4:58PM	Siddhi Until 7:48AM	Muruqa: Clear	<i>Sunset:</i> 6:36PM			Moon 4 - Phase 3 -
		262996579 Rahu 10:25AM – 12:03PM	Visti Until 10:03AM	Nataraja: Purple				Purnima
Creative Work	Siddha Yoga		Purnima* Until 9:37PM	Moon – Green			Sivaloka Day	
		Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra				

Saturday, May 6, 2023		Silver Retreat Star		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sun 29 Sutra 20
Tula Rasi: 25.31	Tithi 16	Gulika 5:30AM – 7:09AM	Vishakha Until 7:43PM	Ganesha: White	<i>Sunrise:</i> 5:30AM			Sobhana 5125
		Yama 1:42PM – 3:20PM	Vyalipata* Until 6:01AM	Muruqa: Clear	<i>Sunset:</i> 6:36PM			Moon 4 - Phase 3 -
		272996579 Rahu 8:47AM – 10:25AM	Balava Until 9:05AM	Nataraja: Purple				Prathama
Creative Work	Siddha Yoga		Prathama* Until 8:24PM	Moon – Orange			Devaloka Day	
				Vaisaka*Chaitra				

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