



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

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam  
Vishakha Nakshatra Siddhi/Vyatipata\* Yoga Taitila/Vanija Karana Dvitiya/Trityayam Titau  
**Gulika** 2:04PM – 3:35PM  
Yama 11:03AM – 12:33PM  
**Rahu** 8:02AM – 9:32AM  
**Vishakha Until 1:07AM Tue**  
Siddhi Until 5:51PM  
Taitila Until 6:16AM  
**Dvitiya Until 4:54PM**

Nairobi, Kenya  
Sutra 1  
Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase  
Sunrise: 6:31AM  
Sunset: 6:36PM  
**Bhuloka Day**  
Ganesha: Purple  
Muruqa: White  
Nataraja: White  
Moon – Orange  
Chaitra+Chaitra

**1**

**Tuesday, April 19, 2022**

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha Nakshatra Vyatipata\*/Variyan Yoga Visti\*/Bava Karana Tritya/Chaturthyam Titau  
**Gulika** 12:33PM – 2:04PM  
Yama 9:32AM – 11:03AM  
**Rahu** 3:34PM – 5:05PM  
**Anuradha Until 11:06PM**  
Vyatipata\* Until 2:29PM  
Bava Until 12:45AM Wed  
**Tritya Until 2:07PM**

Nairobi, Kenya  
Sun 1  
Sutra 2  
Subhakrit 5124  
Moon 4 - Phase 1 - 1st Phase  
Sunrise: 6:31AM  
Sunset: 6:36PM  
**Bhuloka Day**  
Ganesha: Purple  
Muruqa: White  
Nataraja: White  
Moon – Orange  
Chaitra+Chaitra

**2**

**Wednesday, April 20, 2022**

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\* Nakshatra Varyan/Parigha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
**Gulika** 11:02AM – 12:33PM  
Yama 8:01AM – 9:32AM  
**Rahu** 12:33PM – 2:04PM  
**Jyeshtha\* Until 9:00PM**  
Variyan Until 11:05AM  
Kaulava Until 10:01PM  
**Chaturthi\* Until 11:21AM**

Nairobi, Kenya  
Sun 2  
Sutra 3  
Subhakrit 5124  
Moon 4 - Phase 1 - 2nd Phase  
Sunrise: 6:31AM  
Sunset: 6:35PM  
**Bhuloka Day**  
Ganesha: Purple  
Muruqa: White  
Nataraja: White  
Moon – Orange  
Chaitra+Chaitra

**3**

**Thursday, April 21, 2022**

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\* Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau  
**Gulika** 9:32AM – 11:02AM  
Yama 6:30AM – 8:01AM  
**Rahu** 2:03PM – 3:34PM  
**Mula\* Until 7:19PM**  
Parigha\* Until 7:47AM  
Gara Until 7:25PM  
**Panchami Until 8:40AM**

Nairobi, Kenya  
Sun 3  
Sutra 4  
Subhakrit 5124  
Moon 4 - Phase 1 - 3rd Phase  
Sunrise: 6:30AM  
Sunset: 6:35PM  
**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM  
Ganesha: Clear  
Muruqa: White  
Nataraja: White  
Moon – Light Blue  
Chaitra+Chaitra

**4**

**Friday, April 22, 2022**

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Siddha Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau  
**Gulika** 8:01AM – 9:31AM  
Yama 3:34PM – 5:04PM  
**Rahu** 11:02AM – 12:33PM  
**Purvashadha\* Until 5:43PM**  
Siddha Until 1:42AM Sat  
Bava Until 3:57AM Sat  
**Shashthi\* Until 6:11AM**

Nairobi, Kenya  
Sun 4  
Sutra 5  
Subhakrit 5124  
Moon 4 - Phase 1 - 4th Phase  
Sunrise: 6:30AM  
Sunset: 6:35PM  
**Devaloka Day**  
Ganesha: Purple  
Muruqa: White  
Nataraja: White  
Moon – Light Blue  
Chaitra+Chaitra

**5**

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

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Sadhya Yoga Balava/Kaulava Karana Ashtamyam Titau  
**Gulika** 6:30AM – 8:01AM  
Yama 2:03PM – 3:34PM  
**Rahu** 9:31AM – 11:02AM  
**Uttarashadha Until 4:15PM**  
Sadhya Until 11:00PM  
Balava Until 2:58PM  
**Ashtami\* Until 2:02AM Sun**

Nairobi, Kenya  
Sun 5  
Sutra 6  
Subhakrit 5124  
Moon 4 - Phase 1 - 5th Phase  
Sunrise: 6:30AM  
Sunset: 6:35PM  
**Devaloka Day**  
Ganesha: Purple  
Muruqa: White  
Nataraja: White  
Moon – Light Blue  
Chaitra+Chaitra

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

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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Subha Yoga Taitila/Gara Karana Navamyam Titau  
**Gulika** 3:33PM – 5:04PM  
Yama 12:32PM – 2:03PM  
**Rahu** 5:04PM – 6:35PM  
**Shravana Until 3:24PM**  
Subha Until 8:35PM  
Taitila Until 1:12PM  
**Navami\* Until 12:26AM Mon**

Nairobi, Kenya  
Sun 6  
Sutra 7  
Subhakrit 5124  
Moon 4 - Phase 1 - 6th Phase  
Sunrise: 6:30AM  
Sunset: 6:35PM  
**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM  
Ganesha: Clear  
Muruqa: White  
Nataraja: White  
Moon – Purple  
Chaitra+Chaitra

<b>1</b>	<b>Monday, April 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 7
	Kumbha Rasi: 1.41	Tithi 25	Gulika 2:03PM – 3:33PM	Dhanishtha Until 2:45PM	Ganesha: Clear	Sunrise: 6:30AM	Subhakrit 5124
	Family Home Evening	299345479	Yama 11:02AM – 12:32PM	Sukla Until 6:26PM	Muruga: White	Sunset: 6:34PM	Moon 4 - Phase 2 - 7
	Creative Work	Siddha Yoga	Rahu 8:00AM – 9:31AM	Vanija Until 11:47AM	Nataraja: Clear		2nd Phase
			Dashami Until 11:12PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>2</b>	<b>Tuesday, April 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya Sun 8
	Kumbha Rasi: 15.15	Tithi 26	Gulika 12:32PM – 2:02PM	Shatabhishak Until 2:19PM	Ganesha: Clear	Sunrise: 6:30AM	Subhakrit 5124
	Routine Work	Marana Yoga	Yama 9:31AM – 11:01AM	Brahma Until 4:36PM	Muruga: White	Sunset: 6:34PM	Moon 4 - Phase 2 - 8
	299345479		Rahu 3:33PM – 5:04PM	Bava Until 10:45AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 10:21PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>3</b>	<b>Wednesday, April 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya Sun 9
	Kumbha Rasi: 28.35	Tithi 27	Gulika 11:01AM – 12:32PM	Purvaproshtapada* Until 2:36PM	Ganesha: Red	Sunrise: 6:30AM	Subhakrit 5124
	Creative Work	Amrita Yoga	Yama 8:00AM – 9:31AM	Indra Until 3:07PM	Muruga: White	Sunset: 6:34PM	Moon 4 - Phase 2 - 9
	219345479		Rahu 12:32PM – 2:02PM	Kaulava Until 10:07AM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 9:56PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>4</b>	<b>Thursday, April 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Nairobi, Kenya Sun 10
	Meena Rasi: 11.43	Tithi 28	Gulika 9:30AM – 11:01AM	Uttaraproshtapada Until 3:10PM	Ganesha: Blue	Sunrise: 6:29AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 6:29AM – 8:00AM	Vaidhriti* Until 1:57PM	Muruga: White	Sunset: 6:34PM	Moon 4 - Phase 2 - 10
	219445479		Rahu 2:02PM – 3:33PM	Gara Until 9:54AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 9:57PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM
<i>Pradosha Vrata (Fasting)</i>							

<b>5</b>	<b>Friday, April 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 11
	Meena Rasi: 24.35	Tithi 29	Gulika 8:00AM – 9:30AM	Revati Until 4:02PM	Ganesha: Blue	Sunrise: 6:29AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 3:33PM – 5:03PM	Vishkambha* Until 1:11PM	Muruga: White	Sunset: 6:34PM	Moon 4 - Phase 2 - 11
	219445479		Rahu 11:01AM – 12:31PM	Visti Until 10:10AM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 10:27PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM

	<b>Saturday, April 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 12	
	<b>Retreat Star</b>		Mesha Rasi: 7.14	Tithi 30	Gulika 6:29AM – 8:00AM	Ashvini Until 5:41PM	Ganesha: Green	Sunrise: 6:29AM
	Creative Work	Siddha Yoga	221445479		Yama 2:02PM – 3:32PM	Priti Until 12:48PM	Muruga: White	Sunset: 6:33PM
				Rahu 9:30AM – 11:01AM	Catuspada Until 10:55AM	Nataraja: Clear		Moon 4 - Phase 2 - 12
			Amavasya* Until 11:27PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM	

<b>Retreat Star</b>	<b>Sunday, May 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 13
	Mesha Rasi: 19.4	Tithi 1	Gulika 3:32PM – 5:03PM	Bharani Until 7:40PM	Ganesha: Green	Sunrise: 6:29AM	Subhakrit 5124
	Routine Work	Prabalarishta Yoga	Yama 12:31PM – 2:02PM	Ayushman Until 12:46PM	Muruga: White	Sunset: 6:33PM	Moon 4 - Phase 2 - 13
	221445479		Rahu 5:03PM – 6:33PM	Kintughna Until 12:10PM	Nataraja: Clear		Prathama
			Prathama* Until 12:56AM Mon	Vaisaka*Chaitra	<b>Bhuloka Day</b>		Devaloka Time: 6:PM to 9:PM

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

<b>Monday, May 2, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 14 Sutra 15 Subhakrit 5124
<b>1</b>	Vrishabha Rasi: 1.54 Tithi 2 <b>Family Home Evening</b> Routine Work Marana Yoga Until 9:55PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 2:02PM – 3:32PM Yama 11:01AM – 12:31PM 231445479 <b>Rahu</b> 7:59AM – 9:30AM	<b>Krittika Until 9:55PM</b> Saubhagya Until 1:07PM Balava Until 1:52PM <b>Dvitiya Until 2:51AM Tue</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – White Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 14 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Tuesday, May 3, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 15 Sutra 16 Subhakrit 5124
<b>2</b>	Vrishabha Rasi: 13.57 Tithi 3 231445479 Creative Work Amrita Yoga Until 12:50AM Wed Then Creative Work - Siddha Yoga	<b>Gulika</b> 12:31PM – 2:01PM Yama 9:30AM – 11:00AM <b>Rahu</b> 3:32PM – 5:03PM <b>Akshaya Tritiya</b>	<b>Rohini Until 12:50AM Wed</b> Sobhana Until 1:47PM Taitila Until 3:58PM <b>Tritiya Until 5:06AM Wed</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 15 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Wednesday, May 4, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija Karana Chaturthyam Titau				Nairobi, Kenya Sun 16 Sutra 17 Subhakrit 5124
<b>3</b>	Vrishabha Rasi: 25.53 Tithi 4 231445479 Creative Work Siddha Yoga Until 3:48AM Thu Then Routine Work - Marana Yoga	<b>Gulika</b> 11:00AM – 12:31PM Yama 7:59AM – 9:30AM <b>Rahu</b> 12:31PM – 2:01PM	<b>Mrigashira Until 3:48AM Thu</b> Athiganda* Until 2:38PM Vanija Until 6:21PM <b>Chaturthi* Until 7:34AM Thu</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Thursday, May 5, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 17 Sutra 18 Subhakrit 5124
<b>4</b>	Mithuna Rasi: 7.44 Tithi 4 – 5 231445479 Routine Work Marana Yoga Until 6:40AM Fri Then Creative Work - Siddha Yoga	<b>Gulika</b> 9:30AM – 11:00AM Yama 6:29AM – 7:59AM <b>Rahu</b> 2:01PM – 3:32PM	<b>Ardra Until 6:40AM Fri</b> Sukarma Until 3:37PM Bava Until 8:51PM <b>Chaturthi* Until 7:34AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Friday, May 6, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Nairobi, Kenya Sun 18 Sutra 19 Subhakrit 5124
<b>5</b>	Mithuna Rasi: 19.34 Tithi 5 – 6 231445479 Creative Work Siddha Yoga	<b>Gulika</b> 7:59AM – 9:30AM Yama 3:32PM – 5:02PM <b>Rahu</b> 11:00AM – 12:31PM	<b>Ardra Until 6:40AM</b> Dhriti Until 4:36PM Kaulava Until 11:18PM <b>Panchami Until 10:04AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 18 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Saturday, May 7, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 19 Sutra 20 Subhakrit 5124
<b>6</b>	Kataka Rasi: 1.27 Tithi 6 – 7 241445479 Creative Work Siddha Yoga	<b>Gulika</b> 6:29AM – 7:59AM Yama 2:01PM – 3:32PM <b>Rahu</b> 9:30AM – 11:00AM	<b>Punarvasu Until 9:46AM</b> Shula* Until 5:26PM Gara Until 1:31AM Sun <b>Shashthi* Until 12:26PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 19 3rd Phase <b>Devaloka Day</b>

<b>Sunday, May 8, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 20 Sutra 21 Subhakrit 5124
<b>Retreat Star</b>	Kataka Rasi: 13.26 Tithi 7 – 8 241445479 Creative Work Siddha Yoga	<b>Gulika</b> 3:32PM – 5:02PM Yama 12:31PM – 2:01PM <b>Rahu</b> 5:02PM – 6:33PM <b>Mother's Day</b>	<b>Pushya Until 12:25PM</b> Ganda* Until 6:00PM Visti Until 3:20AM Mon <b>Saptami Until 2:28PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 6:29AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 20 Ashtami <b>Devaloka Day</b>

<b>Monday, May 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 21 Sutra 22 Subhakrit 5124
<b>Retreat Star</b>	Kataka Rasi: 25.35 Tithi 8 – 9 241445479 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 2:25PM Then Routine Work - Marana Yoga	<b>Gulika</b> 2:01PM – 3:32PM Yama 11:00AM – 12:30PM <b>Rahu</b> 7:59AM – 9:29AM	<b>Ashlesha* Until 2:25PM</b> Vriddhi Until 6:11PM Balava Until 4:33AM Tue <b>Ashtami* Until 4:00PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Blue Vaisaka-Chaitra	<b>Sunrise:</b> 6:28AM <b>Sunset:</b> 6:33PM	Moon 4 - Phase 3 - 21 Navami <b>Devaloka Day</b>

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


<b>1</b>		<b>Tuesday, May 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Nairobi, Kenya Sun 22 Sutra 23	
Simha Rasi: 7.59	Tithi 9 – 10	<b>Gulika</b> 12:30PM – 2:01PM	<b>Magha* Until 4:08PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
		Yama 9:29AM – 11:00AM	Dhruva Until 5:49PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 22	4th Phase
252445479	<b>Rahu</b> 3:31PM – 5:02PM		Taitila Until 5:04AM Wed	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Navami* Until 4:53PM</b>	Moon – Red			<b>Devaloka Day</b>
				Vaisaka-Chaitra			

<b>2</b>		<b>Wednesday, May 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 23 Sutra 24	
Simha Rasi: 20.43	Tithi 10 – 11	<b>Gulika</b> 11:00AM – 12:30PM	<b>Purvaphalguni Until 4:57PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
		Yama 7:59AM – 9:29AM	Vyaghata* Until 4:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 23	4th Phase
252445479	<b>Rahu</b> 12:30PM – 2:01PM		Vanija Until 4:49AM Thu	<b>Nataraja:</b> Clear			
Creative Work	Amrita Yoga		<b>Dashami Until 5:01PM</b>	Moon – Red			<b>Devaloka Day</b>
				Vaisaka-Chaitra			

<b>3</b>		<b>Thursday, May 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 24 Sutra 25	
Kanya Rasi: 3.5	Tithi 11 – 12	<b>Gulika</b> 9:29AM – 11:00AM	<b>Uttaraphalguni Until 4:51PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
		Yama 6:28AM – 7:59AM	Harshana Until 3:21PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 24	4th Phase
252445479	<b>Rahu</b> 2:01PM – 3:31PM		Bava Until 3:47AM Fri	<b>Nataraja:</b> Clear			
	Amrita Yoga		<b>Ekadashi Until 4:23PM</b>	Moon – Red			<b>Devaloka Day</b>
Until 4:51PM				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Friday, May 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 25 Sutra 26	
Kanya Rasi: 17.22	Tithi 12 – 13	<b>Gulika</b> 7:59AM – 9:29AM	<b>Hasta Until 4:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
		Yama 3:31PM – 5:02PM	Vajra* Until 1:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 25	4th Phase
252445479	<b>Rahu</b> 11:00AM – 12:30PM		Kaulava Until 2:02AM Sat	<b>Nataraja:</b> Clear			
Creative Work	Amrita Yoga		<b>Dvadashi Until 2:58PM</b>	Moon – Green			<b>Sivaloka Day</b>
Until 4:19PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							
							<i>Pradosha Vrata</i>

<b>5</b>		<b>Saturday, May 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Nairobi, Kenya Sun 26 Sutra 27	
Tula Rasi: 1.2	Tithi 13 – 14	<b>Gulika</b> 6:28AM – 7:59AM	<b>Chitra Until 2:58PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
		Yama 2:01PM – 3:31PM	Siddhi Until 10:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 26	4th Phase
252445479	<b>Rahu</b> 9:29AM – 11:00AM		Gara Until 11:40PM	<b>Nataraja:</b> Clear			
Routine Work	Marana Yoga		<b>Trayodashi Until 12:54PM</b>	Moon – Green			<b>Sivaloka Day</b>
Until 2:58PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

		<b>Sunday, May 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Nairobi, Kenya Sun 27 Sutra 28	
<b>Copper Retreat Star</b>		<b>Gulika</b> 3:31PM – 5:02PM	<b>Svati Until 12:56PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
Tula Rasi: 15.41	Tithi 14 – 15	Yama 12:30PM – 2:01PM	Vyatipata* Until 7:19AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 - 27	Purnima
252445479	<b>Rahu</b> 5:02PM – 6:32PM		Visti Until 8:49PM	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 10:16AM</b>	Moon – Green			<b>Sivaloka Day</b>
Until 12:56PM				Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga							

<b>Monday, May 16, 2022</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau		Nairobi, Kenya Sun 29 Sutra 29	
Vrischika Rasi: 0.22	Tithi 15 – 16	<b>Gulika</b> 2:01PM – 3:31PM	<b>Vishakha Until 10:47AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:28AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 11:00AM – 12:30PM	Parigha* Until 12:00AM Tue	<b>Muruqa:</b> White	<i>Sunset:</i> 6:32PM	Moon 4 - Phase 4 -	Prathama
272445479	<b>Rahu</b> 7:59AM – 9:29AM		Kaulava Until 3:56AM Tue	<b>Nataraja:</b> Clear			
Routine Work	Marana Yoga		<b>Purnima* Until 7:14AM</b>	Moon – Orange			<b>Devaloka Day</b>
Until 10:47AM				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga							

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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

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

Nairobi, Kenya  
Sutra 30

Vrischika Rasi: 15.15 Tithi 17

272445479

**Gulika** 12:30PM – 2:01PM  
Yama 9:29AM – 11:00AM  
**Rahu** 3:31PM – 5:02PM

**Anuradha Until 8:15AM**

Shiva Until 8:07PM

Taitila Until 2:14PM

**Dvitiya Until 12:31AM Wed**

**Ganesha:** Yellow *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Orange

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 -

1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Until 8:15AM

Then Routine Work - Marana Yoga

**1**

**Wednesday, May 18, 2022**

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

Nairobi, Kenya  
Sun 1 Sutra 31

Dhanus Rasi: 0.13 Tithi 18

282445479

**Gulika** 11:00AM – 12:30PM  
Yama 7:59AM – 9:29AM  
**Rahu** 12:30PM – 2:01PM

**Mula\* Until 3:07AM Thu**

Siddha Until 4:13PM

Vanija Until 10:49AM

**Tritiya Until 9:08PM**

**Ganesha:** Blue *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Light Blue

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 1

1st Phase

**Sivaloka Day**

Routine Work Marana Yoga

Until 3:07AM Thu

Then Creative Work - Siddha 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/Kaulava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya  
Sun 2 Sutra 32

Dhanus Rasi: 15.07 Tithi 19 – 20

282445479

**Gulika** 9:30AM – 11:00AM  
Yama 6:29AM – 7:59AM  
**Rahu** 2:01PM – 3:31PM

**Purvashadha\* Until 12:47AM Fri**

Sadhya Until 12:27PM

Bava Until 7:30AM

**Chaturthi\* Until 5:55PM**

**Ganesha:** Blue *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Light Blue

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 2

1st Phase

**Sivaloka Day**

Creative Work Siddha Yoga

Until 12:47AM 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

Nairobi, Kenya  
Sun 3 Sutra 33

Dhanus Rasi: 29.5 Tithi 20 – 21

282445479

**Gulika** 7:59AM – 9:30AM  
Yama 3:31PM – 5:02PM  
**Rahu** 11:00AM – 12:31PM

**Uttarashadha Until 10:40PM**

Subha Until 8:55AM

Gara Until 1:43AM Sat

**Panchami Until 3:01PM**

**Ganesha:** Blue *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Light Blue

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 3

1st 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 Brahma Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Nairobi, Kenya  
Sun 4 Sutra 34

Makara Rasi: 14.17 Tithi 21 – 22

292445479

**Gulika** 6:29AM – 7:59AM  
Yama 2:01PM – 3:32PM  
**Rahu** 9:30AM – 11:00AM

**Shravana Until 9:17PM**

Brahma Until 2:51AM Sun

Visti Until 11:28PM

**Shashthi\* Until 12:31PM**

**Ganesha:** Red *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Purple

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 4

1st 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

Nairobi, Kenya  
Sun 5 Sutra 35

Makara Rasi: 28.25 Tithi 22 – 23

292445479

**Gulika** 3:32PM – 5:02PM  
Yama 12:31PM – 2:01PM  
**Rahu** 5:02PM – 6:32PM

**Dhanishtha Until 8:17PM**

Indra Until 12:29AM Mon

Balava Until 9:45PM

**Saptami Until 10:31AM**

**Ganesha:** Red *Sunrise:* 6:29AM

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

**Nataraja:** Clear

Moon – Purple

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 5

Ashtami

**Devaloka Day**

Routine Work Marana Yoga

Until 8:17PM

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

Nairobi, Kenya  
Sun 6 Sutra 36

Kumbha Rasi: 12.11 Tithi 23 – 24

293445479

**Gulika** 2:01PM – 3:32PM  
Yama 11:00AM – 12:31PM  
**Rahu** 7:59AM – 9:30AM

**Shatabhishak Until 7:43PM**

Vaidhriti\* Until 10:34PM

Taitila Until 8:38PM

**Ashtami\* Until 9:06AM**

**Ganesha:** Green *Sunrise:* 6:29AM

**Muruqa:** White *Sunset:* 6:33PM

**Nataraja:** Clear

Moon – Purple

Vaisaka-Vaikasi

Subhakrit 5124

Moon 5 - Phase 5 - 6

Navami

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 7:43PM

Then Routine Work - Marana Yoga

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

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<b>1</b>		<b>Tuesday, May 24, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Nairobi, Kenya Sun 7 Sutra 37 Subhakrit 5124
Kumbha Rasi: 25.37	Tithi 24 – 25	<b>Gulika</b>	12:31PM – 2:01PM	<b>Purvaproshtapada* Until 8:03PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama	9:30AM – 11:00AM	Vishkambha* Until 9:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 7
		213545479 <b>Rahu</b>	3:32PM – 5:02PM	Vanija Until 8:06PM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Navami* Until 8:16AM</b>	Moon – Clear		<b>Devaloka Day</b>
Until 8:03PM					Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Wednesday, May 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 8 Sutra 38 Subhakrit 5124
Meena Rasi: 8.43	Tithi 25 – 26	<b>Gulika</b>	11:00AM – 12:31PM	<b>Uttaraproshtapada Until 8:48PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama	8:00AM – 9:30AM	Priti Until 8:13PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 8
		213545479 <b>Rahu</b>	12:31PM – 2:01PM	Bava Until 8:10PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 8:02AM</b>	Moon – Clear		<b>Devaloka Day</b>
Until 8:48PM					Vaisaka-Vaikasi		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Thursday, May 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 9 Sutra 39 Subhakrit 5124
Meena Rasi: 21.32	Tithi 26 – 27	<b>Gulika</b>	9:30AM – 11:01AM	<b>Revati Until 9:57PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM	
		Yama	6:29AM – 8:00AM	Ayushman Until 7:42PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 9
		313545479 <b>Rahu</b>	2:01PM – 3:32PM	Kaulava Until 8:47PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 8:23AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 9:57PM					Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Friday, May 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau			Nairobi, Kenya Sun 10 Sutra 40 Subhakrit 5124
Mesha Rasi: 4.05	Tithi 27 – 28	<b>Gulika</b>	8:00AM – 9:30AM	<b>Ashvini Until 11:54PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama	3:32PM – 5:02PM	Saubhagya Until 7:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 10
		323545479 <b>Rahu</b>	11:01AM – 12:31PM	Gara Until 9:55PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 9:17AM</b>	Moon – White		<b>Devaloka Day</b>
Until 11:54PM					Vaisaka-Vaikasi		
Then Creative Work - Siddha Yoga							
					<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Saturday, May 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Nairobi, Kenya Sun 11 Sutra 41 Subhakrit 5124
Mesha Rasi: 16.26	Tithi 28 – 29	<b>Gulika</b>	6:29AM – 8:00AM	<b>Bharani Until 2:08AM Sun</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
		Yama	2:02PM – 3:32PM	Sobhana Until 7:51PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 11
		323545479 <b>Rahu</b>	9:30AM – 11:01AM	Visti Until 11:30PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi* Until 10:39AM</b>	Moon – White		<b>Devaloka Day</b>
					Vaisaka-Vaikasi		

<b>Retreat Star</b>		<b>Sunday, May 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Nairobi, Kenya Sun 12 Sutra 42 Subhakrit 5124
Mesha Rasi: 28.37	Tithi 29 – 30	<b>Gulika</b>	3:32PM – 5:03PM	<b>Krittika Until 4:32AM Mon</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:30AM	
		Yama	12:31PM – 2:02PM	Athiganda* Until 8:22PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 12
		323545479 <b>Rahu</b>	5:03PM – 6:33PM	Catuspada Until 1:28AM Mon	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 12:25PM</b>	Moon – White		<b>Devaloka Day</b>
Until 4:32AM Mon					Vaisaka-Vaikasi		
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Monday, May 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Nairobi, Kenya Sun 13 Sutra 43 Subhakrit 5124
Vrishabha Rasi: 10.38	Tithi 30 – 1	<b>Gulika</b>	2:02PM – 3:32PM	<b>Rohini Until 7:33AM Tue</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:30AM	
<b>Family Home Evening</b>		Yama	11:01AM – 12:31PM	Sukarma Until 9:09PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 13
		333545479 <b>Rahu</b>	8:00AM – 9:31AM	Kintughna Until 3:42AM Tue	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga			<b>Amavasya* Until 2:32PM</b>	Moon – Yellow		<b>Devaloka Day</b>
Until 7:33AM Tue					Jyeshtha-Vaikasi		
Then Creative Work - Siddha Yoga							

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

<b>1</b>	<b>Tuesday, May 31, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Nairobi, Kenya Sun 14 Sutra 44
	Wrisabha Rasi: 22.34	Tithi 1 – 2	<b>Gulika</b> 12:32PM – 2:02PM	<b>Rohini Until 7:33AM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:30AM</i>		Subhakit 5124
			Yama 9:31AM – 11:01AM	Dhriti Until 10:06PM	<b>Muruqa:</b> White <i>Sunset: 6:33PM</i>		Moon 5 - Phase 7 - 14
	Creative Work Amrita Yoga Until 7:33AM Then Creative Work - Siddha Yoga	333545479	<b>Rahu</b> 3:33PM – 5:03PM	Balava Until 6:07AM Wed <b>Prathama* Until 4:52PM</b>	Nataraja: Clear Moon – Yellow	<b>Devaloka Day</b>	3rd Phase

<b>2</b>	<b>Wednesday, June 1, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvityayam Titau				Nairobi, Kenya Sun 15 Sutra 45
	Mithuna Rasi: 4.25	Tithi 2	<b>Gulika</b> 11:01AM – 12:32PM	<b>Mrigashira Until 10:33AM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:30AM</i>		Subhakit 5124
			Yama 8:00AM – 9:31AM	Shula* Until 11:05PM	<b>Muruqa:</b> White <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 15
	Creative Work Siddha Yoga	333545479	<b>Rahu</b> 12:32PM – 2:02PM	Balava Until 6:07AM <b>Dvitiya Until 7:20PM</b>	Nataraja: Clear Moon – Yellow	<b>Devaloka Day</b>	3rd Phase

<b>3</b>	<b>Thursday, June 2, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 46
	Mithuna Rasi: 16.14	Tithi 3	<b>Gulika</b> 9:31AM – 11:01AM	<b>Ardra Until 1:25PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:30AM</i>		Subhakit 5124
			Yama 6:30AM – 8:01AM	Ganda* Until 12:06AM Fri	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 16
	Routine Work Marana Yoga Until 1:25PM Then Creative Work - Amrita Yoga	333555479	<b>Rahu</b> 2:02PM – 3:33PM	Taitila Until 8:36AM <b>Tritiya Until 9:49PM</b>	Nataraja: Clear Moon – Yellow	<b>Devaloka Day</b>	3rd Phase

<b>4</b>	<b>Friday, June 3, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 47
	Mithuna Rasi: 28.05	Tithi 4	<b>Gulika</b> 8:01AM – 9:31AM	<b>Punarvasu Until 4:35PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:30AM</i>		Subhakit 5124
			Yama 3:33PM – 5:03PM	Vriddhi Until 1:03AM Sat	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 17
	Creative Work Siddha Yoga Until 4:35PM Then Routine Work - Marana Yoga	343555479	<b>Rahu</b> 11:02AM – 12:32PM	Vanija Until 11:03AM <b>Chaturthi* Until 12:12AM Sat</b>	Nataraja: Clear Moon – Blue	<b>Devaloka Day</b>	3rd Phase

<b>5</b>	<b>Saturday, June 4, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 48
	Kataka Rasi: 9.59	Tithi 5	<b>Gulika</b> 6:31AM – 8:01AM	<b>Pushya Until 7:23PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>		Subhakit 5124
			Yama 2:03PM – 3:33PM	Dhruva Until 1:47AM Sun	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 18
	Creative Work Siddha Yoga Until 7:23PM Then Routine Work - Marana Yoga	343555479	<b>Rahu</b> 9:31AM – 11:02AM	Bava Until 1:20PM <b>Panchami Until 2:21AM Sun</b>	Nataraja: Clear Moon – Blue	<b>Devaloka Day</b>	3rd Phase

<b>6</b>	<b>Sunday, June 5, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 49
	Kataka Rasi: 21.59	Tithi 6	<b>Gulika</b> 3:33PM – 5:04PM	<b>Ashlesha* Until 9:42PM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>		Subhakit 5124
			Yama 12:32PM – 2:03PM	Vyaghata* Until 2:15AM Mon	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 19
	Creative Work Siddha Yoga Until 9:42PM Then Routine Work - Marana Yoga	343555471	<b>Rahu</b> 5:04PM – 6:34PM	Kaulava Until 3:19PM <b>Shashthi* Until 4:08AM Mon</b>	Nataraja: Yellow Moon – Blue	<b>Devaloka Day</b>	3rd Phase

<b>Retreat Star</b>	<b>Monday, June 6, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 50
	Simha Rasi: 4.08	Tithi 7	<b>Gulika</b> 2:03PM – 3:33PM	<b>Magha* Until 11:53PM</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:31AM</i>		Subhakit 5124
	<b>Family Home Evening</b>		Yama 11:02AM – 12:33PM	Harshana Until 2:21AM Tue	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 20
	Routine Work Marana Yoga Until 11:53PM Then Creative Work - Siddha Yoga	353555471	<b>Rahu</b> 8:01AM – 9:32AM	Gara Until 4:51PM <b>Saptami Until 5:23AM Tue</b>	Nataraja: Yellow Moon – Red	<b>Sivaloka Day</b>	3rd Phase

<b>Retreat Star</b>	<b>Tuesday, June 7, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 51
	Simha Rasi: 16.3	Tithi 8	<b>Gulika</b> 12:33PM – 2:03PM	<b>Purvaphalguni Until 1:18AM Wed</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>		Subhakit 5124
			Yama 9:32AM – 11:02AM	Vajra* Until 1:55AM Wed	<b>Muruqa:</b> Green <i>Sunset: 6:34PM</i>		Moon 5 - Phase 7 - 21
	Creative Work Siddha Yoga Until 1:18AM Wed Then Creative Work - Amrita Yoga	354555471	<b>Rahu</b> 3:34PM – 5:04PM	Visti Until 5:48PM <b>Ashtami* Until 6:00AM Wed</b>	Nataraja: Yellow Moon – Red	<b>Devaloka Day</b>	Ashtami

<b>Retreat Star</b>	<b>Wednesday, June 8, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 52
	Simha Rasi: 29.1	Tithi 8 – 9	<b>Gulika</b> 11:03AM – 12:33PM	<b>Uttaraphalguni Until 1:51AM Thu</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:31AM</i>		Subhakit 5124
			Yama 8:02AM – 9:32AM	Siddhi Until 12:55AM Thu	<b>Muruqa:</b> Green <i>Sunset: 6:35PM</i>		Moon 5 - Phase 7 - 22
	Creative Work Amrita Yoga Until 1:51AM Thu Then Routine Work - Marana Yoga	354555471	<b>Rahu</b> 12:33PM – 2:03PM	Balava Until 6:03PM <b>Ashtami* Until 6:00AM</b>	Nataraja: Yellow Moon – Red	<b>Devaloka Day</b>	Navami

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	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 53
	Kanya Rasi: 12.11	Tithi 10	<b>Gulika</b> 9:32AM – 11:03AM	<b>Hasta</b> Until 1:55AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:31AM	Subhakrit 5124
			Yama 6:31AM – 8:02AM	Vyatipata* Until 11:19PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8 - 23
	364555471		<b>Rahu</b> 2:04PM – 3:34PM	Taitila Until 5:31PM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Dashami</b> Until 4:56AM Fri	Moon – Green	<b>Bhuloka Day</b>		
Until 1:55AM Fri				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Siddha Yoga							

2	<b>Friday, June 10, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Varyian Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 54
	Kanya Rasi: 25.38	Tithi 11	<b>Gulika</b> 8:02AM – 9:33AM	<b>Chitra</b> Until 1:05AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 3:34PM – 5:05PM	Variyan Until 9:03PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8 - 24
	364555471		<b>Rahu</b> 11:03AM – 12:33PM	Vanija Until 4:12PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 3:14AM Sat	Moon – Green	<b>Bhuloka Day</b>		
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		

3	<b>Saturday, June 11, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 55
	Tula Rasi: 9.32	Tithi 12	<b>Gulika</b> 6:32AM – 8:02AM	<b>Svati</b> Until 11:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 2:04PM – 3:34PM	Parigha* Until 6:13PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8 - 25
	364555471		<b>Rahu</b> 9:33AM – 11:03AM	Bava Until 2:08PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 12:51AM Sun	Moon – Green	<b>Bhuloka Day</b>		
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		

4	<b>Sunday, June 12, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 56
	Tula Rasi: 23.53	Tithi 13	<b>Gulika</b> 3:35PM – 5:05PM	<b>Vishakha</b> Until 9:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 12:34PM – 2:04PM	Shiva Until 2:53PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:35PM	Moon 5 - Phase 8 - 26
	374555471		<b>Rahu</b> 5:05PM – 6:35PM	Kaulava Until 11:27AM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Trayodashi</b> Until 9:53PM	Moon – Orange	<b>Devaloka Day</b>		
		<b>Vaikasi Visakam</b>		Jyeshtha-Vaikasi			
			<i>Pradosha Vrata</i>				

5	<b>Monday, June 13, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 57
	Vrischika Rasi: 8.38	Tithi 14	<b>Gulika</b> 2:04PM – 3:35PM	<b>Anuradha</b> Until 6:50PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM	Subhakrit 5124
			Yama 11:04AM – 12:34PM	Siddha Until 11:08AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8 - 27
	374555471		<b>Rahu</b> 8:03AM – 9:33AM	Gara Until 8:15AM	<b>Nataraja:</b> Yellow		4th Phase
Family Home Evening			<b>Chaturdashi*</b> Until 6:30PM	Moon – Orange	<b>Devaloka Day</b>		
Creative Work Siddha Yoga				Jyeshtha-Vaikasi			

○	<b>Tuesday, June 14, 2022</b>		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				Nairobi, Kenya Sun 27 Sutra 58
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:34PM – 2:05PM	<b>Jyeshtha*</b> Until 3:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:33AM	Subhakrit 5124
	Vrischika Rasi: 23.4	Tithi 15 – 16	Yama 9:33AM – 11:04AM	Sadhya Until 7:06AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8 - Purnima
	374555471		<b>Rahu</b> 3:35PM – 5:05PM	Balava Until 12:57AM Wed	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Purnima*</b> Until 2:49PM	Moon – Orange	<b>Devaloka Day</b>		
Until 3:52PM				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

○	<b>Wednesday, June 15, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Nairobi, Kenya Sun 28 Sutra 59
	<b>Silver Retreat Star</b>		<b>Gulika</b> 11:04AM – 12:34PM	<b>Mula*</b> Until 1:02PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:33AM	Subhakrit 5124
	Dhanus Rasi: 8.52	Tithi 16 – 17	Yama 8:03AM – 9:34AM	Sukla Until 10:44PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:36PM	Moon 5 - Phase 8 - Prathama
	384555471		<b>Rahu</b> 12:34PM – 2:05PM	Taitila Until 9:09PM	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Prathama*</b> Until 11:02AM	Moon – Light Blue	<b>Bhuloka Day</b>		
Until 1:02PM				Jyeshtha-Ani	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Amrita Yoga							





Thursday, June 16, 2022

Gold Retreat Star

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

Nairobi, Kenya

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 24.03 Tithi 17 - 18

384555471

Gulika 9:34AM - 11:04AM  
Yama 6:33AM - 8:03AM  
Rahu 2:05PM - 3:35PM

Purvashadha\* Until 10:08AM

Brahma Until 6:40PM

Visti Until 3:45AM Fri

Dvitiya Until 7:17AM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue  
Jyeshtha-Ani

Sunrise: 6:33AM

Sunset: 6:36PM

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 10:08AM

Then Routine Work - Marana Yoga

Friday, June 17, 2022

1

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

Nairobi, Kenya

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 9.04 Tithi 19

384555471

Gulika 8:04AM - 9:34AM  
Yama 3:36PM - 5:06PM  
Rahu 11:04AM - 12:35PM

Uttarashadha Until 7:21AM

Indra Until 2:51PM

Bava Until 2:07PM

Chaturthi\* Until 12:34AM Sat

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue  
Jyeshtha-Ani

Sunrise: 6:33AM

Sunset: 6:36PM

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga

Saturday, June 18, 2022

2

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

Nairobi, Kenya

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 23.48 Tithi 20

394655471

Gulika 6:33AM - 8:04AM  
Yama 2:05PM - 3:36PM  
Rahu 9:34AM - 11:05AM

Dhanishtha Until 3:29AM Sun

Vaidhriti\* Until 11:23AM

Kaulava Until 11:11AM

Panchami Until 9:54PM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Purple  
Jyeshtha-Ani

Sunrise: 6:33AM

Sunset: 6:37PM

Sivaloka Day

Creative Work Siddha Yoga

Sunday, June 19, 2022

3

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

Nairobi, Kenya

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 8.08 Tithi 21

395655471

Gulika 3:36PM - 5:07PM  
Yama 12:35PM - 2:06PM  
Rahu 5:07PM - 6:37PM

Shatabhishak Until 2:16AM Mon

Vishkambha\* Until 8:24AM

Gara Until 8:49AM

Shashthi\* Until 7:52PM

Ganesha: Red

Muruqa: Green

Nataraja: Yellow

Moon - Purple  
Jyeshtha-Ani

Sunrise: 6:34AM

Sunset: 6:37PM

Devaloka Day

Creative Work Siddha Yoga

Until 2:16AM Mon

Then Routine Work - Marana Yoga

Monday, June 20, 2022

4

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

Nairobi, Kenya

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 22.02 Tithi 22

315655471

Gulika 2:06PM - 3:36PM  
Yama 11:05AM - 12:35PM  
Rahu 8:04AM - 9:35AM

Purvaproshtapada\* Until 2:05AM Tue

Variyan Until 6:00AM

Visti Until 7:08AM

Saptami Until 6:33PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:34AM

Sunset: 6:37PM

Devaloka Day

Routine Work Marana Yoga

Until 2:05AM Tue

Then Creative Work - Amrita Yoga

Tuesday, June 21, 2022

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 5.29 Tithi 23

315655471

Gulika 12:36PM - 2:06PM  
Yama 9:35AM - 11:05AM  
Rahu 3:37PM - 5:07PM

Uttaraproshtapada Until 2:32AM Wed

Saubhagya Until 2:59AM Wed

Balava Until 6:12AM

Ashtami\* Until 6:01PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:34AM

Sunset: 6:37PM

Devaloka Day

Creative Work Amrita Yoga

Until 2:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 18.31 Tithi 24

315655471

Gulika 11:05AM - 12:36PM  
Yama 8:05AM - 9:35AM  
Rahu 12:36PM - 2:06PM

Revati Until 3:32AM Thu

Sobhana Until 2:24AM Thu

Taitila Until 6:03AM

Navami\* Until 6:14PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:34AM

Sunset: 6:38PM

Devaloka Day

Routine Work Marana Yoga

Until 3:32AM Thu

Then Creative Work - Amrita Yoga

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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<b>1</b>		<b>Thursday, June 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 1.11	Tithi 25	Gulika 9:35AM – 11:06AM	Ashvini Until 5:31AM Fri	Ganesha: Purple	Sunrise: 6:34AM	Moon 6 - Phase 10 - 8	2nd Phase
		Yama 6:34AM – 8:05AM	Athiganda* Until 2:19AM Fri	Muruqa: Green	Sunset: 6:38PM		
		325655471 Rahu 2:07PM – 3:37PM	Vanija Until 6:38AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dashami Until 7:10PM	Moon – White			
Until 5:31AM Fri				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Friday, June 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 13.34	Tithi 26	Gulika 8:05AM – 9:36AM	Bharani Until 7:52AM Sat	Ganesha: Purple	Sunrise: 6:35AM	Moon 6 - Phase 10 - 9	2nd Phase
		Yama 3:37PM – 5:08PM	Sukarma Until 2:41AM Sat	Muruqa: Green	Sunset: 6:38PM		
		325655471 Rahu 11:06AM – 12:36PM	Bava Until 7:53AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Ekdashi* Until 8:41PM	Moon – White			
Until 7:52AM Sat				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Saturday, June 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvodashyam Titau		Nairobi, Kenya Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 25.43	Tithi 27	Gulika 6:35AM – 8:05AM	Bharani Until 7:52AM	Ganesha: Purple	Sunrise: 6:35AM	Moon 6 - Phase 10 - 10	2nd Phase
		Yama 2:07PM – 3:37PM	Dhriti Until 3:23AM Sun	Muruqa: Green	Sunset: 6:38PM		
		325655471 Rahu 9:36AM – 11:06AM	Kaulava Until 9:39AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Dvadashi* Until 10:40PM	Moon – White			
Until 7:52AM				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Sunday, June 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 7.43	Tithi 28	Gulika 3:38PM – 5:08PM	Krittika Until 10:25AM	Ganesha: Purple	Sunrise: 6:35AM	Moon 6 - Phase 10 - 11	2nd Phase
		Yama 12:37PM – 2:07PM	Shula* Until 4:17AM Mon	Muruqa: Green	Sunset: 6:38PM		
		325655471 Rahu 5:08PM – 6:38PM	Gara Until 11:48AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Trayodashi* Until 12:57AM Mon	Moon – White			
Until 7:52AM				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
<i>Pradosha Vrata (Fasting)</i>							
<b>5</b>		<b>Monday, June 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 19.35	Tithi 29	Gulika 2:07PM – 3:38PM	Rohini Until 1:33PM	Ganesha: Light Blue	Sunrise: 6:35AM	Moon 6 - Phase 10 - 12	2nd Phase
Family Home Evening		Yama 11:07AM – 12:37PM	Ganda* Until 5:18AM Tue	Muruqa: Green	Sunset: 6:39PM		
		335655471 Rahu 8:06AM – 9:36AM	Visti Until 2:11PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Chaturdashi* Until 3:25AM Tue	Moon – Yellow			
Until 4:37PM				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Tuesday, June 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 1.26	Tithi 30	Gulika 12:37PM – 2:08PM	Mrigashira Until 4:37PM	Ganesha: Light Blue	Sunrise: 6:36AM	Moon 6 - Phase 10 - 13	Amavasya
		Yama 9:36AM – 11:07AM	Vriddhi Until 6:22AM Wed	Muruqa: Green	Sunset: 6:39PM		
		335655471 Rahu 3:38PM – 5:08PM	Catuspada Until 4:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 5:55AM Wed	Moon – Yellow			
Until 4:37PM				Jyeshtha-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Wednesday, June 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vriddhi/Dhruva Yoga Kintughna* Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 13.15	Tithi 1	Gulika 11:07AM – 12:37PM	Ardra Until 7:30PM	Ganesha: Purple	Sunrise: 6:36AM	Moon 6 - Phase 10 - 14	Prathama
		Yama 8:06AM – 9:37AM	Vriddhi Until 6:22AM	Muruqa: Green	Sunset: 6:39PM		
		336655471 Rahu 12:37PM – 2:08PM	Kintughna Until 7:10PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Prathama* Until 8:22AM Thu	Moon – Yellow			
Until 4:37PM				Ashada-Ani		<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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<b>1</b>		<b>Thursday, June 30, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 74 Subhakarit 5124	
Mithuna Rasi: 25.05	Tithi 1 – 2	346655471	<b>Gulika</b> 9:37AM – 11:07AM Yama 6:36AM – 8:06AM <b>Rahu</b> 2:08PM – 3:38PM	<b>Punarvasu</b> Until 10:38PM Dhruva Until 7:22AM Balava Until 9:34PM <b>Prathama*</b> Until 8:22AM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 6:39PM	Moon 6 - Phase 11 - 15 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Creative Work	Amrita Yoga						
<b>2</b>		<b>Friday, July 1, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 75 Subhakarit 5124	
Kataka Rasi: 6.59	Tithi 2 – 3	346655471	<b>Gulika</b> 8:07AM – 9:37AM Yama 3:39PM – 5:09PM <b>Rahu</b> 11:07AM – 12:38PM	<b>Pushya</b> Until 1:26AM Sat Vyaghata* Until 8:16AM Taitila Until 11:47PM <b>Dvitiya</b> Until 10:41AM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 6:39PM	Moon 6 - Phase 11 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Routine Work	Marana Yoga						
<b>3</b>		<b>Saturday, July 2, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 17 Sutra 76 Subhakarit 5124	
Kataka Rasi: 18.56	Tithi 3 – 4	346655471	<b>Gulika</b> 6:36AM – 8:07AM Yama 2:08PM – 3:39PM <b>Rahu</b> 9:37AM – 11:08AM	<b>Ashlesha*</b> Until 3:49AM Sun Harshana Until 9:02AM Vanija Until 1:45AM Sun <b>Tritiya</b> Until 12:47PM	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 6:40PM	Moon 6 - Phase 11 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Routine Work	Marana Yoga						
<b>4</b>		<b>Sunday, July 3, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 77 Subhakarit 5124	
Simha Rasi: 1.01	Tithi 4 – 5	356655471	<b>Gulika</b> 3:39PM – 5:09PM Yama 12:38PM – 2:09PM <b>Rahu</b> 5:09PM – 6:40PM	<b>Magha*</b> Until 6:12AM Mon Vajra* Until 9:34AM Bava Until 3:23AM Mon <b>Chaturthi*</b> Until 2:36PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 6:40PM	Moon 6 - Phase 11 - 18 3rd Phase <b>Devaloka Day</b>
Routine Work	Marana Yoga						
Until 6:12AM Mon							
Then Creative Work - Siddha Yoga							
<b>5</b>		<b>Monday, July 4, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyapipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 78 Subhakarit 5124	
Simha Rasi: 13.13	Tithi 5 – 6	356655471	<b>Gulika</b> 2:09PM – 3:39PM Yama 11:08AM – 12:38PM <b>Rahu</b> 8:07AM – 9:38AM	<b>Magha*</b> Until 6:12AM Siddhi Until 9:50AM Kaulava Until 4:35AM Tue <b>Panchami</b> Until 4:02PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:40PM	Moon 6 - Phase 11 - 19 3rd Phase <b>Devaloka Day</b>
Family Home Evening							
Routine Work	Marana Yoga						
Until 6:12AM							
Then Creative Work - Siddha Yoga							
<b>6</b>		<b>Tuesday, July 5, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 79 Subhakarit 5124	
Simha Rasi: 25.37	Tithi 6 – 7	356655471	<b>Gulika</b> 12:39PM – 2:09PM Yama 9:38AM – 11:08AM <b>Rahu</b> 3:39PM – 5:10PM	<b>Purvaphalguni</b> Until 7:59AM Vyatipata* Until 9:45AM Gara Until 5:15AM Wed <b>Shashthi*</b> Until 4:58PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:40PM	Moon 6 - Phase 11 - 20 3rd Phase <b>Devaloka Day</b>
Creative Work	Siddha Yoga						
Until 7:59AM							
Then Creative Work - Amrita Yoga							
<b>Retreat Star</b>		<b>Wednesday, July 6, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Nairobi, Kenya Sun 21 Sutra 80 Subhakarit 5124	
Kanya Rasi: 8.16	Tithi 7 – 8	357655471	<b>Gulika</b> 11:08AM – 12:39PM Yama 8:07AM – 9:38AM <b>Rahu</b> 12:39PM – 2:09PM	<b>Uttaraphalguni</b> Until 9:04AM Varyan Until 9:12AM Visti Until 5:16AM Thu <b>Saptami</b> Until 5:19PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:40PM	Moon 6 - Phase 11 - 21 3rd Phase <b>Devaloka Day</b>
Creative Work	Amrita Yoga						
Until 9:04AM							
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Thursday, July 7, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 81 Subhakarit 5124	
Kanya Rasi: 21.13	Tithi 8 – 9	467655471	<b>Gulika</b> 9:38AM – 11:08AM Yama 6:37AM – 8:08AM <b>Rahu</b> 2:09PM – 3:40PM	<b>Hasta</b> Until 9:50AM Parigha* Until 8:08AM Balava Until 4:33AM Fri <b>Ashtami*</b> Until 4:59PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Green <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:41PM	Moon 6 - Phase 11 - 22 Ashtami <b>Devaloka Day</b>
Routine Work	Marana Yoga						
Until 9:50AM							
Then Creative Work - Siddha Yoga							
<b>Retreat Star</b>		<b>Friday, July 8, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Nairobi, Kenya Sun 23 Sutra 82 Subhakarit 5124	
Tula Rasi: 4.34	Tithi 9 – 10	467655471	<b>Gulika</b> 8:08AM – 9:38AM Yama 3:40PM – 5:10PM <b>Rahu</b> 11:09AM – 12:39PM	<b>Chitra</b> Until 9:43AM Shiva Until 6:31AM Taitila Until 3:07AM Sat <b>Navami*</b> Until 3:55PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Green <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:41PM	Moon 6 - Phase 11 - 23 Navami <b>Devaloka Day</b>
Creative Work	Siddha Yoga						


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


<b>1</b>	<b>Saturday, July 9, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 83
	Tula Rasi: 18.19	Tithi 10 - 11	<b>Gulika</b> 6:37AM - 8:08AM	<b>Svati</b> Until 8:43AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	Subhakra 5124
			Yama 2:10PM - 3:40PM	Sadhya Until 1:27AM Sun	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 <b>Rahu</b> 9:38AM - 11:09AM	Vanija Until 12:58AM Sun	<b>Nataraja:</b> Yellow		4th Phase
			<b>Dashami</b> Until 2:07PM	Ashada*Ani	<b>Devaloka Day</b>		

<b>2</b>	<b>Sunday, July 10, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visi/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 84
	Vrischika Rasi: 2.31	Tithi 11 - 12	<b>Gulika</b> 3:40PM - 5:11PM	<b>Vishakha</b> Until 7:20AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM	Subhakra 5124
			Yama 12:39PM - 2:10PM	Subha Until 10:09PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 <b>Rahu</b> 5:11PM - 6:41PM	Bava Until 10:13PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Ekadashi</b> Until 11:39AM	Ashada*Ani	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		

<b>3</b>	<b>Monday, July 11, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 85
	Vrischika Rasi: 17.08	Tithi 12 - 13	<b>Gulika</b> 2:10PM - 3:40PM	<b>Jyeshtha*</b> Until 2:31AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM	Subhakra 5124
	<b>Family Home Evening</b>		Yama 11:09AM - 12:39PM	Sukla Until 6:24PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 <b>Rahu</b> 8:08AM - 9:39AM	Kaulava Until 6:57PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Dvadashi</b> Until 8:37AM	Ashada*Ani	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
<i>Pradosha Vrata</i>							

<b>4</b>	<b>Tuesday, July 12, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 86
	Dhanus Rasi: 2.06	Tithi 14	<b>Gulika</b> 12:40PM - 2:10PM	<b>Mula*</b> Until 11:46PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM	Subhakra 5124
			Yama 9:39AM - 11:09AM	Brahma Until 2:22PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 <b>Rahu</b> 3:40PM - 5:11PM	Gara Until 3:20PM	<b>Nataraja:</b> Yellow		4th Phase
			<b>Chaturdashi*</b> Until 1:26AM Wed	Ashada*Ani	<b>Sivaloka Day</b>		

	<b>Wednesday, July 13, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visi/Bava Karana Purnimayam Titau				Nairobi, Kenya Sun 28 Sutra 87
	<b>Copper Retreat Star</b>		<b>Gulika</b> 11:09AM - 12:40PM	<b>Purvashadha*</b> Until 8:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	Subhakra 5124
	Dhanus Rasi: 17.16	Tithi 15	Yama 8:08AM - 9:39AM	Indra Until 10:11AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 12 - Purnima
	Creative Work	Amrita Yoga	488755471 <b>Rahu</b> 12:40PM - 2:10PM	Visti Until 11:32AM	<b>Nataraja:</b> Yellow		
			<b>Satguru Purnima</b>	<b>Purnima*</b> Until 9:35PM	Ashada*Ani	<b>Devaloka Day</b>	

	<b>Thursday, July 14, 2022</b>		Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Nairobi, Kenya Sun 29 Sutra 88
	<b>Silver Retreat Star</b>		<b>Gulika</b> 9:39AM - 11:09AM	<b>Uttarashadha</b> Until 5:40PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	Subhakra 5124
	Makara Rasi: 2.31	Tithi 16 - 17	Yama 6:38AM - 8:09AM	Vishkambha* Until 1:47AM Fri	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 12 - Prathama
	Routine Work	Marana Yoga	488755471 <b>Rahu</b> 2:10PM - 3:41PM	Balava Until 7:41AM	<b>Nataraja:</b> Yellow		
			<b>Prathama*</b> Until 5:47PM	Ashada*Ani	<b>Devaloka Day</b>		

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

Nairobi, Kenya  
Sun 1 Sutra 89

Makara Rasi: 17.4 Tithi 17 - 18

**Gulika** 8:09AM - 9:39AM  
Yama 3:41PM - 5:11PM  
498755471 **Rahu** 11:09AM - 12:40PM

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

**Ganesha:** Blue *Sunrise: 6:38AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** Yellow  
Moon - Purple  
Ashada\*Ani

Moon 7 - Phase 13 - 1  
1st Phase

Routine Work Marana Yoga  
Until 3:04PM  
Then Creative Work - Siddha Yoga

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

**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

Nairobi, Kenya  
Sun 2 Sutra 90

Kumbha Rasi: 2.32 Tithi 18 - 19

**Gulika** 6:38AM - 8:09AM  
Yama 2:10PM - 3:41PM  
498755471 **Rahu** 9:39AM - 11:10AM

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

**Ganesha:** Blue *Sunrise: 6:38AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** Yellow  
Moon - Purple  
Ashada\*Adi

Moon 7 - Phase 13 - 2  
1st Phase

Creative Work Siddha Yoga  
Until 12:44PM  
Then Creative Work - Amrita Yoga

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

**2**

**Sunday, July 17, 2022**

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

Nairobi, Kenya  
Sun 3 Sutra 91

Kumbha Rasi: 17.02 Tithi 19 - 20

**Gulika** 3:41PM - 5:11PM  
Yama 12:40PM - 2:11PM  
498755472 **Rahu** 5:11PM - 6:42PM

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

**Ganesha:** Blue *Sunrise: 6:38AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** White  
Moon - Purple  
Ashada\*Adi

Moon 7 - Phase 13 - 3  
1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**

**3**

**Monday, July 18, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam  
Purvaproshtapada/Uttaraproshtapada Nakshatra Sobhana/Athiganda\* Yoga Taitila/Vanija Karana Panchami/Shashtyam Titau

Nairobi, Kenya  
Sun 4 Sutra 92

Meena Rasi: 1.04 Tithi 20 - 21

**Gulika** 2:11PM - 3:41PM  
Yama 11:10AM - 12:40PM  
418755472 **Rahu** 8:09AM - 9:39AM

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

**Ganesha:** White *Sunrise: 6:38AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** White  
Moon - Clear  
Ashada\*Adi

Moon 7 - Phase 13 - 4  
1st Phase

**Family Home Evening**  
Routine Work Marana Yoga  
Until 9:56AM  
Then Creative Work - Siddha Yoga

**Bhuloka Day**

**4**

**Tuesday, July 19, 2022**

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

Nairobi, Kenya  
Sun 5 Sutra 93

Meena Rasi: 14.37 Tithi 22

**Gulika** 12:40PM - 2:11PM  
Yama 9:39AM - 11:10AM  
419755472 **Rahu** 3:41PM - 5:12PM

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

**Ganesha:** Clear *Sunrise: 6:38AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** White  
Moon - Clear  
Ashada\*Adi

Moon 7 - Phase 13 - 5  
1st Phase

Creative Work Amrita Yoga  
Until 9:42AM  
Then Creative Work - Siddha Yoga

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

**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 Balava/Kaulava Karana Ashtamyam Titau

Nairobi, Kenya  
Sun 6 Sutra 94

Meena Rasi: 27.41 Tithi 23

**Gulika** 11:10AM - 12:40PM  
Yama 8:09AM - 9:39AM  
419755472 **Rahu** 12:40PM - 2:11PM

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

**Ganesha:** Clear *Sunrise: 6:39AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** White  
Moon - Clear  
Ashada\*Adi

Moon 7 - Phase 13 - 6  
Ashtami

Routine Work Marana Yoga

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

**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 Taitila Karana Navamyam Titau

Nairobi, Kenya  
Sun 7 Sutra 95

Mesha Rasi: 10.2 Tithi 24

**Gulika** 9:39AM - 11:10AM  
Yama 6:39AM - 8:09AM  
429755472 **Rahu** 2:11PM - 3:41PM

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

**Ganesha:** Purple *Sunrise: 6:39AM*  
**Muruqa:** Green *Sunset: 6:42PM*  
**Nataraja:** White  
Moon - White  
Ashada\*Adi

Moon 7 - Phase 13 - 7  
Navami

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

**Devaloka Day**

<b>1</b>	<b>Friday, July 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 96
	Mesha Rasi: 22.39	Tithi 24 – 25	<b>Gulika</b> 8:09AM – 9:40AM	<b>Bharani</b> Until 1:54PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
			Yama 3:41PM – 5:12PM	Shula* Until 9:59AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 8
	Creative Work	Siddha Yoga	429755472 <b>Rahu</b> 11:10AM – 12:40PM	Vanija Until 7:59PM	<b>Nataraja:</b> White		2nd Phase
			<b>Navami*</b> Until 7:03AM	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			


<b>2</b>	<b>Saturday, July 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda*/Vridhi Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 97
	Vrishabha Rasi: 4.44	Tithi 25 – 26	<b>Gulika</b> 6:39AM – 8:09AM	<b>Krittika</b> Until 4:24PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
			Yama 2:11PM – 3:41PM	Ganda* Until 10:37AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 9
	Creative Work	Amrita Yoga	429755472 <b>Rahu</b> 9:40AM – 11:10AM	Bava Until 10:08PM	<b>Nataraja:</b> White		2nd Phase
			<b>Dashami</b> Until 8:59AM	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			


<b>3</b>	<b>Sunday, July 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 98
	Vrishabha Rasi: 16.38	Tithi 26 – 27	<b>Gulika</b> 3:41PM – 5:12PM	<b>Rohini</b> Until 7:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
			Yama 12:41PM – 2:11PM	Vriddhi Until 11:32AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 10
	Creative Work	Siddha Yoga	439755472 <b>Rahu</b> 5:12PM – 6:42PM	Kaulava Until 12:34AM Mon	<b>Nataraja:</b> White		2nd Phase
			<b>Ekadashi*</b> Until 11:18AM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

<b>4</b>	<b>Monday, July 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Taitila*/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 99
	Vrishabha Rasi: 28.29	Tithi 27 – 28	<b>Gulika</b> 2:11PM – 3:41PM	<b>Mrigashira</b> Until 10:37PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 11:10AM – 12:41PM	Dhruva Until 12:34PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 11
	Creative Work	Amrita Yoga	439755472 <b>Rahu</b> 8:09AM – 9:40AM	Gara Until 3:06AM Tue	<b>Nataraja:</b> White		2nd Phase
			<b>Dvadashi*</b> Until 1:49PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Tuesday, July 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistil*/ Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 100
	Mithuna Rasi: 10.17	Tithi 28 – 29	<b>Gulika</b> 12:41PM – 2:11PM	<b>Ardra</b> Until 1:30AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
			Yama 9:40AM – 11:10AM	Vyaghata* Until 1:38PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 12
	Routine Work	Marana Yoga	439755472 <b>Rahu</b> 3:41PM – 5:12PM	Vistil Until 5:34AM Wed	<b>Nataraja:</b> White		2nd Phase
			<b>Trayodashi*</b> Until 4:20PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

<b>6</b>	<b>Wednesday, July 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 13 Sutra 101
	Mithuna Rasi: 22.07	Tithi 29	<b>Gulika</b> 11:10AM – 12:41PM	<b>Punarvasu</b> Until 4:35AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
			Yama 8:09AM – 9:40AM	Harshana Until 2:37PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 13
	Creative Work	Siddha Yoga	441755472 <b>Rahu</b> 12:41PM – 2:11PM	Sakuni Until 6:44PM	<b>Nataraja:</b> White		2nd Phase
			<b>Chaturdashi*</b> Until 6:44PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

	<b>Thursday, July 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 14 Sutra 102
	<b>Retreat Star</b>		<b>Gulika</b> 9:40AM – 11:10AM	<b>Pushya</b> Until 7:16AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
	Kataka Rasi: 4.02	Tithi 30	Yama 6:39AM – 8:09AM	Vajra* Until 3:26PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 14
	Creative Work	Amrita Yoga	441755472 <b>Rahu</b> 2:11PM – 3:41PM	Catuspada Until 7:52AM	<b>Nataraja:</b> White		Amavasya
			<b>Amavasya*</b> Until 8:55PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

	<b>Friday, July 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Siddhi/Vyatpata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 15 Sutra 103
	<b>Retreat Star</b>		<b>Gulika</b> 8:09AM – 9:40AM	<b>Pushya</b> Until 7:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	Subhakrit 5124
	Kataka Rasi: 16.01	Tithi 1	Yama 3:41PM – 5:12PM	Siddhi Until 4:04PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 14 - 15
	Routine Work	Marana Yoga	441755472 <b>Rahu</b> 11:10AM – 12:40PM	Kintughna Until 9:57AM	<b>Nataraja:</b> White		Prathama
			<b>Prathama*</b> Until 10:51PM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

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

<b>1</b>		<b>Saturday, July 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Nairobi, Kenya Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 28.07	Tithi 2	<b>Gulika</b> 6:39AM – 8:09AM	<b>Ashlesha* Until 9:31AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM			
		Yama 2:11PM – 3:41PM	Vyatipata* Until 4:30PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 16	
		441755472 <b>Rahu</b> 9:39AM – 11:10AM	Balava Until 11:44AM	<b>Nataraja:</b> White			3rd Phase	
Routine Work	Marana Yoga		<b>Dvitiya Until 12:29AM Sun</b>	Moon – Blue			<b>Bhuloka Day</b>	
Until 9:31AM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Amrita Yoga				Sravana*Adi				

<b>2</b>		<b>Sunday, July 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Nairobi, Kenya Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 10.2	Tithi 3	<b>Gulika</b> 3:41PM – 5:12PM	<b>Magha* Until 11:48AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:38AM			
		Yama 12:40PM – 2:11PM	Varyan Until 4:39PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 17	
		451755472 <b>Rahu</b> 5:12PM – 6:42PM	Taitila Until 1:12PM	<b>Nataraja:</b> White			3rd Phase	
Routine Work	Marana Yoga		<b>Tritiya Until 1:47AM Mon</b>	Moon – Red			<b>Bhuloka Day</b>	
Until 11:48AM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga				Sravana*Adi				

<b>3</b>		<b>Monday, August 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthiyam Titau				Nairobi, Kenya Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 22.43	Tithi 4	<b>Gulika</b> 2:11PM – 3:41PM	<b>Purvaphalguni Until 1:35PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:38AM			
<b>Family Home Evening</b>		Yama 11:10AM – 12:40PM	Parigha* Until 4:32PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 18	
		451755472 <b>Rahu</b> 8:09AM – 9:39AM	Vanija Until 2:19PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi* Until 2:43AM Tue</b>	Moon – Red			<b>Bhuloka Day</b>	
							Devaloka Time: 9:AM to12:PM	
				Sravana*Adi				

<b>4</b>		<b>Tuesday, August 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 5.15	Tithi 5	<b>Gulika</b> 12:40PM – 2:11PM	<b>Uttaraphalguni Until 2:48PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:38AM			
		Yama 9:39AM – 11:10AM	Shiva Until 4:06PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 19	
		451755472 <b>Rahu</b> 3:41PM – 5:12PM	Bava Until 3:02PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Amrita Yoga		<b>Panchami Until 3:12AM Wed</b>	Moon – Red			<b>Bhuloka Day</b>	
Until 2:48PM							Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga		<b>Nag Panchami</b>		Sravana*Adi				

<b>5</b>		<b>Wednesday, August 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 18	Tithi 6	<b>Gulika</b> 11:10AM – 12:40PM	<b>Hasta Until 3:53PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM			
		Yama 8:09AM – 9:39AM	Siddha Until 3:17PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 20	
		461755472 <b>Rahu</b> 12:40PM – 2:11PM	Kaulava Until 3:17PM	<b>Nataraja:</b> White			3rd Phase	
Routine Work	Marana Yoga		<b>Shashthi* Until 3:11AM Thu</b>	Moon – Green			<b>Devaloka Day</b>	
Until 3:53PM								
Then Creative Work - Siddha Yoga				Sravana*Adi				

<b>6</b>		<b>Thursday, August 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 21 Sutra 109 Subhakrit 5124
Tula Rasi: 0.59	Tithi 7	<b>Gulika</b> 9:39AM – 11:10AM	<b>Chitra Until 4:17PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM			
		Yama 6:38AM – 8:09AM	Sadhya Until 2:03PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 21	
		461755472 <b>Rahu</b> 2:11PM – 3:41PM	Gara Until 3:00PM	<b>Nataraja:</b> White			3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami Until 2:37AM Fri</b>	Moon – Green			<b>Devaloka Day</b>	
Until 4:17PM								
Then Creative Work - Amrita Yoga				Sravana*Adi				

<b>Friday, August 5, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 22 Sutra 110 Subhakrit 5124
Tula Rasi: 14.17	Tithi 8	<b>Gulika</b> 8:09AM – 9:39AM	<b>Svati Until 3:58PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:38AM			
		Yama 3:41PM – 5:12PM	Subha Until 12:22PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 22	
		461765472 <b>Rahu</b> 11:10AM – 12:40PM	Visti Until 2:07PM	<b>Nataraja:</b> White			Ashtami	
Creative Work	Siddha Yoga		<b>Ashtami* Until 1:26AM Sat</b>	Moon – Green			<b>Devaloka Day</b>	
		<b>Varalakshmi Vratam</b>						
				Sravana*Adi				

<b>Saturday, August 6, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 23 Sutra 111 Subhakrit 5124
Tula Rasi: 27.56	Tithi 9	<b>Gulika</b> 6:38AM – 8:08AM	<b>Vishakha Until 3:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:38AM			
		Yama 2:10PM – 3:41PM	Sukla Until 10:09AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM		Moon 7 - Phase 15 - 23	
		472765472 <b>Rahu</b> 9:39AM – 11:09AM	Balava Until 12:38PM	<b>Nataraja:</b> White			Navami	
Creative Work	Siddha Yoga		<b>Navami* Until 11:38PM</b>	Moon – Orange			<b>Bhuloka Day</b>	
				Sravana*Adi				

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2


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<b>1</b>		<b>Sunday, August 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Tilau			Nairobi, Kenya Sun 24 Sutra 112 Subhakrit 5124
Vrischika Rasi: 11.56	Tithi 10	<b>Gulika</b> 3:41PM – 5:11PM	<b>Anuradha</b> Until 1:56PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	Moon 7 - Phase 16 - 24	
		Yama 12:40PM – 2:10PM	Brahma Until 7:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM	4th Phase	
Routine Work	Marana Yoga	472865472 <b>Rahu</b> 5:11PM – 6:42PM	Taitila Until 10:32AM	<b>Nataraja:</b> White			
			<b>Dashami</b> Until 9:16PM	Moon – Orange			
				<b>Sravana*Adi</b>		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>2</b>		<b>Monday, August 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Tilau			Nairobi, Kenya Sun 25 Sutra 113 Subhakrit 5124
Vrischika Rasi: 26.2	Tithi 11	<b>Gulika</b> 2:10PM – 3:41PM	<b>Jyeshtha*</b> Until 11:53AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:38AM	Moon 7 - Phase 16 - 25	
Family Home Evening		Yama 11:09AM – 12:40PM	Vaidhriti* Until 12:48AM Tue	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM	4th Phase	
Creative Work	Siddha Yoga	472865472 <b>Rahu</b> 8:08AM – 9:39AM	Vanija Until 7:55AM	<b>Nataraja:</b> White			
			<b>Ekadashi</b> Until 6:25PM	Moon – Orange			
				<b>Sravana*Adi</b>		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>3</b>		<b>Tuesday, August 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Tilau			Nairobi, Kenya Sun 26 Sutra 114 Subhakrit 5124
Dhanus Rasi: 11.02	Tithi 12 – 13	<b>Gulika</b> 12:40PM – 2:10PM	<b>Mula*</b> Until 9:41AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16 - 26	
		Yama 9:39AM – 11:09AM	Vishkambha* Until 8:59PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM	4th Phase	
Creative Work	Amrita Yoga	482865472 <b>Rahu</b> 3:41PM – 5:11PM	Kaulava Until 1:28AM Wed	<b>Nataraja:</b> White			
Until 9:41AM			<b>Dvodashi</b> Until 3:10PM	Moon – Light Blue			
Then Creative Work - Siddha Yoga				<b>Sravana*Adi</b>		<b>Devaloka Day</b>	
						<i>Pradosha Vrata</i>	

<b>4</b>		<b>Wednesday, August 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Tilau			Nairobi, Kenya Sun 27 Sutra 115 Subhakrit 5124
Dhanus Rasi: 25.59	Tithi 13 – 14	<b>Gulika</b> 11:09AM – 12:39PM	<b>Purvashadha*</b> Until 7:04AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16 - 27	
		Yama 8:08AM – 9:38AM	Priti Until 5:01PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:42PM	4th Phase	
Creative Work	Amrita Yoga	482865472 <b>Rahu</b> 12:39PM – 2:10PM	Gara Until 9:55PM	<b>Nataraja:</b> White			
			<b>Trayodashi</b> Until 11:41AM	Moon – Light Blue			
				<b>Sravana*Adi</b>		<b>Devaloka Day</b>	

		<b>Thursday, August 11, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Tilau			Nairobi, Kenya Sutra 116 Subhakrit 5124
Makara Rasi: 11.02	Tithi 14 – 15	<b>Gulika</b> 9:38AM – 11:09AM	<b>Shravana</b> Until 1:36AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16 -	
		Yama 6:37AM – 8:08AM	Ayushman Until 12:59PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:41PM	Purnima	
Creative Work	Siddha Yoga	492865472 <b>Rahu</b> 2:10PM – 3:40PM	Visti Until 6:20PM	<b>Nataraja:</b> White			
			<b>Chaturdashi*</b> Until 8:06AM	Moon – Purple			
		<b>Raksha Bandhan</b>		<b>Sravana*Adi</b>		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM	

<b>Friday, August 12, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Tilau			Nairobi, Kenya Sutra 117 Subhakrit 5124	
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:07AM – 9:38AM	<b>Dhanishtha</b> Until 11:06PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	Moon 7 - Phase 16 -
Makara Rasi: 26.04	Tithi 16	Yama 3:40PM – 5:11PM	Saubhagya Until 9:02AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:41PM	Prathama
Creative Work	Siddha Yoga	492865472 <b>Rahu</b> 11:09AM – 12:39PM	Balava Until 2:55PM	<b>Nataraja:</b> White		
			<b>Prathama*</b> Until 1:18AM Sat	Moon – Purple		
				<b>Sravana*Adi</b>		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

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





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

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

Nairobi, Kenya  
Sutra 118

Kumbha Rasi: 10.53      Tithi 17

492865472

**Gulika** 6:37AM – 8:07AM  
Yama 2:09PM – 3:40PM  
**Rahu** 9:38AM – 11:08AM

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

**Ganesha:** Clear      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:41PM  
**Nataraja:** White  
Moon – Purple

Subhakrit 5124  
Moon 8 - Phase 17 -  
1st Phase

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

Creative Work    Amrita Yoga

Until 8:51PM

Then Routine Work - Marana Yoga

**1**

**Sunday, August 14, 2022**

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

Nairobi, Kenya  
Sun 1      Sutra 119

Kumbha Rasi: 25.23      Tithi 18

412865472

**Gulika** 3:40PM – 5:10PM  
Yama 12:39PM – 2:09PM  
**Rahu** 5:10PM – 6:41PM

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

**Ganesha:** Yellow      *Sunrise:* 6:37AM  
**Muruqa:** White      *Sunset:* 6:41PM  
**Nataraja:** White  
Moon – Clear

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

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

Creative Work    Siddha Yoga

Until 7:27PM

Then Creative Work - Amrita Yoga

**2**

**Monday, August 15, 2022**

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

Nairobi, Kenya  
Sun 2      Sutra 120

Meena Rasi: 9.27      Tithi 19

412865472

**Gulika** 2:09PM – 3:40PM  
Yama 11:08AM – 12:39PM  
**Rahu** 8:07AM – 9:37AM

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

**Ganesha:** Yellow      *Sunrise:* 6:36AM  
**Muruqa:** White      *Sunset:* 6:41PM  
**Nataraja:** White  
Moon – Clear

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

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

Creative Work    Siddha Yoga

Until 7:27PM

Then Creative Work - Amrita Yoga

**3**

**Tuesday, August 16, 2022**

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

Nairobi, Kenya  
Sun 3      Sutra 121

Meena Rasi: 23.02      Tithi 20 – 21

412865472

**Gulika** 12:38PM – 2:09PM  
Yama 9:37AM – 11:08AM  
**Rahu** 3:39PM – 5:10PM

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

**Ganesha:** Yellow      *Sunrise:* 6:36AM  
**Muruqa:** White      *Sunset:* 6:41PM  
**Nataraja:** White  
Moon – Clear

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

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

Creative Work    Siddha Yoga

Until 7:27PM

Then Creative Work - Amrita Yoga

**4**

**Wednesday, August 17, 2022**

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

Nairobi, Kenya  
Sun 4      Sutra 122

Mesha Rasi: 6.1      Tithi 21 – 22

522865472

**Gulika** 11:08AM – 12:38PM  
Yama 8:06AM – 9:37AM  
**Rahu** 12:38PM – 2:09PM

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

**Ganesha:** Yellow      *Sunrise:* 6:36AM  
**Muruqa:** White      *Sunset:* 6:40PM  
**Nataraja:** White  
Moon – White

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

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

Routine Work    Marana Yoga

Until 7:27PM

Then Creative Work - Siddha Yoga

**5**

**Thursday, August 18, 2022**

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

Nairobi, Kenya  
Sun 5      Sutra 123

Mesha Rasi: 18.51      Tithi 22

522865472

**Gulika** 9:37AM – 11:07AM  
Yama 6:36AM – 8:06AM  
**Rahu** 2:09PM – 3:39PM

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

**Ganesha:** Yellow      *Sunrise:* 6:36AM  
**Muruqa:** White      *Sunset:* 6:40PM  
**Nataraja:** White  
Moon – White

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

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

Creative Work    Siddha Yoga

Until 9:06PM

Then Routine Work - Marana Yoga

**D**

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

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

Nairobi, Kenya  
Sun 6      Sutra 124

Vrishabha Rasi: 1.12      Tithi 23

523865472

**Gulika** 8:06AM – 9:37AM  
Yama 3:39PM – 5:09PM  
**Rahu** 11:07AM – 12:38PM

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

**Ganesha:** White      *Sunrise:* 6:35AM  
**Muruqa:** White      *Sunset:* 6:40PM  
**Nataraja:** White  
Moon – White

Subhakrit 5124  
Moon 8 - Phase 17 - 6  
Ashtami

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

Creative Work    Siddha Yoga

Until 11:16PM

Then Routine Work - Marana Yoga

**Krishna Janmashtami**

**Saturday, August 20, 2022**

**Retreat Star**

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

Nairobi, Kenya  
Sun 7      Sutra 125

Vrishabha Rasi: 13.17      Tithi 24

533865472

**Gulika** 6:35AM – 8:06AM  
Yama 2:08PM – 3:39PM  
**Rahu** 9:36AM – 11:07AM

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

**Ganesha:** Yellow      *Sunrise:* 6:35AM  
**Muruqa:** White      *Sunset:* 6:40PM  
**Nataraja:** White  
Moon – Yellow

Subhakrit 5124  
Moon 8 - Phase 17 - 7  
Navami

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

Creative Work    Amrita Yoga

Until 2:13AM Sun

Then Creative Work - Siddha Yoga

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

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<b>1</b>		<b>Sunday, August 21, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 126 Subhakarit 5124
Wishabha Rasi: 25.11	Tithi 25	<b>Gulika</b> 3:38PM – 5:09PM	<b>Mrigashira</b> Until 5:14AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:35AM			
		Yama 12:37PM – 2:08PM	Harshana Until 8:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:40PM		Moon 8 - Phase 18 - 8	
		533865472 <b>Rahu</b> 5:09PM – 6:40PM	Vanija Until 11:57AM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:10AM Mon	Moon – Yellow		<b>Bhuloka Day</b>		
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		

<b>2</b>		<b>Monday, August 22, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 127 Subhakarit 5124
Mithuna Rasi: 7.02	Tithi 26	<b>Gulika</b> 2:08PM – 3:38PM	<b>Ardra</b> Until 8:05AM Tue	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:35AM			
Family Home Evening		Yama 11:06AM – 12:37PM	Vajra* Until 9:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:39PM		Moon 8 - Phase 18 - 9	
		533865472 <b>Rahu</b> 8:05AM – 9:36AM	Bava Until 2:27PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 3:40AM Tue	Moon – Yellow		<b>Bhuloka Day</b>		
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		

<b>3</b>		<b>Tuesday, August 23, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 128 Subhakarit 5124
Mithuna Rasi: 18.52	Tithi 27	<b>Gulika</b> 12:37PM – 2:07PM	<b>Ardra</b> Until 8:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:34AM			
		Yama 9:36AM – 11:06AM	Siddhi Until 10:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:39PM		Moon 8 - Phase 18 - 10	
		533865472 <b>Rahu</b> 3:38PM – 5:09PM	Kaulava Until 4:54PM	<b>Nataraja:</b> White			2nd Phase	
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 6:02AM Wed	Moon – Yellow		<b>Bhuloka Day</b>		
Until 8:05AM				Sravana-Avani		Devaloka Time: 6:AM to 9:AM		
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Wednesday, August 24, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 129 Subhakarit 5124
Kataka Rasi: 0.46	Tithi 27 – 28	<b>Gulika</b> 11:06AM – 12:36PM	<b>Punarvasu</b> Until 11:08AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:34AM			
		Yama 8:05AM – 9:35AM	Vyatipata* Until 10:54PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:39PM		Moon 8 - Phase 18 - 11	
		533865472 <b>Rahu</b> 12:36PM – 2:07PM	Gara Until 7:08PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 6:02AM	Moon – Blue		<b>Bhuloka Day</b>		
				Sravana-Avani				
				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Thursday, August 25, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 130 Subhakarit 5124
Kataka Rasi: 12.46	Tithi 28 – 29	<b>Gulika</b> 9:35AM – 11:06AM	<b>Pushya</b> Until 1:45PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:34AM			
		Yama 6:34AM – 8:04AM	Variyan Until 11:24PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:39PM		Moon 8 - Phase 18 - 12	
		533865472 <b>Rahu</b> 2:07PM – 3:37PM	Visti Until 9:04PM	<b>Nataraja:</b> White			2nd Phase	
Creative Work	Amrita Yoga		<b>Trayodashi*</b> Until 8:08AM	Moon – Blue		<b>Bhuloka Day</b>		
Until 1:45PM				Sravana-Avani				
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Friday, August 26, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 131 Subhakarit 5124
Kataka Rasi: 24.53	Tithi 29 – 30	<b>Gulika</b> 8:04AM – 9:35AM	<b>Ashlesha*</b> Until 3:51PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:33AM			
		Yama 3:37PM – 5:08PM	Parigha* Until 11:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:38PM		Moon 8 - Phase 18 - 13	
		533865472 <b>Rahu</b> 11:05AM – 12:36PM	Catuspada Until 10:38PM	<b>Nataraja:</b> White			Amavasya	
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 9:53AM	Moon – Blue		<b>Bhuloka Day</b>		
				Sravana-Avani				

<b>Retreat Star</b>		<b>Saturday, August 27, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 132 Subhakarit 5124
Simha Rasi: 7.1	Tithi 30 – 1	<b>Gulika</b> 6:33AM – 8:04AM	<b>Magha*</b> Until 5:54PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:33AM			
		Yama 2:06PM – 3:37PM	Shiva Until 11:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:38PM		Moon 8 - Phase 18 - 14	
		533865472 <b>Rahu</b> 9:34AM – 11:05AM	Kintughna Until 11:49PM	<b>Nataraja:</b> White			Prathama	
Creative Work	Amrita Yoga		<b>Amavasya*</b> Until 11:15AM	Moon – Red		<b>Bhuloka Day</b>		
Until 5:54PM				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 Nairobi, Kenya on 5/1/2

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<b>1</b>	<b>Sunday, August 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 133 Subhakrit 5124
	Simha Rasi: 19.37	Tithi 1 – 2	<b>Gulika</b> 3:37PM – 5:07PM	<b>Purvaphalguni Until 7:24PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:33AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19 - 15 3rd Phase
	Creative Work Siddha Yoga	553865473	<b>Rahu</b> 5:07PM – 6:38PM	Siddha Until 11:11PM Balava Until 12:36AM Mon	<b>Nataraja:</b> Clear Moon – Red	<b>Bhuloka Day</b>	
	Until 7:24PM Then Creative Work - Amrita Yoga			<b>Prathama* Until 12:14PM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>2</b>	<b>Monday, August 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 134 Subhakrit 5124
	Kanya Rasi: 2.15	Tithi 2 – 3	<b>Gulika</b> 2:06PM – 3:36PM	<b>Uttaraphalguni Until 8:22PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:33AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:38PM	Moon 8 - Phase 19 - 16 3rd Phase
	Family Home Evening	553865473	<b>Rahu</b> 8:03AM – 9:34AM	Sadhya Until 10:30PM Taitila Until 12:59AM Tue	<b>Nataraja:</b> Clear Moon – Red	<b>Bhuloka Day</b>	
	Creative Work Siddha Yoga			<b>Dvitiya Until 12:49PM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>3</b>	<b>Tuesday, August 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtayam Titau				Nairobi, Kenya Sun 17 Sutra 135 Subhakrit 5124
	Kanya Rasi: 15.04	Tithi 3 – 4	<b>Gulika</b> 12:35PM – 2:05PM	<b>Hasta Until 9:17PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:32AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 17 3rd Phase
	Creative Work Siddha Yoga	563865473	<b>Rahu</b> 3:36PM – 5:07PM	Subha Until 9:32PM Vanija Until 1:00AM Wed	<b>Nataraja:</b> Clear Moon – Green	<b>Bhuloka Day</b>	
	Until 7:24PM Then Creative Work - Amrita Yoga			<b>Tritiya Until 1:01PM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>4</b>	<b>Wednesday, August 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 136 Subhakrit 5124
	Kanya Rasi: 28.04	Tithi 4 – 5	<b>Gulika</b> 11:04AM – 12:34PM	<b>Chitra Until 9:39PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:32AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 18 3rd Phase
	Creative Work Siddha Yoga	563865473	<b>Rahu</b> 12:34PM – 2:05PM	Sukla Until 8:14PM Bava Until 12:38AM Thu	<b>Nataraja:</b> Clear Moon – Green	<b>Bhuloka Day</b>	
	Until 7:24PM Then Creative Work - Amrita Yoga			<b>Chaturthi* Until 12:51PM</b>	<b>Bhadrapada*Avani</b>	<b>Devaloka Time: 6:PM to 9:PM</b>	

<b>5</b>	<b>Thursday, September 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 137 Subhakrit 5124
	Tula Rasi: 11.16	Tithi 5 – 6	<b>Gulika</b> 9:33AM – 11:03AM	<b>Svati Until 9:30PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:32AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 19 3rd Phase
	Creative Work Amrita Yoga	563965473	<b>Rahu</b> 2:05PM – 3:35PM	Brahma Until 6:38PM Kaulava Until 11:52PM	<b>Nataraja:</b> Clear Moon – Green	<b>Devaloka Day</b>	
	Until 9:30PM Then Creative Work - Siddha Yoga			<b>Panchami Until 12:17PM</b>	<b>Bhadrapada*Avani</b>		

<b>6</b>	<b>Friday, September 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 138 Subhakrit 5124
	Tula Rasi: 24.41	Tithi 6 – 7	<b>Gulika</b> 8:02AM – 9:33AM	<b>Vishakha Until 9:14PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:31AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:36PM	Moon 8 - Phase 19 - 20 3rd Phase
	Creative Work Siddha Yoga	573965473	<b>Rahu</b> 11:03AM – 12:34PM	Indra Until 4:43PM Gara Until 10:41PM	<b>Nataraja:</b> Clear Moon – Orange	<b>Sivaloka Day</b>	
	Until 7:24PM Then Creative Work - Amrita Yoga			<b>Shashthi* Until 11:18AM</b>	<b>Bhadrapada*Avani</b>		

<b>☾</b>	<b>Saturday, September 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 139 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 6:31AM – 8:02AM	<b>Anuradha Until 8:24PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:31AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:36PM	Moon 8 - Phase 19 - 21 Ashtami
	Vrischika Rasi: 8.2	Tithi 7 – 8	<b>Rahu</b> 9:32AM – 11:03AM	Vaidhriti* Until 2:26PM Visti Until 9:05PM	<b>Nataraja:</b> Clear Moon – Orange	<b>Devaloka Day</b>	
	Creative Work Siddha Yoga	574965473		<b>Saptami Until 9:55AM</b>	<b>Bhadrapada*Avani</b>		

<b>☾</b>	<b>Sunday, September 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 140 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 3:35PM – 5:05PM	<b>Jyeshtha* Until 7:01PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:30AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:36PM	Moon 8 - Phase 19 - 22 Navami
	Vrischika Rasi: 22.15	Tithi 8 – 9	<b>Rahu</b> 5:05PM – 6:36PM	Vishkambha* Until 11:49AM Balava Until 7:05PM	<b>Nataraja:</b> Clear Moon – Orange	<b>Devaloka Day</b>	
	Routine Work Marana Yoga	574965473		<b>Ashtami* Until 8:07AM</b>	<b>Bhadrapada*Avani</b>		

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

<b>1</b>	<b>Monday, September 5, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Nairobi, Kenya Sun 23 Sutra 141 Subhakrit 5124
	Dhanus Rasi: 6.25 Family Home Evening Creative Work Siddha Yoga Until 5:32PM Then Routine Work - Marana Yoga	Tithi 10 584965473	<b>Gulika</b> 2:04PM – 3:34PM Yama 11:02AM – 12:33PM <b>Rahu</b> 8:01AM – 9:31AM	<b>Mula* Until 5:32PM</b> Priti Until 8:55AM Taitila Until 4:42PM <b>Dashami Until 3:22AM Tue</b>


<b>2</b>	<b>Tuesday, September 6, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Nairobi, Kenya Sun 24 Sutra 142 Subhakrit 5124
	Dhanus Rasi: 20.5 Creative Work Siddha Yoga Until 3:36PM Then Routine Work - Prabararishta Yoga	Tithi 11 584965473	<b>Gulika</b> 12:33PM – 2:03PM Yama 9:31AM – 11:02AM <b>Rahu</b> 3:34PM – 5:05PM	<b>Purvashadha* Until 3:36PM</b> Saubhagya Until 2:16AM Wed Vanija Until 2:00PM <b>Ekadashi Until 12:33AM Wed</b>


<b>3</b>	<b>Wednesday, September 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Nairobi, Kenya Sun 25 Sutra 143 Subhakrit 5124
	Makara Rasi: 5.25 Creative Work Amrita Yoga Until 1:20PM Then Creative Work - Siddha Yoga	Tithi 12 584965473	<b>Gulika</b> 11:01AM – 12:32PM Yama 8:00AM – 9:31AM <b>Rahu</b> 12:32PM – 2:03PM	<b>Uttarashadha Until 1:20PM</b> Sobhana Until 10:44PM Bava Until 11:05AM <b>Dvadashi Until 9:34PM</b>

<b>4</b>	<b>Thursday, September 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Nairobi, Kenya Sun 26 Sutra 144 Subhakrit 5124
	Makara Rasi: 20.07 Creative Work Siddha Yoga	Tithi 13 594965473	<b>Gulika</b> 9:30AM – 11:01AM Yama 6:29AM – 8:00AM <b>Rahu</b> 2:03PM – 3:33PM	<b>Shravana Until 11:15AM</b> Athiganda* Until 7:09PM Kaulava Until 8:04AM <b>Trayodashi Until 6:33PM</b>

*Pradosha Vrata*

<b>5</b>	<b>Friday, September 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarna/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Nairobi, Kenya Sun 27 Sutra 145 Subhakrit 5124
	Kumbha Rasi: 4.47 Creative Work Siddha Yoga	Tithi 14 – 15 594965473	<b>Gulika</b> 7:59AM – 9:30AM Yama 3:33PM – 5:04PM <b>Rahu</b> 11:01AM – 12:31PM	<b>Dhanishtha Until 9:04AM</b> Sukarna Until 3:40PM Visti Until 2:17AM Sat <b>Chaturdashi* Until 3:38PM</b>

	<b>Saturday, September 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Nairobi, Kenya Sun 27 Sutra 146 Subhakrit 5124
	Kumbha Rasi: 19.19 Creative Work Amrita Yoga Until 6:58AM Then Routine Work - Marana Yoga	Tithi 15 – 16 594965473	<b>Gulika</b> 6:28AM – 7:59AM Yama 2:02PM – 3:33PM <b>Rahu</b> 9:30AM – 11:00AM	<b>Shatabhishak Until 6:58AM</b> Dhriti Until 12:25PM Balava Until 11:49PM <b>Purnima* Until 12:59PM</b>

	<b>Sunday, September 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 28 Sutra 147 Subhakrit 5124
	Meena Rasi: 4 Creative Work Amrita Yoga Until 4:27AM Mon Then Creative Work - Siddha Yoga	Tithi 16 – 17 514965473	<b>Gulika</b> 3:32PM – 5:03PM Yama 12:31PM – 2:02PM <b>Rahu</b> 5:03PM – 6:34PM	<b>Uttaraproshtapada Until 4:27AM Mon</b> Shula* Until 9:28AM Taitila Until 9:51PM <b>Prathama* Until 10:45AM</b>

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



Monday, September 12, 2022

Gold Retreat Star

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

Nairobi, Kenya

Sun 1 Sutra 148

Subhakrit 5124

Moon 9 - Phase 21 - 1

1st Phase

Meena Rasi: 17.32 Tithi 17 - 18

Family Home Evening

514965473

Gulika

2:01PM - 3:32PM

Yama

11:00AM - 12:30PM

Rahu

7:58AM - 9:29AM

Revati Until 3:55AM Tue

Ganda\* Until 6:59AM

Vanija Until 8:31PM

Dvitiya Until 9:05AM

Ganesha: Clear

Sunrise: 6:28AM

Muruqa: White

Sunset: 6:33PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Bhadrapada-Avani

Creative Work Siddha Yoga

1

Tuesday, September 13, 2022

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

Nairobi, Kenya

Sun 2 Sutra 149

Subhakrit 5124

Moon 9 - Phase 21 - 2

1st Phase

Mesha Rasi: 1.04 Tithi 18 - 19

Creative Work Siddha Yoga

524965473

Gulika

12:30PM - 2:01PM

Yama

9:29AM - 10:59AM

Rahu

3:32PM - 5:02PM

Ashvini Until 4:25AM Wed

Dhruva Until 3:44AM Wed

Bava Until 7:56PM

Tritiya Until 8:06AM

Ganesha: White

Sunrise: 6:27AM

Muruqa: White

Sunset: 6:33PM

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 Yuktayam  
Bharani Nakshatra Vyaghata\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya

Sun 3 Sutra 150

Subhakrit 5124

Moon 9 - Phase 21 - 3

1st Phase

Mesha Rasi: 14.1 Tithi 19 - 20

Creative Work Siddha Yoga

524965473

Gulika

10:59AM - 12:30PM

Yama

7:58AM - 9:28AM

Rahu

12:30PM - 2:00PM

Bharani Until 5:34AM Thu

Vyaghata\* Until 3:03AM Thu

Kaulava Until 8:09PM

Chaturthi\* Until 7:55AM

Ganesha: White

Sunrise: 6:27AM

Muruqa: White

Sunset: 6:33PM

Nataraja: Clear

Moon - White

Bhuloka Day

Bhadrapada-Avani

Devaloka Time: 6:PM to 9:PM

Until 5:34AM Thu

Then Routine Work - Marana Yoga

3

Thursday, September 15, 2022

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

Nairobi, Kenya

Sun 4 Sutra 151

Subhakrit 5124

Moon 9 - Phase 21 - 4

1st Phase

Mesha Rasi: 26.53 Tithi 20 - 21

Routine Work Marana Yoga

525965473

Gulika

9:28AM - 10:59AM

Yama

6:26AM - 7:57AM

Rahu

2:00PM - 3:31PM

Krittika Until 7:17AM Fri

Harshana Until 2:59AM Fri

Gara Until 9:08PM

Panchami Until 8:32AM

Ganesha: Clear

Sunrise: 6:26AM

Muruqa: White

Sunset: 6:32PM

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 Yuktayam  
Krittika/Rohini Nakshatra Vajra\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Nairobi, Kenya

Sun 5 Sutra 152

Subhakrit 5124

Moon 9 - Phase 21 - 5

1st Phase

Vrishabha Rasi: 9.15 Tithi 21 - 22

Creative Work Siddha Yoga

525965473

Gulika

7:57AM - 9:28AM

Yama

3:31PM - 5:01PM

Rahu

10:58AM - 12:29PM

Krittika Until 7:17AM

Vajra\* Until 3:22AM Sat

Visti Until 10:49PM

Shashthi\* Until 9:53AM

Ganesha: Clear

Sunrise: 6:26AM

Muruqa: White

Sunset: 6:32PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada-Avani

Until 7:17AM

Then Routine Work - Marana Yoga

5

Saturday, September 17, 2022

Retreat Star

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

Nairobi, Kenya

Sun 6 Sutra 153

Subhakrit 5124

Moon 9 - Phase 21 - 6

Ashtami

Vrishabha Rasi: 21.22 Tithi 22 - 23

Creative Work Amrita Yoga

535965473

Gulika

6:26AM - 7:56AM

Yama

1:59PM - 3:30PM

Rahu

9:27AM - 10:58AM

Rohini Until 9:55AM

Siddhi Until 4:06AM Sun

Balava Until 12:58AM Sun

Saptami Until 11:50AM

Ganesha: White

Sunrise: 6:26AM

Muruqa: White

Sunset: 6:32PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Until 9:55AM

Then Creative Work - Siddha Yoga

Sunday, September 18, 2022

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 154

Subhakrit 5124

Moon 9 - Phase 21 - 7

Navami

Mithuna Rasi: 3.19 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika

3:30PM - 5:01PM

Yama

12:28PM - 1:59PM

Rahu

5:01PM - 6:31PM

Mrigashira Until 12:44PM

Vyatipata\* Until 5:01AM Mon

Taitila Until 3:23AM Mon

Ashtami\* Until 2:09PM

Ganesha: White

Sunrise: 6:25AM

Muruqa: White

Sunset: 6:31PM

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 Nairobi, Kenya on 5/1/2

www.gurudeva.org/panchang

<b>1</b>	<b>Monday, September 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya
	Mithuna Rasi: 15.11	Tithi 24 – 25	Gulika 1:59PM – 3:30PM	Ardra Until 3:33PM	Ganesha: White	Sunrise: 6:25AM	Sun 8 Sutra 155
<b>Family Home Evening</b>		545965473	Yama 10:57AM – 12:28PM	Variyan Until 5:54AM Tue	Muruqa: White	Sunset: 6:31PM	Subhakrit 5124
Creative Work Siddha Yoga			Rahu 7:56AM – 9:26AM	Vanija Until 5:49AM Tue	Nataraja: Clear		Moon 9 - Phase 22 - 8
Until 3:33PM				Navami* Until 4:36PM	Moon – Yellow		2nd Phase
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi	<b>Sivaloka Day</b>	


<b>2</b>	<b>Tuesday, September 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Parigha* Yoga Visti* Karana Dashamyam Titau				Nairobi, Kenya
	Mithuna Rasi: 27.04	Tithi 25	Gulika 12:28PM – 1:58PM	Punarvasu Until 6:36PM	Ganesha: Yellow	Sunrise: 6:24AM	Sun 9 Sutra 156
Creative Work Siddha Yoga		545965473	Yama 9:26AM – 10:57AM	Parigha* Until 6:40AM Wed	Muruqa: White	Sunset: 6:31PM	Subhakrit 5124
			Rahu 3:29PM – 5:00PM	Visti Until 6:58PM	Nataraja: Clear		Moon 9 - Phase 22 - 9
				Dashami Until 6:58PM	Moon – Blue		2nd Phase
					Bhadrapada-Puratasi	<b>Devaloka Day</b>	

<b>3</b>	<b>Wednesday, September 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya
	Kataka Rasi: 9	Tithi 26	Gulika 10:56AM – 12:27PM	Pushya Until 9:15PM	Ganesha: Yellow	Sunrise: 6:24AM	Sun 10 Sutra 157
Creative Work Siddha Yoga		545965473	Yama 7:55AM – 9:26AM	Parigha* Until 6:40AM	Muruqa: White	Sunset: 6:30PM	Subhakrit 5124
			Rahu 12:27PM – 1:58PM	Bava Until 8:05AM	Nataraja: Clear		Moon 9 - Phase 22 - 10
				Ekadashi* Until 9:04PM	Moon – Blue		2nd Phase
					Bhadrapada-Puratasi	<b>Devaloka Day</b>	

<b>4</b>	<b>Thursday, September 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvodashyam Titau				Nairobi, Kenya
	Kataka Rasi: 21.05	Tithi 27	Gulika 9:25AM – 10:56AM	Ashlesha* Until 11:20PM	Ganesha: Yellow	Sunrise: 6:24AM	Sun 11 Sutra 158
Creative Work Siddha Yoga		545965473	Yama 6:24AM – 7:54AM	Shiva Until 7:12AM	Muruqa: White	Sunset: 6:30PM	Subhakrit 5124
Until 11:20PM			Rahu 1:58PM – 3:29PM	Kaulava Until 9:59AM	Nataraja: Clear		Moon 9 - Phase 22 - 11
Then Creative Work - Amrita Yoga				Dvadashi* Until 10:46PM	Moon – Blue		2nd Phase
					Bhadrapada-Puratasi	<b>Devaloka Day</b>	

<b>5</b>	<b>Friday, September 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Nairobi, Kenya
	Simha Rasi: 3.19	Tithi 28	Gulika 7:54AM – 9:25AM	Magha* Until 1:18AM Sat	Ganesha: Red	Sunrise: 6:23AM	Sun 12 Sutra 159
Routine Work Marana Yoga		555965473	Yama 3:28PM – 4:59PM	Siddha Until 7:21AM	Muruqa: White	Sunset: 6:30PM	Subhakrit 5124
Until 1:18AM Sat			Rahu 10:56AM – 12:27PM	Gara Until 11:27AM	Nataraja: Clear		Moon 9 - Phase 22 - 12
Then Creative Work - Siddha Yoga				Trayodashi* Until 11:59PM	Moon – Red		2nd Phase
					Bhadrapada-Puratasi	<b>Devaloka Day</b>	
							<i>Pradosha Vrata (Fasting)</i>

<b>6</b>	<b>Saturday, September 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya
	Simha Rasi: 15.47	Tithi 29	Gulika 6:23AM – 7:54AM	Purvaphalguni Until 2:36AM Sun	Ganesha: Green	Sunrise: 6:23AM	Sun 13 Sutra 160
Creative Work Siddha Yoga		556965473	Yama 1:57PM – 3:28PM	Sadhya Until 7:09AM	Muruqa: White	Sunset: 6:29PM	Subhakrit 5124
Until 2:36AM Sun			Rahu 9:25AM – 10:55AM	Visti Until 12:26PM	Nataraja: Clear		Moon 9 - Phase 22 - 13
Then Creative Work - Amrita Yoga				Chaturdashi* Until 12:42AM Sun	Moon – Red		2nd Phase
					Bhadrapada-Puratasi	<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM

	<b>Sunday, September 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya
	<b>Retreat Star</b>		Gulika 3:28PM – 4:58PM	Uttaraphalguni Until 3:15AM Mon	Ganesha: Blue	Sunrise: 6:23AM	Sun 14 Sutra 161
Simha Rasi: 28.28	Tithi 30	556165473	Yama 12:26PM – 1:57PM	Subha Until 6:34AM	Muruqa: White	Sunset: 6:29PM	Subhakrit 5124
Creative Work Amrita Yoga			Rahu 4:58PM – 6:29PM	Catuspada Until 12:53PM	Nataraja: Clear		Moon 9 - Phase 22 - 14
Until 3:15AM Mon				Amavasya* Until 12:54AM Mon	Moon – Red		Amavasya
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi	<b>Bhuloka Day</b>	Devaloka Time: 6:PM to 9:PM

<b>Monday, September 26, 2022</b>	<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya
	Kanya Rasi: 11.24	Tithi 1	Gulika 1:56PM – 3:27PM	Hasta Until 3:45AM Tue	Ganesha: Blue	Sunrise: 6:22AM	Sun 15 Sutra 162
<b>Family Home Evening</b>		566165473	Yama 10:55AM – 12:26PM	Brahma Until 4:11AM Tue	Muruqa: White	Sunset: 6:29PM	Subhakrit 5124
Creative Work Siddha Yoga			Rahu 7:53AM – 9:24AM	Kintughna Until 12:50PM	Nataraja: Clear		Moon 9 - Phase 22 - 15
				Prathama* Until 12:38AM Tue	Moon – Green		Prathama
					Ashvina-Puratasi	<b>Bhuloka Day</b>	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 Nairobi, Kenya on 5/1/2

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<b>1</b>	<b>Tuesday, September 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Nairobi, Kenya Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 24.34	Tithi 2	<b>Gulika</b> 12:25PM – 1:56PM	<b>Chitra</b> Until 3:41AM Wed	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:22AM	<i>Sunset:</i> 6:29PM	Moon 9 - Phase 23 - 16
	Creative Work	Siddha Yoga	Yama 9:23AM – 10:54AM	Indra Until 2:31AM Wed	<b>Muruqa:</b> White		3rd Phase
		666165473 <b>Rahu</b> 3:27PM – 4:58PM	Balava Until 12:21PM	<b>Nataraja:</b> Clear			
			<b>Dvitiya</b> Until 11:57PM	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>2</b>	<b>Wednesday, September 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau				Nairobi, Kenya Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 7.57	Tithi 3	<b>Gulika</b> 10:54AM – 12:25PM	<b>Svati</b> Until 3:09AM Thu	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	<i>Sunset:</i> 6:28PM	Moon 9 - Phase 23 - 17
	Creative Work	Siddha Yoga	Yama 7:52AM – 9:23AM	Vaidhriti* Until 12:32AM Thu	<b>Muruqa:</b> White		3rd Phase
		666165473 <b>Rahu</b> 12:25PM – 1:56PM	Taitila Until 11:29AM	<b>Nataraja:</b> Clear			
			<b>Tritiya</b> Until 10:54PM	Moon – Green		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>3</b>	<b>Thursday, September 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau				Nairobi, Kenya Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 21.32	Tithi 4	<b>Gulika</b> 9:23AM – 10:54AM	<b>Vishakha</b> Until 2:37AM Fri	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	<i>Sunset:</i> 6:28PM	Moon 9 - Phase 23 - 18
	Creative Work	Siddha Yoga	Yama 6:21AM – 7:52AM	Vishkambha* Until 10:19PM	<b>Muruqa:</b> White		3rd Phase
		676165473 <b>Rahu</b> 1:55PM – 3:26PM	Vanija Until 10:17AM	<b>Nataraja:</b> Clear			
			<b>Chaturthi*</b> Until 9:34PM	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>4</b>	<b>Friday, September 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 5.16	Tithi 5	<b>Gulika</b> 7:52AM – 9:22AM	<b>Anuradha</b> Until 1:41AM Sat	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:21AM	<i>Sunset:</i> 6:28PM	Moon 9 - Phase 23 - 19
	Creative Work	Siddha Yoga	Yama 3:26PM – 4:57PM	Priti Until 7:56PM	<b>Muruqa:</b> White		3rd Phase
		676165473 <b>Rahu</b> 10:53AM – 12:24PM	Bava Until 8:49AM	<b>Nataraja:</b> Clear			
			<b>Panchami</b> Until 7:58PM	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>5</b>	<b>Saturday, October 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 19.1	Tithi 6	<b>Gulika</b> 6:20AM – 7:51AM	<b>Jyeshtha*</b> Until 12:26AM Sun	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:20AM	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 23 - 20
	Creative Work	Siddha Yoga	Yama 1:55PM – 3:26PM	Ayushman Until 5:21PM	<b>Muruqa:</b> White		3rd Phase
		676165473 <b>Rahu</b> 9:22AM – 10:53AM	Kaulava Until 7:07AM	<b>Nataraja:</b> Clear			
			<b>Shashthi*</b> Until 6:10PM	Moon – Orange		<b>Bhuloka Day</b>	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

<b>6</b>	<b>Sunday, October 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 168 Subhakrit 5124
	Dhanus Rasi: 3.1	Tithi 7 – 8	<b>Gulika</b> 3:25PM – 4:56PM	<b>Mula*</b> Until 11:17PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:20AM	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 23 - 21
	Creative Work	Amrita Yoga	Yama 12:24PM – 1:54PM	Saubhagya Until 2:38PM	<b>Muruqa:</b> Green		3rd Phase
		687166473 <b>Rahu</b> 4:56PM – 6:27PM	Visiti Until 3:10AM Mon	<b>Nataraja:</b> Clear			
			<b>Saptami</b> Until 4:12PM	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

<b>D</b>	<b>Monday, October 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 169 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 1:54PM – 3:25PM	<b>Purvashadha*</b> Until 9:52PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:20AM	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 23 - 22
	Dhanus Rasi: 17.17	Tithi 8 – 9	Yama 10:52AM – 12:23PM	Sobhana Until 11:48AM	<b>Muruqa:</b> Green		Ashtami
<b>Family Home Evening</b>		687166473 <b>Rahu</b> 7:51AM – 9:21AM	Balava Until 12:59AM Tue	<b>Nataraja:</b> Clear			
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 2:05PM	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

<b>D</b>	<b>Tuesday, October 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 170 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 12:23PM – 1:54PM	<b>Uttarashadha</b> Until 8:12PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:19AM	<i>Sunset:</i> 6:27PM	Moon 9 - Phase 23 - 23
	Makara Rasi: 1.28	Tithi 9 – 10	Yama 9:21AM – 10:52AM	Athiganda* Until 8:51AM	<b>Muruqa:</b> Green		Navami
		687166473 <b>Rahu</b> 3:25PM – 4:56PM	Taitila Until 10:43PM	<b>Nataraja:</b> Clear			
Routine Work	Prabalarishta Yoga		<b>Navami*</b> Until 11:50AM	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 8:12PM		Saraswathi Puja (Tamil Nadu)		Ashvina+Puratasi			
Then Creative Work - Siddha Yoga							

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2


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<b>1</b>	<b>Wednesday, October 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Nairobi, Kenya Sun 24 Sutra 171 Subhakrit 5124
	Makara Rasi: 15.44	Tithi 10 - 11	<b>Gulika</b> 10:52AM - 12:23PM	<b>Shravana Until 6:46PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:19AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:26PM	Moon 9 - Phase 24 - 24 4th Phase
Creative Work Siddha Yoga Until 6:46PM Then Routine Work - Prabalarishta Yoga		697166473	<b>Rahu</b> 12:23PM - 1:53PM	Dhriti Until 2:50AM Thu Vanija Until 8:24PM	<b>Nataraja:</b> Clear Moon - Purple	<b>Devaloka Day</b> Ashvina+Puratasi	
			<b>Vijaya Dasami</b>	<b>Dashami Until 9:32AM</b>			

<b>2</b>	<b>Thursday, October 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 172 Subhakrit 5124
	Makara Rasi: 29.59	Tithi 11 - 12	<b>Gulika</b> 9:20AM - 10:51AM	<b>Dhanishtha Until 5:14PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:19AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:26PM	Moon 9 - Phase 24 - 25 4th Phase
Creative Work Siddha Yoga		697166473	<b>Rahu</b> 1:53PM - 3:24PM	Shula* Until 11:51PM Bava Until 6:07PM	<b>Nataraja:</b> Clear Moon - Purple	<b>Devaloka Day</b> Ashvina+Puratasi	
				<b>Ekadashi Until 7:14AM</b>			

<b>3</b>	<b>Friday, October 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 173 Subhakrit 5124
	Kumbha Rasi: 14.12	Tithi 13	<b>Gulika</b> 7:49AM - 9:20AM	<b>Shatabhishak Until 3:41PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:18AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:26PM	Moon 9 - Phase 24 - 26 4th Phase
Creative Work Siddha Yoga		697166473	<b>Rahu</b> 10:51AM - 12:22PM	Ganda* Until 9:01PM Kaulava Until 3:58PM	<b>Nataraja:</b> Clear Moon - Purple	<b>Devaloka Day</b> Ashvina+Puratasi	
			<b>Kadaitswami Mahasamadhi</b>	<b>Trayodashi Until 2:58AM Sat</b> <i>Pradosha Vrata</i>			

<b>4</b>	<b>Saturday, October 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 174 Subhakrit 5124
	Kumbha Rasi: 28.17	Tithi 14	<b>Gulika</b> 6:18AM - 7:49AM	<b>Purvaproshtapada* Until 2:39PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:18AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:25PM	Moon 9 - Phase 24 - 27 4th Phase
Routine Work Marana Yoga Until 2:39PM Then Creative Work - Siddha Yoga		618166474	<b>Rahu</b> 9:20AM - 10:51AM	Vriddhi Until 6:25PM Gara Until 2:04PM	<b>Nataraja:</b> Purple Moon - Clear	<b>Bhuloka Day</b> Ashvina+Puratasi	
			<b>Chidambaram Abhishekam</b>	<b>Chaturdashi* Until 1:13AM Sun</b>			

	<b>Sunday, October 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 175 Subhakrit 5124
	Meena Rasi: 12.11	Tithi 15	<b>Gulika</b> 3:23PM - 4:54PM	<b>Uttaraproshtapada Until 1:50PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:18AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:25PM	Moon 9 - Phase 24 - Purnima
Creative Work Amrita Yoga		618166474	<b>Rahu</b> 4:54PM - 6:25PM	Dhruva Until 4:05PM Visti Until 12:31PM	<b>Nataraja:</b> Purple Moon - Clear	<b>Bhuloka Day</b> Ashvina+Puratasi	
				<b>Purnima* Until 11:54PM</b>			

<b>Monday, October 10, 2022</b>	<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sutra 176 Subhakrit 5124
	Meena Rasi: 25.48	Tithi 16	<b>Gulika</b> 1:52PM - 3:23PM	<b>Revati Until 1:21PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:17AM	<b>Muruqa:</b> Green <i>Sunset:</i> 6:25PM	Moon 9 - Phase 24 - Prathama
Family Home Evening Creative Work Siddha Yoga		618166474	<b>Rahu</b> 7:48AM - 9:19AM	Vyaghata* Until 2:10PM Balava Until 11:28AM	<b>Nataraja:</b> Purple Moon - Clear	<b>Bhuloka Day</b> Ashvina+Puratasi	
				<b>Prathama* Until 11:07PM</b>			





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

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

Nairobi, Kenya  
Sun 1 Sutra 177

Mesha Rasi: 9.06 Tithi 17  
628176474 Rahu

**Gulika** 12:21PM – 1:52PM  
Yama 9:19AM – 10:50AM  
**Rahu** 3:23PM – 4:54PM

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

**Ganesha:** Yellow *Sunrise:* 6:17AM  
**Muruqa:** White *Sunset:* 6:25PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 1  
1st Phase

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

Creative Work Siddha Yoga

**1**

**Wednesday, October 12, 2022**

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

Nairobi, Kenya  
Sun 2 Sutra 178

Mesha Rasi: 22.04 Tithi 18  
628176474 Rahu

**Gulika** 10:50AM – 12:21PM  
Yama 7:48AM – 9:19AM  
**Rahu** 12:21PM – 1:52PM

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

**Ganesha:** Yellow *Sunrise:* 6:17AM  
**Muruqa:** White *Sunset:* 6:25PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 2  
1st Phase

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

Creative Work Siddha Yoga

Until 2:38PM  
Then Creative Work - Amrita Yoga

**2**

**Thursday, October 13, 2022**

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

Nairobi, Kenya  
Sun 3 Sutra 179

Vrishabha Rasi: 4.43 Tithi 19  
628176474 Rahu

**Gulika** 9:18AM – 10:49AM  
Yama 6:16AM – 7:47AM  
**Rahu** 1:51PM – 3:22PM

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

**Ganesha:** Yellow *Sunrise:* 6:16AM  
**Muruqa:** White *Sunset:* 6:24PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 3  
1st Phase

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

Routine Work Marana Yoga

**3**

**Friday, October 14, 2022**

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

Nairobi, Kenya  
Sun 4 Sutra 180

Vrishabha Rasi: 17.04 Tithi 20  
638176474 Rahu

**Gulika** 7:47AM – 9:18AM  
Yama 3:22PM – 4:53PM  
**Rahu** 10:49AM – 12:20PM

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

**Ganesha:** Blue *Sunrise:* 6:16AM  
**Muruqa:** White *Sunset:* 6:24PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 4  
1st Phase

**Bhuloka Day**

Routine Work Marana Yoga

Until 6:19PM  
Then Creative Work - Siddha Yoga

**4**

**Saturday, October 15, 2022**

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

Nairobi, Kenya  
Sun 5 Sutra 181

Vrishabha Rasi: 29.12 Tithi 21  
639176474 Rahu

**Gulika** 6:16AM – 7:47AM  
Yama 1:51PM – 3:22PM  
**Rahu** 9:18AM – 10:49AM

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

**Ganesha:** Red *Sunrise:* 6:16AM  
**Muruqa:** White *Sunset:* 6:24PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 5  
1st Phase

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

Creative Work Siddha Yoga

**5**

**Sunday, October 16, 2022**

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

Nairobi, Kenya  
Sun 6 Sutra 182

Mithuna Rasi: 11.1 Tithi 22  
639176474 Rahu

**Gulika** 3:22PM – 4:53PM  
Yama 12:20PM – 1:51PM  
**Rahu** 4:53PM – 6:24PM

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

**Ganesha:** Red *Sunrise:* 6:16AM  
**Muruqa:** White *Sunset:* 6:24PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 6  
1st Phase

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

Creative Work Siddha Yoga

**D**

**Monday, October 17, 2022**

**Retreat Star**

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

Nairobi, Kenya  
Sun 7 Sutra 183

Mithuna Rasi: 23.04 Tithi 22 – 23  
**Family Home Evening** 649176474 Rahu

**Gulika** 1:51PM – 3:22PM  
Yama 10:48AM – 12:19PM  
**Rahu** 7:46AM – 9:17AM

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

**Ganesha:** Green *Sunrise:* 6:15AM  
**Muruqa:** White *Sunset:* 6:24PM  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 7  
Ashtami

**Devaloka Day**

Creative Work Amrita Yoga

Until 2:42AM Tue  
Then Creative Work - Siddha Yoga

**Tuesday, October 18, 2022**

**Retreat Star**

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

Nairobi, Kenya  
Sun 8 Sutra 184

Kataka Rasi: 4.57 Tithi 23 – 24  
649176474 Rahu

**Gulika** 12:19PM – 1:50PM  
Yama 9:17AM – 10:48AM  
**Rahu** 3:21PM – 4:52PM

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

**Ganesha:** Green *Sunrise:* 6:15AM  
**Muruqa:** White *Sunset:* 6:23PM  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 8  
Navami

**Devaloka Day**

Creative Work Siddha Yoga

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 Nairobi, Kenya on 5/1/2

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<b>1</b>		<b>Wednesday, October 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Nairobi, Kenya Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 16.55	Tithi 24 – 25	649176474	<b>Gulika</b> 10:48AM – 12:19PM Yama 7:46AM – 9:17AM <b>Rahu</b> 12:19PM – 1:50PM	<b>Ashlesha* Until 7:47AM Thu</b> Sadhya Until 2:58PM Vanija Until 12:42AM Thu <b>Navami* Until 11:42AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Blue	<b>Sunrise:</b> 6:15AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 9 2nd Phase
Creative Work Siddha Yoga Until 7:47AM Thu Then Creative Work - Amrita Yoga						<b>Devaloka Day</b>	

<b>2</b>		<b>Thursday, October 20, 2022</b>		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		Nairobi, Kenya Sun 10 Sutra 186 Subhakrit 5124	
Kataka Rasi: 29	Tithi 25 – 26	649276474	<b>Gulika</b> 9:17AM – 10:48AM Yama 6:15AM – 7:46AM <b>Rahu</b> 1:50PM – 3:21PM	<b>Ashlesha* Until 7:47AM</b> Subha Until 3:19PM Bava Until 2:17AM Fri <b>Dashami Until 1:32PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Blue	<b>Sunrise:</b> 6:15AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 10 2nd Phase
Creative Work Siddha Yoga Until 7:47AM Then Creative Work - Amrita Yoga						<b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM	

<b>3</b>		<b>Friday, October 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 11.17	Tithi 26 – 27	659276474	<b>Gulika</b> 7:46AM – 9:17AM Yama 3:21PM – 4:52PM <b>Rahu</b> 10:48AM – 12:19PM	<b>Magha* Until 9:55AM</b> Sukla Until 3:13PM Kaulava Until 3:18AM Sat <b>Ekadashi* Until 2:51PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:15AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 11 2nd Phase
Routine Work Marana Yoga Until 9:55AM Then Creative Work - Siddha Yoga						<b>Bhuloka Day</b>	

<b>4</b>		<b>Saturday, October 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantla Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 23.5	Tithi 27 – 28	659276474	<b>Gulika</b> 6:14AM – 7:45AM Yama 1:50PM – 3:21PM <b>Rahu</b> 9:16AM – 10:48AM	<b>Purvaphalguni Until 11:18AM</b> Brahma Until 2:39PM Gara Until 3:40AM Sun <b>Dvadashi* Until 3:33PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 12 2nd Phase
Creative Work Siddha Yoga Until 11:18AM Then Routine Work - Marana Yoga						<b>Bhuloka Day</b> <i>Pradosha Vrata (Fasting)</i>	

<b>5</b>		<b>Sunday, October 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Sakuni*/Catuspada* Karana Trayodashi/Chaturdashyam Titau		Nairobi, Kenya Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 6.41	Tithi 28 – 29	651276474	<b>Gulika</b> 3:21PM – 4:52PM Yama 12:18PM – 1:50PM <b>Rahu</b> 4:52PM – 6:23PM	<b>Uttaraphalguni Until 11:55AM</b> Indra Until 1:37PM Visti Until 3:23AM Mon <b>Trayodashi* Until 3:35PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga Until 12:13PM Then Routine Work - Prabalarishta Yoga				<b>Deepavali Hindu Solidarity Day</b>		<b>Bhuloka Day</b>	

<b>6</b>		<b>Monday, October 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Nairobi, Kenya Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 19.52	Tithi 29 – 30	661276474	<b>Gulika</b> 1:49PM – 3:20PM Yama 10:47AM – 12:18PM <b>Rahu</b> 7:45AM – 9:16AM	<b>Hasta Until 12:13PM</b> Vaidhriti* Until 12:02PM Catuspada Until 2:30AM Tue <b>Chaturdashi* Until 3:00PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 14 2nd Phase
Family Home Evening Creative Work Siddha Yoga Until 12:13PM Then Routine Work - Prabalarishta Yoga				<b>Subramuniyaswami Mahasamadhi</b>		<b>Bhuloka Day</b>	

<b>Retreat Star</b>		<b>Tuesday, October 25, 2022</b>		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		Nairobi, Kenya Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 3.21	Tithi 30 – 1	661276474	<b>Gulika</b> 12:18PM – 1:49PM Yama 9:16AM – 10:47AM <b>Rahu</b> 3:20PM – 4:51PM	<b>Chitra Until 11:47AM</b> Vishkambha* Until 10:01AM Kintughna Until 1:06AM Wed <b>Amavasya* Until 1:50PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 15 Amavasya
Creative Work Siddha Yoga						<b>Bhuloka Day</b>	

<b>Retreat Star</b>		<b>Wednesday, October 26, 2022</b>		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		Nairobi, Kenya Sun 16 Sutra 192 Subhakrit 5124	
Tula Rasi: 17.08	Tithi 1 – 2	661276574	<b>Gulika</b> 10:47AM – 12:18PM Yama 7:45AM – 9:16AM <b>Rahu</b> 12:18PM – 1:49PM	<b>Svati Until 10:45AM</b> Priti Until 7:37AM Balava Until 11:16PM <b>Prathama* Until 12:13PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Green	<b>Sunrise:</b> 6:14AM <b>Sunset:</b> 6:23PM	Moon 10 - Phase 26 - 16 Prathama
Creative Work Siddha Yoga				<b>Skanda Shasthi Begins</b>		<b>Bhuloka Day</b> 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

<b>1</b>	<b>Thursday, October 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 17 Sutra 193 Subhakrit 5124
	Vrischika Rasi: 1.11	Tithi 2 - 3	671276574	<b>Gulika</b> 9:16AM - 10:47AM <b>Yama</b> 6:14AM - 7:45AM <b>Rahu</b> 1:49PM - 3:20PM	<b>Vishakha</b> Until 9:38AM Saubhagya Until 1:57AM Fri Taitila Until 9:09PM <b>Dvitiya</b> Until 10:13AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:14AM Sunset: 6:22PM Moon 10 - Phase 27 - 17 3rd Phase
	Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM

<b>2</b>	<b>Friday, October 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Nairobi, Kenya Sun 18 Sutra 194 Subhakrit 5124
	Vrischika Rasi: 15.23	Tithi 3 - 4	671276574	<b>Gulika</b> 7:45AM - 9:16AM <b>Yama</b> 3:20PM - 4:51PM <b>Rahu</b> 10:47AM - 12:18PM	<b>Anuradha</b> Until 8:07AM Sobhana Until 10:54PM Vanija Until 6:50PM <b>Tritiya</b> Until 8:00AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 18 3rd Phase
	Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM
	Until 8:07AM Then Routine Work - Marana Yoga						

<b>3</b>	<b>Saturday, October 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha/Mula Nakshatra Athiganda Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 19 Sutra 195 Subhakrit 5124
	Vrischika Rasi: 29.42	Tithi 5	671276574	<b>Gulika</b> 6:13AM - 7:44AM <b>Yama</b> 1:49PM - 3:20PM <b>Rahu</b> 9:16AM - 10:47AM	<b>Jyeshtha*</b> Until 6:21AM Athiganda* Until 7:45PM Bava Until 4:27PM <b>Panchami</b> Until 3:14AM Sun	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 19 3rd Phase
	Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM

<b>4</b>	<b>Sunday, October 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau				Nairobi, Kenya Sun 20 Sutra 196 Subhakrit 5124
	Dhanus Rasi: 14.02	Tithi 6	681276574	<b>Gulika</b> 3:20PM - 4:51PM <b>Yama</b> 12:18PM - 1:49PM <b>Rahu</b> 4:51PM - 6:22PM	<b>Purvashadha*</b> Until 3:11AM Mon Sukarma Until 4:39PM Kaulava Until 2:03PM <b>Shashthi*</b> Until 12:52AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 20 3rd Phase
	Creative Work Siddha Yoga				<b>Skanda Shasthi</b>		<b>Devaloka Day</b>
	Until 3:11AM Mon Then Routine Work - Marana Yoga						

<b>5</b>	<b>Monday, October 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saplamyam Titau				Nairobi, Kenya Sun 21 Sutra 197 Subhakrit 5124
	Dhanus Rasi: 28.19	Tithi 7	681276574	<b>Gulika</b> 1:49PM - 3:20PM <b>Yama</b> 10:47AM - 12:18PM <b>Rahu</b> 7:44AM - 9:15AM	<b>Uttarashadha</b> Until 1:33AM Tue Dhriti Until 1:37PM Gara Until 11:45AM <b>Saptami</b> Until 10:38PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 21 3rd Phase
	Family Home Evening				<b>Devaloka Day</b>		
	Routine Work Marana Yoga Until 1:33AM Tue Then Creative Work - Siddha Yoga						

<b>Retreat Star</b>	<b>Tuesday, November 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 22 Sutra 198 Subhakrit 5124
	Makara Rasi: 12.32	Tithi 8	691276574	<b>Gulika</b> 12:18PM - 1:49PM <b>Yama</b> 9:15AM - 10:47AM <b>Rahu</b> 3:20PM - 4:51PM	<b>Shravana</b> Until 12:21AM Wed Shula* Until 10:41AM Visti Until 9:35AM <b>Ashtami*</b> Until 8:33PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Purple Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 22 Ashtami
	Creative Work Siddha Yoga				<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM
	Until 12:21AM Wed Then Routine Work - Prabalarishta Yoga						

<b>Retreat Star</b>	<b>Wednesday, November 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda/Vridhi Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 23 Sutra 199 Subhakrit 5124
	Makara Rasi: 26.37	Tithi 9	692276574	<b>Gulika</b> 10:46AM - 12:18PM <b>Yama</b> 7:44AM - 9:15AM <b>Rahu</b> 12:18PM - 1:49PM	<b>Dhanishtha</b> Until 11:14PM Ganda* Until 7:55AM Balava Until 7:37AM <b>Navami*</b> Until 6:41PM	<b>Ganesha:</b> Green <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon - Purple Karttika-Aipasi	Sunrise: 6:13AM Sunset: 6:22PM Moon 10 - Phase 27 - 23 Navami
	Routine Work Prabalarishta Yoga				<b>Bhuloka Day</b>		Devaloka Time: 3:PM to 6:PM
	Until 11:14PM Then Creative Work - Siddha Yoga						

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2


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<b>1</b>	<b>Thursday, November 3, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam		Nairobi, Kenya
	Kumbha Rasi: 10.35	Tithi 10 - 11	Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau	Sun 24 Sutra 200
	692276574	<b>Gulika</b> 9:15AM - 10:46AM	<b>Shatabhishak</b> Until 10:12PM	Subhakrit 5124
	Creative Work Siddha Yoga	Yama 6:13AM - 7:44AM	Dhruva Until 2:56AM Fri	Moon 10 - Phase 28 - 24
		<b>Rahu</b> 1:49PM - 3:20PM	Vanija Until 4:22AM Fri	4th Phase
			<b>Dashami</b> Until 5:03PM	<b>Bhuloka Day</b>
				Devaloka Time: 3:PM to 6:PM

<b>2</b>	<b>Friday, November 4, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam		Nairobi, Kenya
	Kumbha Rasi: 24.22	Tithi 11 - 12	Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau	Sun 25 Sutra 201
	612276574	<b>Gulika</b> 7:44AM - 9:15AM	<b>Purvaproshtapada*</b> Until 9:44PM	Subhakrit 5124
	Creative Work Siddha Yoga	Yama 3:20PM - 4:51PM	Vyaghata* Until 12:46AM Sat	Moon 10 - Phase 28 - 25
		<b>Rahu</b> 10:46AM - 12:18PM	Bava Until 3:10AM Sat	4th Phase
			<b>Ekadashi</b> Until 3:42PM	<b>Bhuloka Day</b>
				Devaloka Time: 3:PM to 6:PM

<b>3</b>	<b>Saturday, November 5, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam		Nairobi, Kenya
	Meena Rasi: 7.59	Tithi 12 - 13	Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Sun 26 Sutra 202
	612276574	<b>Gulika</b> 6:13AM - 7:44AM	<b>Uttaraproshtapada</b> Until 9:28PM	Subhakrit 5124
	Creative Work Siddha Yoga	Yama 1:49PM - 3:20PM	Harshana Until 10:54PM	Moon 10 - Phase 28 - 26
Until 9:28PM		<b>Rahu</b> 9:15AM - 10:46AM	Kaulava Until 2:19AM Sun	4th Phase
Then Routine Work - Prabararishta Yoga			<b>Dvadashi</b> Until 2:40PM	<b>Bhuloka Day</b>
			<i>Pradosha Vrata</i>	Devaloka Time: 3:PM to 6:PM

<b>4</b>	<b>Sunday, November 6, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam		Nairobi, Kenya
	Meena Rasi: 21.24	Tithi 13 - 14	Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Sun 27 Sutra 203
	612276574	<b>Gulika</b> 3:20PM - 4:51PM	<b>Revati</b> Until 9:25PM	Subhakrit 5124
	Creative Work Amrita Yoga	Yama 12:18PM - 1:49PM	Vajra* Until 9:18PM	Moon 10 - Phase 28 - 27
Until 9:25PM		<b>Rahu</b> 4:51PM - 6:23PM	Gara Until 1:52AM Mon	4th Phase
Then Creative Work - Siddha Yoga			<b>Trayodashi</b> Until 2:01PM	<b>Bhuloka Day</b>
				Devaloka Time: 3:PM to 6:PM

	<b>Monday, November 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam		Nairobi, Kenya
	Mesha Rasi: 4.35	Tithi 14 - 15	Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau	Sutra 204
	722276574	<b>Gulika</b> 1:49PM - 3:20PM	<b>Ashvini</b> Until 10:07PM	Subhakrit 5124
	Creative Work Siddha Yoga	Yama 10:47AM - 12:18PM	Siddhi Until 8:05PM	Moon 10 - Phase 28 -
<b>Family Home Evening</b>		<b>Rahu</b> 7:44AM - 9:15AM	Visti Until 1:52AM Tue	Purnima
			<b>Chaturdashi*</b> Until 1:47PM	<b>Bhuloka Day</b>
				Devaloka Time: 3:PM to 6:PM

<b>○</b>	<b>Tuesday, November 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam		Nairobi, Kenya
	Mesha Rasi: 17.33	Tithi 15 - 16	Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Sutra 205
	722276574	<b>Gulika</b> 12:18PM - 1:49PM	<b>Bharani</b> Until 11:08PM	Subhakrit 5124
	Creative Work Siddha Yoga	Yama 9:15AM - 10:47AM	Vyatipata* Until 7:14PM	Moon 10 - Phase 28 -
		<b>Rahu</b> 3:20PM - 4:51PM	Balava Until 2:23AM Wed	Prathama
			<b>Purnima*</b> Until 2:02PM	<b>Bhuloka Day</b>
				Devaloka Time: 3:PM to 6:PM

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



**Wednesday, November 9, 2022**  
**Gold Retreat Star**

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

Nairobi, Kenya  
Sutra 206

Wrishabha Rasi: 0.16 Tithi 16 – 17

722276574

**Gulika** 10:47AM – 12:18PM  
Yama 7:44AM – 9:15AM  
**Rahu** 12:18PM – 1:49PM

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

**Ganesha:** Blue *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:23PM*  
**Nataraja:** Clear  
Moon – White  
Karttika-Aipasi

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

Creative Work Amrita Yoga  
Until 12:29AM Thu  
Then Routine Work - Marana Yoga

**1**

**Thursday, November 10, 2022**

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

Nairobi, Kenya  
Sun 1 Sutra 207

Wrishabha Rasi: 12.45 Tithi 17 – 18

732276574

**Gulika** 9:15AM – 10:47AM  
Yama 6:13AM – 7:44AM  
**Rahu** 1:49PM – 3:20PM

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

**Ganesha:** Red *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:23PM*  
**Nataraja:** Clear  
Moon – Yellow  
Karttika-Aipasi

**Devaloka Day**

Routine Work Marana Yoga  
Until 2:39AM Fri  
Then Creative Work - Siddha Yoga

**2**

**Friday, November 11, 2022**

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

Nairobi, Kenya  
Sun 2 Sutra 208

Wrishabha Rasi: 25.01 Tithi 18 – 19

732276574

**Gulika** 7:44AM – 9:16AM  
Yama 3:21PM – 4:52PM  
**Rahu** 10:47AM – 12:18PM

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

**Ganesha:** Red *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:23PM*  
**Nataraja:** Clear  
Moon – Yellow  
Karttika-Aipasi

**Devaloka Day**

Creative Work Siddha Yoga

**3**

**Saturday, November 12, 2022**

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

Nairobi, Kenya  
Sun 3 Sutra 209

Mithuna Rasi: 7.07 Tithi 19

732276574

**Gulika** 6:13AM – 7:44AM  
Yama 1:49PM – 3:21PM  
**Rahu** 9:16AM – 10:47AM

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

**Ganesha:** Red *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:23PM*  
**Nataraja:** Clear  
Moon – Yellow  
Karttika-Aipasi

**Devaloka Day**

Creative Work Siddha Yoga

**4**

**Sunday, November 13, 2022**

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

Nairobi, Kenya  
Sun 4 Sutra 210

Mithuna Rasi: 19.05 Tithi 20

732276574

**Gulika** 3:21PM – 4:52PM  
Yama 12:18PM – 1:50PM  
**Rahu** 4:52PM – 6:23PM

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

**Ganesha:** Red *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:23PM*  
**Nataraja:** Clear  
Moon – Yellow  
Karttika-Aipasi

**Devaloka Day**

Creative Work Siddha Yoga

**5**

**Monday, November 14, 2022**

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

Nairobi, Kenya  
Sun 5 Sutra 211

Kataka Rasi: 0.58 Tithi 21

742376574

**Gulika** 1:50PM – 3:21PM  
Yama 10:47AM – 12:18PM  
**Rahu** 7:45AM – 9:16AM

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

**Ganesha:** White *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:24PM*  
**Nataraja:** Clear  
Moon – Blue  
Karttika-Aipasi

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

**Family Home Evening**  
Creative Work Amrita Yoga  
Until 10:45AM  
Then Creative Work - Siddha Yoga

**6**

**Tuesday, November 15, 2022**

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

Nairobi, Kenya  
Sun 6 Sutra 212

Kataka Rasi: 12.51 Tithi 22

743376574

**Gulika** 12:19PM – 1:50PM  
Yama 9:16AM – 10:47AM  
**Rahu** 3:21PM – 4:52PM

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

**Ganesha:** Green *Sunrise: 6:13AM*  
**Muruqa:** Clear *Sunset: 6:24PM*  
**Nataraja:** Clear  
Moon – Blue  
Karttika-Aipasi

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

Creative Work Siddha Yoga

**D**

**Wednesday, November 16, 2022**  
**Retreat Star**

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

Nairobi, Kenya  
Sun 7 Sutra 213

Kataka Rasi: 24.47 Tithi 23

743376574

**Gulika** 10:47AM – 12:19PM  
Yama 7:45AM – 9:16AM  
**Rahu** 12:19PM – 1:50PM

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

**Ganesha:** Green *Sunrise: 6:14AM*  
**Muruqa:** Clear *Sunset: 6:24PM*  
**Nataraja:** Clear  
Moon – Blue  
Karttika-Karttikai

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

Creative Work Siddha Yoga

**Thursday, November 17, 2022**

**Retreat Star**

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

Nairobi, Kenya  
Sun 8 Sutra 214

Simha Rasi: 6.5 Tithi 24

753376575

**Gulika** 9:16AM – 10:48AM  
Yama 6:14AM – 7:45AM  
**Rahu** 1:50PM – 3:22PM

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

**Ganesha:** Orange *Sunrise: 6:14AM*  
**Muruqa:** Clear *Sunset: 6:24PM*  
**Nataraja:** Purple  
Moon – Red  
Karttika-Karttikai

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 6:47PM  
Then Creative Work - Siddha Yoga

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


<b>1</b>		<b>Friday, November 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam		Nairobi, Kenya	
				Purvaphalguni Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Navami/Dashmyam Titau		Sun 9 Sutra 215	
Simha Rasi: 19.05	Tithi 24 – 25	<b>Gulika</b> 7:45AM – 9:17AM	<b>Purvaphalguni Until 8:35PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:14AM	Subhakrit 5124	
		Yama 3:22PM – 4:53PM	Vaidhriti* Until 10:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 9	
		753376575 <b>Rahu</b> 10:48AM – 12:19PM	Vanija Until 7:37PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Navami* Until 7:01AM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

<b>2</b>		<b>Saturday, November 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam		Nairobi, Kenya	
				Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 10 Sutra 216	
Kanya Rasi: 2	Tithi 25 – 26	<b>Gulika</b> 6:14AM – 7:45AM	<b>Uttaraphalguni Until 9:34PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:14AM	Subhakrit 5124	
		Yama 1:51PM – 3:22PM	Vishkambha* Until 9:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 10	
		753376575 <b>Rahu</b> 9:17AM – 10:48AM	Bava Until 8:13PM	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Marana Yoga		<b>Dashami Until 8:00AM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

<b>3</b>		<b>Sunday, November 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam		Nairobi, Kenya	
				Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 11 Sutra 217	
Kanya Rasi: 14.28	Tithi 26 – 27	<b>Gulika</b> 3:22PM – 4:54PM	<b>Hasta Until 10:07PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:14AM	Subhakrit 5124	
		Yama 12:20PM – 1:51PM	Priti Until 8:33PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 11	
		753376575 <b>Rahu</b> 4:54PM – 6:25PM	Kaulava Until 8:03PM	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga		<b>Ekadashi* Until 8:13AM</b>	Moon – Green		<b>Devaloka Day</b>	
Until 10:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Monday, November 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam		Nairobi, Kenya	
				Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Sun 12 Sutra 218	
Kanya Rasi: 27.44	Tithi 27 – 28	<b>Gulika</b> 1:51PM – 3:23PM	<b>Chitra Until 9:45PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:15AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:49AM – 12:20PM	Ayushman Until 6:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	753376575 <b>Rahu</b> 7:46AM – 9:17AM	Gara Until 7:07PM	<b>Nataraja:</b> Purple		2nd Phase	
Until 9:45PM			<b>Dvadashi* Until 7:40AM</b>	Moon – Green		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				Karttika-Karttikai			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Tuesday, November 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam		Nairobi, Kenya	
				Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau		Sun 13 Sutra 219	
Tula Rasi: 11.24	Tithi 28 – 29	<b>Gulika</b> 12:20PM – 1:51PM	<b>Svati Until 8:34PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:15AM	Subhakrit 5124	
		Yama 9:17AM – 10:49AM	Saubhagya Until 4:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 13	
		753376575 <b>Rahu</b> 3:23PM – 4:54PM	Sakuni Until 4:26AM Wed	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi* Until 6:22AM</b>	Moon – Green		<b>Devaloka Day</b>	
Until 8:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

		<b>Wednesday, November 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam		Nairobi, Kenya	
<b>Retreat Star</b>				Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14 Sutra 220	
Tula Rasi: 25.29	Tithi 30	<b>Gulika</b> 10:49AM – 12:20PM	<b>Vishakha Until 7:07PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:15AM	Subhakrit 5124	
		Yama 7:46AM – 9:18AM	Sobhana Until 1:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 11 - Phase 30 - 14	
		773376575 <b>Rahu</b> 12:20PM – 1:52PM	Catuspada Until 3:16PM	<b>Nataraja:</b> Purple		Amavasya	
Creative Work	Siddha Yoga		<b>Amavasya* Until 1:58AM Thu</b>	Moon – Orange		<b>Devaloka Day</b>	
				Karttika-Karttikai			

<b>Thursday, November 24, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam		Nairobi, Kenya	
				Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15 Sutra 221	
Vrischika Rasi: 9.53	Tithi 1	<b>Gulika</b> 9:18AM – 10:49AM	<b>Anuradha Until 5:06PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:15AM	Subhakrit 5124	
		Yama 6:15AM – 7:47AM	Athiganda* Until 9:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 11 - Phase 30 - 15	
		773376575 <b>Rahu</b> 1:52PM – 3:23PM	Kintughna Until 12:36PM	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Siddha Yoga		<b>Prathama* Until 11:08PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Until 5:06PM				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

<b>1</b>	<b>Friday, November 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya
	Virshchika Rasi: 24.34	Tithi 2	<b>Gulika</b> 7:47AM – 9:18AM	<b>Jyeshtha* Until 2:41PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:16AM	Sun 16 Sutra 222
			733376575 <b>Rahu</b> 10:50AM – 12:21PM	Sukarma Until 6:11AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Subhakrit 5124
	Routine Work	Marana Yoga		Balava Until 9:39AM	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 16
	Until 2:41PM			<b>Dvitiya Until 8:05PM</b>	Moon – Orange		3rd Phase
	Then Creative Work - Amrita Yoga				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	

<b>2</b>	<b>Saturday, November 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau				Nairobi, Kenya
	Dhanus Rasi: 9.21	Tithi 3 – 4	<b>Gulika</b> 6:16AM – 7:47AM	<b>Mula* Until 12:26PM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:16AM	Sun 17 Sutra 223
			783376575 <b>Rahu</b> 9:19AM – 10:50AM	Shula* Until 10:41PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Subhakrit 5124
	Creative Work	Siddha Yoga		Taitila Until 6:32AM	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 17
				<b>Tritiya Until 4:57PM</b>	Moon – Light Blue		3rd Phase
					<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	

<b>3</b>	<b>Sunday, November 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya
	Dhanus Rasi: 24.08	Tithi 4 – 5	<b>Gulika</b> 3:24PM – 4:56PM	<b>Purvashadha* Until 10:06AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:16AM	Sun 18 Sutra 224
			783376575 <b>Rahu</b> 4:56PM – 6:27PM	Ganda* Until 7:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Subhakrit 5124
	Creative Work	Siddha Yoga		Bava Until 12:29AM Mon	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 18
	Until 10:06AM			<b>Chaturthi* Until 1:55PM</b>	Moon – Light Blue		3rd Phase
	Then Creative Work - Amrita Yoga				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	

<b>4</b>	<b>Monday, November 28, 2022</b>		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				Nairobi, Kenya
	Makara Rasi: 8.48	Tithi 5 – 6	<b>Gulika</b> 1:53PM – 3:25PM	<b>Uttarashadha Until 7:49AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:16AM	Sun 19 Sutra 225
			783376575 <b>Rahu</b> 7:48AM – 9:19AM	Vriddhi Until 3:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Subhakrit 5124
	<b>Family Home Evening</b>	Marana Yoga		Kaulava Until 9:47PM	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 19
	Routine Work			<b>Panchami Until 11:04AM</b>	Moon – Light Blue		3rd Phase
	Until 7:49AM				<b>Margasira-Karttikai</b>	<b>Devaloka Day</b>	
	Then Creative Work - Amrita Yoga						

<b>5</b>	<b>Tuesday, November 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya
	Makara Rasi: 23.16	Tithi 6 – 7	<b>Gulika</b> 12:22PM – 1:54PM	<b>Shravana Until 6:06AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:17AM	Sun 20 Sutra 226
			793376575 <b>Rahu</b> 3:25PM – 4:56PM	Dhruva Until 12:20PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:28PM	Subhakrit 5124
	Creative Work	Siddha Yoga		Gara Until 7:28PM	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 20
				<b>Shashthi* Until 8:34AM</b>	Moon – Purple		3rd Phase
					<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>	

<b>Retreat Star</b>	<b>Wednesday, November 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau				Nairobi, Kenya
	Kumbha Rasi: 7.26	Tithi 7 – 8	<b>Gulika</b> 10:51AM – 12:23PM	<b>Shatabhishak Until 3:32AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:17AM	Sun 21 Sutra 227
			794376575 <b>Rahu</b> 12:23PM – 1:54PM	Vyaghata* Until 9:29AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:28PM	Subhakrit 5124
	Creative Work	Siddha Yoga		Bava Until 4:51AM Thu	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 21
				<b>Saptami Until 6:28AM</b>	Moon – Purple		Ashtami
					<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>	

<b>Retreat Star</b>	<b>Thursday, December 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya
	Kumbha Rasi: 21.19	Tithi 9	<b>Gulika</b> 9:20AM – 10:52AM	<b>Purvaproshtapada* Until 3:12AM Fri</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:17AM	Sun 22 Sutra 228
			714376575 <b>Rahu</b> 1:54PM – 3:26PM	Harshana Until 7:02AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:29PM	Subhakrit 5124
	Creative Work	Siddha Yoga		Balava Until 4:15PM	<b>Nataraja:</b> Purple		Moon 11 - Phase 31 - 22
				<b>Navami* Until 3:45AM Fri</b>	Moon – Clear		Navami
					<b>Margasira-Karttikai</b>	<b>Sivaloka Day</b>	

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

<b>1</b>		<b>Friday, December 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Nairobi, Kenya Sun 23 Sutra 229 Subhakrit 5124
Meena Rasi: 4.53	Tithi 10	<b>Gulika</b> 7:49AM – 9:21AM	<b>Uttaraproshtapada</b> Until 3:14AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:18AM		
		Yama 3:26PM – 4:58PM	Siddhi Until 3:18AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 11 - Phase 32 - 23	
		714376575 <b>Rahu</b> 10:52AM – 12:23PM	Taitila Until 3:25PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:10AM Sat	Moon – Clear		<b>Sivaloka Day</b>	
Until 3:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

<b>2</b>		<b>Saturday, December 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Nairobi, Kenya Sun 24 Sutra 230 Subhakrit 5124
Meena Rasi: 18.1	Tithi 11	<b>Gulika</b> 6:18AM – 7:50AM	<b>Revati</b> Until 3:37AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:18AM		
		Yama 1:55PM – 3:27PM	Vyatipata* Until 2:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 11 - Phase 32 - 24	
		714376575 <b>Rahu</b> 9:21AM – 10:52AM	Vanija Until 3:05PM	<b>Nataraja:</b> Purple		4th Phase	
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 3:06AM Sun	Moon – Clear		<b>Sivaloka Day</b>	
Until 3:37AM Sun				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Sunday, December 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Nairobi, Kenya Sun 25 Sutra 231 Subhakrit 5124
Mesha Rasi: 1.11	Tithi 12	<b>Gulika</b> 3:27PM – 4:58PM	<b>Ashvini</b> Until 4:45AM Mon	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM		
		Yama 12:24PM – 1:56PM	Varyan Until 1:10AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:30PM	Moon 11 - Phase 32 - 25	
		724376575 <b>Rahu</b> 4:58PM – 6:30PM	Bava Until 3:15PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Dvodashi</b> Until 3:30AM Mon	Moon – White		<b>Devaloka Day</b>	
				Margasira-Karttikai			

<b>4</b>		<b>Monday, December 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Nairobi, Kenya Sun 26 Sutra 232 Subhakrit 5124
Mesha Rasi: 13.59	Tithi 13	<b>Gulika</b> 1:56PM – 3:27PM	<b>Bharani</b> Until 6:09AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM		
Family Home Evening		Yama 10:53AM – 12:25PM	Parigha* Until 12:37AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:30PM	Moon 11 - Phase 32 - 26	
		724376575 <b>Rahu</b> 7:50AM – 9:22AM	Kaulava Until 3:53PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 4:20AM Tue	Moon – White		<b>Devaloka Day</b>	
				Margasira-Karttikai			

*Pradosha Vrata*

<b>5</b>		<b>Tuesday, December 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Nairobi, Kenya Sun 27 Sutra 233 Subhakrit 5124
Mesha Rasi: 26.34	Tithi 14	<b>Gulika</b> 12:25PM – 1:56PM	<b>Bharani</b> Until 6:09AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM		
		Yama 9:22AM – 10:54AM	Shiva Until 12:23AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:31PM	Moon 11 - Phase 32 - 27	
		724376575 <b>Rahu</b> 3:28PM – 4:59PM	Gara Until 4:56PM	<b>Nataraja:</b> Purple		4th Phase	
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 5:35AM Wed	Moon – White		<b>Devaloka Day</b>	
		<b>Krittika Deepam</b>		Margasira-Karttikai			

<b>○</b>		<b>Wednesday, December 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Visti* Karana Purnimayam Titau			Nairobi, Kenya Sutra 234 Subhakrit 5124
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:54AM – 12:25PM	<b>Krittika</b> Until 7:47AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:20AM		
Vrishabha Rasi: 8.59	Tithi 15	Yama 7:51AM – 9:23AM	Siddha Until 12:25AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:31PM	Moon 11 - Phase 32 - Purnima	
		724376575 <b>Rahu</b> 12:25PM – 1:57PM	Visti Until 6:22PM	<b>Nataraja:</b> Purple			
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 7:12AM Thu	Moon – White		<b>Devaloka Day</b>	
Until 7:47AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

<b>○</b>		<b>Thursday, December 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Nairobi, Kenya Sutra 235 Subhakrit 5124
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:23AM – 10:54AM	<b>Rohini</b> Until 10:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:20AM		
Vrishabha Rasi: 21.15	Tithi 15 – 16	Yama 6:20AM – 7:52AM	Sadhya Until 12:43AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:31PM	Moon 11 - Phase 32 - Prathama	
		734376575 <b>Rahu</b> 1:57PM – 3:29PM	Balava Until 8:10PM	<b>Nataraja:</b> Purple			
Routine Work	Marana Yoga		<b>Purnima*</b> Until 7:12AM	Moon – Yellow		<b>Sivaloka Day</b>	
				Margasira-Karttikai			
		<b>Vinayaga Viratam Begins</b>					

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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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

Nairobi, Kenya

Sutra 236

Subhakrit 5124

Mithuna Rasi: 3.23    Tithi 16 – 17

734476575

**Gulika** 7:52AM – 9:23AM  
**Yama** 3:29PM – 5:01PM  
**Rahu** 10:55AM – 12:26PM

**Mrigashira** Until 12:32PM

Subha Until 1:14AM Sat

Taitila Until 10:15PM

**Prathama\*** Until 9:09AM

**Ganesha:** Red    *Sunrise:* 6:21AM

**Muruqa:** Clear    *Sunset:* 6:32PM

**Nataraja:** Purple

Moon – Yellow

**Margasira-Karttikai**

**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

Nairobi, Kenya

Sun 1    Sutra 237

Subhakrit 5124

Mithuna Rasi: 15.23    Tithi 17 – 18

734476575

**Gulika** 6:21AM – 7:52AM  
**Yama** 1:58PM – 3:30PM  
**Rahu** 9:24AM – 10:55AM

**Ardra** Until 3:03PM

Sukla Until 1:54AM Sun

Vanija Until 12:35AM Sun

**Dvitiya** Until 11:22AM

**Ganesha:** Red    *Sunrise:* 6:21AM

**Muruqa:** Clear    *Sunset:* 6:32PM

**Nataraja:** Purple

Moon – Yellow

**Margasira-Karttikai**

**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

Nairobi, Kenya

Sun 2    Sutra 238

Subhakrit 5124

Mithuna Rasi: 27.2    Tithi 18 – 19

744476575

**Gulika** 3:30PM – 5:01PM  
**Yama** 12:27PM – 1:59PM  
**Rahu** 5:01PM – 6:33PM

**Punarvasu** Until 6:06PM

Brahma Until 2:42AM Mon

Bava Until 3:04AM Mon

**Tritiya** Until 1:47PM

**Ganesha:** Green    *Sunrise:* 6:21AM

**Muruqa:** Clear    *Sunset:* 6:33PM

**Nataraja:** Purple

Moon – Blue

**Margasira-Karttikai**

**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

Nairobi, Kenya

Sun 3    Sutra 239

Subhakrit 5124

Kataka Rasi: 9.13    Tithi 19 – 20

745476575

**Family Home Evening**

Creative Work    Siddha Yoga

**Gulika** 1:59PM – 3:30PM  
**Yama** 10:56AM – 12:28PM  
**Rahu** 7:53AM – 9:25AM

**Pushya** Until 9:03PM

Indra Until 3:33AM Tue

Kaulava Until 5:36AM Tue

**Chaturthi\*** Until 4:19PM

**Ganesha:** White    *Sunrise:* 6:22AM

**Muruqa:** Clear    *Sunset:* 6:33PM

**Nataraja:** Purple

Moon – Blue

**Margasira-Karttikai**

**Devaloka Day**

4

Tuesday, December 13, 2022

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

Nairobi, Kenya

Sun 4    Sutra 240

Subhakrit 5124

Kataka Rasi: 21.05    Tithi 20

745476575

**Gulika** 12:28PM – 2:00PM  
**Yama** 9:25AM – 10:57AM  
**Rahu** 3:31PM – 5:02PM

**Ashlesha\*** Until 11:48PM

Vaidhriti\* Until 4:19AM Wed

Taitila Until 6:49PM

**Panchami** Until 6:49PM

**Ganesha:** White    *Sunrise:* 6:22AM

**Muruqa:** Clear    *Sunset:* 6:34PM

**Nataraja:** Purple

Moon – Blue

**Margasira-Karttikai**

**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

Nairobi, Kenya

Sun 5    Sutra 241

Subhakrit 5124

Simha Rasi: 2.59    Tithi 21

755476575

**Gulika** 10:57AM – 12:29PM  
**Yama** 7:54AM – 9:26AM  
**Rahu** 12:29PM – 2:00PM

**Magha\*** Until 2:42AM Thu

Vishkambha\* Until 4:55AM Thu

Gara Until 8:03AM

**Shashthi\*** Until 9:10PM

**Ganesha:** Clear    *Sunrise:* 6:23AM

**Muruqa:** Clear    *Sunset:* 6:34PM

**Nataraja:** Purple

Moon – Red

**Margasira-Karttikai**

**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

Nairobi, Kenya

Sun 6    Sutra 242

Subhakrit 5124

Simha Rasi: 14.59    Tithi 22

755476575

**Gulika** 9:26AM – 10:58AM  
**Yama** 6:23AM – 7:55AM  
**Rahu** 2:00PM – 3:32PM

**Purvaphalguni** Until 5:02AM Fri

Priti Until 5:13AM Fri

Visti Until 10:14AM

**Saptami** Until 11:08PM

**Ganesha:** Clear    *Sunrise:* 6:23AM

**Muruqa:** Clear    *Sunset:* 6:35PM

**Nataraja:** Purple

Moon – Red

**Margasira-Karttikai**

**Sivaloka Day**

Creative Work    Siddha Yoga

D

Friday, December 16, 2022

Retreat Star

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

Nairobi, Kenya

Sun 7    Sutra 243

Subhakrit 5124

Simha Rasi: 27.09    Tithi 23

755476575

**Gulika** 7:55AM – 9:27AM  
**Yama** 3:32PM – 5:04PM  
**Rahu** 10:58AM – 12:30PM

**Uttaraphalguni** Until 6:38AM Sat

Ayushman Until 5:02AM Sat

Balava Until 11:57AM

**Ashtami\*** Until 12:33AM Sat

**Ganesha:** Clear    *Sunrise:* 6:24AM

**Muruqa:** Clear    *Sunset:* 6:35PM

**Nataraja:** Purple

Moon – Red

**Margasira-Markali**

**Sivaloka Day**

Creative Work    Siddha Yoga

Until 6:38AM Sat

Then Routine Work - Marana Yoga

Saturday, December 17, 2022

Retreat Star

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

Nairobi, Kenya

Sun 8    Sutra 244

Subhakrit 5124

Kanya Rasi: 9.34    Tithi 24

855476575

**Gulika** 6:24AM – 7:56AM  
**Yama** 2:01PM – 3:33PM  
**Rahu** 9:27AM – 10:59AM

**Uttaraphalguni** Until 6:38AM

Saubhagya Until 4:17AM Sun

Taitila Until 1:01PM

**Navami\*** Until 1:14AM Sun

**Ganesha:** White    *Sunrise:* 6:24AM

**Muruqa:** Clear    *Sunset:* 6:36PM

**Nataraja:** Purple

Moon – Red

**Margasira-Markali**

**Devaloka Day**

Routine Work    Marana Yoga

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

all times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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<b>1</b>		<b>Sunday, December 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau			Nairobi, Kenya Sun 9 Sutra 245 Subhakrit 5124
Kanya Rasi: 22.2	Tithi 25	<b>Gulika</b> 3:33PM – 5:05PM	<b>Hasta</b> <b>Until 7:49AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:25AM		
		Yama 12:30PM – 2:02PM	Sobhana <b>Until 2:54AM Mon</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 12 - Phase 34 - 9	
	865476575	<b>Rahu</b> 5:05PM – 6:36PM	Vanija <b>Until 1:17PM</b>	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Amrita Yoga		<b>Dashami</b> <b>Until 1:05AM Mon</b>	Moon – Green		<b>Sivaloka Day</b>	
Until 7:49AM				Margasira*Markali			
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Monday, December 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau			Nairobi, Kenya Sun 10 Sutra 246 Subhakrit 5124
Tula Rasi: 5.31	Tithi 26	<b>Gulika</b> 2:02PM – 3:34PM	<b>Chitra</b> <b>Until 8:01AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:25AM		
<b>Family Home Evening</b>		Yama 11:00AM – 12:31PM	Athiganda* <b>Until 12:49AM Tue</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	865476575	Bava <b>Until 12:42PM</b>	<b>Nataraja:</b> Purple		2nd Phase	
Until 8:01AM		<b>Rahu</b> 7:57AM – 9:28AM	<b>Ekadashi*</b> <b>Until 12:04AM Tue</b>	Moon – Green		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Margasira*Markali			

<b>3</b>		<b>Tuesday, December 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau			Nairobi, Kenya Sun 11 Sutra 247 Subhakrit 5124
Tula Rasi: 19.11	Tithi 27	<b>Gulika</b> 12:31PM – 2:03PM	<b>Svati</b> <b>Until 7:15AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM		
		Yama 9:29AM – 11:00AM	Sukarma <b>Until 10:07PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 12 - Phase 34 - 11	
	865476575	<b>Rahu</b> 3:34PM – 5:06PM	Kaulava <b>Until 11:17AM</b>	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> <b>Until 10:15PM</b>	Moon – Green		<b>Sivaloka Day</b>	
Until 7:15AM				Margasira*Markali			
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Wednesday, December 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau			Nairobi, Kenya Sun 12 Sutra 248 Subhakrit 5124
Vrischika Rasi: 3.19	Tithi 28	<b>Gulika</b> 11:01AM – 12:32PM	<b>Vishakha</b> <b>Until 6:01AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM		
		Yama 7:58AM – 9:29AM	Dhriti <b>Until 6:52PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 12 - Phase 34 - 12	
	876476575	<b>Rahu</b> 12:32PM – 2:03PM	Gara <b>Until 9:06AM</b>	<b>Nataraja:</b> Purple		2nd Phase	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> <b>Until 7:45PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
		<b>Day 1 of Pancha Ganapati</b>		Margasira*Markali			
			<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Thursday, December 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Nairobi, Kenya Sun 13 Sutra 249 Subhakrit 5124
Vrischika Rasi: 17.53	Tithi 29 – 30	<b>Gulika</b> 9:30AM – 11:01AM	<b>Jyeshtha*</b> <b>Until 1:22AM Fri</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:27AM		
		Yama 6:27AM – 7:58AM	Shula* <b>Until 3:09PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 12 - Phase 34 - 13	
	876476575	<b>Rahu</b> 2:04PM – 3:35PM	Visti <b>Until 6:18AM</b>	<b>Nataraja:</b> Purple		2nd Phase	
Routine Work	Prabalarishta Yoga		<b>Chaturdashi*</b> <b>Until 4:42PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
Until 1:22AM Fri		<b>Day 2 of Pancha Ganapati</b>		Margasira*Markali			
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Friday, December 23, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Nairobi, Kenya Sun 14 Sutra 250 Subhakrit 5124
Dhanus Rasi: 2.49	Tithi 30 – 1	<b>Gulika</b> 7:59AM – 9:30AM	<b>Mula*</b> <b>Until 10:42PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:27AM		
		Yama 3:36PM – 5:07PM	Ganda* <b>Until 11:08AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 12 - Phase 34 - 14	
	886476575	<b>Rahu</b> 11:02AM – 12:33PM	Kintughna <b>Until 11:29PM</b>	<b>Nataraja:</b> Purple		Amavasya	
Creative Work	Amrita Yoga		<b>Amavasya*</b> <b>Until 1:16PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 10:42PM		<b>Day 3 of Pancha Ganapati</b>		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga							

<b>Retreat Star</b>		<b>Saturday, December 24, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Nairobi, Kenya Sun 15 Sutra 251 Subhakrit 5124
Dhanus Rasi: 17.56	Tithi 1 – 2	<b>Gulika</b> 6:28AM – 7:59AM	<b>Purvashadha*</b> <b>Until 7:46PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:28AM		
		Yama 2:05PM – 3:36PM	Vridhhi <b>Until 6:56AM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 12 - Phase 34 - 15	
	886476575	<b>Rahu</b> 9:31AM – 11:02AM	Balava <b>Until 7:49PM</b>	<b>Nataraja:</b> Purple		Prathama	
Creative Work	Siddha Yoga		<b>Prathama*</b> <b>Until 9:38AM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
Until 7:46PM		<b>Day 4 of Pancha Ganapati</b>		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 Nairobi, Kenya on 5/1/2

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<b>1</b>	<b>Sunday, December 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 252 Subhakrit 5124
	Makara Rasi: 3.07	Tithi 3	<b>Gulika</b> 3:37PM – 5:08PM	<b>Uttarashadha</b> Until 4:46PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:28AM	
			Yama 12:34PM – 2:05PM	Vyaghata* Until 10:30PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:40PM	Moon 12 - Phase 35 - 16
	Creative Work	Amrita Yoga	886486576 <b>Rahu</b> 5:08PM – 6:40PM	Taitila Until 4:11PM	<b>Nataraja:</b> Purple		3rd Phase
		Day 5 of Pancha Ganapati		Tritiya Until 2:26AM Mon		Moon – Light Blue Pausha-Markali	<b>Subha Sivaloka Day</b>

<b>2</b>	<b>Monday, December 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visiti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 253 Subhakrit 5124
	Makara Rasi: 18.11	Tithi 4	<b>Gulika</b> 2:06PM – 3:37PM	<b>Shravana</b> Until 2:15PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
	<b>Family Home Evening</b>		Yama 11:03AM – 12:34PM	Harshana Until 6:35PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:40PM	Moon 12 - Phase 35 - 17
	Creative Work	Amrita Yoga	896486576 <b>Rahu</b> 8:00AM – 9:32AM	Vanija Until 12:48PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi*</b> Until 11:13PM	Moon – Purple Pausha-Markali		<b>Sivaloka Day</b>	
		Then Creative Work - Siddha Yoga					

<b>3</b>	<b>Tuesday, December 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 254 Subhakrit 5124
	Kumbha Rasi: 3.01	Tithi 5	<b>Gulika</b> 12:35PM – 2:06PM	<b>Dhanishtha</b> Until 12:00PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	
			Yama 9:32AM – 11:04AM	Vajra* Until 2:58PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:41PM	Moon 12 - Phase 35 - 18
	Creative Work	Siddha Yoga	896486576 <b>Rahu</b> 3:38PM – 5:09PM	Bava Until 9:47AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> Until 8:27PM	Moon – Purple Pausha-Markali		<b>Sivaloka Day</b>	
		Then Routine Work - Marana Yoga					

<b>4</b>	<b>Wednesday, December 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 255 Subhakrit 5124
	Kumbha Rasi: 17.28	Tithi 6	<b>Gulika</b> 11:04AM – 12:35PM	<b>Shatabhishak</b> Until 10:08AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:30AM	
			Yama 8:01AM – 9:33AM	Siddhi Until 11:50AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:41PM	Moon 12 - Phase 35 - 19
	Creative Work	Siddha Yoga	896486576 <b>Rahu</b> 12:35PM – 2:07PM	Kaulava Until 7:18AM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Shashthi*</b> Until 6:16PM	Moon – Purple Pausha-Markali		<b>Sivaloka Day</b>	
		Then Creative Work - Amrita Yoga		<b>Vinayaga Viratam Ends</b>			

<b>5</b>	<b>Thursday, December 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 20 Sutra 256 Subhakrit 5124
	Meena Rasi: 1.29	Tithi 7 – 8	<b>Gulika</b> 9:33AM – 11:04AM	<b>Purvaproshtapada*</b> Until 9:12AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:30AM	
			Yama 6:30AM – 8:02AM	Vyatipata* Until 9:14AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:42PM	Moon 12 - Phase 35 - 20
	Creative Work	Siddha Yoga	817486576 <b>Rahu</b> 2:07PM – 3:39PM	Visti Until 4:20AM Fri	<b>Nataraja:</b> Clear		3rd Phase
			<b>Saptami</b> Until 4:47PM	Moon – Clear Pausha-Markali		<b>Devaloka Day</b>	

<b>☾</b>	<b>Friday, December 30, 2022</b>		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				Nairobi, Kenya Sun 21 Sutra 257 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 8:02AM – 9:34AM	<b>Uttaraproshtapada</b> Until 8:51AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:31AM	
	Meena Rasi: 15.04	Tithi 8 – 9	Yama 3:39PM – 5:11PM	Variyan Until 7:11AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:42PM	Moon 12 - Phase 35 - 21
	Creative Work	Siddha Yoga	817486576 <b>Rahu</b> 11:05AM – 12:36PM	Balava Until 3:57AM Sat	<b>Nataraja:</b> Clear		Ashtami
			<b>Ashtami*</b> Until 4:02PM	Moon – Clear Pausha-Markali		<b>Devaloka Day</b>	

<b>☽</b>	<b>Saturday, December 31, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 258 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 6:31AM – 8:03AM	<b>Revati</b> Until 9:04AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:31AM	
	Meena Rasi: 28.15	Tithi 9 – 10	Yama 2:08PM – 3:40PM	Shiva Until 4:51AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 35 - 22
	Routine Work	Prabalarishta Yoga	817486576 <b>Rahu</b> 9:34AM – 11:05AM	Taitila Until 4:17AM Sun	<b>Nataraja:</b> Clear		Navami
			<b>Navami*</b> Until 4:01PM	Moon – Clear Pausha-Markali		<b>Devaloka Day</b>	
		Then Creative Work - Siddha Yoga					


<b>1</b>		<b>Sunday, January 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 23 Sutra 259 Subhakrit 5124
Mesha Rasi: 11.05	Tithi 10 - 11	<b>Gulika</b> 3:40PM - 5:12PM	<b>Ashvini</b> Until 10:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM		
		Yama 12:37PM - 2:09PM	Siddha Until 4:24AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36 - 23	4th Phase
	827486576	<b>Rahu</b> 5:12PM - 6:43PM	Vanija Until 5:16AM Mon	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:41PM	Moon - White		<b>Sivaloka Day</b>	
Until 10:16AM				Pausha-Markali			
Then Routine Work - Prabararishta Yoga							

<b>2</b>		<b>Monday, January 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 24 Sutra 260 Subhakrit 5124
Mesha Rasi: 23.37	Tithi 11 - 12	<b>Gulika</b> 2:09PM - 3:41PM	<b>Bharani</b> Until 11:53AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM		
<b>Family Home Evening</b>		Yama 11:06AM - 12:38PM	Sadhya Until 4:22AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36 - 24	4th Phase
	827486576	<b>Rahu</b> 8:04AM - 9:35AM	Bava Until 6:44AM Tue	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 5:55PM	Moon - White		<b>Sivaloka Day</b>	
Until 11:53AM		<b>Vaikuntha Ekadasi</b>		Pausha-Markali			
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Tuesday, January 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau			Nairobi, Kenya Sun 25 Sutra 261 Subhakrit 5124
Vrishabha Rasi: 5.56	Tithi 12	<b>Gulika</b> 12:38PM - 2:10PM	<b>Krittika</b> Until 1:47PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:33AM		
		Yama 9:35AM - 11:07AM	Subha Until 4:38AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36 - 25	4th Phase
	827586576	<b>Rahu</b> 3:41PM - 5:13PM	Bava Until 6:44AM	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 7:36PM	Moon - White		<b>Subha Sivaloka Day</b>	
Until 1:47PM				Pausha-Markali			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Wednesday, January 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Nairobi, Kenya Sun 26 Sutra 262 Subhakrit 5124
Vrishabha Rasi: 18.07	Tithi 13	<b>Gulika</b> 11:07AM - 12:39PM	<b>Rohini</b> Until 4:21PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:33AM		
		Yama 8:05AM - 9:36AM	Sukla Until 5:05AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 12 - Phase 36 - 26	4th Phase
	838586576	<b>Rahu</b> 12:39PM - 2:10PM	Kaulava Until 8:35AM	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 9:36PM	Moon - Yellow		<b>Devaloka Day</b>	
				Pausha-Markali			
<i>Pradosha Vrata</i>							

<b>5</b>		<b>Thursday, January 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Nairobi, Kenya Sun 27 Sutra 263 Subhakrit 5124
Mithuna Rasi: 0.1	Tithi 14	<b>Gulika</b> 9:36AM - 11:08AM	<b>Mrigashira</b> Until 6:59PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:34AM		
		Yama 6:34AM - 8:05AM	Brahma Until 5:42AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 12 - Phase 36 - 27	4th Phase
	838586576	<b>Rahu</b> 2:11PM - 3:42PM	Gara Until 10:43AM	<b>Nataraja:</b> Clear			
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 11:50PM	Moon - Yellow		<b>Devaloka Day</b>	
		<b>Subramuniyaswami Jayanti</b>		Pausha-Markali			

		<b>Friday, January 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti/Bava Karana Purnimayam Titau			Nairobi, Kenya Sutra 264 Subhakrit 5124
Mithuna Rasi: 12.09	Tithi 15	<b>Gulika</b> 8:05AM - 9:37AM	<b>Ardra</b> Until 9:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:34AM		
		Yama 3:43PM - 5:14PM	Indra Until 6:25AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 12 - Phase 36 - Purnima	
	838586576	<b>Rahu</b> 11:08AM - 12:40PM	Visti Until 1:01PM	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 2:12AM Sat	Moon - Yellow		<b>Devaloka Day</b>	
				Pausha-Markali			
<b>Ardra Darshanam</b>							

<b>Saturday, January 7, 2023</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau			Nairobi, Kenya Sutra 265 Subhakrit 5124
Mithuna Rasi: 24.05	Tithi 16	<b>Gulika</b> 6:34AM - 8:06AM	<b>Punarvasu</b> Until 12:38AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:34AM		
		Yama 2:12PM - 3:43PM	Indra Until 6:25AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:46PM	Moon 12 - Phase 36 - Prathama	
	848586576	<b>Rahu</b> 9:37AM - 11:09AM	Balava Until 3:26PM	<b>Nataraja:</b> Clear			
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 4:39AM Sun	Moon - Blue		<b>Sivaloka Day</b>	
				Pausha-Markali			

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



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

Kataka Rasi: 5.59      Tithi 17  
Creative Work      Siddha Yoga

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

**Gulika** 3:43PM – 5:15PM      **Pushya Until 3:33AM Mon**  
**Yama** 12:41PM – 2:12PM      **Vaidhriti\* Until 7:10AM**  
**Rahu** 5:15PM – 6:46PM      **Taitila Until 5:55PM**  
**Dvitiya Until 7:09AM Mon**

**Ganesha:** Clear      *Sunrise:* 6:35AM  
**Muruqa:** Purple      *Sunset:* 6:46PM  
**Nataraja:** Clear  
Moon – Blue      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sutra 266  
Subhakrit 5124  
Moon 1 - Phase 37 -  
1st Phase

**1**

**Monday, January 9, 2023**

Kataka Rasi: 17.52      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** 2:12PM – 3:44PM      **Ashlesha\* Until 6:17AM Tue**  
**Yama** 11:10AM – 12:41PM      **Vishkamba\* Until 7:57AM**  
**Rahu** 8:07AM – 9:38AM      **Vanija Until 8:25PM**  
**Dvitiya Until 7:09AM**

**Ganesha:** Clear      *Sunrise:* 6:35AM  
**Muruqa:** Purple      *Sunset:* 6:47PM  
**Nataraja:** Clear  
Moon – Blue      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sun 1      Sutra 267  
Subhakrit 5124  
Moon 1 - Phase 37 - 1  
1st Phase

**2**

**Tuesday, January 10, 2023**

Kataka Rasi: 29.46      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/Chaturthyam Titau

**Gulika** 12:41PM – 2:13PM      **Ashlesha\* Until 6:17AM**  
**Yama** 9:39AM – 11:10AM      **Priti Until 8:45AM**  
**Rahu** 3:44PM – 5:16PM      **Bava Until 10:51PM**  
**Tritiya Until 9:37AM**

**Ganesha:** Clear      *Sunrise:* 6:36AM  
**Muruqa:** Purple      *Sunset:* 6:47PM  
**Nataraja:** Clear  
Moon – Blue      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sun 2      Sutra 268  
Subhakrit 5124  
Moon 1 - Phase 37 - 2  
1st Phase

**3**

**Wednesday, January 11, 2023**

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

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

**Gulika** 11:10AM – 12:42PM      **Magha\* Until 9:16AM**  
**Yama** 8:08AM – 9:39AM      **Ayushman Until 9:26AM**  
**Rahu** 12:42PM – 2:13PM      **Kaulava Until 1:07AM Thu**  
**Chaturthi\* Until 11:59AM**

**Ganesha:** Clear      *Sunrise:* 6:36AM  
**Muruqa:** Purple      *Sunset:* 6:47PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sun 3      Sutra 269  
Subhakrit 5124  
Moon 1 - Phase 37 - 3  
1st Phase

**4**

**Thursday, January 12, 2023**

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

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

**Gulika** 9:39AM – 11:11AM      **Purvaphalguni Until 11:51AM**  
**Yama** 6:37AM – 8:08AM      **Saubhagya Until 9:58AM**  
**Rahu** 2:14PM – 3:45PM      **Gara Until 3:03AM Fri**  
**Panchami Until 2:07PM**

**Ganesha:** Clear      *Sunrise:* 6:37AM  
**Muruqa:** Purple      *Sunset:* 6:48PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sun 4      Sutra 270  
Subhakrit 5124  
Moon 1 - Phase 37 - 4  
1st Phase

**5**

**Friday, January 13, 2023**

Kanya Rasi: 5.51      Tithi 21 – 22  
Creative Work      Siddha Yoga  
Until 1:55PM  
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** 8:08AM – 9:40AM      **Uttaraphalguni Until 1:55PM**  
**Yama** 3:45PM – 5:17PM      **Sobhana Until 10:13AM**  
**Rahu** 11:11AM – 12:43PM      **Visti Until 4:30AM Sat**  
**Shashthi\* Until 3:50PM**

**Ganesha:** Clear      *Sunrise:* 6:37AM  
**Muruqa:** Purple      *Sunset:* 6:48PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

Nairobi, Kenya  
Sun 5      Sutra 271  
Subhakrit 5124  
Moon 1 - Phase 37 - 5  
1st Phase

**6**

**Saturday, January 14, 2023**

Kanya Rasi: 18.13      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** 6:37AM – 8:09AM      **Hasta Until 3:46PM**  
**Yama** 2:14PM – 3:46PM      **Athiganda\* Until 10:03AM**  
**Rahu** 9:40AM – 11:12AM      **Balava Until 5:17AM Sun**  
**Saptami Until 4:58PM**

**Ganesha:** White      *Sunrise:* 6:37AM  
**Muruqa:** Purple      *Sunset:* 6:48PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

Thai Pongal

Nairobi, Kenya  
Sun 6      Sutra 272  
Subhakrit 5124  
Moon 1 - Phase 37 - 6  
1st Phase

**D**

**Sunday, January 15, 2023**

**Retreat Star**

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

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

**Gulika** 3:46PM – 5:17PM      **Chitra Until 4:45PM**  
**Yama** 12:43PM – 2:15PM      **Sukarma Until 9:21AM**  
**Rahu** 5:17PM – 6:49PM      **Taitila Until 5:15AM Mon**  
**Ashtami\* Until 5:21PM**

**Ganesha:** White      *Sunrise:* 6:38AM  
**Muruqa:** Purple      *Sunset:* 6:49PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

Nairobi, Kenya  
Sun 7      Sutra 273  
Subhakrit 5124  
Moon 1 - Phase 37 - 7  
Ashtami

**Monday, January 16, 2023**

**Retreat Star**

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

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

**Gulika** 2:15PM – 3:46PM      **Svati Until 4:46PM**  
**Yama** 11:12AM – 12:44PM      **Dhriti Until 8:03AM**  
**Rahu** 8:10AM – 9:41AM      **Vanija Until 4:23AM Tue**  
**Navami\* Until 4:54PM**

**Ganesha:** White      *Sunrise:* 6:38AM  
**Muruqa:** Purple      *Sunset:* 6:49PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

Nairobi, Kenya  
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

<b>1</b>	<b>Tuesday, January 17, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula*/Ganda* Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 275 Subhakrit 5124
	Tula Rasi: 27.25	Tithi 25 – 26	<b>Gulika</b> 12:44PM – 2:15PM	<b>Vishakha</b> Until 4:15PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	
			Yama 9:41AM – 11:13AM	Shula* Until 6:03AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:49PM	Moon 1 - Phase 38 - 9
	879586576	<b>Rahu</b> 3:47PM – 5:18PM	Bava Until 2:40AM Wed	<b>Nataraja:</b> Clear	Moon – Orange		2nd Phase
Routine Work Marana Yoga			<b>Dashami</b> Until 3:36PM	<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	
Until 4:15PM							
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Wednesday, January 18, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Nairobi, Kenya Sun 10 Sutra 276 Subhakrit 5124
	Vrischika Rasi: 11.24	Tithi 26 – 27	<b>Gulika</b> 11:13AM – 12:44PM	<b>Anuradha</b> Until 2:48PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	
			Yama 8:10AM – 9:42AM	Vriddhi Until 12:11AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:50PM	Moon 1 - Phase 38 - 10
	879586576	<b>Rahu</b> 12:44PM – 2:16PM	Kaulava Until 12:13AM Thu	<b>Nataraja:</b> Clear	Moon – Orange		2nd Phase
Creative Work Siddha Yoga			<b>Ekadashi*</b> Until 1:30PM	<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	

<b>3</b>	<b>Thursday, January 19, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailila/Gara Karana Dvadashti/Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 277 Subhakrit 5124
	Vrischika Rasi: 25.52	Tithi 27 – 28	<b>Gulika</b> 9:42AM – 11:13AM	<b>Jyeshtha*</b> Until 12:33PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:39AM	
			Yama 6:39AM – 8:11AM	Dhruva Until 8:26PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:50PM	Moon 1 - Phase 38 - 11
	871586576	<b>Rahu</b> 2:16PM – 3:47PM	Gara Until 9:09PM	<b>Nataraja:</b> Clear	Moon – Orange		2nd Phase
Routine Work Prabalarishta Yoga			<b>Dvadashti*</b> Until 10:44AM	<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	
Until 12:33PM							
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Friday, January 20, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghala*/Harshana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 278 Subhakrit 5124
	Dhanus Rasi: 10.46	Tithi 28 – 29	<b>Gulika</b> 8:11AM – 9:42AM	<b>Mula*</b> Until 10:04AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM	
			Yama 3:48PM – 5:19PM	Vyaghata* Until 4:20PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:50PM	Moon 1 - Phase 38 - 12
	881586576	<b>Rahu</b> 11:14AM – 12:45PM	Sakuni Until 3:44AM Sat	<b>Nataraja:</b> Clear	Moon – Light Blue		2nd Phase
Creative Work Amrita Yoga			<b>Trayodashi*</b> Until 7:25AM	<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	
Until 10:04AM							
Then Routine Work - Prabalarishta Yoga							

	<b>Saturday, January 21, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 279 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 6:40AM – 8:11AM	<b>Purvashadha*</b> Until 7:06AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:40AM	
	Dhanus Rasi: 25.57	Tithi 30	Yama 2:17PM – 3:48PM	Harshana Until 12:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 38 - 13
	881586576	<b>Rahu</b> 9:43AM – 11:14AM	Catuspada Until 1:50PM	<b>Nataraja:</b> Clear	Moon – Light Blue		Amavasya
Creative Work Siddha Yoga			<b>Amavasya*</b> Until 11:53PM	<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	
Until 7:06AM							
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Sunday, January 22, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 280 Subhakrit 5124
	Makara Rasi: 11.17	Tithi 1	<b>Gulika</b> 3:48PM – 5:19PM	<b>Shravana</b> Until 12:53AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:40AM	
			Yama 12:46PM – 2:17PM	Vajra* Until 7:34AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:51PM	Moon 1 - Phase 38 - 14
	891586576	<b>Rahu</b> 5:19PM – 6:51PM	Kintughna Until 9:57AM	<b>Nataraja:</b> Clear	Moon – Purple		Prathama
Creative Work Amrita Yoga			<b>Prathama*</b> Until 8:01PM	<b>Magha*Thai</b>		<b>Sivaloka Day</b>	
Until 12:53AM Mon							
Then Creative Work - Siddha Yoga							


<b>1</b>	<b>Monday, January 23, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 281 Subhakrit 5124
	Makara Rasi: 26.34 Tithi 2 – 3 Family Home Evening Creative Work Siddha Yoga	891586576	<b>Gulika</b> 2:17PM – 3:48PM Yama 11:14AM – 12:46PM <b>Rahu</b> 8:12AM – 9:43AM	<b>Dhanishtha</b> Until 10:00PM Vyatipata* Until 11:01PM Balava Until 6:09AM Dvitiya Until 4:19PM


<b>2</b>	<b>Tuesday, January 24, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 282 Subhakrit 5124
	Kumbha Rasi: 11.38 Tithi 3 – 4 Routine Work Marana Yoga	891586576	<b>Gulika</b> 12:46PM – 2:17PM Yama 9:43AM – 11:15AM <b>Rahu</b> 3:49PM – 5:20PM	<b>Shatabhishak</b> Until 7:24PM Variyan Until 7:09PM Vanija Until 11:31PM Tritiya Until 12:59PM

<b>3</b>	<b>Wednesday, January 25, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha/Shiva Yoga Vistit/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 283 Subhakrit 5124
	Kumbha Rasi: 26.21 Tithi 4 – 5 Creative Work Amrita Yoga Until 5:38PM Then Creative Work - Siddha Yoga	911586576	<b>Gulika</b> 11:15AM – 12:46PM Yama 8:12AM – 9:44AM <b>Rahu</b> 12:46PM – 2:18PM	<b>Purvaproshtapada*</b> Until 5:38PM Parigha* Until 3:46PM Bava Until 9:01PM Chaturthi* Until 10:09AM

<b>4</b>	<b>Thursday, January 26, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 18 Sutra 284 Subhakrit 5124
	Meena Rasi: 10.37 Tithi 5 – 6 Creative Work Siddha Yoga	911586576	<b>Gulika</b> 9:44AM – 11:15AM Yama 6:41AM – 8:13AM <b>Rahu</b> 2:18PM – 3:49PM	<b>Uttaraproshtapada</b> Until 4:26PM Shiva Until 12:59PM Kaulava Until 7:15PM Panchami Until 8:01AM

<b>5</b>	<b>Friday, January 27, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau		Nairobi, Kenya Sun 19 Sutra 285 Subhakrit 5124
	Meena Rasi: 24.22 Tithi 6 – 7 Creative Work Siddha Yoga Until 3:55PM Then Creative Work - Amrita Yoga	911586576	<b>Gulika</b> 8:13AM – 9:44AM Yama 3:49PM – 5:21PM <b>Rahu</b> 11:15AM – 12:47PM	<b>Revati</b> Until 3:55PM Siddha Until 10:48AM Gara Until 6:20PM Shashthi* Until 6:40AM

	<b>Saturday, January 28, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vanija/Vistit* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 20 Sutra 286 Subhakrit 5124
	<b>Retreat Star</b> Mesha Rasi: 7.38 Tithi 7 – 8 Creative Work Siddha Yoga	921586576	<b>Gulika</b> 6:42AM – 8:13AM Yama 2:18PM – 3:49PM <b>Rahu</b> 9:44AM – 11:16AM	<b>Ashvini</b> Until 4:32PM Sadhya Until 9:20AM Vistit Until 6:18PM Saptami Until 6:11AM

	<b>Sunday, January 29, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 21 Sutra 287 Subhakrit 5124
	<b>Retreat Star</b> Mesha Rasi: 20.28 Tithi 8 – 9 Routine Work Prabalarishta Yoga Until 5:48PM Then Creative Work - Siddha Yoga	922686576	<b>Gulika</b> 3:50PM – 5:21PM Yama 12:47PM – 2:18PM <b>Rahu</b> 5:21PM – 6:52PM	<b>Bharani</b> Until 5:48PM Subha Until 8:31AM Balava Until 7:04PM Ashtami* Until 6:34AM

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

<b>Monday, January 30, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Nairobi, Kenya Sun 22 Sutra 288 Subhakrit 5124
<b>1</b>		<b>Gulika</b> 2:19PM – 3:50PM	<b>Krittika Until 7:35PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – White	<b>Sivaloka Day</b>
Wrishabha Rasi: 2.58	Tithi 9 – 10	Yama 11:16AM – 12:47PM	Sukla Until 8:16AM	<b>Sunrise:</b> 6:42AM <b>Sunset:</b> 6:52PM	Moon 1 - Phase 40 - 22 4th Phase
<b>Family Home Evening</b>	922686576	<b>Rahu</b> 8:13AM – 9:45AM	Taitila Until 8:32PM		
Routine Work	Marana Yoga		<b>Navami* Until 7:42AM</b>	<b>Magha-Thai</b>	
Until 7:35PM					
Then Creative Work - Amrita Yoga					

<b>Tuesday, January 31, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 23 Sutra 289 Subhakrit 5124
<b>2</b>		<b>Gulika</b> 12:47PM – 2:19PM	<b>Rohini Until 10:11PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow	<b>Subha Sivaloka Day</b>
Wrishabha Rasi: 15.11	Tithi 10 – 11	Yama 9:45AM – 11:16AM	Brahma Until 8:28AM	<b>Sunrise:</b> 6:42AM <b>Sunset:</b> 6:52PM	Moon 1 - Phase 40 - 23 4th Phase
932686576		<b>Rahu</b> 3:50PM – 5:21PM	Vanija Until 10:31PM		
Creative Work	Amrita Yoga		<b>Dashami Until 9:27AM</b>	<b>Magha-Thai</b>	
Until 10:11PM					
Then Creative Work - Siddha Yoga					

<b>Wednesday, February 1, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 24 Sutra 290 Subhakrit 5124
<b>3</b>		<b>Gulika</b> 11:16AM – 12:47PM	<b>Mrigashira Until 12:56AM Thu</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow	<b>Subha Sivaloka Day</b>
Wrishabha Rasi: 27.14	Tithi 11 – 12	Yama 8:14AM – 9:45AM	Indra Until 9:01AM	<b>Sunrise:</b> 6:42AM <b>Sunset:</b> 6:52PM	Moon 1 - Phase 40 - 24 4th Phase
932686576		<b>Rahu</b> 12:47PM – 2:19PM	Bava Until 12:50AM Thu		
Creative Work	Siddha Yoga		<b>Ekadashi Until 11:37AM</b>	<b>Magha-Thai</b>	
Until 12:56AM Thu					
Then Routine Work - Marana Yoga					

<b>Thursday, February 2, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Nairobi, Kenya Sun 25 Sutra 291 Subhakrit 5124
<b>4</b>		<b>Gulika</b> 9:45AM – 11:16AM	<b>Ardra Until 3:40AM Fri</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Yellow	<b>Subha Sivaloka Day</b>
Mithuna Rasi: 9.1	Tithi 12 – 13	Yama 6:43AM – 8:14AM	Vaidhriti* Until 9:43AM	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 1 - Phase 40 - 25 4th Phase
932686576		<b>Rahu</b> 2:19PM – 3:50PM	Kaulava Until 3:18AM Fri		
Routine Work	Marana Yoga		<b>Dvadashi Until 2:02PM</b>	<b>Magha-Thai</b>	
Until 3:40AM Fri					
Then Creative Work - Siddha Yoga					

*Pradosha Vrata*

<b>Friday, February 3, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Nairobi, Kenya Sun 26 Sutra 292 Subhakrit 5124
<b>5</b>		<b>Gulika</b> 8:14AM – 9:45AM	<b>Punarvasu Until 6:47AM Sat</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Blue	<b>Sivaloka Day</b>
Mithuna Rasi: 21.04	Tithi 13 – 14	Yama 3:50PM – 5:21PM	Vishkambha* Until 10:32AM	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 1 - Phase 40 - 26 4th Phase
942686576		<b>Rahu</b> 11:16AM – 12:48PM	Gara Until 5:49AM Sat		
Creative Work	Siddha Yoga		<b>Trayodashi Until 4:32PM</b>	<b>Magha-Thai</b>	

<b>Saturday, February 4, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Vanija Karana Chaturdashyam Titau			Nairobi, Kenya Sun 27 Sutra 293 Subhakrit 5124
<b>6</b>		<b>Gulika</b> 6:43AM – 8:14AM	<b>Punarvasu Until 6:47AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue	<b>Sivaloka Day</b>
Kataka Rasi: 2.56	Tithi 14	Yama 2:19PM – 3:50PM	Priti Until 11:22AM	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 1 - Phase 40 - 27 4th Phase
942686577		<b>Rahu</b> 9:45AM – 11:17AM	Vanija Until 7:02PM		
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:02PM</b>	<b>Magha-Thai</b>	

**Thai Pusam**

<b>Sunday, February 5, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau			Nairobi, Kenya Sutra 294 Subhakrit 5124
<b>○</b>	<b>Copper Retreat Star</b>	<b>Gulika</b> 3:50PM – 5:22PM	<b>Pushya Until 9:41AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue	<b>Sivaloka Day</b>
Kataka Rasi: 14.5	Tithi 15	Yama 12:48PM – 2:19PM	Ayushman Until 12:08PM	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 1 - Phase 40 - Purnima
942686577		<b>Rahu</b> 5:22PM – 6:53PM	Visti Until 8:17AM		
Creative Work	Siddha Yoga		<b>Purnima* Until 9:27PM</b>	<b>Magha-Thai</b>	

<b>Monday, February 6, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Nairobi, Kenya Sutra 295 Subhakrit 5124
<b>Silver Retreat Star</b>		<b>Gulika</b> 2:19PM – 3:50PM	<b>Ashlesha* Until 12:19PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Orange Moon – Blue	<b>Sivaloka Day</b>
Kataka Rasi: 26.45	Tithi 16	Yama 11:17AM – 12:48PM	Saubhagya Until 12:50PM	<b>Sunrise:</b> 6:43AM <b>Sunset:</b> 6:53PM	Moon 1 - Phase 40 - Prathama
942686577		<b>Rahu</b> 8:14AM – 9:46AM	Balava Until 10:39AM		
Creative Work	Siddha Yoga		<b>Prathama* Until 11:46PM</b>	<b>Magha-Thai</b>	
Until 12:19PM					
Then Routine Work - Marana Yoga					





Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 8.44 Tithi 17

952686577

Creative Work Siddha Yoga

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

**Gulika** 12:48PM – 2:19PM  
**Yama** 9:46AM – 11:17AM  
**Rahu** 3:50PM – 5:22PM

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

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

**Sunrise:** 6:43AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 1 Sutra 296  
Subhakrit 5124  
Moon 2 - Phase 41 - 1  
1st Phase

**Subha Sivaloka Day**

1

Wednesday, February 8, 2023

Simha Rasi: 20.46 Tithi 18

952686577

Creative Work Amrita Yoga

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

**Gulika** 11:17AM – 12:48PM  
**Yama** 8:15AM – 9:46AM  
**Rahu** 12:48PM – 2:19PM

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

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

**Sunrise:** 6:43AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 2 Sutra 297  
Subhakrit 5124  
Moon 2 - Phase 41 - 2  
1st Phase

**Subha Sivaloka Day**

2

Thursday, February 9, 2023

Kanya Rasi: 2.54 Tithi 19

952686577

Amrita Yoga

Until 7:45PM  
Then Routine Work - Marana Yoga

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

**Gulika** 9:46AM – 11:17AM  
**Yama** 6:43AM – 8:15AM  
**Rahu** 2:19PM – 3:51PM

**Maha Sankatahara Chaturthi**

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

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

**Sunrise:** 6:43AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 3 Sutra 298  
Subhakrit 5124  
Moon 2 - Phase 41 - 3  
1st Phase

**Subha Sivaloka Day**

3

Friday, February 10, 2023

Kanya Rasi: 15.1 Tithi 20

962686577

Amrita Yoga

Until 9:48PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 8:15AM – 9:46AM  
**Yama** 3:51PM – 5:22PM  
**Rahu** 11:17AM – 12:48PM

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

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

**Sunrise:** 6:44AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 4 Sutra 299  
Subhakrit 5124  
Moon 2 - Phase 41 - 4  
1st Phase

**Sivaloka Day**

4

Saturday, February 11, 2023

Kanya Rasi: 27.35 Tithi 20 – 21

963686577

Marana Yoga

Until 11:13PM  
Then Creative Work - Siddha Yoga

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

**Gulika** 6:44AM – 8:15AM  
**Yama** 2:19PM – 3:51PM  
**Rahu** 9:46AM – 11:17AM

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

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

**Sunrise:** 6:44AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 5 Sutra 300  
Subhakrit 5124  
Moon 2 - Phase 41 - 5  
1st Phase

**Devaloka Day**

5

Sunday, February 12, 2023

Tula Rasi: 10.16 Tithi 21 – 22

963686577

Siddha Yoga

Until 11:52PM  
Then Routine Work - Marana Yoga

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

**Gulika** 3:51PM – 5:22PM  
**Yama** 12:48PM – 2:19PM  
**Rahu** 5:22PM – 6:53PM

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

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

**Sunrise:** 6:44AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 6 Sutra 301  
Subhakrit 5124  
Moon 2 - Phase 41 - 6  
1st Phase

**Devaloka Day**

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 23.16 Tithi 22 – 23

973686577

Family Home Evening

Marana Yoga

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

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

**Gulika** 2:19PM – 3:51PM  
**Yama** 11:17AM – 12:48PM  
**Rahu** 8:15AM – 9:46AM

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

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

**Sunrise:** 6:44AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
Sun 7 Sutra 302  
Subhakrit 5124  
Moon 2 - Phase 41 - 7  
Ashtami

**Sivaloka Day**

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 6.37 Tithi 23 – 24

973686577

Siddha Yoga

Until 11:32PM  
Then Routine Work - Marana Yoga

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

**Gulika** 12:48PM – 2:19PM  
**Yama** 9:46AM – 11:17AM  
**Rahu** 3:51PM – 5:22PM

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

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

**Sunrise:** 6:44AM  
**Sunset:** 6:53PM

Nairobi, Kenya  
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 Nairobi, Kenya on 5/1/2


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<b>1</b>	<b>Wednesday, February 15, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
			Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 9 Sutra 304
Wrischika Rasi: 20.25	Tithi 25		<b>Gulika</b> 11:17AM – 12:48PM	<b>Jyeshtha* Until 10:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		973686577	Yama 8:15AM – 9:46AM	Vyaghata* Until 7:29AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:53PM	Moon 2 - Phase 42 - 9
			<b>Rahu</b> 12:48PM – 2:19PM	Vanija Until 4:13PM	<b>Nataraja:</b> Orange		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 3:02AM Thu</b>	Moon – Orange		<b>Sivaloka Day</b>
Until 10:05PM					Magha-Masi		
Then Routine Work - Marana Yoga							

<b>2</b>	<b>Thursday, February 16, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
			Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Sun 10 Sutra 305
Dhanus Rasi: 4.38	Tithi 26		<b>Gulika</b> 9:46AM – 11:17AM	<b>Mula* Until 8:18PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		983686577	Yama 6:44AM – 8:15AM	Vajra* Until 12:59AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:53PM	Moon 2 - Phase 42 - 10
			<b>Rahu</b> 2:19PM – 3:50PM	Bava Until 1:44PM	<b>Nataraja:</b> Orange		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 12:16AM Fri</b>	Moon – Light Blue		<b>Devaloka Day</b>
					Magha-Masi		

<b>3</b>	<b>Friday, February 17, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
			Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 11 Sutra 306
Dhanus Rasi: 19.17	Tithi 27		<b>Gulika</b> 8:15AM – 9:46AM	<b>Purvashadha* Until 5:53PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		983686577	Yama 3:50PM – 5:21PM	Siddhi Until 9:08PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:53PM	Moon 2 - Phase 42 - 11
			<b>Rahu</b> 11:17AM – 12:48PM	Kaulava Until 10:43AM	<b>Nataraja:</b> Orange		2nd Phase
Routine Work	Prabalarishta Yoga			<b>Dvadashi* Until 9:02PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 5:53PM					Magha-Masi		
Then Routine Work - Marana Yoga							

<b>4</b>	<b>Saturday, February 18, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
			Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 307
Makara Rasi: 4.14	Tithi 28 – 29		<b>Gulika</b> 6:44AM – 8:15AM	<b>Uttarashadha Until 2:59PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		983686577	Yama 2:19PM – 3:50PM	Vyatipata* Until 5:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:53PM	Moon 2 - Phase 42 - 12
			<b>Rahu</b> 9:46AM – 11:17AM	Gara Until 7:19AM	<b>Nataraja:</b> Orange		2nd Phase
Routine Work	Marana Yoga			<b>Trayodashi* Until 5:29PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 2:59PM					Magha-Masi		
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata (Fasting)</i>							

	<b>Sunday, February 19, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
			Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 308
Makara Rasi: 19.24	Tithi 29 – 30		<b>Gulika</b> 3:50PM – 5:21PM	<b>Shravana Until 12:11PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		993686577	Yama 12:48PM – 2:19PM	Variyan Until 12:45PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:52PM	Moon 2 - Phase 42 - 13
			<b>Rahu</b> 5:21PM – 6:52PM	Catuspada Until 11:57PM	<b>Nataraja:</b> Orange		Amavasya
Creative Work	Amrita Yoga			<b>Chaturdashi* Until 1:47PM</b>	Moon – Purple		<b>Devaloka Day</b>
Until 12:11PM					Magha-Masi		
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>	<b>Monday, February 20, 2023</b>		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam				Nairobi, Kenya
			Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 14 Sutra 309
Kumbha Rasi: 5	Tithi 30 – 1		<b>Gulika</b> 2:19PM – 3:50PM	<b>Dhanishtha Until 9:16AM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:44AM	Subhakra 5124
		993686577	Yama 11:17AM – 12:48PM	Parigha* Until 8:31AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:52PM	Moon 2 - Phase 42 - 14
<b>Family Home Evening</b>			<b>Rahu</b> 8:15AM – 9:46AM	Kintughna Until 8:21PM	<b>Nataraja:</b> Orange		Prathama
Creative Work	Siddha Yoga			<b>Amavasya* Until 10:07AM</b>	Moon – Purple		<b>Devaloka Day</b>
					Phalguna-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 Nairobi, Kenya on 5/1/2

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1	<b>Tuesday, February 21, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 19.4	Tithi 1 - 2	993686577	Gulika 12:48PM - 2:19PM Yama 9:46AM - 11:17AM Rahu 3:50PM - 5:21PM	Shatabhishak Until 6:23AM Siddha Until 12:38AM Wed Kaulava Until 3:31AM Wed Prathama* Until 6:38AM	Ganesha: Green Muruga: Purple Nataraja: Orange Moon - Purple Phalguna-Masi	Sunrise: 6:44AM Sunset: 6:52PM Moon 2 - Phase 43 - 15 3rd Phase <b>Devaloka Day</b>
	Routine Work Marana Yoga						

2	<b>Wednesday, February 22, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Nairobi, Kenya Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 4.26	Tithi 3	913686577	Gulika 11:17AM - 12:48PM Yama 8:15AM - 9:46AM Rahu 12:48PM - 2:19PM	Uttaraproshtapada Until 2:21AM Thu Sadhya Until 9:16PM Taitila Until 2:11PM Tritiya Until 12:57AM Thu	Ganesha: Red Muruga: Purple Nataraja: Orange Moon - Clear Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:52PM Moon 2 - Phase 43 - 16 3rd Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga						

3	<b>Thursday, February 23, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 18.49	Tithi 4	913786577	Gulika 9:46AM - 11:17AM Yama 6:43AM - 8:14AM Rahu 2:19PM - 3:50PM	Revati Until 1:05AM Fri Subha Until 6:27PM Vanija Until 11:57AM Chaturthi* Until 11:05PM	Ganesha: Blue Muruga: Purple Nataraja: Orange Moon - Clear Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:52PM Moon 2 - Phase 43 - 17 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work Siddha Yoga Until 1:05AM Fri Then Creative Work - Amrita Yoga			Subramuniyaswami Siva Vision Day			

4	<b>Friday, February 24, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 2.43	Tithi 5	923786577	Gulika 8:14AM - 9:45AM Yama 3:50PM - 5:21PM Rahu 11:16AM - 12:47PM	Ashvini Until 12:55AM Sat Sukla Until 4:15PM Bava Until 10:28AM Panchami Until 10:02PM	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:52PM Moon 2 - Phase 43 - 18 3rd Phase <b>Sivaloka Day</b>
	Creative Work Amrita Yoga Until 12:55AM Sat Then Creative Work - Siddha Yoga						

5	<b>Saturday, February 25, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 16.07	Tithi 6	923786577	Gulika 6:43AM - 8:14AM Yama 2:18PM - 3:49PM Rahu 9:45AM - 11:16AM	Bharani Until 1:27AM Sun Brahma Until 2:44PM Kaulava Until 9:51AM Shashthi* Until 9:50PM	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:51PM Moon 2 - Phase 43 - 19 3rd Phase <b>Sivaloka Day</b>
	Creative Work Siddha Yoga						

6	<b>Sunday, February 26, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Nairobi, Kenya Sun 20 Sutra 315 Subhakrit 5124
	Mesha Rasi: 29.05	Tithi 7	924786577	Gulika 3:49PM - 5:20PM Yama 12:47PM - 2:18PM Rahu 5:20PM - 6:51PM	Krittika Until 2:39AM Mon Indra Until 1:55PM Gara Until 10:05AM Saptami Until 10:30PM	Ganesha: Blue Muruga: Purple Nataraja: Orange Moon - White Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:51PM Moon 2 - Phase 43 - 20 3rd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga Until 2:39AM Mon Then Creative Work - Amrita Yoga						

D	<b>Monday, February 27, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 316 Subhakrit 5124
	<b>Retreat Star</b>			Gulika 2:18PM - 3:49PM Yama 11:16AM - 12:47PM Rahu 8:14AM - 9:45AM	Rohini Until 4:51AM Tue Vaidhriti* Until 1:41PM Visti Until 11:09AM Ashtami* Until 11:55PM	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:51PM Moon 2 - Phase 43 - 21 Ashtami <b>Sivaloka Day</b>
	Vrishabha Rasi: 11.38	Tithi 8	934786577				
	Family Home Evening Creative Work Amrita Yoga Until 4:51AM Tue Then Creative Work - Siddha Yoga						

D	<b>Tuesday, February 28, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 317 Subhakrit 5124
	<b>Retreat Star</b>			Gulika 12:47PM - 2:18PM Yama 9:45AM - 11:16AM Rahu 3:49PM - 5:20PM	Mrigashira Until 7:24AM Wed Vishkambha* Until 1:57PM Balava Until 12:52PM Navami* Until 1:54AM Wed	Ganesha: Yellow Muruga: Purple Nataraja: Orange Moon - Yellow Phalguna-Masi	Sunrise: 6:43AM Sunset: 6:51PM Moon 2 - Phase 43 - 22 Navami <b>Sivaloka Day</b>
	Vrishabha Rasi: 23.54	Tithi 9	934786577				
	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	<b>Wednesday, March 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 318 Subhakrit 5124
	Mithuna Rasi: 5.57	Tithi 10	<b>Gulika</b> 11:16AM – 12:47PM	<b>Mrigashira</b> Until 7:24AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:43AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44 - 23
			934786577 <b>Rahu</b> 12:47PM – 2:17PM	Priti Until 2:34PM	<b>Nataraja:</b> Orange		4th Phase
	Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:15AM Thu	Moon – Yellow	<b>Sivaloka Day</b>	

2	<b>Thursday, March 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 319 Subhakrit 5124
	Mithuna Rasi: 17.53	Tithi 11	<b>Gulika</b> 9:44AM – 11:15AM	<b>Ardra</b> Until 10:06AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44 - 24
			934786577 <b>Rahu</b> 2:17PM – 3:48PM	Ayushman Until 3:22PM	<b>Nataraja:</b> Orange		4th Phase
	Routine Work	Marana Yoga		Vanija Until 5:31PM	Moon – Yellow	<b>Sivaloka Day</b>	

3	<b>Friday, March 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 320 Subhakrit 5124
	Mithuna Rasi: 29.44	Tithi 11 – 12	<b>Gulika</b> 8:13AM – 9:44AM	<b>Punarvasu</b> Until 1:14PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44 - 25
			944786577 <b>Rahu</b> 11:15AM – 12:46PM	Saubhagya Until 4:14PM	<b>Nataraja:</b> Orange		4th Phase
	Creative Work	Siddha Yoga		Bava Until 8:02PM	Moon – Blue	<b>Devaloka Day</b>	

4	<b>Saturday, March 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 321 Subhakrit 5124
	Kataka Rasi: 11.37	Tithi 12 – 13	<b>Gulika</b> 6:42AM – 8:13AM	<b>Pushya</b> Until 4:10PM	<b>Ganesha:</b> White <i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:50PM	Moon 2 - Phase 44 - 26
			944786577 <b>Rahu</b> 9:44AM – 11:15AM	Sobhana Until 5:05PM	<b>Nataraja:</b> Orange		4th Phase
	Creative Work	Siddha Yoga		Kaulava Until 10:28PM	Moon – Blue	<b>Devaloka Day</b>	

5	<b>Sunday, March 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 322 Subhakrit 5124
	Kataka Rasi: 23.32	Tithi 13 – 14	<b>Gulika</b> 3:48PM – 5:19PM	<b>Ashlesha*</b> Until 6:47PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:49PM	Moon 2 - Phase 44 - 27
			144786577 <b>Rahu</b> 5:19PM – 6:49PM	Athiganda* Until 5:47PM	<b>Nataraja:</b> Orange		4th Phase
	Creative Work	Siddha Yoga		Gara Until 12:44AM Mon	Moon – Blue	<b>Devaloka Day</b>	

O	<b>Monday, March 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sun 28 Sutra 323 Subhakrit 5124
	<b>Copper Retreat Star</b>		<b>Gulika</b> 2:16PM – 3:47PM	<b>Magha*</b> Until 9:31PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:49PM	Moon 2 - Phase 44 - Purnima
	Simha Rasi: 5.31	Tithi 14 – 15	154786577 <b>Rahu</b> 8:13AM – 9:44AM	Sukarma Until 6:19PM	<b>Nataraja:</b> Orange		
	<b>Family Home Evening</b>	Marana Yoga		Visti Until 2:45AM Tue	Moon – Red	<b>Sivaloka Day</b>	

O	<b>Tuesday, March 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sun 29 Sutra 324 Subhakrit 5124
	<b>Silver Retreat Star</b>		<b>Gulika</b> 12:45PM – 2:16PM	<b>Purvaphalguni</b> Until 11:48PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:41AM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:49PM	Moon 2 - Phase 44 - Prathama
	Simha Rasi: 17.37	Tithi 15 – 16	154786577 <b>Rahu</b> 3:47PM – 5:18PM	Dhriti Until 6:40PM	<b>Nataraja:</b> Orange		
	Creative Work	Siddha Yoga		Balava Until 4:28AM Wed	Moon – Red	<b>Sivaloka Day</b>	

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

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

Nairobi, Kenya

Sutra 325

Subhakit 5124

Simha Rasi: 29.49 Tithi 16 – 17

154786577

**Gulika** 11:14AM – 12:45PM  
Yama 8:12AM – 9:43AM  
**Rahu** 12:45PM – 2:16PM

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

**Ganesha:** Clear *Sunrise: 6:41AM*  
**Muruqa:** Purple *Sunset: 6:49PM*  
**Nataraja:** Orange  
Moon – Red  
Phalguna-Masi

Moon 3 - Phase 45 - 1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 1:37AM Thu

Then Routine Work - Marana Yoga

**1** Thursday, March 9, 2023

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

Nairobi, Kenya

Sun 1 Sutra 326

Subhakit 5124

Kanya Rasi: 12.1 Tithi 17

164786577

**Gulika** 9:43AM – 11:14AM  
Yama 6:41AM – 8:12AM  
**Rahu** 2:16PM – 3:47PM

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

**Ganesha:** White *Sunrise: 6:41AM*  
**Muruqa:** Purple *Sunset: 6:48PM*  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 3:25AM Fri

Then Creative Work - Siddha Yoga

**2** Friday, March 10, 2023

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

Nairobi, Kenya

Sun 2 Sutra 327

Subhakit 5124

Kanya Rasi: 24.41 Tithi 18

165786577

**Gulika** 8:12AM – 9:43AM  
Yama 3:46PM – 5:17PM  
**Rahu** 11:14AM – 12:44PM

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

**Ganesha:** Yellow *Sunrise: 6:41AM*  
**Muruqa:** Purple *Sunset: 6:48PM*  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 2 1st Phase

Sivaloka Day

Creative Work Siddha Yoga

**3** Saturday, March 11, 2023

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

Nairobi, Kenya

Sun 3 Sutra 328

Subhakit 5124

Tula Rasi: 7.22 Tithi 19

165786577

**Gulika** 6:41AM – 8:12AM  
Yama 2:15PM – 3:46PM  
**Rahu** 9:42AM – 11:13AM

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

**Ganesha:** Yellow *Sunrise: 6:41AM*  
**Muruqa:** Purple *Sunset: 6:48PM*  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 3 1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 5:21AM Sun

Then Routine Work - Marana Yoga

**4** Sunday, March 12, 2023

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

Nairobi, Kenya

Sun 4 Sutra 329

Subhakit 5124

Tula Rasi: 20.16 Tithi 20

175786577

**Gulika** 3:46PM – 5:17PM  
Yama 12:44PM – 2:15PM  
**Rahu** 5:17PM – 6:48PM

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

**Ganesha:** Blue *Sunrise: 6:40AM*  
**Muruqa:** Purple *Sunset: 6:48PM*  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

Moon 3 - Phase 45 - 4 1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 5:52AM Mon

Then Creative Work - Siddha Yoga

**5** Monday, March 13, 2023

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

Nairobi, Kenya

Sun 5 Sutra 330

Subhakit 5124

Vrischika Rasi: 3.23 Tithi 21

175786577

**Gulika** 2:15PM – 3:45PM  
Yama 11:13AM – 12:44PM  
**Rahu** 8:11AM – 9:42AM

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

**Ganesha:** Blue *Sunrise: 6:40AM*  
**Muruqa:** Purple *Sunset: 6:47PM*  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

Moon 3 - Phase 45 - 5 1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 5:44AM Tue

Then Routine Work - Marana Yoga

**6** Tuesday, March 14, 2023

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

Nairobi, Kenya

Sun 6 Sutra 331

Subhakit 5124

Vrischika Rasi: 16.48 Tithi 22 – 23

175786577

**Gulika** 12:43PM – 2:14PM  
Yama 9:42AM – 11:13AM  
**Rahu** 3:45PM – 5:16PM

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

**Ganesha:** Blue *Sunrise: 6:40AM*  
**Muruqa:** Purple *Sunset: 6:47PM*  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

Moon 3 - Phase 45 - 6 1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

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

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

Nairobi, Kenya

Sun 7 Sutra 332

Subhakit 5124

Dhanus Rasi: 0.31 Tithi 23 – 24

185786578

**Gulika** 11:12AM – 12:43PM  
Yama 8:11AM – 9:41AM  
**Rahu** 12:43PM – 2:14PM

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

**Ganesha:** Red *Sunrise: 6:40AM*  
**Muruqa:** Purple *Sunset: 6:47PM*  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

Moon 3 - Phase 45 - 7 Ashtami

Sivaloka Day

Routine Work Marana Yoga

Until 3:55AM Thu

Then Creative Work - Siddha Yoga

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

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

Nairobi, Kenya

Sun 8 Sutra 333

Subhakit 5124

Dhanus Rasi: 14.33 Tithi 24 – 25

185786578

**Gulika** 9:41AM – 11:12AM  
Yama 6:39AM – 8:10AM  
**Rahu** 2:14PM – 3:45PM

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

**Ganesha:** Red *Sunrise: 6:39AM*  
**Muruqa:** Purple *Sunset: 6:46PM*  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

Moon 3 - Phase 45 - 8 Navami

Sivaloka Day

Creative Work Siddha Yoga

Until 2:17AM 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 Nairobi, Kenya on 5/1/2


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<b>1</b>	<b>Friday, March 17, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Nairobi, Kenya Sun 9 Sutra 334 Subhakrit 5124
	Dhanus Rasi: 28.53	Tithi 25 – 26	<b>Gulika</b> 8:10AM – 9:41AM Yama 3:44PM – 5:15PM 185786578 <b>Rahu</b> 11:12AM – 12:43PM	<b>Uttarashadha Until 12:08AM Sat</b> Parigha* Until 1:02AM Sat Bava Until 10:16PM Dashami Until 11:39AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:39AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:46PM <b>Nataraja:</b> Clear Moon – Light Blue Phalguna•Panguni
	Routine Work	Marana Yoga			Sivaloka Day
	Until 12:08AM Sat	Then Creative Work - Siddha Yoga			

<b>2</b>	<b>Saturday, March 18, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau			Nairobi, Kenya Sun 10 Sutra 335 Subhakrit 5124
	Makara Rasi: 13.29	Tithi 26 – 27	<b>Gulika</b> 6:39AM – 8:10AM Yama 2:13PM – 3:44PM 195786578 <b>Rahu</b> 9:41AM – 11:11AM	<b>Shravana Until 9:59PM</b> Shiva Until 9:23PM Kaulava Until 7:15PM Ekadashi* Until 8:46AM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:39AM <b>Muruqa:</b> Purple <i>Sunset:</i> 6:46PM <b>Nataraja:</b> Clear Moon – Purple Phalguna•Panguni
	Creative Work	Siddha Yoga			Subha Sivaloka Day

<b>3</b>	<b>Sunday, March 19, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau			Nairobi, Kenya Sun 11 Sutra 336 Subhakrit 5124
	Makara Rasi: 28.16	Tithi 28	<b>Gulika</b> 3:44PM – 5:14PM Yama 12:42PM – 2:13PM 196796578 <b>Rahu</b> 5:14PM – 6:45PM	<b>Dhanishtha Until 7:34PM</b> Siddha Until 5:35PM Gara Until 4:04PM Trayodashi* Until 2:27AM Mon <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:39AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:45PM <b>Nataraja:</b> Clear Moon – Purple Phalguna•Panguni
	Routine Work	Marana Yoga			Devaloka Day
	Until 7:34PM	Then Creative Work - Siddha Yoga			

<b>4</b>	<b>Monday, March 20, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Nairobi, Kenya Sun 12 Sutra 337 Subhakrit 5124
	Kumbha Rasi: 13.06	Tithi 29	<b>Gulika</b> 2:13PM – 3:43PM Yama 11:11AM – 12:42PM 196896578 <b>Rahu</b> 8:09AM – 9:40AM	<b>Shatabhishak Until 5:01PM</b> Sadhya Until 1:49PM Visti Until 12:53PM Chaturdashi* Until 11:19PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:38AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:45PM <b>Nataraja:</b> Clear Moon – Purple Phalguna•Panguni
	Family Home Evening	Siddha Yoga			Sivaloka Day
	Until 5:01PM	Then Routine Work - Marana Yoga			

	<b>Tuesday, March 21, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Nairobi, Kenya Sun 13 Sutra 338 Subhakrit 5124
	<b>Retreat Star</b>	Kumbha Rasi: 27.52	Tithi 30	<b>Gulika</b> 12:41PM – 2:12PM Yama 9:40AM – 11:11AM 116896578 <b>Rahu</b> 3:43PM – 5:14PM	<b>Purvaproshtapada* Until 2:55PM</b> Subha Until 10:11AM Catuspada Until 9:50AM Amavasya* Until 8:24PM
	Routine Work	Marana Yoga			Devaloka Day
	Until 2:55PM	Then Creative Work - Amrita Yoga			

	<b>Wednesday, March 22, 2023</b>	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau			Nairobi, Kenya Sun 14 Sutra 339 Subhakrit 5124
	<b>Retreat Star</b>	Meena Rasi: 12.26	Tithi 1 – 2	<b>Gulika</b> 11:10AM – 12:41PM Yama 8:09AM – 9:39AM 116896578 <b>Rahu</b> 12:41PM – 2:12PM	<b>Uttaraproshtapada Until 1:01PM</b> Sukla Until 6:45AM Kintughna Until 7:06AM Prathama* Until 5:52PM
	Creative Work	Siddha Yoga			Devaloka Day
	Until 1:01PM	Then Routine Work - Marana Yoga	Yugadhi		Chaitra•Panguni

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

All times are standard time. Calculated for Nairobi, Kenya on 5/1/2

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<b>1</b>		<b>Thursday, March 23, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 15 Sutra 340 Subhakit 5124		
Meena Rasi: 26.42	Tithi 2 – 3	<b>Gulika</b> 9:39AM – 11:10AM	<b>Revati Until 11:28AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:38AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:44PM	Moon 3 - Phase 47 - 15 3rd Phase
		Yama 6:38AM – 8:08AM	Indra Until 1:11AM Fri	<b>Nataraja:</b> Clear		Moon – Clear		<b>Devaloka Day</b>
Creative Work Siddha Yoga		116896578 <b>Rahu</b> 2:12PM – 3:42PM	Taitila Until 3:06AM Fri			Chaitra•Panguni		
Until 11:28AM		Chellappaswami Mahasamadhi	<b>Dvitiya Until 3:51PM</b>					
Then Creative Work - Amrita Yoga								

<b>2</b>		<b>Friday, March 24, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 16 Sutra 341 Subhakit 5124		
Mesha Rasi: 10.34	Tithi 3 – 4	<b>Gulika</b> 8:08AM – 9:39AM	<b>Ashvini Until 10:50AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:44PM	Moon 3 - Phase 47 - 16 3rd Phase
		Yama 3:42PM – 5:13PM	Vaidhriti* Until 11:10PM	<b>Nataraja:</b> Clear		Moon – White		<b>Devaloka Day</b>
Creative Work Amrita Yoga		126896578 <b>Rahu</b> 11:10AM – 12:41PM	Vanija Until 2:07AM Sat			Chaitra•Panguni		
Until 10:50AM			<b>Tritiya Until 2:30PM</b>					
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Saturday, March 25, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 17 Sutra 342 Subhakit 5124		
Mesha Rasi: 24.01	Tithi 4 – 5	<b>Gulika</b> 6:37AM – 8:08AM	<b>Bharani Until 10:48AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 47 - 17 3rd Phase
		Yama 2:11PM – 3:42PM	Vishkamba* Until 9:48PM	<b>Nataraja:</b> Clear		Moon – White		<b>Devaloka Day</b>
Creative Work Siddha Yoga		126896578 <b>Rahu</b> 9:39AM – 11:09AM	Bava Until 1:55AM Sun			Chaitra•Panguni		
Until 10:48AM			<b>Chaturthi* Until 1:54PM</b>					
Then Creative Work - Amrita Yoga								

<b>4</b>		<b>Sunday, March 26, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Nairobi, Kenya Sun 18 Sutra 343 Subhakit 5124		
Vrishabha Rasi: 7.03	Tithi 5 – 6	<b>Gulika</b> 3:41PM – 5:12PM	<b>Krittika Until 11:22AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 47 - 18 3rd Phase
		Yama 12:40PM – 2:11PM	Priti Until 9:03PM	<b>Nataraja:</b> Clear		Moon – White		<b>Devaloka Day</b>
Creative Work Siddha Yoga		126896578 <b>Rahu</b> 5:12PM – 6:43PM	Kaulava Until 2:30AM Mon			Chaitra•Panguni		
Until 3:05PM			<b>Panchami Until 2:05PM</b>					
Then Routine Work - Marana Yoga								

<b>5</b>		<b>Monday, March 27, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 19 Sutra 344 Subhakit 5124		
Vrishabha Rasi: 19.42	Tithi 6 – 7	<b>Gulika</b> 2:10PM – 3:41PM	<b>Rohini Until 12:59PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:37AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 47 - 19 3rd Phase
<b>Family Home Evening</b>		Yama 11:09AM – 12:40PM	Ayushman Until 8:50PM	<b>Nataraja:</b> Clear		Moon – Yellow		<b>Devaloka Day</b>
Creative Work Amrita Yoga		137896578 <b>Rahu</b> 8:07AM – 9:38AM	Gara Until 3:47AM Tue			Chaitra•Panguni		
Until 3:05PM			<b>Shashthi* Until 3:02PM</b>					
Then Routine Work - Marana Yoga								

<b>6</b>		<b>Tuesday, March 28, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 20 Sutra 345 Subhakit 5124		
Mithuna Rasi: 2.02	Tithi 7 – 8	<b>Gulika</b> 12:39PM – 2:10PM	<b>Mrigashira Until 3:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 20 3rd Phase
		Yama 9:38AM – 11:09AM	Saubhagya Until 9:07PM	<b>Nataraja:</b> Clear		Moon – Yellow		<b>Devaloka Day</b>
Creative Work Siddha Yoga		137896578 <b>Rahu</b> 3:41PM – 5:12PM	Visti Until 5:39AM Wed			Chaitra•Panguni		
Until 3:05PM			<b>Saptami Until 4:38PM</b>					
Then Routine Work - Marana Yoga								

<b>Retreat Star</b>		<b>Wednesday, March 29, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava Karana Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 346 Subhakit 5124		
Mithuna Rasi: 14.1	Tithi 8	<b>Gulika</b> 11:08AM – 12:39PM	<b>Ardra Until 5:30PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 21 Ashtami
		Yama 8:07AM – 9:37AM	Sobhana Until 9:45PM	<b>Nataraja:</b> Clear		Moon – Yellow		<b>Devaloka Day</b>
Creative Work Siddha Yoga		137896578 <b>Rahu</b> 12:39PM – 2:10PM	Bava Until 6:42PM			Chaitra•Panguni		
Until 3:05PM			<b>Ashtami* Until 6:42PM</b>					
Then Routine Work - Marana Yoga								

<b>Retreat Star</b>		<b>Thursday, March 30, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 347 Subhakit 5124		
Mithuna Rasi: 26.08	Tithi 9	<b>Gulika</b> 9:37AM – 11:08AM	<b>Punarvasu Until 8:30PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:36AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 22 Navami
		Yama 6:36AM – 8:06AM	Athiganda* Until 10:32PM	<b>Nataraja:</b> Clear		Moon – Blue		<b>Bhuloka Day</b>
Creative Work Amrita Yoga		147896578 <b>Rahu</b> 2:09PM – 3:40PM	Balava Until 7:53AM			Chaitra•Panguni		
Until 3:05PM			<b>Navami* Until 9:03PM</b>					
Then Routine Work - Marana Yoga		Sri Rama Navami						
								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 Nairobi, Kenya on 5/1/2

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<b>1</b>	<b>Friday, March 31, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 348 Subhakit 5124
	Kataka Rasi: 8.01	Tithi 10	<b>Gulika</b> 8:06AM – 9:37AM	<b>Pushya</b> Until 11:26PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:35AM	
			Yama 3:40PM – 5:11PM	Sukarma Until 11:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 48 - 23
	Routine Work	Marana Yoga	147896578 <b>Rahu</b> 11:08AM – 12:38PM	Taitila Until 10:17AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> Until 11:29PM	Moon – Blue		<b>Bhuloka Day</b>	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Saturday, April 1, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 349 Subhakit 5124
	Kataka Rasi: 19.55	Tithi 11	<b>Gulika</b> 6:35AM – 8:06AM	<b>Ashlesha*</b> Until 2:05AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:35AM	
			Yama 2:09PM – 3:40PM	Dhriti Until 12:11AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 48 - 24
	Routine Work	Marana Yoga	147896578 <b>Rahu</b> 9:37AM – 11:08AM	Vanija Until 12:41PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> Until 1:48AM Sun	Moon – Blue		<b>Bhuloka Day</b>	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

<b>3</b>	<b>Sunday, April 2, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 350 Subhakit 5124
	Simha Rasi: 1.52	Tithi 12	<b>Gulika</b> 3:40PM – 5:10PM	<b>Magha*</b> Until 4:50AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
			Yama 12:38PM – 2:09PM	Shula* Until 12:46AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 48 - 25
	Routine Work	Marana Yoga	158896578 <b>Rahu</b> 5:10PM – 6:41PM	Bava Until 2:54PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Dvadashi</b> Until 3:52AM Mon	Moon – Red		<b>Devaloka Day</b>	
		Until 4:50AM Mon		Chaitra•Panguni			
		Then Creative Work - Siddha Yoga					

<b>4</b>	<b>Monday, April 3, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 351 Subhakit 5124
	Simha Rasi: 13.55	Tithi 13	<b>Gulika</b> 2:09PM – 3:39PM	<b>Purvaphalguni</b> Until 7:04AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
	<b>Family Home Evening</b>		Yama 11:07AM – 12:38PM	Ganda* Until 1:06AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 48 - 26
	Creative Work	Siddha Yoga	158896578 <b>Rahu</b> 8:06AM – 9:36AM	Kaulava Until 4:48PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> Until 5:34AM Tue	Moon – Red		<b>Devaloka Day</b>	
		Until 7:04AM Tue		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga		<i>Pradosha Vrata</i>			

<b>5</b>	<b>Tuesday, April 4, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Gara Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 352 Subhakit 5124
	Simha Rasi: 26.07	Tithi 14	<b>Gulika</b> 12:37PM – 2:08PM	<b>Purvaphalguni</b> Until 7:04AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:35AM	
			Yama 9:36AM – 11:07AM	Vriddhi Until 1:07AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 48 - 27
	Creative Work	Siddha Yoga	158896578 <b>Rahu</b> 3:39PM – 5:10PM	Gara Until 6:17PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Chaturdashi*</b> Until 6:50AM Wed	Moon – Red		<b>Devaloka Day</b>	
		Until 7:04AM		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					

	<b>Wednesday, April 5, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sutra 353 Subhakit 5124
	Kanya Rasi: 8.3	Tithi 14 – 15	<b>Gulika</b> 11:06AM – 12:37PM	<b>Uttaraphalguni</b> Until 8:42AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:34AM	
			Yama 8:05AM – 9:36AM	Dhruva Until 12:44AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 48 - Purnima
	Creative Work	Amrita Yoga	158896578 <b>Rahu</b> 12:37PM – 2:08PM	Visti Until 7:17PM	<b>Nataraja:</b> Clear		
			<b>Chaturdashi*</b> Until 6:50AM	Moon – Red		<b>Devaloka Day</b>	
		Until 8:42AM		Chaitra•Panguni			
		Then Routine Work - Marana Yoga					
			<b>Panguni Uttiram</b>				
			<b>Hanuman Jayanti</b>				

<b>0</b>	<b>Thursday, April 6, 2023</b>		Subhakit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sutra 354 Subhakit 5124
	Kanya Rasi: 21.06	Tithi 15 – 16	<b>Gulika</b> 9:36AM – 11:06AM	<b>Hasta</b> Until 10:11AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:34AM	
			Yama 6:34AM – 8:05AM	Vyaghata* Until 12:00AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 3 - Phase 48 - Prathama
	Routine Work	Marana Yoga	168896578 <b>Rahu</b> 2:08PM – 3:38PM	Balava Until 7:49PM	<b>Nataraja:</b> Clear		
			<b>Purnima*</b> Until 7:36AM	Moon – Green		<b>Bhuloka Day</b>	
		Until 10:11AM		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
		Then Creative Work - Siddha Yoga					

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





**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

Nairobi, Kenya  
Sutra 355

Tula Rasi: 3.56      Tithi 16 – 17

**Gulika** 8:05AM – 9:35AM  
Yama 3:38PM – 5:09PM  
168896578 **Rahu** 11:06AM – 12:37PM

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

**Ganesha:** Blue      *Sunrise:* 6:34AM  
**Muruqa:** Clear      *Sunset:* 6:39PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra\*Panguni

Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

Creative Work      Siddha Yoga

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

**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

Nairobi, Kenya  
Sun 1      Sutra 356

Tula Rasi: 16.59      Tithi 17 – 18

**Gulika** 6:34AM – 8:04AM  
Yama 2:07PM – 3:38PM  
168896578 **Rahu** 9:35AM – 11:06AM

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

**Ganesha:** Blue      *Sunrise:* 6:34AM  
**Muruqa:** Clear      *Sunset:* 6:39PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra\*Panguni

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

Creative Work      Siddha Yoga

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

**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

Nairobi, Kenya  
Sun 2      Sutra 357

Vrischika Rasi: 0.16      Tithi 18 – 19

**Gulika** 3:37PM – 5:08PM  
Yama 12:36PM – 2:07PM  
179896578 **Rahu** 5:08PM – 6:39PM

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

**Ganesha:** Red      *Sunrise:* 6:33AM  
**Muruqa:** Clear      *Sunset:* 6:39PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra\*Panguni

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

Routine Work      Marana Yoga

**Devaloka Day**

**3**

**Monday, April 10, 2023**

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

Nairobi, Kenya  
Sun 3      Sutra 358

Vrischika Rasi: 13.46      Tithi 19 – 20

**Family Home Evening**  
Creative Work      Siddha Yoga

**Gulika** 2:06PM – 3:37PM  
Yama 11:05AM – 12:36PM  
179896578 **Rahu** 8:04AM – 9:34AM

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

**Ganesha:** Red      *Sunrise:* 6:33AM  
**Muruqa:** Clear      *Sunset:* 6:38PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra\*Panguni

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

**Devaloka Day**

**4**

**Tuesday, April 11, 2023**

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

Nairobi, Kenya  
Sun 4      Sutra 359

Vrischika Rasi: 27.26      Tithi 21

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

**Gulika** 12:35PM – 2:06PM  
Yama 9:34AM – 11:05AM  
179896578 **Rahu** 3:37PM – 5:07PM

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

**Ganesha:** Red      *Sunrise:* 6:33AM  
**Muruqa:** Clear      *Sunset:* 6:38PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra\*Panguni

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

**Devaloka Day**

**5**

**Wednesday, April 12, 2023**

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

Nairobi, Kenya  
Sun 5      Sutra 360

Dhanus Rasi: 11.19      Tithi 22

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

**Gulika** 11:05AM – 12:35PM  
Yama 8:03AM – 9:34AM  
189896578 **Rahu** 12:35PM – 2:06PM

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

**Ganesha:** Green      *Sunrise:* 6:33AM  
**Muruqa:** Clear      *Sunset:* 6:38PM  
**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

**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

Nairobi, Kenya  
Sun 6      Sutra 361

Dhanus Rasi: 25.2      Tithi 23

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

**Gulika** 9:34AM – 11:04AM  
Yama 6:32AM – 8:03AM  
189996578 **Rahu** 2:06PM – 3:36PM

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

**Ganesha:** White      *Sunrise:* 6:32AM  
**Muruqa:** Clear      *Sunset:* 6:38PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra\*Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

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

**Friday, April 14, 2023**

**Retreat Star**

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

Nairobi, Kenya  
Sun 7      Sutra 362

Makara Rasi: 9.31      Tithi 24

Routine Work      Marana Yoga  
Chidambaram Abhishekam  
Tamil New Year

**Gulika** 8:03AM – 9:33AM  
Yama 3:36PM – 5:07PM  
189996578 **Rahu** 11:04AM – 12:35PM

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

**Ganesha:** White      *Sunrise:* 6:32AM  
**Muruqa:** Clear      *Sunset:* 6:37PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra\*Chaitra

Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami

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

1	<b>Saturday, April 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 363 Sobhana 5125
	Makara Rasi: 23.49	Tithi 25	<b>Gulika</b> 6:32AM – 8:03AM	<b>Dhanishtha</b> Until 3:26AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	
			Yama 2:05PM – 3:36PM	Subha Until 12:57AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 1 - 8
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 9:33AM – 11:04AM	Vanija Until 7:38AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami</b> Until 6:22PM	Moon – Purple		<b>Bhuloka Day</b>	
				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM	

2	<b>Sunday, April 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 9 Sutra 364 Sobhana 5125
	Kumbha Rasi: 8.11	Tithi 26 – 27	<b>Gulika</b> 3:35PM – 5:06PM	<b>Shatabhishak</b> Until 1:33AM Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:32AM	
			Yama 12:34PM – 2:05PM	Sukla Until 9:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 1 - 9
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 5:06PM – 6:37PM	Kaulava Until 2:37AM Mon	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi*</b> Until 3:51PM	Moon – Purple		<b>Bhuloka Day</b>	
				Chaitra•Chaitra		Devaloka Time: 3:PM to 6:PM	
						Then Routine Work - Marana Yoga	

3	<b>Monday, April 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 10 Sutra 1 Sobhana 5125
	Kumbha Rasi: 22.34	Tithi 27 – 28	<b>Gulika</b> 2:05PM – 3:35PM	<b>Purvaproshtapada*</b> Until 12:01AM Tue	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:31AM	
	<b>Family Home Evening</b>		Yama 11:03AM – 12:34PM	Brahma Until 9:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 1 - 10
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 8:02AM – 9:33AM	Gara Until 12:11AM Tue	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dvadashi*</b> Until 1:22PM	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			
						Then Creative Work - Amrita Yoga	

4	<b>Tuesday, April 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 11 Sutra 2 Sobhana 5125
	Meena Rasi: 6.53	Tithi 28 – 29	<b>Gulika</b> 12:34PM – 2:04PM	<b>Uttaraproshtapada</b> Until 10:32PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:31AM	
			Yama 9:32AM – 11:03AM	Indra Until 3:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 1 - 11
	Creative Work	Amrita Yoga	211996578 <b>Rahu</b> 3:35PM – 5:06PM	Visti Until 9:57PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi*</b> Until 11:01AM	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			
						Then Creative Work - Siddha Yoga	

●	<b>Wednesday, April 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 12 Sutra 3 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 11:03AM – 12:33PM	<b>Revati</b> Until 9:14PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:31AM	
	Meena Rasi: 21.02	Tithi 29 – 30	Yama 8:02AM – 9:32AM	Vaidhriti* Until 12:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 1 - 12
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 12:33PM – 2:04PM	Catuspada Until 8:02PM	<b>Nataraja:</b> Clear		Amavasya
			<b>Chaturdashi*</b> Until 8:55AM	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			

●	<b>Thursday, April 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 13 Sutra 4 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 9:32AM – 11:03AM	<b>Ashvini</b> Until 8:39PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:31AM	
	Mesha Rasi: 4.58	Tithi 30 – 1	Yama 6:31AM – 8:01AM	Vishkambha* Until 10:28AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 4 - Phase 1 - 13
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 2:04PM – 3:34PM	Kintughna Until 6:32PM	<b>Nataraja:</b> Clear		Prathama
			<b>Amavasya*</b> Until 7:12AM	Moon – White		<b>Devaloka Day</b>	
				Vaisaka•Chaitra			
						Then Creative Work - Siddha Yoga	

<b>1</b>	<b>Friday, April 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 14 Sutra 5
	Mesha Rasi: 18.36	Tithi 2	<b>Gulika</b> 8:01AM – 9:32AM	<b>Bharani</b> Until 8:28PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:31AM	Sobhana 5125
			Yama 3:34PM – 5:05PM	Priti Until 8:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 <b>Rahu</b> 11:02AM – 12:33PM	Balava Until 5:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> Until 5:19AM Sat	Moon – White		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>2</b>	<b>Saturday, April 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 15 Sutra 6
	Vrishabha Rasi: 1.54	Tithi 3	<b>Gulika</b> 6:30AM – 8:01AM	<b>Krittika</b> Until 8:44PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:30AM	Sobhana 5125
			Yama 2:03PM – 3:34PM	Ayushman Until 6:53AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 9:32AM – 11:02AM	Taitila Until 5:15PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> Until 5:19AM Sun	Moon – White		<b>Devaloka Day</b>	
			Akshaya Tritiya	Vaisaka-Chaitra			

<b>3</b>	<b>Sunday, April 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya Sun 16 Sutra 7
	Vrishabha Rasi: 14.52	Tithi 4	<b>Gulika</b> 3:34PM – 5:04PM	<b>Rohini</b> Until 9:58PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:30AM	Sobhana 5125
			Yama 12:33PM – 2:03PM	Sobhana Until 5:20AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 <b>Rahu</b> 5:04PM – 6:35PM	Vanija Until 5:35PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi*</b> Until 5:59AM Mon	Moon – Yellow		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>4</b>	<b>Monday, April 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava Karana Panchamyam Titau				Nairobi, Kenya Sun 17 Sutra 8
	Vrishabha Rasi: 27.31	Tithi 5	<b>Gulika</b> 2:03PM – 3:34PM	<b>Mrigashira</b> Until 11:40PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:30AM	Sobhana 5125
	<b>Family Home Evening</b>		Yama 11:02AM – 12:32PM	Athiganda* Until 5:17AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 <b>Rahu</b> 8:01AM – 9:31AM	Bava Until 6:34PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> Until 7:15AM Tue	Moon – Yellow		<b>Devaloka Day</b>	
				Vaisaka-Chaitra			

<b>5</b>	<b>Tuesday, April 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 18 Sutra 9
	Mithuna Rasi: 9.53	Tithi 5 – 6	<b>Gulika</b> 12:32PM – 2:03PM	<b>Ardra</b> Until 1:44AM Wed	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:30AM	Sobhana 5125
			Yama 9:31AM – 11:02AM	Sukarma Until 5:38AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:35PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 <b>Rahu</b> 3:33PM – 5:04PM	Kaulava Until 8:07PM	<b>Nataraja:</b> Purple		3rd Phase
			<b>Panchami</b> Until 7:15AM	Moon – Yellow		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>6</b>	<b>Wednesday, April 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 19 Sutra 10
	Mithuna Rasi: 22.03	Tithi 6 – 7	<b>Gulika</b> 11:01AM – 12:32PM	<b>Punarvasu</b> Until 4:31AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:30AM	Sobhana 5125
			Yama 8:00AM – 9:31AM	Dhriti Until 6:18AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 <b>Rahu</b> 12:32PM – 2:03PM	Gara Until 10:06PM	<b>Nataraja:</b> Purple		3rd Phase
			<b>Shashthi*</b> Until 9:02AM	Moon – Blue		<b>Subha Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>D</b>	<b>Thursday, April 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 20 Sutra 11
	<b>Retreat Star</b>		<b>Gulika</b> 9:31AM – 11:01AM	<b>Pushya</b> Until 7:21AM Fri	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:30AM	Sobhana 5125
	Kataka Rasi: 4.04	Tithi 7 – 8	Yama 6:30AM – 8:00AM	Dhriti Until 6:18AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 <b>Rahu</b> 2:02PM – 3:33PM	Visti Until 12:21AM Fri	<b>Nataraja:</b> Purple		Ashtami
			<b>Saptami</b> Until 11:11AM	Moon – Blue		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

<b>D</b>	<b>Friday, April 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 21 Sutra 12
	<b>Retreat Star</b>		<b>Gulika</b> 8:00AM – 9:31AM	<b>Pushya</b> Until 7:21AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:29AM	Sobhana 5125
	Kataka Rasi: 15.59	Tithi 8 – 9	Yama 3:33PM – 5:03PM	Shula* Until 7:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:34PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 <b>Rahu</b> 11:01AM – 12:32PM	Balava Until 2:42AM Sat	<b>Nataraja:</b> Purple		Navami
			<b>Ashtami*</b> Until 1:30PM	Moon – Blue		<b>Sivaloka Day</b>	
				Vaisaka-Chaitra			

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

<b>1</b>	<b>Saturday, April 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vridhhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22 Sutra 13
	Kataka Rasi: 27.53	Tithi 9 – 10	Gulika 6:29AM – 8:00AM	Ashlesha* Until 10:03AM	Ganesha: Red	Sunrise: 6:29AM	Sobhana 5125
	242996579	Rahu 9:30AM – 11:01AM	Yama 2:02PM – 3:33PM	Ganda* Until 7:57AM	Muruqa: Clear	Sunset: 6:34PM	Moon 4 - Phase 3 - 22 4th Phase
Routine Work Marana Yoga		Taitila Until 4:55AM Sun		Nataraja: Purple	Sivaloka Day		
Until 10:03AM		Navami* Until 3:49PM		Moon – Blue	Vaisaka*Chaitra		
Then Creative Work - Amrita Yoga							


<b>2</b>	<b>Sunday, April 30, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23 Sutra 14
	Simha Rasi: 9.51	Tithi 10 – 11	Gulika 3:33PM – 5:03PM	Magha* Until 12:56PM	Ganesha: Blue	Sunrise: 6:29AM	Sobhana 5125
	252996579	Rahu 5:03PM – 6:34PM	Yama 12:31PM – 2:02PM	Vridhhi Until 8:42AM	Muruqa: Clear	Sunset: 6:34PM	Moon 4 - Phase 3 - 23 4th Phase
Routine Work Marana Yoga		Vanija Until 6:51AM Mon		Nataraja: Purple	Devaloka Day		
Until 12:56PM		Dashami Until 5:55PM		Moon – Red	Vaisaka*Chaitra		
Then Creative Work - Siddha Yoga							

<b>3</b>	<b>Monday, May 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 15
	Simha Rasi: 21.56	Tithi 11	Gulika 2:02PM – 3:32PM	Purvaphalguni Until 3:17PM	Ganesha: Blue	Sunrise: 6:29AM	Sobhana 5125
	252996579	Rahu 8:00AM – 9:30AM	Yama 11:01AM – 12:31PM	Dhruva Until 9:10AM	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - 24 4th Phase
Family Home Evening		Vanija Until 6:51AM		Nataraja: Purple	Devaloka Day		
Creative Work Siddha Yoga		Ekadashi Until 7:38PM		Moon – Red	Vaisaka*Chaitra		

<b>4</b>	<b>Tuesday, May 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraaphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 16
	Kanya Rasi: 4.12	Tithi 12	Gulika 12:31PM – 2:02PM	Uttaraaphalguni Until 5:00PM	Ganesha: Blue	Sunrise: 6:29AM	Sobhana 5125
	252996579	Rahu 3:32PM – 5:03PM	Yama 9:30AM – 11:00AM	Vyaghata* Until 9:17AM	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - 25 4th Phase
Creative Work Amrita Yoga		Bava Until 8:19AM		Nataraja: Purple	Devaloka Day		
Until 5:00PM		Dvadashi Until 8:48PM		Moon – Red	Vaisaka*Chaitra		
Then Creative Work - Siddha Yoga							

<b>5</b>	<b>Wednesday, May 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 17
	Kanya Rasi: 16.43	Tithi 13	Gulika 11:00AM – 12:31PM	Hasta Until 6:27PM	Ganesha: Yellow	Sunrise: 6:29AM	Sobhana 5125
	262996579	Rahu 12:31PM – 2:01PM	Yama 7:59AM – 9:30AM	Harshana Until 8:58AM	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - 26 4th Phase
Routine Work Marana Yoga		Kaulava Until 9:11AM		Nataraja: Purple	Sivaloka Day		
Until 6:27PM		Trayodashi Until 9:22PM		Moon – Green	Vaisaka*Chaitra		
Then Creative Work - Siddha Yoga		<i>Pradosha Vrata</i>					

<b>6</b>	<b>Thursday, May 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 18
	Kanya Rasi: 29.31	Tithi 14	Gulika 9:30AM – 11:00AM	Chitra Until 7:07PM	Ganesha: Yellow	Sunrise: 6:29AM	Sobhana 5125
	262996579	Rahu 2:01PM – 3:32PM	Yama 6:29AM – 7:59AM	Vajra* Until 8:07AM	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - 27 4th Phase
Creative Work Siddha Yoga		Gara Until 9:26AM		Nataraja: Purple	Sivaloka Day		
Until 7:07PM		Chaturdashi* Until 9:18PM		Moon – Green	Vaisaka*Chaitra		
Then Creative Work - Amrita Yoga							

	<b>Friday, May 5, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sun 28 Sutra 19
	<b>Copper Retreat Star</b>		Gulika 7:59AM – 9:30AM	Svati Until 7:02PM	Ganesha: Yellow	Sunrise: 6:29AM	Sobhana 5125
	Tula Rasi: 12.38	Tithi 15	Yama 3:32PM – 5:02PM	Siddhi Until 6:48AM	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - Purnima
Creative Work Siddha Yoga		Visti Until 9:03AM		Nataraja: Purple	Sivaloka Day		
		Purnima* Until 8:37PM		Moon – Green	Vaisaka*Chaitra		
		Budha Purnima (Tamil Nadu)					

<b>7</b>	<b>Saturday, May 6, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sun 29 Sutra 20
	<b>Silver Retreat Star</b>		Gulika 6:29AM – 7:59AM	Vishakha Until 6:43PM	Ganesha: White	Sunrise: 6:29AM	Sobhana 5125
	Tula Rasi: 26.05	Tithi 16	Yama 2:01PM – 3:32PM	Variyan Until 2:50AM Sun	Muruqa: Clear	Sunset: 6:33PM	Moon 4 - Phase 3 - Prathama
Creative Work Siddha Yoga		Balava Until 8:05AM		Nataraja: Purple	Devaloka Day		
		Prathama* Until 7:24PM		Moon – Orange	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