



Monday, April 18, 2022
Gold Retreat Star

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

278345478

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

Gulika 2:09PM – 4:00PM **Vishakha** **Until 11:07PM**
Yama 10:28AM – 12:18PM Siddhi **Until 3:51PM**
Rahu 6:46AM – 8:37AM Vanija **Until 1:32AM Tue**
Dvitiya **Until 2:54PM**

Ganesha: Purple *Sunrise:* 4:55AM
Muruqa: White *Sunset:* 7:41PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Oslo, Norway
Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

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

278345478

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

Gulika 12:18PM – 2:09PM **Anuradha** **Until 9:06PM**
Yama 8:35AM – 10:27AM Vyatipata* **Until 12:29PM**
Rahu 4:01PM – 5:52PM Bava **Until 10:45PM**
Tritiya **Until 12:07PM**

Ganesha: Purple *Sunrise:* 4:53AM
Muruqa: White *Sunset:* 7:44PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Oslo, Norway
Sun 1 Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

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

278345478

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

Gulika 10:26AM – 12:18PM **Jyeshtha*** **Until 7:00PM**
Yama 6:42AM – 8:34AM Varyani **Until 9:05AM**
Rahu 12:18PM – 2:10PM Kaulava **Until 8:01PM**
Chaturthi* **Until 9:21AM**

Ganesha: Purple *Sunrise:* 4:50AM
Muruqa: White *Sunset:* 7:46PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Oslo, Norway
Sun 2 Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

3

Thursday, April 21, 2022

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

288345478

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

Gulika 8:32AM – 10:25AM **Mula*** **Until 5:19PM**
Yama 4:47AM – 6:40AM Shiva **Until 2:39AM Fri**
Rahu 2:10PM – 4:03PM Vanija **Until 4:11AM Fri**
Panchami **Until 6:40AM**

Ganesha: Clear *Sunrise:* 4:47AM
Muruqa: White *Sunset:* 7:48PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Oslo, Norway
Sun 3 Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

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

4

Friday, April 22, 2022

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

289345478

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

Gulika 6:37AM – 8:31AM **Purvashadha*** **Until 3:43PM**
Yama 4:04PM – 5:57PM Siddha **Until 11:42PM**
Rahu 10:24AM – 12:17PM Visti **Until 3:03PM**
Saptami **Until 1:57AM Sat**

Ganesha: Purple *Sunrise:* 4:44AM
Muruqa: White *Sunset:* 7:51PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Oslo, Norway
Sun 4 Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Devaloka Day

Retreat Star

Saturday, April 23, 2022

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

289345478

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

Gulika 4:41AM – 6:35AM **Uttarashadha** **Until 2:15PM**
Yama 2:11PM – 4:05PM Sadhya **Until 9:00PM**
Rahu 8:29AM – 10:23AM Balava **Until 12:58PM**
Ashtami* **Until 12:02AM Sun**

Ganesha: Purple *Sunrise:* 4:41AM
Muruqa: White *Sunset:* 7:53PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Oslo, Norway
Sun 5 Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 -
5 Ashtami

Devaloka Day

Sunday, April 24, 2022

Retreat Star

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

299345478

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

Gulika 4:06PM – 6:01PM **Shravana** **Until 1:24PM**
Yama 12:17PM – 2:12PM Subha **Until 6:35PM**
Rahu 6:01PM – 7:56PM Taitila **Until 11:12AM**
Navami* **Until 10:26PM**

Ganesha: Clear *Sunrise:* 4:38AM
Muruqa: White *Sunset:* 7:56PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

Oslo, Norway
Sun 6 Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 -
6 Navami

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


1	Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Oslo, Norway Sun 7 Sutra 8
	Kumbha Rasi: 2.49	Tithi 25	Gulika 2:12PM – 4:07PM	Dhanishtha Until 12:45PM	Ganesha: Clear	Sunrise: 4:36AM	Subhakrit 5124
	Family Home Evening	299345479	Yama 10:22AM – 12:17PM	Sukla Until 4:26PM	Muruga: White	Sunset: 7:58PM	Moon 4 - Phase 2 - 7
	Creative Work	Siddha Yoga	Rahu 6:31AM – 8:26AM	Vanija Until 9:47AM	Nataraja: Clear		2nd Phase
			Dashami Until 9:12PM	Chaitra*Chaitra	Devaloka Day		

2	Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Oslo, Norway Sun 8 Sutra 9
	Kumbha Rasi: 16.22	Tithi 26	Gulika 12:17PM – 2:13PM	Shatabhishak Until 12:19PM	Ganesha: Clear	Sunrise: 4:33AM	Subhakrit 5124
	Routine Work	Marana Yoga	Yama 8:25AM – 10:21AM	Brahma Until 2:36PM	Muruga: White	Sunset: 8:00PM	Moon 4 - Phase 2 - 8
	299345479		Rahu 4:09PM – 6:05PM	Bava Until 8:45AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 8:21PM	Chaitra*Chaitra	Devaloka Day		

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Oslo, Norway Sun 9 Sutra 10
	Kumbha Rasi: 29.41	Tithi 27	Gulika 10:20AM – 12:17PM	Purvaproshtapada* Until 12:36PM	Ganesha: Red	Sunrise: 4:30AM	Subhakrit 5124
	Creative Work	Amrita Yoga	Yama 6:27AM – 8:23AM	Indra Until 1:07PM	Muruga: White	Sunset: 8:03PM	Moon 4 - Phase 2 - 9
	Until 12:36PM	219345479	Rahu 12:17PM – 2:13PM	Kaulava Until 8:07AM	Nataraja: Clear		2nd Phase
Then Creative Work - Siddha Yoga			Dvadashi* Until 7:56PM	Chaitra*Chaitra	Devaloka Day		

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 10 Sutra 11
	Meena Rasi: 12.47	Tithi 28	Gulika 8:22AM – 10:19AM	Uttaraproshtapada Until 1:10PM	Ganesha: Blue	Sunrise: 4:27AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 4:27AM – 6:25AM	Vaidhriti* Until 11:57AM	Muruga: White	Sunset: 8:05PM	Moon 4 - Phase 2 - 10
	219445479		Rahu 2:14PM – 4:11PM	Gara Until 7:54AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 7:57PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM
<i>Pradosha Vrata (Fasting)</i>							

5	Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway Sun 11 Sutra 12
	Meena Rasi: 25.39	Tithi 29	Gulika 6:23AM – 8:20AM	Revati Until 2:02PM	Ganesha: Blue	Sunrise: 4:25AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 4:12PM – 6:10PM	Vishkambha* Until 11:11AM	Muruga: White	Sunset: 8:08PM	Moon 4 - Phase 2 - 11
	Until 2:02PM	219445479	Rahu 10:18AM – 12:16PM	Visti Until 8:10AM	Nataraja: Clear		2nd Phase
Then Creative Work - Amrita Yoga			Chaturdashi* Until 8:27PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM

	Saturday, April 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway Sun 12 Sutra 13	
	Retreat Star		Mesha Rasi: 8.17	Tithi 30	Gulika 4:22AM – 6:21AM	Ashvini Until 3:41PM	Ganesha: Green	Sunrise: 4:22AM
	Creative Work	Siddha Yoga	Yama 2:15PM – 4:13PM	Priti Until 10:48AM	Muruga: White	Sunset: 8:10PM	Moon 4 - Phase 2 - 12	
	221445479		Rahu 8:19AM – 10:18AM	Catuspada Until 8:55AM	Nataraja: Clear		Amavasya	
			Amavasya* Until 9:27PM	Chaitra*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM	

Retreat Star	Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway Sun 13 Sutra 14
	Mesha Rasi: 20.42	Tithi 1	Gulika 4:14PM – 6:13PM	Bharani Until 5:40PM	Ganesha: Green	Sunrise: 4:19AM	Subhakrit 5124
	Routine Work	Prabalarishta Yoga	Yama 12:16PM – 2:15PM	Ayushman Until 10:46AM	Muruga: White	Sunset: 8:13PM	Moon 4 - Phase 2 - 13
	Until 5:40PM	221445479	Rahu 6:13PM – 8:13PM	Kintughna Until 10:10AM	Nataraja: Clear		Prathama
Then Creative Work - Siddha Yoga			Prathama* Until 10:56PM	Vaisaka*Chaitra	Bhuloka Day		Devaloka Time: 6:PM to 9:PM

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

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 14 Sutra 15 Subhakrit 5124
1	Wrishabha Rasi: 2.55 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 7:55PM Then Creative Work - Amrita Yoga	Gulika 2:16PM – 4:15PM Yama 10:16AM – 12:16PM 231445479 Rahu 6:16AM – 8:16AM	Krittika Until 7:55PM Saubhagya Until 11:07AM Balava Until 11:52AM Dvitiya Until 12:51AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 4:17AM Sunset: 8:15PM	Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 15 Sutra 16 Subhakrit 5124
2	Wrishabha Rasi: 14.57 Tithi 3 Creative Work Amrita Yoga Until 10:50PM Then Creative Work - Siddha Yoga	Gulika 12:16PM – 2:16PM Yama 8:15AM – 10:15AM 231445479 Rahu 4:17PM – 6:17PM	Rohini Until 10:50PM Sobhana Until 11:47AM Taitila Until 1:58PM Tritiya Until 3:06AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:14AM Sunset: 8:17PM	Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Vistil* Karana Chaturthyam Titau				Oslo, Norway Sun 16 Sutra 17 Subhakrit 5124
3	Wrishabha Rasi: 26.52 Tithi 4 Creative Work Siddha Yoga Until 1:48AM Thu Then Routine Work - Marana Yoga	Gulika 10:15AM – 12:16PM Yama 6:12AM – 8:14AM 231445479 Rahu 12:16PM – 2:17PM	Mrigashira Until 1:48AM Thu Athiganda* Until 12:38PM Vanija Until 4:21PM Chaturthi* Until 5:34AM Thu	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:11AM Sunset: 8:20PM	Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava Karana Panchamyam Titau				Oslo, Norway Sun 17 Sutra 18 Subhakrit 5124
4	Mithuna Rasi: 8.43 Tithi 5 Routine Work Marana Yoga Until 4:40AM Fri Then Creative Work - Siddha Yoga	Gulika 8:12AM – 10:14AM Yama 4:09AM – 6:11AM 231445479 Rahu 2:17PM – 4:19PM	Ardra Until 4:40AM Fri Sukarma Until 1:37PM Bava Until 6:51PM Panchami Until 8:04AM Fri	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:09AM Sunset: 8:22PM	Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway Sun 18 Sutra 19 Subhakrit 5124
5	Mithuna Rasi: 20.34 Tithi 5 – 6 Creative Work Siddha Yoga	Gulika 6:09AM – 8:11AM Yama 4:20PM – 6:22PM 241445479 Rahu 10:13AM – 12:15PM	Punarvasu Until 7:46AM Sat Dhriti Until 2:36PM Kaulava Until 9:18PM Panchami Until 8:04AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:06AM Sunset: 8:25PM	Moon 4 - Phase 3 - 18 3rd Phase Devaloka Day

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 19 Sutra 20 Subhakrit 5124
6	Kataka Rasi: 2.26 Tithi 6 – 7 Creative Work Siddha Yoga	Gulika 4:04AM – 6:07AM Yama 2:18PM – 4:21PM 241445479 Rahu 8:10AM – 10:12AM	Punarvasu Until 7:46AM Shula* Until 3:26PM Gara Until 11:31PM Shashthi* Until 10:26AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:04AM Sunset: 8:27PM	Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhdi Yoga Vanija/Vistil* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 20 Sutra 21 Subhakrit 5124
Retreat Star	Kataka Rasi: 14.26 Tithi 7 – 8 Creative Work Siddha Yoga	Gulika 4:22PM – 6:26PM Yama 12:15PM – 2:19PM 241445479 Rahu 6:26PM – 8:29PM	Pushya Until 10:25AM Ganda* Until 4:00PM Vistil Until 1:20AM Mon Saptami Until 12:28PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:01AM Sunset: 8:29PM	Moon 4 - Phase 3 - 20 Ashtami Devaloka Day

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhdi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 21 Sutra 22 Subhakrit 5124
Retreat Star	Kataka Rasi: 26.37 Tithi 8 – 9 Family Home Evening Creative Work Siddha Yoga Until 12:25PM Then Routine Work - Marana Yoga	Gulika 2:19PM – 4:24PM Yama 10:11AM – 12:15PM 241445479 Rahu 6:03AM – 8:07AM	Ashlesha* Until 12:25PM Vridhdi Until 4:11PM Balava Until 2:33AM Tue Ashtami* Until 2:00PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 3:59AM Sunset: 8:32PM	Moon 4 - Phase 3 - 21 Navami Devaloka Day

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


1		Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway
Simha Rasi: 9.02	Tithi 9 – 10	Gulika	12:15PM – 2:20PM	Magha* Until 2:08PM	Ganesha: Clear	<i>Sunrise:</i> 3:56AM	Sun 22	Sutra 23
		Yama	8:06AM – 10:10AM	Dhruva Until 3:49PM	Muruqa: White	<i>Sunset:</i> 8:34PM		Subhakrit 5124
		252445479 Rahu	4:25PM – 6:29PM	Taitila Until 3:04AM Wed	Nataraja: Clear		Moon 4 - Phase 4 - 22	4th Phase
Creative Work	Siddha Yoga			Navami* Until 2:53PM	Moon – Red			Devaloka Day
					Vaisaka-Chaitra			

2		Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway
Simha Rasi: 21.48	Tithi 10 – 11	Gulika	10:10AM – 12:15PM	Purvaphalguni Until 2:57PM	Ganesha: Clear	<i>Sunrise:</i> 3:54AM	Sun 23	Sutra 24
		Yama	5:59AM – 8:05AM	Vyaghata* Until 2:53PM	Muruqa: White	<i>Sunset:</i> 8:37PM		Subhakrit 5124
		252445479 Rahu	12:15PM – 2:21PM	Vanija Until 2:49AM Thu	Nataraja: Clear		Moon 4 - Phase 4 - 23	4th Phase
Creative Work	Amrita Yoga			Dashami Until 3:01PM	Moon – Red			Devaloka Day
					Vaisaka-Chaitra			

3		Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
Kanya Rasi: 4.57	Tithi 11 – 12	Gulika	8:03AM – 10:09AM	Uttaraphalguni Until 2:51PM	Ganesha: Clear	<i>Sunrise:</i> 3:51AM	Sun 24	Sutra 25
		Yama	3:51AM – 5:57AM	Harshana Until 1:21PM	Muruqa: White	<i>Sunset:</i> 8:39PM		Subhakrit 5124
		252445479 Rahu	2:21PM – 4:27PM	Bava Until 1:47AM Fri	Nataraja: Clear		Moon 4 - Phase 4 - 24	4th Phase
	Amrita Yoga			Ekadashi Until 2:23PM	Moon – Red			Devaloka Day
Until 2:51PM					Vaisaka-Chaitra			
Then Routine Work - Marana Yoga								

4		Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway
Kanya Rasi: 18.31	Tithi 12 – 13	Gulika	5:56AM – 8:02AM	Hasta Until 2:19PM	Ganesha: White	<i>Sunrise:</i> 3:49AM	Sun 25	Sutra 26
		Yama	4:28PM – 6:35PM	Vajra* Until 11:11AM	Muruqa: White	<i>Sunset:</i> 8:41PM		Subhakrit 5124
		262445479 Rahu	10:09AM – 12:15PM	Kaulava Until 12:02AM Sat	Nataraja: Clear		Moon 4 - Phase 4 - 25	4th Phase
Creative Work	Amrita Yoga			Dvadashi Until 12:58PM	Moon – Green			Sivaloka Day
Until 2:19PM					Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga								
								<i>Pradosha Vrata</i>

5		Saturday, May 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipala* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway
Tula Rasi: 2.31	Tithi 13 – 14	Gulika	3:47AM – 5:54AM	Chitra Until 12:58PM	Ganesha: White	<i>Sunrise:</i> 3:47AM	Sun 26	Sutra 27
		Yama	2:22PM – 4:29PM	Siddhi Until 8:28AM	Muruqa: White	<i>Sunset:</i> 8:43PM		Subhakrit 5124
		262445479 Rahu	8:01AM – 10:08AM	Gara Until 9:40PM	Nataraja: Clear		Moon 4 - Phase 4 - 26	4th Phase
Routine Work	Marana Yoga			Trayodashi Until 10:54AM	Moon – Green			Sivaloka Day
Until 12:58PM					Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga								

		Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway
Copper Retreat Star		Gulika	4:30PM – 6:38PM	Svati Until 10:56AM	Ganesha: White	<i>Sunrise:</i> 3:44AM	Sun 27	Sutra 28
Tula Rasi: 16.54	Tithi 14 – 15	Yama	12:15PM – 2:23PM	Variyan Until 1:46AM Mon	Muruqa: White	<i>Sunset:</i> 8:46PM		Subhakrit 5124
		262445479 Rahu	6:38PM – 8:46PM	Visti Until 6:49PM	Nataraja: Clear		Moon 4 - Phase 4 - 27	Purnima
Creative Work	Siddha Yoga			Chaturdashi* Until 8:16AM	Moon – Green			Sivaloka Day
Until 10:56AM					Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga								

Monday, May 16, 2022		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway
Vrischika Rasi: 2	Tithi 16	Gulika	2:23PM – 4:32PM	Vishakha Until 8:47AM	Ganesha: Yellow	<i>Sunrise:</i> 3:42AM	Sun 28	Sutra 29
Family Home Evening		Yama	10:07AM – 12:15PM	Parigha* Until 10:00PM	Muruqa: White	<i>Sunset:</i> 8:48PM		Subhakrit 5124
		272445479 Rahu	5:50AM – 7:59AM	Balava Until 3:37PM	Nataraja: Clear		Moon 4 - Phase 4 -	Prathama
Routine Work	Marana Yoga			Prathama* Until 1:56AM Tue	Moon – Orange			Devaloka Day
Until 8:47AM					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga								



Tuesday, May 17, 2022
Gold Retreat Star

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

Oslo, Norway
Sutra 30

Vrischika Rasi: 16.29 Tithi 17

272445479

Gulika 12:15PM – 2:24PM
Yama 7:58AM – 10:06AM
Rahu 4:33PM – 6:42PM

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

Ganesha: Yellow *Sunrise:* 3:40AM
Muruqa: White *Sunset:* 8:50PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

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

Devaloka Day

1

Wednesday, May 18, 2022

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

Oslo, Norway
Sun 1 Sutra 31

Dhanus Rasi: 1.27 Tithi 18

282445479

Gulika 10:06AM – 12:15PM
Yama 5:47AM – 7:56AM
Rahu 12:15PM – 2:24PM

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

Ganesha: Blue *Sunrise:* 3:38AM
Muruqa: White *Sunset:* 8:53PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

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

Sivaloka Day

2

Thursday, May 19, 2022

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

Oslo, Norway
Sun 2 Sutra 32

Dhanus Rasi: 16.2 Tithi 19 – 20

282445479

Gulika 7:55AM – 10:05AM
Yama 3:36AM – 5:45AM
Rahu 2:25PM – 4:35PM

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

Ganesha: Blue *Sunrise:* 3:36AM
Muruqa: White *Sunset:* 8:55PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

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

Sivaloka Day

3

Friday, May 20, 2022

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

Oslo, Norway
Sun 3 Sutra 33

Makara Rasi: 1.03 Tithi 20 – 21

282445479

Gulika 5:44AM – 7:54AM
Yama 4:36PM – 6:47PM
Rahu 10:05AM – 12:15PM

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

Ganesha: Blue *Sunrise:* 3:33AM
Muruqa: White *Sunset:* 8:57PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Oslo, Norway
Sun 4 Sutra 34

Makara Rasi: 15.29 Tithi 21 – 22

292445479

Gulika 3:31AM – 5:42AM
Yama 2:26PM – 4:37PM
Rahu 7:53AM – 10:04AM

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

Ganesha: Red *Sunrise:* 3:31AM
Muruqa: White *Sunset:* 8:59PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Devaloka Day

5

Sunday, May 22, 2022
Retreat Star

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

Oslo, Norway
Sun 5 Sutra 35

Makara Rasi: 29.34 Tithi 22 – 23

292445479

Gulika 4:38PM – 6:50PM
Yama 12:15PM – 2:27PM
Rahu 6:50PM – 9:01PM

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

Ganesha: Red *Sunrise:* 3:29AM
Muruqa: White *Sunset:* 9:01PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

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

Devaloka Day

Monday, May 23, 2022
Retreat Star

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

Oslo, Norway
Sun 6 Sutra 36

Kumbha Rasi: 13.19 Tithi 23 – 24

293445479

Gulika 2:27PM – 4:39PM
Yama 10:03AM – 12:15PM
Rahu 5:39AM – 7:51AM

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

Ganesha: Green *Sunrise:* 3:27AM
Muruqa: White *Sunset:* 9:03PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

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

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

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

All times are standard time. Calculated for Oslo, Norway on 5/1/2022

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1		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Oslo, Norway Sun 7 Sutra 37	
Kumbha Rasi: 26.43	Tithi 24 – 25	Gulika	12:15PM – 2:28PM	Purvaproshtapada* Until 6:03PM	Ganesha: Clear	<i>Sunrise:</i> 3:26AM	Subhakrit 5124		
		Yama	7:51AM – 10:03AM	Vishkambha* Until 7:09PM	Muruqa: White	<i>Sunset:</i> 9:05PM	Moon 5 - Phase 6 - 7		
		213545479 Rahu	4:40PM – 6:53PM	Vanija Until 6:06PM	Nataraja: Clear		2nd Phase		
Routine Work	Marana Yoga			Navami* Until 6:16AM	Moon – Clear		Devaloka Day		
Until 6:03PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

2		Wednesday, May 25, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visli*/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 8 Sutra 38	
Meena Rasi: 9.48	Tithi 25 – 26	Gulika	10:03AM – 12:16PM	Uttaraproshtapada Until 6:48PM	Ganesha: Clear	<i>Sunrise:</i> 3:24AM	Subhakrit 5124		
		Yama	5:37AM – 7:50AM	Priti Until 6:13PM	Muruqa: White	<i>Sunset:</i> 9:07PM	Moon 5 - Phase 6 - 8		
		213545479 Rahu	12:16PM – 2:29PM	Bava Until 6:10PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Dashami Until 6:02AM	Moon – Clear		Devaloka Day		
Until 6:48PM					Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga									

3		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 9 Sutra 39	
Meena Rasi: 22.35	Tithi 26 – 27	Gulika	7:49AM – 10:02AM	Revati Until 7:57PM	Ganesha: Purple	<i>Sunrise:</i> 3:22AM	Subhakrit 5124		
		Yama	3:22AM – 5:35AM	Ayushman Until 5:42PM	Muruqa: White	<i>Sunset:</i> 9:09PM	Moon 5 - Phase 6 - 9		
		313545479 Rahu	2:29PM – 4:43PM	Kaulava Until 6:47PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Ekadashi* Until 6:23AM	Moon – Clear		Sivaloka Day		
Until 7:57PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

4		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 10 Sutra 40	
Mesha Rasi: 5.08	Tithi 27 – 28	Gulika	5:34AM – 7:48AM	Ashvini Until 9:54PM	Ganesha: Clear	<i>Sunrise:</i> 3:20AM	Subhakrit 5124		
		Yama	4:44PM – 6:57PM	Saubhagya Until 5:35PM	Muruqa: White	<i>Sunset:</i> 9:11PM	Moon 5 - Phase 6 - 10		
		323545479 Rahu	10:02AM – 12:16PM	Gara Until 7:55PM	Nataraja: Clear		2nd Phase		
Creative Work	Amrita Yoga			Dvadashi* Until 7:17AM	Moon – White		Devaloka Day		
Until 9:54PM					Vaisaka-Vaikasi				
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>					

5		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 11 Sutra 41	
Mesha Rasi: 17.28	Tithi 28 – 29	Gulika	3:18AM – 5:33AM	Bharani Until 12:08AM Sun	Ganesha: Clear	<i>Sunrise:</i> 3:18AM	Subhakrit 5124		
		Yama	2:30PM – 4:45PM	Sobhana Until 5:51PM	Muruqa: White	<i>Sunset:</i> 9:13PM	Moon 5 - Phase 6 - 11		
		323545479 Rahu	7:47AM – 10:01AM	Visti Until 9:30PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Trayodashi* Until 8:39AM	Moon – White		Devaloka Day		
					Vaisaka-Vaikasi				

●		Sunday, May 29, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Oslo, Norway Sun 12 Sutra 42	
Retreat Star		Gulika	4:46PM – 7:00PM	Krittika Until 2:32AM Mon	Ganesha: Clear	<i>Sunrise:</i> 3:17AM	Subhakrit 5124		
Mesha Rasi: 29.37	Tithi 29 – 30	Yama	12:16PM – 2:31PM	Athiganda* Until 6:22PM	Muruqa: White	<i>Sunset:</i> 9:15PM	Moon 5 - Phase 6 - 12		
		323545479 Rahu	7:00PM – 9:15PM	Catuspada Until 11:28PM	Nataraja: Clear		Amavasya		
Creative Work	Siddha Yoga			Chaturdashi* Until 10:25AM	Moon – White		Devaloka Day		
Until 2:32AM Mon					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

Monday, May 30, 2022		Retreat Star				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Oslo, Norway Sun 13 Sutra 43	
Vrishabha Rasi: 11.38	Tithi 30 – 1	Gulika	2:31PM – 4:47PM	Rohini Until 5:33AM Tue	Ganesha: Orange	<i>Sunrise:</i> 3:15AM	Subhakrit 5124		
Family Home Evening		Yama	10:01AM – 12:16PM	Sukarma Until 7:09PM	Muruqa: White	<i>Sunset:</i> 9:17PM	Moon 5 - Phase 6 - 13		
		333545479 Rahu	5:30AM – 7:46AM	Kintughna Until 1:42AM Tue	Nataraja: Clear		Prathama		
Creative Work	Amrita Yoga			Amavasya* Until 12:32PM	Moon – Yellow		Devaloka Day		
Until 5:33AM Tue					Jyeshtha-Vaikasi				
Then Creative Work - Siddha Yoga									

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

1	Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 14 Sutra 44	
	Wrishabha Rasi: 23.33	Tithi 1 – 2	333545479	Gulika Yama Rahu	12:16PM – 2:32PM 7:45AM – 10:01AM 4:48PM – 7:03PM	Mrigashira Until 8:33AM Wed Dhriti Until 8:06PM Balava Until 4:07AM Wed Prathama* Until 2:52PM	Ganesha: Orange Muruqa: White Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Sunrise: 3:14AM Sunset: 9:19PM Moon 5 - Phase 7 - 14 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga						

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 15 Sutra 45	
	Mithuna Rasi: 5.24	Tithi 2 – 3	333545479	Gulika Yama Rahu	10:00AM – 12:16PM 5:28AM – 7:44AM 12:16PM – 2:32PM	Mrigashira Until 8:33AM Shula* Until 9:05PM Taitila Until 6:36AM Thu Dvitiya Until 5:20PM	Ganesha: Orange Muruqa: White Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Sunrise: 3:12AM Sunset: 9:21PM Moon 5 - Phase 7 - 15 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga						

3	Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 16 Sutra 46	
	Mithuna Rasi: 17.14	Tithi 3	333555479	Gulika Yama Rahu	7:44AM – 10:00AM 3:11AM – 5:27AM 2:33PM – 4:49PM	Ardra Until 11:25AM Ganda* Until 10:06PM Taitila Until 6:36AM Tritiya Until 7:49PM	Ganesha: Orange Muruqa: Green Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Sunrise: 3:11AM Sunset: 9:22PM Moon 5 - Phase 7 - 16 3rd Phase Devaloka Day
	Routine Work	Marana Yoga						
	Until 11:25AM	Then Creative Work - Amrita Yoga						

4	Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthiyam Titau				Oslo, Norway Sun 17 Sutra 47	
	Mithuna Rasi: 29.04	Tithi 4	343555479	Gulika Yama Rahu	5:26AM – 7:43AM 4:50PM – 7:07PM 10:00AM – 12:17PM	Punarvasu Until 2:35PM Vriddhi Until 11:03PM Vanija Until 9:03AM Chaturthi* Until 10:12PM	Ganesha: Clear Muruqa: Green Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Sunrise: 3:09AM Sunset: 9:24PM Moon 5 - Phase 7 - 17 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga						
	Until 2:35PM	Then Routine Work - Marana Yoga						

5	Saturday, June 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 48	
	Kataka Rasi: 10.59	Tithi 5	343555479	Gulika Yama Rahu	3:08AM – 5:25AM 2:34PM – 4:51PM 7:42AM – 10:00AM	Pushya Until 5:23PM Dhruva Until 11:47PM Bava Until 11:20AM Panchami Until 12:21AM Sun	Ganesha: Clear Muruqa: Green Nataraja: Clear Moon – Blue Jyeshtha-Vaikasi	Sunrise: 3:08AM Sunset: 9:25PM Moon 5 - Phase 7 - 18 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga						
	Until 5:23PM	Then Routine Work - Marana Yoga						

6	Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway Sun 19 Sutra 49	
	Kataka Rasi: 22.59	Tithi 6	343555471	Gulika Yama Rahu	4:52PM – 7:09PM 12:17PM – 2:34PM 7:09PM – 9:27PM	Ashlesha* Until 7:42PM Vyaghata* Until 12:15AM Mon Kaulava Until 1:19PM Shashthi* Until 2:08AM Mon	Ganesha: Clear Muruqa: Green Nataraja: Yellow Moon – Blue Jyeshtha-Vaikasi	Sunrise: 3:07AM Sunset: 9:27PM Moon 5 - Phase 7 - 19 3rd Phase Devaloka Day
	Creative Work	Siddha Yoga						
	Until 7:42PM	Then Routine Work - Marana Yoga						

Retreat Star	Monday, June 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway Sun 20 Sutra 50	
	Simha Rasi: 5.09	Tithi 7	353555471	Gulika Yama Rahu	2:35PM – 4:53PM 9:59AM – 12:17PM 5:24AM – 7:41AM	Magha* Until 9:53PM Harshana Until 12:21AM Tue Gara Until 2:51PM Saptami Until 3:23AM Tue	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Sunrise: 3:06AM Sunset: 9:28PM Moon 5 - Phase 7 - 20 3rd Phase Sivaloka Day
	Family Home Evening	Marana Yoga						
	Until 9:53PM	Then Creative Work - Siddha Yoga						

Retreat Star	Tuesday, June 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 51	
	Simha Rasi: 17.32	Tithi 8	354555471	Gulika Yama Rahu	12:17PM – 2:35PM 7:41AM – 9:59AM 4:53PM – 7:12PM	Purvaphalguni Until 11:18PM Vajra* Until 11:55PM Visti Until 3:48PM Ashtami* Until 4:00AM Wed	Ganesha: Clear Muruqa: Green Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Sunrise: 3:05AM Sunset: 9:30PM Moon 5 - Phase 7 - 21 Ashtami Devaloka Day
	Creative Work	Siddha Yoga						
	Until 11:18PM	Then Creative Work - Amrita Yoga						

Retreat Star	Wednesday, June 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway Sun 22 Sutra 52	
	Kanya Rasi: 0.14	Tithi 9	354555471	Gulika Yama Rahu	9:59AM – 12:17PM 5:22AM – 7:41AM 12:17PM – 2:36PM	Uttaraphalguni Until 11:51PM Siddhi Until 10:55PM Balava Until 4:03PM Navami* Until 3:51AM Thu	Ganesha: Clear Muruqa: Green Nataraja: Yellow Moon – Red Jyeshtha-Vaikasi	Sunrise: 3:04AM Sunset: 9:31PM Moon 5 - Phase 7 - 22 Navami Devaloka Day
	Creative Work	Amrita Yoga						
	Until 11:51PM	Then Routine Work - Marana Yoga						

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


1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway
	Kanya Rasi: 13.17	Tithi 10	Gulika 7:40AM – 9:59AM	Hasta Until 11:55PM	Ganesha: White	Sunrise: 3:03AM	Sun 23
		364555471	Yama 3:03AM – 5:22AM	Vyatipata* Until 9:19PM	Muruqa: Green	Sunset: 9:32PM	Subhakrit 5124
			Rahu 2:36PM – 4:55PM	Taitila Until 3:31PM	Nataraja: Yellow		Moon 5 - Phase 8 - 23
	Routine Work	Marana Yoga		Dashami Until 2:56AM Fri	Moon – Green		4th Phase
	Until 11:55PM				Jyeshtha-Vaikasi	Bhuloka Day	
	Then Creative Work - Siddha Yoga					Devaloka Time: 6:PM to 9:PM	


2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway
	Kanya Rasi: 26.47	Tithi 11	Gulika 5:21AM – 7:40AM	Chitra Until 11:05PM	Ganesha: White	Sunrise: 3:02AM	Sun 24
		364555471	Yama 4:56PM – 7:14PM	Variyan Until 7:03PM	Muruqa: Green	Sunset: 9:33PM	Subhakrit 5124
			Rahu 9:59AM – 12:18PM	Vanija Until 2:12PM	Nataraja: Yellow		Moon 5 - Phase 8 - 24
	Creative Work	Siddha Yoga		Ekadashi Until 1:14AM Sat	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha/Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway
	Tula Rasi: 10.43	Tithi 12	Gulika 3:01AM – 5:21AM	Svati Until 9:24PM	Ganesha: White	Sunrise: 3:01AM	Sun 25
		364555471	Yama 2:37PM – 4:56PM	Parigha* Until 4:13PM	Muruqa: Green	Sunset: 9:34PM	Subhakrit 5124
			Rahu 7:40AM – 9:59AM	Bava Until 12:08PM	Nataraja: Yellow		Moon 5 - Phase 8 - 25
	Creative Work	Siddha Yoga		Dvadashti Until 10:51PM	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway
	Tula Rasi: 25.07	Tithi 13	Gulika 4:57PM – 7:16PM	Vishakha Until 7:24PM	Ganesha: Yellow	Sunrise: 3:01AM	Sun 26
		374555471	Yama 12:18PM – 2:37PM	Shiva Until 12:53PM	Muruqa: Green	Sunset: 9:36PM	Subhakrit 5124
			Rahu 7:16PM – 9:36PM	Kaulava Until 9:27AM	Nataraja: Yellow		Moon 5 - Phase 8 - 26
	Routine Work	Marana Yoga		Trayodashi Until 7:53PM	Moon – Orange		4th Phase
			Vaikasi Visakam		Jyeshtha-Vaikasi	Devaloka Day	
				<i>Pradosha Vrata</i>			

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway
	Vrischika Rasi: 9.53	Tithi 14 – 15	Gulika 2:38PM – 4:57PM	Anuradha Until 4:50PM	Ganesha: Yellow	Sunrise: 3:00AM	Sun 27
Family Home Evening		374555471	Yama 9:59AM – 12:18PM	Siddha Until 9:08AM	Muruqa: Green	Sunset: 9:36PM	Subhakrit 5124
			Rahu 5:20AM – 7:39AM	Gara Until 6:15AM	Nataraja: Yellow		Moon 5 - Phase 8 - 27
	Creative Work	Siddha Yoga		Chaturdashi* Until 4:30PM	Moon – Orange		4th Phase
					Jyeshtha-Vaikasi	Devaloka Day	

	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Oslo, Norway
	Vrischika Rasi: 24.56	Tithi 15 – 16	Gulika 12:19PM – 2:38PM	Jyeshtha* Until 1:52PM	Ganesha: Yellow	Sunrise: 3:00AM	Sun 27
		374555471	Yama 7:39AM – 9:59AM	Subha Until 12:57AM Wed	Muruqa: Green	Sunset: 9:37PM	Subhakrit 5124
			Rahu 4:58PM – 7:18PM	Balava Until 10:57PM	Nataraja: Yellow		Moon 5 - Phase 8 - Purnima
	Routine Work	Marana Yoga		Purnima* Until 12:49PM	Moon – Orange		
	Until 1:52PM				Jyeshtha-Vaikasi	Devaloka Day	
	Then Creative Work - Amrita Yoga						

	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Oslo, Norway
	Dhanus Rasi: 10.08	Tithi 16 – 17	Gulika 9:59AM – 12:19PM	Mula* Until 11:02AM	Ganesha: Blue	Sunrise: 2:59AM	Sun 28
		384555471	Yama 5:19AM – 7:39AM	Sukla Until 8:44PM	Muruqa: Green	Sunset: 9:38PM	Subhakrit 5124
			Rahu 12:19PM – 2:39PM	Taitila Until 7:09PM	Nataraja: Yellow		Moon 5 - Phase 8 - Prathama
	Routine Work	Marana Yoga		Prathama* Until 9:02AM	Moon – Light Blue		
	Until 11:02AM				Jyeshtha-Ani	Bhuloka Day	
	Then Creative Work - Amrita Yoga					Devaloka Time: 6:PM to 9:PM	



Thursday, June 16, 2022

Gold Retreat Star

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

Oslo, Norway

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 25.19 Tithi 18

384555471

Gulika 7:39AM - 9:59AM
Yama 2:59AM - 5:19AM
Rahu 2:39PM - 4:59PM

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

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

Sunrise: 2:59AM
Sunset: 9:39PM

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 8:08AM

Then Routine Work - Marana Yoga

1

Friday, June 17, 2022

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

Oslo, Norway

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 10.19 Tithi 19

394555471

Gulika 5:19AM - 7:39AM
Yama 4:59PM - 7:19PM
Rahu 9:59AM - 12:19PM

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

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

Sunrise: 2:59AM
Sunset: 9:39PM

Devaloka Day

Routine Work Marana Yoga

Until 3:13AM Sat

Then Creative Work - Siddha Yoga

2

Saturday, June 18, 2022

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

Oslo, Norway

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 25.01 Tithi 20

394655471

Gulika 2:59AM - 5:19AM
Yama 2:39PM - 5:00PM
Rahu 7:39AM - 9:59AM

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

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

Sunrise: 2:59AM
Sunset: 9:40PM

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, June 19, 2022

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

Oslo, Norway

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 9.19 Tithi 21 - 22

395655471

Gulika 5:00PM - 7:20PM
Yama 12:19PM - 2:40PM
Rahu 7:20PM - 9:40PM

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

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

Sunrise: 2:59AM
Sunset: 9:40PM

Devaloka Day

Creative Work Siddha Yoga

Until 12:16AM Mon

Then Routine Work - Marana Yoga

Father's Day

4

Monday, June 20, 2022

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

Oslo, Norway

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 23.1 Tithi 22 - 23

315655471

Gulika 2:40PM - 5:00PM
Yama 9:59AM - 12:20PM
Rahu 5:19AM - 7:39AM

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

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

Sunrise: 2:59AM
Sunset: 9:41PM

Devaloka Day

Routine Work Marana Yoga

Until 12:05AM 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 Kaulava/Taitila Karana Ashtami/Navamyam Titau

Oslo, Norway

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 6.35 Tithi 23 - 24

315655471

Gulika 12:20PM - 2:40PM
Yama 7:39AM - 10:00AM
Rahu 5:00PM - 7:21PM

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

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

Sunrise: 2:59AM
Sunset: 9:41PM

Devaloka Day

Creative Work Amrita Yoga

Until 12:32AM 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 Gara/Vanija Karana Navami/Dashamyam Titau

Oslo, Norway

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 19.35 Tithi 24 - 25

315655471

Gulika 10:00AM - 12:20PM
Yama 5:19AM - 7:40AM
Rahu 12:20PM - 2:40PM

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

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

Sunrise: 2:59AM
Sunset: 9:41PM

Devaloka Day

Routine Work Marana Yoga

Until 1:32AM Thu

Then Creative Work - Amrita Yoga

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

All times are standard time. Calculated for Oslo, Norway on 5/11/20

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 2.14	Tithi 25 – 26	Gulika 7:40AM – 10:00AM	Ashvini Until 3:31AM Fri	Ganesha: Purple	Sunrise: 2:59AM	Moon 6 - Phase 10 - 8	2nd Phase
		Yama 2:59AM – 5:20AM	Athiganda* Until 12:19AM Fri	Muruqa: Green	Sunset: 9:41PM		
		325655471 Rahu 2:40PM – 5:01PM	Bava Until 5:53AM Fri	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dashami Until 5:10PM	Moon – White			
Until 3:31AM Fri				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Balava Karana Ekadashyam Titau		Oslo, Norway Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 14.35	Tithi 26	Gulika 5:20AM – 7:40AM	Bharani Until 5:52AM Sat	Ganesha: Purple	Sunrise: 3:00AM	Moon 6 - Phase 10 - 9	2nd Phase
		Yama 5:01PM – 7:21PM	Sukarma Until 12:41AM Sat	Muruqa: Green	Sunset: 9:41PM		
		325655471 Rahu 10:00AM – 12:20PM	Balava Until 6:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Ekadashi* Until 6:41PM	Moon – White			
Until 5:52AM Sat				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Oslo, Norway Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 26.43	Tithi 27	Gulika 3:00AM – 5:20AM	Krittika Until 8:25AM Sun	Ganesha: Purple	Sunrise: 3:00AM	Moon 6 - Phase 10 - 10	2nd Phase
		Yama 2:41PM – 5:01PM	Dhriti Until 1:23AM Sun	Muruqa: Green	Sunset: 9:41PM		
		325655471 Rahu 7:40AM – 10:01AM	Kaulava Until 7:39AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dvadashi* Until 8:40PM	Moon – White			
Until 8:25AM Sun				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Oslo, Norway Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 8.42	Tithi 28	Gulika 5:01PM – 7:21PM	Krittika Until 8:25AM	Ganesha: Purple	Sunrise: 3:01AM	Moon 6 - Phase 10 - 11	2nd Phase
		Yama 12:21PM – 2:41PM	Shula* Until 2:17AM Mon	Muruqa: Green	Sunset: 9:41PM		
		325655471 Rahu 7:21PM – 9:41PM	Gara Until 9:48AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Trayodashi* Until 10:57PM	Moon – White			
Until 8:25AM Sun				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata (Fasting)</i>							
5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Oslo, Norway Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 20.35	Tithi 29	Gulika 2:41PM – 5:01PM	Rohini Until 11:33AM	Ganesha: Light Blue	Sunrise: 3:01AM	Moon 6 - Phase 10 - 12	2nd Phase
Family Home Evening		Yama 10:01AM – 12:21PM	Ganda* Until 3:18AM Tue	Muruqa: Green	Sunset: 9:41PM		
		335655471 Rahu 5:21AM – 7:41AM	Visti Until 12:11PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Chaturdashi* Until 1:25AM Tue	Moon – Yellow			
Until 2:37PM				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Oslo, Norway Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 2.25	Tithi 30	Gulika 12:21PM – 2:41PM	Mrigashira Until 2:37PM	Ganesha: Purple	Sunrise: 3:02AM	Moon 6 - Phase 10 - 13	Amavasya
		Yama 7:42AM – 10:01AM	Vriddhi Until 4:22AM Wed	Muruqa: Green	Sunset: 9:40PM		
		336655471 Rahu 5:01PM – 7:21PM	Catuspada Until 2:41PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 3:55AM Wed	Moon – Yellow			
Until 2:37PM				Jyeshtha*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Wednesday, June 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhruva Yoga Kintughna*/Bava Karana Prathamayam Titau		Oslo, Norway Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 14.14	Tithi 1	Gulika 10:02AM – 12:21PM	Ardra Until 5:30PM	Ganesha: Purple	Sunrise: 3:03AM	Moon 6 - Phase 10 - 14	Prathama
		Yama 5:23AM – 7:42AM	Dhruva Until 5:22AM Thu	Muruqa: Green	Sunset: 9:40PM		
		336655471 Rahu 12:21PM – 2:41PM	Kintughna Until 5:10PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Prathama* Until 6:22AM Thu	Moon – Yellow			
Until 2:37PM				Ashada*Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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1		Thursday, June 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Oslo, Norway Sun 15 Sutra 74	
Mithuna Rasi: 26.05	Tithi 1 – 2	Gulika 7:43AM – 10:02AM	Punarvasu Until 8:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 3:04AM	Subhakrit 5124	
		Yama 3:04AM – 5:23AM	Vyaghata* Until 6:16AM Fri	Muruqa: Green	<i>Sunset:</i> 9:39PM	Moon 6 - Phase 11 - 15	
346655471		Rahu 2:41PM – 5:00PM	Balava Until 7:34PM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Prathama* Until 6:22AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
2		Friday, July 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway Sun 16 Sutra 75	
Kataka Rasi: 7.58	Tithi 2 – 3	Gulika 5:24AM – 7:43AM	Pushya Until 11:26PM	Ganesha: Light Blue	<i>Sunrise:</i> 3:05AM	Subhakrit 5124	
		Yama 5:00PM – 7:19PM	Vyaghata* Until 6:16AM	Muruqa: Green	<i>Sunset:</i> 9:39PM	Moon 6 - Phase 11 - 16	
346655471		Rahu 10:03AM – 12:22PM	Taitila Until 9:47PM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 8:41AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
3		Saturday, July 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 76	
Kataka Rasi: 19.56	Tithi 3 – 4	Gulika 3:06AM – 5:25AM	Ashlesha* Until 1:49AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 3:06AM	Subhakrit 5124	
		Yama 2:41PM – 5:00PM	Harshana Until 7:02AM	Muruqa: Green	<i>Sunset:</i> 9:38PM	Moon 6 - Phase 11 - 17	
346655471		Rahu 7:44AM – 10:03AM	Vanija Until 11:45PM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 10:47AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
4		Sunday, July 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 18 Sutra 77	
Simha Rasi: 2.01	Tithi 4 – 5	Gulika 5:00PM – 7:18PM	Magha* Until 4:12AM Mon	Ganesha: Orange	<i>Sunrise:</i> 3:07AM	Subhakrit 5124	
		Yama 12:22PM – 2:41PM	Vajra* Until 7:34AM	Muruqa: Green	<i>Sunset:</i> 9:37PM	Moon 6 - Phase 11 - 18	
356655471		Rahu 7:18PM – 9:37PM	Bava Until 1:23AM Mon	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Chaturthi* Until 12:36PM	Moon – Red		Devaloka Day	
Until 4:12AM Mon				Ashada*Ani			
Then Creative Work - Siddha Yoga							
5		Monday, July 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatiyata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 19 Sutra 78	
Simha Rasi: 14.15	Tithi 5 – 6	Gulika 2:41PM – 4:59PM	Purvaphalguni Until 5:59AM Tue	Ganesha: Orange	<i>Sunrise:</i> 3:08AM	Subhakrit 5124	
Family Home Evening		Yama 10:04AM – 12:22PM	Siddhi Until 7:50AM	Muruqa: Green	<i>Sunset:</i> 9:36PM	Moon 6 - Phase 11 - 19	
356655471		Rahu 5:27AM – 7:45AM	Kaulava Until 2:35AM Tue	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 2:02PM	Moon – Red		Devaloka Day	
Until 5:59AM Tue				Ashada*Ani			
Then Creative Work - Amrita Yoga							
6		Tuesday, July 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 20 Sutra 79	
Simha Rasi: 26.4	Tithi 6 – 7	Gulika 12:22PM – 2:41PM	Uttaraphalguni Until 7:04AM Wed	Ganesha: Orange	<i>Sunrise:</i> 3:09AM	Subhakrit 5124	
		Yama 7:46AM – 10:04AM	Vyatipata* Until 7:45AM	Muruqa: Green	<i>Sunset:</i> 9:35PM	Moon 6 - Phase 11 - 20	
356655471		Rahu 4:59PM – 7:17PM	Gara Until 3:15AM Wed	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Shashthi* Until 2:58PM	Moon – Red		Devaloka Day	
Until 7:04AM Wed				Ashada*Ani			
Then Routine Work - Marana Yoga							
Retreat Star		Wednesday, July 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Oslo, Norway Sun 21 Sutra 80	
Kanya Rasi: 9.2	Tithi 7 – 8	Gulika 10:05AM – 12:23PM	Uttaraphalguni Until 7:04AM	Ganesha: Clear	<i>Sunrise:</i> 3:11AM	Subhakrit 5124	
		Yama 5:29AM – 7:47AM	Variyan Until 7:12AM	Muruqa: Green	<i>Sunset:</i> 9:34PM	Moon 6 - Phase 11 - 21	
357655471		Rahu 12:23PM – 2:41PM	Visti Until 3:16AM Thu	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Saptami Until 3:19PM	Moon – Red		Devaloka Day	
Until 7:04AM				Ashada*Ani			
Then Routine Work - Marana Yoga		Chidambaram Abhishekam					
Retreat Star		Thursday, July 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Oslo, Norway Sun 22 Sutra 81	
Kanya Rasi: 22.19	Tithi 8 – 9	Gulika 7:47AM – 10:05AM	Hasta Until 7:50AM	Ganesha: Clear	<i>Sunrise:</i> 3:12AM	Subhakrit 5124	
		Yama 3:12AM – 5:30AM	Parigha* Until 6:08AM	Muruqa: Green	<i>Sunset:</i> 9:33PM	Moon 6 - Phase 11 - 22	
467655471		Rahu 2:40PM – 4:58PM	Balava Until 2:33AM Fri	Nataraja: Yellow		Ashtami	
Routine Work	Marana Yoga		Ashtami* Until 2:59PM	Moon – Green		Devaloka Day	
Until 7:50AM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
Retreat Star		Friday, July 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Oslo, Norway Sun 23 Sutra 82	
Tula Rasi: 5.41	Tithi 9 – 10	Gulika 5:31AM – 7:48AM	Chitra Until 7:43AM	Ganesha: Clear	<i>Sunrise:</i> 3:14AM	Subhakrit 5124	
		Yama 4:58PM – 7:15PM	Siddha Until 2:16AM Sat	Muruqa: Green	<i>Sunset:</i> 9:32PM	Moon 6 - Phase 11 - 23	
467655471		Rahu 10:06AM – 12:23PM	Taitila Until 1:07AM Sat	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 1:55PM	Moon – Green		Devaloka Day	
				Ashada*Ani			

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

1	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 83 Subhakrit 5124
	Tula Rasi: 19.29	Tithi 10 – 11	Gulika 3:15AM – 5:32AM	Svati Until 6:43AM	Ganesha: Clear	<i>Sunrise:</i> 3:15AM	
			Yama 2:40PM – 4:57PM	Sadhya Until 11:27PM	Muruqa: Green	<i>Sunset:</i> 9:31PM	Moon 6 - Phase 12 - 24
	467655471		Rahu 7:49AM – 10:06AM	Vanija Until 10:58PM	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga		Dashami Until 12:07PM		Moon – Green Ashada•Ani		Devaloka Day	

2	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 84 Subhakrit 5124
	Vrischika Rasi: 3.43	Tithi 11 – 12	Gulika 4:56PM – 7:13PM	Anuradha Until 3:13AM Mon	Ganesha: White	<i>Sunrise:</i> 3:17AM	
			Yama 12:23PM – 2:40PM	Subha Until 8:09PM	Muruqa: Green	<i>Sunset:</i> 9:30PM	Moon 6 - Phase 12 - 25
	477655471		Rahu 7:13PM – 9:30PM	Bava Until 8:13PM	Nataraja: Yellow		4th Phase
Routine Work Marana Yoga Until 3:13AM Mon Then Creative Work - Siddha Yoga		Ekadashi Until 9:39AM		Moon – Orange Ashada•Ani		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

3	Monday, July 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 85 Subhakrit 5124
	Vrischika Rasi: 18.22	Tithi 12 – 13	Gulika 2:39PM – 4:56PM	Jyeshtha* Until 12:31AM Tue	Ganesha: White	<i>Sunrise:</i> 3:18AM	
	Family Home Evening		Yama 10:07AM – 12:23PM	Sukla Until 4:24PM	Muruqa: Green	<i>Sunset:</i> 9:28PM	Moon 6 - Phase 12 - 26
	477655471		Rahu 5:34AM – 7:51AM	Taitila Until 3:10AM Tue	Nataraja: Yellow		4th Phase
Creative Work Siddha Yoga Until 12:31AM Tue Then Creative Work - Amrita Yoga		Dvadashi Until 6:37AM		Moon – Orange Ashada•Ani		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
<i>Pradosha Vrata</i>							

4	Tuesday, July 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 86 Subhakrit 5124
	Dhanus Rasi: 3.21	Tithi 14	Gulika 12:23PM – 2:39PM	Mula* Until 9:46PM	Ganesha: White	<i>Sunrise:</i> 3:20AM	
			Yama 7:52AM – 10:07AM	Brahma Until 12:22PM	Muruqa: Green	<i>Sunset:</i> 9:27PM	Moon 6 - Phase 12 - 27
	488655471		Rahu 4:55PM – 7:11PM	Gara Until 1:20PM	Nataraja: Yellow		4th Phase
Creative Work Amrita Yoga Until 9:46PM Then Creative Work - Siddha Yoga		Chaturdashi* Until 11:26PM		Moon – Light Blue Ashada•Ani		Sivaloka Day	

○	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Oslo, Norway Sun 28 Sutra 87 Subhakrit 5124
	Copper Retreat Star		Gulika 10:08AM – 12:23PM	Purvashadha* Until 6:46PM	Ganesha: Yellow	<i>Sunrise:</i> 3:22AM	
	Dhanus Rasi: 18.33	Tithi 15	Yama 5:37AM – 7:53AM	Indra Until 8:11AM	Muruqa: Green	<i>Sunset:</i> 9:25PM	Moon 6 - Phase 12 - Purnima
	488755471		Rahu 12:23PM – 2:39PM	Visti Until 9:32AM	Nataraja: Yellow		
Creative Work Amrita Yoga		Satguru Purnima	Purnima* Until 7:35PM		Moon – Light Blue Ashada•Ani		Devaloka Day

○	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Oslo, Norway Sun 29 Sutra 88 Subhakrit 5124
	Silver Retreat Star		Gulika 7:53AM – 10:09AM	Uttarashadha Until 3:40PM	Ganesha: Yellow	<i>Sunrise:</i> 3:23AM	
	Makara Rasi: 3.47	Tithi 16 – 17	Yama 3:23AM – 5:38AM	Vishkambha* Until 11:47PM	Muruqa: Green	<i>Sunset:</i> 9:24PM	Moon 6 - Phase 12 - Prathama
	488755471		Rahu 2:39PM – 4:54PM	Taitila Until 1:59AM Fri	Nataraja: Yellow		
Routine Work Marana Yoga Until 3:40PM Then Creative Work - Siddha Yoga		Prathama* Until 3:47PM		Moon – Light Blue Ashada•Ani		Devaloka Day	

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



Friday, July 15, 2022
Gold Retreat Star

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

Oslo, Norway
Sun 1 Sutra 89

Makara Rasi: 18.55 Tithi 17 - 18

498755471

Gulika 5:40AM - 7:54AM
Yama 4:53PM - 7:08PM
Rahu 10:09AM - 12:24PM

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

Ganesha: Blue *Sunrise: 3:25AM*
Muruqa: Green *Sunset: 9:22PM*
Nataraja: Yellow
Moon - Purple
Ashada-Ani

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

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

1

Saturday, July 16, 2022

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

Oslo, Norway
Sun 2 Sutra 90

Kumbha Rasi: 3.46 Tithi 18 - 19

498755471

Gulika 3:27AM - 5:41AM
Yama 2:38PM - 4:52PM
Rahu 7:55AM - 10:10AM

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

Ganesha: Blue *Sunrise: 3:27AM*
Muruqa: Green *Sunset: 9:20PM*
Nataraja: Yellow
Moon - Purple
Ashada-Adi

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

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

2

Sunday, July 17, 2022

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

Oslo, Norway
Sun 3 Sutra 91

Kumbha Rasi: 18.13 Tithi 19 - 20

498755472

Gulika 4:51PM - 7:05PM
Yama 12:24PM - 2:38PM
Rahu 7:05PM - 9:19PM

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

Ganesha: Blue *Sunrise: 3:29AM*
Muruqa: Green *Sunset: 9:19PM*
Nataraja: White
Moon - Purple
Ashada-Adi

Bhuloka Day

Creative Work Siddha Yoga

3

Monday, July 18, 2022

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

Oslo, Norway
Sun 4 Sutra 92

Meena Rasi: 2.13 Tithi 21

418755472

Gulika 2:37PM - 4:50PM
Yama 10:11AM - 12:24PM
Rahu 5:44AM - 7:57AM

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

Ganesha: White *Sunrise: 3:31AM*
Muruqa: Green *Sunset: 9:17PM*
Nataraja: White
Moon - Clear
Ashada-Adi

Bhuloka Day

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

4

Tuesday, July 19, 2022

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

Oslo, Norway
Sun 5 Sutra 93

Meena Rasi: 15.43 Tithi 22

419755472

Gulika 12:24PM - 2:37PM
Yama 7:58AM - 10:11AM
Rahu 4:50PM - 7:02PM

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

Ganesha: Clear *Sunrise: 3:33AM*
Muruqa: Green *Sunset: 9:15PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

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

Retreat Star

Wednesday, July 20, 2022

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

Oslo, Norway
Sun 6 Sutra 94

Meena Rasi: 28.45 Tithi 23

419755472

Gulika 10:12AM - 12:24PM
Yama 5:47AM - 7:59AM
Rahu 12:24PM - 2:36PM

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

Ganesha: Clear *Sunrise: 3:35AM*
Muruqa: Green *Sunset: 9:13PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

Routine Work Marana Yoga

Thursday, July 21, 2022

Retreat Star

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

Oslo, Norway
Sun 7 Sutra 95

Mesha Rasi: 11.22 Tithi 24

429755472

Gulika 8:00AM - 10:12AM
Yama 3:37AM - 5:49AM
Rahu 2:36PM - 4:48PM

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

Ganesha: Purple *Sunrise: 3:37AM*
Muruqa: Green *Sunset: 9:11PM*
Nataraja: White
Moon - White
Ashada-Adi

Devaloka Day

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

1	Friday, July 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula/Ganda Yoga Vanija/Vistil Karana Dashamyam Titau				Oslo, Norway
	Mesha Rasi: 23.4	Tithi 25	Gulika 5:50AM – 8:02AM	Bharani Until 11:54AM	Ganesha: Purple	<i>Sunrise:</i> 3:39AM	Sun 8 Sutra 96
	Creative Work	Siddha Yoga	Yama 4:47PM – 6:58PM	Shula* Until 7:59AM	Muruqa: Green	<i>Sunset:</i> 9:09PM	Subhakrit 5124
		429755472	Rahu 10:13AM – 12:24PM	Vanija Until 5:59PM	Nataraja: White		Moon 7 - Phase 14 - 8
				Dashami Until 6:59AM Sat	Moon – White		2nd Phase
					Ashada*Adi		Devaloka Day


2	Saturday, July 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda/Vridhhi Yoga Vistil/Bava Karana Dashami/Ekadashyam Titau				Oslo, Norway
	Vrishabha Rasi: 5.44	Tithi 25 – 26	Gulika 3:41AM – 5:52AM	Krittika Until 2:24PM	Ganesha: Purple	<i>Sunrise:</i> 3:41AM	Sun 9 Sutra 97
	Creative Work	Amrita Yoga	Yama 2:35PM – 4:46PM	Ganda* Until 8:37AM	Muruqa: Green	<i>Sunset:</i> 9:07PM	Subhakrit 5124
		429755472	Rahu 8:03AM – 10:13AM	Bava Until 8:08PM	Nataraja: White		Moon 7 - Phase 14 - 9
				Dashami Until 6:59AM	Moon – White		2nd Phase
					Ashada*Adi		Devaloka Day

3	Sunday, July 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
	Vrishabha Rasi: 17.38	Tithi 26 – 27	Gulika 4:45PM – 6:55PM	Rohini Until 5:32PM	Ganesha: Clear	<i>Sunrise:</i> 3:43AM	Sun 10 Sutra 98
	Creative Work	Siddha Yoga	Yama 12:24PM – 2:34PM	Vridhhi Until 9:32AM	Muruqa: Green	<i>Sunset:</i> 9:05PM	Subhakrit 5124
		439755472	Rahu 6:55PM – 9:05PM	Kaulava Until 10:34PM	Nataraja: White		Moon 7 - Phase 14 - 10
				Ekadashi* Until 9:18AM	Moon – Yellow		2nd Phase
					Ashada*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

4	Monday, July 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Oslo, Norway
	Vrishabha Rasi: 29.28	Tithi 27 – 28	Gulika 2:34PM – 4:44PM	Mrigashira Until 8:37PM	Ganesha: Clear	<i>Sunrise:</i> 3:45AM	Sun 11 Sutra 99
	Family Home Evening	Creative Work	Yama 10:14AM – 12:24PM	Dhruva Until 10:34AM	Muruqa: Green	<i>Sunset:</i> 9:03PM	Subhakrit 5124
		439755472	Rahu 5:55AM – 8:05AM	Gara Until 1:06AM Tue	Nataraja: White		Moon 7 - Phase 14 - 11
				Dvadashi* Until 11:49AM	Moon – Yellow		2nd Phase
					Ashada*Adi		Bhuloka Day
					<i>Pradosha Vrata (Fasting)</i>		Devaloka Time: 9:AM to12:PM

5	Tuesday, July 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Vistil Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway
	Mithuna Rasi: 11.16	Tithi 28 – 29	Gulika 12:24PM – 2:33PM	Ardra Until 11:30PM	Ganesha: Clear	<i>Sunrise:</i> 3:48AM	Sun 12 Sutra 100
	Routine Work	Marana Yoga	Yama 8:06AM – 10:15AM	Vyaghata* Until 11:38AM	Muruqa: Green	<i>Sunset:</i> 9:01PM	Subhakrit 5124
		439755472	Rahu 4:42PM – 6:52PM	Vistil Until 3:34AM Wed	Nataraja: White		Moon 7 - Phase 14 - 12
				Trayodashi* Until 2:20PM	Moon – Yellow		2nd Phase
					Ashada*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

6	Wednesday, July 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra Yoga Sakuni/Catuspada Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway
	Mithuna Rasi: 23.07	Tithi 29 – 30	Gulika 10:16AM – 12:24PM	Punarvasu Until 2:35AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 3:50AM	Sun 13 Sutra 101
	Creative Work	Siddha Yoga	Yama 5:58AM – 8:07AM	Harshana Until 12:37PM	Muruqa: Green	<i>Sunset:</i> 8:59PM	Subhakrit 5124
		441755472	Rahu 12:24PM – 2:33PM	Catuspada Until 5:52AM Thu	Nataraja: White		Moon 7 - Phase 14 - 13
				Chaturdashi* Until 4:44PM	Moon – Blue		2nd Phase
					Ashada*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

	Thursday, July 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra/Siddhi Yoga Naga Karana Amavasyayam Titau				Oslo, Norway
	Retreat Star		Gulika 8:08AM – 10:16AM	Pushya Until 5:16AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 3:52AM	Sun 14 Sutra 102
	Kataka Rasi: 5.01	Tithi 30	Yama 3:52AM – 6:00AM	Vajra* Until 1:26PM	Muruqa: Green	<i>Sunset:</i> 8:56PM	Subhakrit 5124
		441755472	Rahu 2:32PM – 4:40PM	Naga Until 6:55PM	Nataraja: White		Moon 7 - Phase 14 - 14
				Amavasya* Until 6:55PM	Moon – Blue		Amavasya
					Ashada*Adi		Bhuloka Day
							Devaloka Time: 9:AM to12:PM

Retreat Star	Friday, July 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha Nakshatra Siddhi/Vyalipata Yoga Kintughna/Bava Karana Prathamayam Titau				Oslo, Norway
	Kataka Rasi: 17.01	Tithi 1	Gulika 6:02AM – 8:09AM	Ashlesha* Until 7:31AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 3:54AM	Sun 15 Sutra 103
	Routine Work	Marana Yoga	Yama 4:39PM – 6:46PM	Siddhi Until 2:04PM	Muruqa: Green	<i>Sunset:</i> 8:54PM	Subhakrit 5124
		441755472	Rahu 10:17AM – 12:24PM	Kintughna Until 7:57AM	Nataraja: White		Moon 7 - Phase 14 - 15
				Prathama* Until 8:51PM	Moon – Blue		Prathama
					Sravana*Adi		Bhuloka Day
							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

1		Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Oslo, Norway
Kataka Rasi: 29.08	Tithi 2	Gulika 3:56AM – 6:03AM	Ashlesha* Until 7:31AM	Ganesha: Yellow	Sunrise: 3:56AM	Sun 16	Sutra 104	Subhakrit 5124
		Yama 2:31PM – 4:38PM	Vyatipata* Until 2:30PM	Muruqa: Green	Sunset: 8:52PM	Moon 7 - Phase 15 - 16		3rd Phase
		441755472 Rahu 8:10AM – 10:17AM	Balava Until 9:44AM	Nataraja: White				
Routine Work	Marana Yoga		Dvitiya Until 10:29PM	Moon – Blue		Bhuloka Day		
Until 7:31AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Amrita Yoga								

2		Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Oslo, Norway
Simha Rasi: 11.22	Tithi 3	Gulika 4:37PM – 6:43PM	Magha* Until 9:48AM	Ganesha: Red	Sunrise: 3:59AM	Sun 17	Sutra 105	Subhakrit 5124
		Yama 12:24PM – 2:30PM	Varyan Until 2:39PM	Muruqa: Green	Sunset: 8:49PM	Moon 7 - Phase 15 - 17		3rd Phase
		451755472 Rahu 6:43PM – 8:49PM	Taitila Until 11:12AM	Nataraja: White				
Routine Work	Marana Yoga		Tritiya Until 11:47PM	Moon – Red		Bhuloka Day		
Until 9:48AM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Siddha Yoga								

3		Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway
Simha Rasi: 23.45	Tithi 4	Gulika 2:30PM – 4:35PM	Purvaphalguni Until 11:35AM	Ganesha: Red	Sunrise: 4:01AM	Sun 18	Sutra 106	Subhakrit 5124
Family Home Evening		Yama 10:18AM – 12:24PM	Parigha* Until 2:32PM	Muruqa: Green	Sunset: 8:47PM	Moon 7 - Phase 15 - 18		3rd Phase
		451755472 Rahu 6:07AM – 8:12AM	Vanija Until 12:19PM	Nataraja: White				
Creative Work	Siddha Yoga		Chaturthi* Until 12:43AM Tue	Moon – Red		Bhuloka Day		
				Sravana*Adi		Devaloka Time: 9:AM to12:PM		

4		Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway
Kanya Rasi: 6.19	Tithi 5	Gulika 12:24PM – 2:29PM	Uttaraphalguni Until 12:48PM	Ganesha: Red	Sunrise: 4:03AM	Sun 19	Sutra 107	Subhakrit 5124
		Yama 8:14AM – 10:19AM	Shiva Until 2:06PM	Muruqa: Green	Sunset: 8:44PM	Moon 7 - Phase 15 - 19		3rd Phase
		451755472 Rahu 4:34PM – 6:39PM	Bava Until 1:02PM	Nataraja: White				
Creative Work	Amrita Yoga		Panchami Until 1:12AM Wed	Moon – Red		Bhuloka Day		
Until 12:48PM				Sravana*Adi		Devaloka Time: 9:AM to12:PM		
Then Creative Work - Siddha Yoga								

5		Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway
Kanya Rasi: 19.04	Tithi 6	Gulika 10:19AM – 12:24PM	Hasta Until 1:53PM	Ganesha: Blue	Sunrise: 4:06AM	Sun 20	Sutra 108	Subhakrit 5124
		Yama 6:10AM – 8:15AM	Siddha Until 1:17PM	Muruqa: Green	Sunset: 8:42PM	Moon 7 - Phase 15 - 20		3rd Phase
		461755472 Rahu 12:24PM – 2:28PM	Kaulava Until 1:17PM	Nataraja: White				
Routine Work	Marana Yoga		Shashthi* Until 1:11AM Thu	Moon – Green		Devaloka Day		
Until 1:53PM				Sravana*Adi				
Then Creative Work - Siddha Yoga								

6		Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Oslo, Norway
Tula Rasi: 2.05	Tithi 7	Gulika 8:16AM – 10:20AM	Chitra Until 2:17PM	Ganesha: Blue	Sunrise: 4:08AM	Sun 21	Sutra 109	Subhakrit 5124
		Yama 4:08AM – 6:12AM	Sadhya Until 12:03PM	Muruqa: Green	Sunset: 8:40PM	Moon 7 - Phase 15 - 21		3rd Phase
		461755472 Rahu 2:28PM – 4:32PM	Gara Until 1:00PM	Nataraja: White				
Creative Work	Siddha Yoga		Saptami Until 12:37AM Fri	Moon – Green		Devaloka Day		
Until 2:17PM				Sravana*Adi				
Then Creative Work - Amrita Yoga								

Retreat Star		Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway
Tula Rasi: 15.25	Tithi 8	Gulika 6:14AM – 8:17AM	Svati Until 1:58PM	Ganesha: Blue	Sunrise: 4:10AM	Sun 22	Sutra 110	Subhakrit 5124
		Yama 4:30PM – 6:34PM	Subha Until 10:22AM	Muruqa: White	Sunset: 8:37PM	Moon 7 - Phase 15 - 22		Ashtami
		461765472 Rahu 10:20AM – 12:24PM	Visti Until 12:07PM	Nataraja: White				
Creative Work	Siddha Yoga		Ashtami* Until 11:26PM	Moon – Green		Devaloka Day		
				Sravana*Adi				
Varalakshmi Vratam								

Retreat Star		Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway
Tula Rasi: 29.05	Tithi 9	Gulika 4:12AM – 6:15AM	Vishakha Until 1:19PM	Ganesha: White	Sunrise: 4:12AM	Sun 23	Sutra 111	Subhakrit 5124
		Yama 2:26PM – 4:29PM	Sukla Until 8:09AM	Muruqa: White	Sunset: 8:34PM	Moon 7 - Phase 15 - 23		Navami
		472765472 Rahu 8:18AM – 10:21AM	Balava Until 10:38AM	Nataraja: White				
Creative Work	Siddha Yoga		Navami* Until 9:38PM	Moon – Orange		Bhuloka Day		
				Sravana*Adi				

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

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1 Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 24 Sutra 112 Subhakrit 5124
Vrischika Rasi: 13.08	Tithi 10	Gulika 4:28PM – 6:30PM	Anuradha Until 11:56AM	Ganesha: Yellow	<i>Sunrise:</i> 4:15AM	
		Yama 12:23PM – 2:26PM	Indra Until 2:20AM Mon	Muruqa: White	<i>Sunset:</i> 8:32PM	Moon 7 - Phase 16 - 24
472865472	Rahu 6:30PM – 8:32PM		Taitila Until 8:32AM	Nataraja: White		4th Phase
Routine Work	Marana Yoga		Dashami Until 7:16PM	Moon – Orange		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

2 Monday, August 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 113 Subhakrit 5124
Vrischika Rasi: 27.32	Tithi 11 – 12	Gulika 2:25PM – 4:26PM	Jyeshtha* Until 9:53AM	Ganesha: Yellow	<i>Sunrise:</i> 4:17AM	
Family Home Evening		Yama 10:22AM – 12:23PM	Vaidhriti* Until 10:48PM	Muruqa: White	<i>Sunset:</i> 8:29PM	Moon 7 - Phase 16 - 25
472865472	Rahu 6:19AM – 8:20AM		Bava Until 2:51AM Tue	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 4:25PM	Moon – Orange		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

3 Tuesday, August 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 114 Subhakrit 5124
Dhanus Rasi: 12.16	Tithi 12 – 13	Gulika 12:23PM – 2:24PM	Mula* Until 7:41AM	Ganesha: White	<i>Sunrise:</i> 4:19AM	
		Yama 8:21AM – 10:22AM	Vishkambha* Until 6:59PM	Muruqa: White	<i>Sunset:</i> 8:29PM	Moon 7 - Phase 16 - 26
482865472	Rahu 4:25PM – 6:26PM		Kaulava Until 11:28PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Dvadashi Until 1:10PM	Moon – Light Blue		Devaloka Day
Until 7:41AM				Sravana*Adi		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

4 Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 115 Subhakrit 5124
Dhanus Rasi: 27.14	Tithi 13 – 14	Gulika 10:23AM – 12:23PM	Uttarashadha Until 2:11AM Thu	Ganesha: White	<i>Sunrise:</i> 4:22AM	
		Yama 6:22AM – 8:22AM	Priti Until 3:01PM	Muruqa: White	<i>Sunset:</i> 8:24PM	Moon 7 - Phase 16 - 27
482865472	Rahu 12:23PM – 2:23PM		Gara Until 7:55PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 9:41AM	Moon – Light Blue		Devaloka Day
Until 2:11AM Thu				Sravana*Adi		
Then Creative Work - Siddha Yoga						

Thursday, August 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sutra 116 Subhakrit 5124
Copper Retreat Star		Gulika 8:23AM – 10:23AM	Shravana Until 11:36PM	Ganesha: Clear	<i>Sunrise:</i> 4:24AM	
Makara Rasi: 12.18	Tithi 14 – 15	Yama 4:24AM – 6:24AM	Ayushman Until 10:59AM	Muruqa: White	<i>Sunset:</i> 8:21PM	Moon 7 - Phase 16 -
492865472	Rahu 2:22PM – 4:22PM		Bava Until 2:35AM Fri	Nataraja: White		Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 6:06AM	Moon – Purple		Bhuloka Day
		Raksha Bandhan		Sravana*Adi		Devaloka Time: 9:AM to12:PM

Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sutra 117 Subhakrit 5124
Silver Retreat Star		Gulika 6:26AM – 8:25AM	Dhanishtha Until 9:06PM	Ganesha: Clear	<i>Sunrise:</i> 4:27AM	
Makara Rasi: 27.19	Tithi 16	Yama 4:21PM – 6:20PM	Saubhagya Until 7:02AM	Muruqa: White	<i>Sunset:</i> 8:19PM	Moon 7 - Phase 16 -
492865472	Rahu 10:24AM – 12:23PM		Balava Until 12:55PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Prathama* Until 11:18PM	Moon – Purple		Bhuloka Day
				Sravana*Adi		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 Dvityayam Titau

Oslo, Norway
Sun 1 Sutra 118

Kumbha Rasi: 12.07 Tithi 17

Gulika 4:29AM – 6:27AM
Yama 2:21PM – 4:19PM
Rahu 8:26AM – 10:24AM

Shatabhishak Until 6:51PM
Athiganda* Until 11:59PM
Taitila Until 9:50AM
Dvitiya Until 8:26PM

Ganesha: Clear Sunrise: 4:29AM
Muruga: White Sunset: 8:16PM
Nataraja: White
Moon – Purple
Sravana*Adi

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

Creative Work Amrita Yoga
Until 6:51PM
Then Routine Work - Marana Yoga

1

Sunday, August 14, 2022

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

Oslo, Norway
Sun 2 Sutra 119

Kumbha Rasi: 26.34 Tithi 18

Gulika 4:18PM – 6:16PM
Yama 12:22PM – 2:20PM
Rahu 6:16PM – 8:13PM

Purvaproshtapada* Until 5:27PM
Sukarma Until 9:08PM
Vanija Until 7:13AM
Tritiya Until 6:08PM

Ganesha: Yellow Sunrise: 4:31AM
Muruga: White Sunset: 8:13PM
Nataraja: White
Moon – Clear
Sravana*Adi

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

Creative Work Siddha Yoga
Until 5:27PM
Then Creative Work - Amrita Yoga

2

Monday, August 15, 2022

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

Oslo, Norway
Sun 3 Sutra 120

Meena Rasi: 11 Tithi 19 – 20

Gulika 2:19PM – 4:16PM
Yama 10:25AM – 12:22PM
Rahu 6:31AM – 8:28AM

Uttaraproshtapada Until 4:37PM
Dhriti Until 6:53PM
Kaulava Until 4:05AM Tue
Chaturthi* Until 4:33PM

Ganesha: Yellow Sunrise: 4:34AM
Muruga: White Sunset: 8:11PM
Nataraja: White
Moon – Clear
Sravana*Adi

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

Family Home Evening
Creative Work Siddha Yoga

3

Tuesday, August 16, 2022

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

Oslo, Norway
Sun 4 Sutra 121

Meena Rasi: 24.09 Tithi 20 – 21

Gulika 12:22PM – 2:18PM
Yama 8:29AM – 10:25AM
Rahu 4:15PM – 6:11PM

Revati Until 4:27PM
Shula* Until 5:18PM
Gara Until 3:46AM Wed
Panchami Until 3:48PM

Ganesha: Yellow Sunrise: 4:36AM
Muruga: White Sunset: 8:08PM
Nataraja: White
Moon – Clear
Sravana*Adi

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

Creative Work Siddha Yoga

4

Wednesday, August 17, 2022

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

Oslo, Norway
Sun 5 Sutra 122

Mesha Rasi: 7.14 Tithi 21 – 22

Gulika 10:26AM – 12:22PM
Yama 6:34AM – 8:30AM
Rahu 12:22PM – 2:18PM

Ashvini Until 5:27PM
Ganda* Until 4:25PM
Visti Until 4:19AM Thu
Shashthi* Until 3:55PM

Ganesha: Yellow Sunrise: 4:38AM
Muruga: White Sunset: 8:05PM
Nataraja: White
Moon – White
Sravana*Avani

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

Routine Work Marana Yoga
Until 5:27PM
Then Creative Work - Siddha Yoga

5

Thursday, August 18, 2022

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

Oslo, Norway
Sun 6 Sutra 123

Mesha Rasi: 19.53 Tithi 22 – 23

Gulika 8:31AM – 10:26AM
Yama 4:41AM – 6:36AM
Rahu 2:17PM – 4:12PM

Bharani Until 7:06PM
Vridhhi Until 4:12PM
Balava Until 5:40AM Fri
Saptami Until 4:53PM

Ganesha: Yellow Sunrise: 4:41AM
Muruga: White Sunset: 8:02PM
Nataraja: White
Moon – White
Sravana*Avani

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

Creative Work Siddha Yoga
Until 7:06PM
Then Routine Work - Marana Yoga

D

Friday, August 19, 2022
Retreat Star

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

Oslo, Norway
Sun 7 Sutra 124

Vrishabha Rasi: 2.13 Tithi 23

Gulika 6:38AM – 8:32AM
Yama 4:10PM – 6:05PM
Rahu 10:27AM – 12:21PM

Krittika Until 9:16PM
Dhruva Until 4:30PM
Kaulava Until 6:33PM
Ashtami* Until 6:33PM

Ganesha: White Sunrise: 4:43AM
Muruga: White Sunset: 7:59PM
Nataraja: White
Moon – White
Sravana*Avani

Bhuloka Day

Creative Work Siddha Yoga
Until 9:16PM
Then Routine Work - Marana Yoga

Saturday, August 20, 2022
Retreat Star

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

Oslo, Norway
Sun 8 Sutra 125

Vrishabha Rasi: 14.17 Tithi 24

Gulika 4:45AM – 6:39AM
Yama 2:15PM – 4:09PM
Rahu 8:33AM – 10:27AM

Rohini Until 12:13AM Sun
Vyaghata* Until 5:13PM
Taitila Until 7:37AM
Navami* Until 8:44PM

Ganesha: Yellow Sunrise: 4:45AM
Muruga: White Sunset: 7:57PM
Nataraja: White
Moon – Yellow
Sravana*Avani

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

Creative Work Amrita Yoga
Until 12:13AM Sun
Then Creative Work - Siddha Yoga

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

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1 Sunday, August 21, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Oslo, Norway
Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau						Sun 9 Sutra 126
Wishabha Rasi: 26.11	Tithi 25	Gulika	4:07PM – 6:01PM	Mrigashira Until 3:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 4:48AM
		Yama	12:21PM – 2:14PM	Harshana Until 6:11PM	Muruqa: White	<i>Sunset:</i> 7:54PM
533865472		Rahu	6:01PM – 7:54PM	Vanija Until 9:57AM	Nataraja: White	Moon 8 - Phase 18 - 9
Creative Work Siddha Yoga						2nd Phase
				Dashami Until 11:10PM	Bhuloka Day	Devaloka Time: 6:AM to 9:AM

2 Monday, August 22, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam				Oslo, Norway
Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau						Sun 10 Sutra 127
Mithuna Rasi: 8.01	Tithi 26	Gulika	2:13PM – 4:06PM	Ardra Until 6:05AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 4:50AM
		Yama	10:28AM – 12:20PM	Vajra* Until 7:11PM	Muruqa: White	<i>Sunset:</i> 7:51PM
533865472		Rahu	6:43AM – 8:35AM	Bava Until 12:27PM	Nataraja: White	Moon 8 - Phase 18 - 10
Family Home Evening						2nd Phase
Creative Work Siddha Yoga						Bhuloka Day
				Ekadashi* Until 1:40AM Tue	Devaloka Time: 6:AM to 9:AM	

3 Tuesday, August 23, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam				Oslo, Norway
Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau						Sun 11 Sutra 128
Mithuna Rasi: 19.52	Tithi 27	Gulika	12:20PM – 2:12PM	Ardra Until 6:05AM	Ganesha: Yellow	<i>Sunrise:</i> 4:52AM
		Yama	8:36AM – 10:28AM	Siddhi Until 8:07PM	Muruqa: White	<i>Sunset:</i> 7:48PM
533865472		Rahu	4:04PM – 5:56PM	Kaulava Until 2:54PM	Nataraja: White	Moon 8 - Phase 18 - 11
Routine Work Marana Yoga						2nd Phase
Until 6:05AM						Bhuloka Day
Then Creative Work - Siddha Yoga						Devaloka Time: 6:AM to 9:AM

4 Wednesday, August 24, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam				Oslo, Norway
Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau						Sun 12 Sutra 129
Kataka Rasi: 1.46	Tithi 28	Gulika	10:29AM – 12:20PM	Punarvasu Until 9:08AM	Ganesha: Blue	<i>Sunrise:</i> 4:55AM
		Yama	6:46AM – 8:37AM	Vyatipata* Until 8:54PM	Muruqa: White	<i>Sunset:</i> 7:45PM
533865472		Rahu	12:20PM – 2:11PM	Gara Until 5:08PM	Nataraja: White	Moon 8 - Phase 18 - 12
Creative Work Siddha Yoga						2nd Phase
				Trayodashi* Until 6:08AM Thu	Bhuloka Day	
				<i>Pradosha Vrata (Fasting)</i>	Devaloka Time: 6:AM to 9:AM	

5 Thursday, August 25, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam				Oslo, Norway
Pushya/Ashlesha* Nakshatra Varyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau						Sun 13 Sutra 130
Kataka Rasi: 13.46	Tithi 28 – 29	Gulika	8:38AM – 10:29AM	Pushya Until 11:45AM	Ganesha: Blue	<i>Sunrise:</i> 4:57AM
		Yama	4:57AM – 6:48AM	Variyan Until 9:24PM	Muruqa: White	<i>Sunset:</i> 7:42PM
533865472		Rahu	2:10PM – 4:01PM	Visti Until 7:04PM	Nataraja: White	Moon 8 - Phase 18 - 13
Creative Work Amrita Yoga						2nd Phase
Until 11:45AM						Bhuloka Day
Then Creative Work - Siddha Yoga						Devaloka Time: 6:AM to 9:AM

Friday, August 26, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam				Oslo, Norway
Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau						Sun 14 Sutra 131
Kataka Rasi: 25.54	Tithi 29 – 30	Gulika	6:49AM – 8:39AM	Ashlesha* Until 1:51PM	Ganesha: Blue	<i>Sunrise:</i> 4:59AM
		Yama	3:59PM – 5:49PM	Parigha* Until 9:38PM	Muruqa: White	<i>Sunset:</i> 7:40PM
533865472		Rahu	10:29AM – 12:19PM	Catuspada Until 8:38PM	Nataraja: White	Moon 8 - Phase 18 - 14
Routine Work Marana Yoga						Amavasya
				Chaturdashi* Until 7:53AM	Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM		

Saturday, August 27, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam				Oslo, Norway
Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau						Sun 15 Sutra 132
Simha Rasi: 8.12	Tithi 30 – 1	Gulika	5:02AM – 6:51AM	Magha* Until 3:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:02AM
		Yama	2:09PM – 3:58PM	Shiva Until 9:35PM	Muruqa: White	<i>Sunset:</i> 7:37PM
533865472		Rahu	8:40AM – 10:30AM	Kintughna Until 9:49PM	Nataraja: White	Moon 8 - Phase 18 - 15
Creative Work Amrita Yoga						Prathama
Until 3:54PM						Bhuloka Day
Then Creative Work - Siddha Yoga						Devaloka Time: 6:AM to 9:AM

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 Oslo, Norway on 5/1/20

www.gurudeva.org/panchang

1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 16 Sutra 133 Subhakrit 5124	
Simha Rasi: 20.4	Tithi 1 – 2	Gulika 3:56PM – 5:45PM	Purvaphalguni Until 5:24PM	Ganesha: Blue	Sunrise: 5:04AM	Moon 8 - Phase 19 - 16	3rd Phase
		Yama 12:19PM – 2:08PM	Siddha Until 9:11PM	Muruqa: White	Sunset: 7:34PM		
		553865473 Rahu 5:45PM – 7:34PM	Balava Until 10:36PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Prathama* Until 10:14AM	Moon – Red		Bhuloka Day	
Until 5:24PM				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

2 Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Oslo, Norway Sun 17 Sutra 134 Subhakrit 5124	
Kanya Rasi: 3.19	Tithi 2 – 3	Gulika 2:07PM – 3:55PM	Uttaraphalguni Until 6:22PM	Ganesha: Blue	Sunrise: 5:06AM	Moon 8 - Phase 19 - 17	3rd Phase
Family Home Evening		Yama 10:30AM – 12:19PM	Sadhya Until 8:30PM	Muruqa: White	Sunset: 7:31PM		
		553865473 Rahu 6:54AM – 8:42AM	Taitila Until 10:59PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Dvitiya Until 10:49AM	Moon – Red		Bhuloka Day	
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM	

3 Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturchayam Titau				Oslo, Norway Sun 18 Sutra 135 Subhakrit 5124	
Kanya Rasi: 16.08	Tithi 3 – 4	Gulika 12:18PM – 2:06PM	Hasta Until 7:17PM	Ganesha: Blue	Sunrise: 5:09AM	Moon 8 - Phase 19 - 18	3rd Phase
		Yama 8:43AM – 10:31AM	Subha Until 7:32PM	Muruqa: White	Sunset: 7:28PM		
		563865473 Rahu 3:53PM – 5:40PM	Vanija Until 11:00PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Ganesha Chaturthi	Moon – Green		Bhuloka Day	
			Tritiya Until 11:01AM	Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM	

4 Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Oslo, Norway Sun 19 Sutra 136 Subhakrit 5124	
Kanya Rasi: 29.1	Tithi 4 – 5	Gulika 10:31AM – 12:18PM	Chitra Until 7:39PM	Ganesha: Blue	Sunrise: 5:11AM	Moon 8 - Phase 19 - 19	3rd Phase
		Yama 6:58AM – 8:44AM	Sukla Until 6:14PM	Muruqa: White	Sunset: 7:25PM		
		563865473 Rahu 12:18PM – 2:05PM	Bava Until 10:38PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Chaturthi* Until 10:51AM	Moon – Green		Bhuloka Day	
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM	

5 Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Oslo, Norway Sun 20 Sutra 137 Subhakrit 5124	
Tula Rasi: 12.23	Tithi 5 – 6	Gulika 8:45AM – 10:32AM	Svati Until 7:30PM	Ganesha: Red	Sunrise: 5:13AM	Moon 8 - Phase 19 - 20	3rd Phase
		Yama 5:13AM – 6:59AM	Brahma Until 4:38PM	Muruqa: White	Sunset: 7:22PM		
		563965473 Rahu 2:04PM – 3:50PM	Kaulava Until 9:52PM	Nataraja: Clear			
Creative Work	Amrita Yoga		Panchami Until 10:17AM	Moon – Green		Devaloka Day	
Until 7:30PM				Bhadrapada*Avani			
Then Creative Work - Siddha Yoga							

6 Friday, September 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 21 Sutra 138 Subhakrit 5124	
Tula Rasi: 25.49	Tithi 6 – 7	Gulika 7:01AM – 8:46AM	Vishakha Until 7:14PM	Ganesha: Blue	Sunrise: 5:16AM	Moon 8 - Phase 19 - 21	3rd Phase
		Yama 3:48PM – 5:34PM	Indra Until 2:43PM	Muruqa: White	Sunset: 7:19PM		
		573965473 Rahu 10:32AM – 12:17PM	Gara Until 8:41PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Shashthi* Until 9:18AM	Moon – Orange		Sivaloka Day	
				Bhadrapada*Avani			

D Saturday, September 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 22 Sutra 139 Subhakrit 5124	
Vrischika Rasi: 9.29	Tithi 7 – 8	Gulika 5:18AM – 7:03AM	Anuradha Until 6:24PM	Ganesha: Yellow	Sunrise: 5:18AM	Moon 8 - Phase 19 - 22	Ashtami
		Yama 2:02PM – 3:47PM	Vaidhriti* Until 12:26PM	Muruqa: White	Sunset: 7:16PM		
		574965473 Rahu 8:47AM – 10:32AM	Visti Until 7:05PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Saptami Until 7:55AM	Moon – Orange		Devaloka Day	
				Bhadrapada*Avani			

Sunday, September 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vishkambha*/Priti Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 23 Sutra 140 Subhakrit 5124	
Vrischika Rasi: 23.26	Tithi 8 – 9	Gulika 3:45PM – 5:29PM	Jyeshtha* Until 5:01PM	Ganesha: Yellow	Sunrise: 5:20AM	Moon 8 - Phase 19 - 23	Navami
		Yama 12:17PM – 2:01PM	Vishkambha* Until 9:49AM	Muruqa: White	Sunset: 7:13PM		
		574965473 Rahu 5:29PM – 7:13PM	Kaulava Until 3:55AM Mon	Nataraja: Clear			
Routine Work	Marana Yoga		Ashtami* Until 6:07AM	Moon – Orange		Devaloka Day	
Until 5:01PM				Bhadrapada*Avani			
Then Creative Work - Amrita Yoga							


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

1		Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Oslo, Norway Sun 24 Sutra 141	
Dhanus Rasi: 7.37	Tithi 10	Gulika	2:00PM – 3:43PM	Mula* Until 3:32PM	Ganesha: White	<i>Sunrise:</i> 5:22AM	Subhakrit 5124
Family Home Evening	584965473	Yama	10:33AM – 12:16PM	Priti Until 6:55AM	Muruqa: White	<i>Sunset:</i> 7:10PM	Moon 8 - Phase 20 - 24
Creative Work	Siddha Yoga	Rahu	7:06AM – 8:49AM	Taitila Until 2:42PM	Nataraja: Clear		4th Phase
Until 3:32PM				Dashami Until 1:22AM Tue	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Marana Yoga					Bhadrapada-Avani	Devaloka Time: 6:PM to 9:PM	

2		Tuesday, September 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Oslo, Norway Sun 25 Sutra 142	
Dhanus Rasi: 22.02	Tithi 11	Gulika	12:16PM – 1:59PM	Purvashadha* Until 1:36PM	Ganesha: White	<i>Sunrise:</i> 5:25AM	Subhakrit 5124
	584965473	Yama	8:50AM – 10:33AM	Saubhagya Until 12:16AM Wed	Muruqa: White	<i>Sunset:</i> 7:07PM	Moon 8 - Phase 20 - 25
Creative Work	Siddha Yoga	Rahu	3:42PM – 5:24PM	Vanija Until 12:00PM	Nataraja: Clear		4th Phase
Until 1:36PM				Ekadashi Until 10:33PM	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Prabararishta Yoga					Bhadrapada-Avani	Devaloka Time: 6:PM to 9:PM	

3		Wednesday, September 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Oslo, Norway Sun 26 Sutra 143	
Makara Rasi: 6.38	Tithi 12	Gulika	10:34AM – 12:16PM	Uttarashadha Until 11:20AM	Ganesha: White	<i>Sunrise:</i> 5:27AM	Subhakrit 5124
	584965473	Yama	7:09AM – 8:51AM	Sobhana Until 8:44PM	Muruqa: White	<i>Sunset:</i> 7:04PM	Moon 8 - Phase 20 - 26
Creative Work	Amrita Yoga	Rahu	12:16PM – 1:58PM	Bava Until 9:05AM	Nataraja: Clear		4th Phase
Until 11:20AM				Dvadashi Until 7:34PM	Moon – Light Blue	Bhuloka Day	
Then Creative Work - Siddha Yoga					Bhadrapada-Avani	Devaloka Time: 6:PM to 9:PM	

4		Thursday, September 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 144	
Makara Rasi: 21.2	Tithi 13 – 14	Gulika	8:52AM – 10:34AM	Shravana Until 9:15AM	Ganesha: Clear	<i>Sunrise:</i> 5:29AM	Subhakrit 5124
	594965473	Yama	5:29AM – 7:11AM	Athiganda* Until 5:09PM	Muruqa: White	<i>Sunset:</i> 7:01PM	Moon 8 - Phase 20 - 27
Creative Work	Siddha Yoga	Rahu	1:57PM – 3:38PM	Kaulava Until 6:04AM	Nataraja: Clear		4th Phase
				Trayodashi Until 4:33PM	Moon – Purple	Devaloka Day	
		Chidambaram Abhishekam			Bhadrapada-Avani		
				<i>Pradosha Vrata</i>			

		Friday, September 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sun 28 Sutra 145	
Kumbha Rasi: 6	Tithi 14 – 15	Gulika	7:13AM – 8:53AM	Dhanishtha Until 7:04AM	Ganesha: Clear	<i>Sunrise:</i> 5:32AM	Subhakrit 5124
	594965473	Yama	3:37PM – 5:17PM	Sukarma Until 1:40PM	Muruqa: White	<i>Sunset:</i> 6:58PM	Moon 8 - Phase 20 -
Creative Work	Siddha Yoga	Rahu	10:34AM – 12:15PM	Visti Until 12:17AM Sat	Nataraja: Clear		Purnima
				Chaturdashi* Until 1:38PM	Moon – Purple	Devaloka Day	
					Bhadrapada-Avani		

5		Saturday, September 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Oslo, Norway Sun 29 Sutra 146	
Kumbha Rasi: 20.31	Tithi 15 – 16	Gulika	5:34AM – 7:14AM	Purvaproshtapada* Until 3:31AM Sun	Ganesha: Clear	<i>Sunrise:</i> 5:34AM	Subhakrit 5124
	514965473	Yama	1:55PM – 3:35PM	Dhriti Until 10:25AM	Muruqa: White	<i>Sunset:</i> 6:55PM	Moon 8 - Phase 20 -
Routine Work	Marana Yoga	Rahu	8:54AM – 10:34AM	Balava Until 9:49PM	Nataraja: Clear		Prathama
Until 3:31AM Sun				Purnima* Until 10:59AM	Moon – Clear	Devaloka Day	
Then Creative Work - Amrita Yoga					Bhadrapada-Avani		

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



Sunday, September 11, 2022
Gold Retreat Star

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

Oslo, Norway
 Sutra 147

Meena Rasi: 4.47 Tithi 16 – 17

514965473

Gulika 3:33PM – 5:13PM
Yama 12:14PM – 1:54PM
Rahu 5:13PM – 6:52PM

Uttaraproshtapada Until 2:27AM Mon

Shula* Until 7:28AM

Taitila Until 7:51PM

Prathama* Until 8:45AM

Ganesha: Clear

Sunrise: 5:36AM

Muruqa: White

Sunset: 6:52PM

Nataraja: Clear

Moon – Clear

Devaloka Day

Creative Work Amrita Yoga

Until 2:27AM Mon

Then Creative Work - Siddha Yoga

Grandparent's Day

Bhadrapada*Avani

Moon 9 - Phase 21 -
 1st Phase

1

Monday, September 12, 2022

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

Oslo, Norway
 Sun 1 Sutra 148

Meena Rasi: 18.41 Tithi 17 – 18

514965473

Gulika 1:53PM – 3:32PM
Yama 10:35AM – 12:14PM
Rahu 7:17AM – 8:56AM

Revati Until 1:55AM Tue

Vriddhi Until 3:04AM Tue

Vanija Until 6:31PM

Dvitiya Until 7:05AM

Ganesha: Clear

Sunrise: 5:39AM

Muruqa: White

Sunset: 6:49PM

Nataraja: Clear

Moon – Clear

Devaloka Day

Family Home Evening

Creative Work Siddha Yoga

Bhadrapada*Avani

Moon 9 - Phase 21 - 1
 1st Phase

2

Tuesday, September 13, 2022

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

Oslo, Norway
 Sun 2 Sutra 149

Mesha Rasi: 2.1 Tithi 18 – 19

524965473

Gulika 12:14PM – 1:52PM
Yama 8:57AM – 10:35AM
Rahu 3:30PM – 5:08PM

Ashvini Until 2:25AM Wed

Dhruva Until 1:44AM Wed

Balava Until 5:55AM Wed

Tritiya Until 6:06AM

Ganesha: White

Sunrise: 5:41AM

Muruqa: White

Sunset: 6:46PM

Nataraja: Clear

Moon – White

Bhuloka Day

Creative Work Siddha Yoga

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

Moon 9 - Phase 21 - 2
 1st Phase

3

Wednesday, September 14, 2022

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

Oslo, Norway
 Sun 3 Sutra 150

Mesha Rasi: 15.14 Tithi 20

524965473

Gulika 10:36AM – 12:13PM
Yama 7:21AM – 8:58AM
Rahu 12:13PM – 1:51PM

Bharani Until 3:34AM Thu

Vyaghata* Until 1:03AM Thu

Kaulava Until 6:09PM

Panchami Until 6:32AM Thu

Ganesha: White

Sunrise: 5:43AM

Muruqa: White

Sunset: 6:43PM

Nataraja: Clear

Moon – White

Bhuloka Day

Creative Work Siddha Yoga

Until 3:34AM Thu

Then Routine Work - Marana Yoga

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

Moon 9 - Phase 21 - 3
 1st Phase

4

Thursday, September 15, 2022

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

Oslo, Norway
 Sun 4 Sutra 151

Mesha Rasi: 27.55 Tithi 20 – 21

525965473

Gulika 8:59AM – 10:36AM
Yama 5:45AM – 7:22AM
Rahu 1:50PM – 3:27PM

Kritika Until 5:17AM Fri

Harshana Until 12:59AM Fri

Gara Until 7:08PM

Panchami Until 6:32AM

Ganesha: Clear

Sunrise: 5:45AM

Muruqa: White

Sunset: 6:40PM

Nataraja: Clear

Moon – White

Devaloka Day

Routine Work Marana Yoga

Bhadrapada*Avani

Moon 9 - Phase 21 - 4
 1st Phase

5

Friday, September 16, 2022

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

Oslo, Norway
 Sun 5 Sutra 152

Vrishabha Rasi: 10.16 Tithi 21 – 22

535965473

Gulika 7:24AM – 9:00AM
Yama 3:25PM – 5:01PM
Rahu 10:36AM – 12:12PM

Rohini Until 7:55AM Sat

Vajra* Until 1:22AM Sat

Visti Until 8:49PM

Shashthi* Until 7:53AM

Ganesha: White

Sunrise: 5:48AM

Muruqa: White

Sunset: 6:37PM

Nataraja: Clear

Moon – Yellow

Sivaloka Day

Routine Work Marana Yoga

Until 7:55AM Sat

Then Creative Work - Siddha Yoga

Bhadrapada*Avani

Moon 9 - Phase 21 - 5
 1st Phase

6

Saturday, September 17, 2022
Retreat Star

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

Oslo, Norway
 Sun 6 Sutra 153

Vrishabha Rasi: 22.22 Tithi 22 – 23

535965473

Gulika 5:50AM – 7:26AM
Yama 1:48PM – 3:23PM
Rahu 9:01AM – 10:37AM

Rohini Until 7:55AM

Siddhi Until 2:06AM Sun

Balava Until 10:58PM

Saptami Until 9:50AM

Ganesha: White

Sunrise: 5:50AM

Muruqa: White

Sunset: 6:34PM

Nataraja: Clear

Moon – Yellow

Sivaloka Day

Creative Work Amrita Yoga

Until 7:55AM

Then Creative Work - Siddha Yoga

Bhadrapada*Puratasi

Moon 9 - Phase 21 - 6
 Ashtami

Sunday, September 18, 2022

Retreat Star

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

Oslo, Norway
 Sun 7 Sutra 154

Mithuna Rasi: 4.19 Tithi 23 – 24

535965473

Gulika 3:22PM – 4:56PM
Yama 12:12PM – 1:47PM
Rahu 4:56PM – 6:31PM

Mrigashira Until 10:44AM

Vyatipata* Until 3:01AM Mon

Taitila Until 1:23AM Mon

Ashtami* Until 12:09PM

Ganesha: White

Sunrise: 5:52AM

Muruqa: White

Sunset: 6:31PM

Nataraja: Clear

Moon – Yellow

Sivaloka Day

Creative Work Siddha Yoga

Bhadrapada*Puratasi

Moon 9 - Phase 21 - 7
 Navami

1		Monday, September 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Oslo, Norway Sun 8 Sutra 155 Subhakrit 5124	
Mithuna Rasi: 16.11	Tithi 24 – 25	Gulika	1:46PM – 3:20PM	Ardra Until 1:33PM	Ganesha: White	Sunrise: 5:55AM	
Family Home Evening	535965473	Yama	10:37AM – 12:11PM	Variyan Until 3:54AM Tue	Muruqa: White	Sunset: 6:28PM	Moon 9 - Phase 22 - 8
Creative Work	Siddha Yoga	Rahu	7:29AM – 9:03AM	Vanija Until 3:49AM Tue	Nataraja: Clear		2nd Phase
Until 1:33PM				Navami* Until 2:36PM	Moon – Yellow		Sivaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		

2		Tuesday, September 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 9 Sutra 156 Subhakrit 5124	
Mithuna Rasi: 28.03	Tithi 25 – 26	Gulika	12:11PM – 1:45PM	Punarvasu Until 4:36PM	Ganesha: Yellow	Sunrise: 5:57AM	
	545965473	Yama	9:04AM – 10:38AM	Parigha* Until 4:40AM Wed	Muruqa: White	Sunset: 6:25PM	Moon 9 - Phase 22 - 9
Creative Work	Siddha Yoga	Rahu	3:18PM – 4:52PM	Bava Until 6:05AM Wed	Nataraja: Clear		2nd Phase
				Dashami Until 4:58PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

3		Wednesday, September 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Oslo, Norway Sun 10 Sutra 157 Subhakrit 5124	
Kataka Rasi: 10	Tithi 26	Gulika	10:38AM – 12:11PM	Pushya Until 7:15PM	Ganesha: Yellow	Sunrise: 5:59AM	
	545965473	Yama	7:32AM – 9:05AM	Shiva Until 5:12AM Thu	Muruqa: White	Sunset: 6:22PM	Moon 9 - Phase 22 - 10
Creative Work	Siddha Yoga	Rahu	12:11PM – 1:44PM	Bava Until 6:05AM	Nataraja: Clear		2nd Phase
				Ekadashi* Until 7:04PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

4		Thursday, September 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Oslo, Norway Sun 11 Sutra 158 Subhakrit 5124	
Kataka Rasi: 22.05	Tithi 27	Gulika	9:06AM – 10:38AM	Ashlesha* Until 9:20PM	Ganesha: Yellow	Sunrise: 6:01AM	
	545965473	Yama	6:01AM – 7:34AM	Siddha Until 5:21AM Fri	Muruqa: White	Sunset: 6:19PM	Moon 9 - Phase 22 - 11
Creative Work	Siddha Yoga	Rahu	1:43PM – 3:15PM	Kaulava Until 7:59AM	Nataraja: Clear		2nd Phase
Until 9:20PM				Dvadashi* Until 8:46PM	Moon – Blue		Devaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		

5		Friday, September 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Oslo, Norway Sun 12 Sutra 159 Subhakrit 5124	
Simha Rasi: 4.21	Tithi 28	Gulika	7:35AM – 9:07AM	Magha* Until 11:18PM	Ganesha: Red	Sunrise: 6:04AM	
	555965473	Yama	3:13PM – 4:45PM	Sadhya Until 5:09AM Sat	Muruqa: White	Sunset: 6:16PM	Moon 9 - Phase 22 - 12
Routine Work	Marana Yoga	Rahu	10:38AM – 12:10PM	Gara Until 9:27AM	Nataraja: Clear		2nd Phase
Until 11:18PM				Trayodashi* Until 9:59PM	Moon – Red		Devaloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi		
					<i>Pradosha Vrata (Fasting)</i>		

6		Saturday, September 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Oslo, Norway Sun 13 Sutra 160 Subhakrit 5124	
Simha Rasi: 16.5	Tithi 29	Gulika	6:06AM – 7:37AM	Purvaphalguni Until 12:36AM Sun	Ganesha: Green	Sunrise: 6:06AM	
	556965473	Yama	1:41PM – 3:11PM	Subha Until 4:34AM Sun	Muruqa: White	Sunset: 6:13PM	Moon 9 - Phase 22 - 13
Creative Work	Siddha Yoga	Rahu	9:08AM – 10:39AM	Visti Until 10:26AM	Nataraja: Clear		2nd Phase
Until 12:36AM Sun				Chaturdashi* Until 10:42PM	Moon – Red		Bhuloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

●		Sunday, September 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Oslo, Norway Sun 14 Sutra 161 Subhakrit 5124	
Retreat Star		Gulika	3:10PM – 4:40PM	Uttaraphalguni Until 1:15AM Mon	Ganesha: Blue	Sunrise: 6:08AM	
Simha Rasi: 29.32	Tithi 30	Yama	12:09PM – 1:40PM	Sukla Until 3:33AM Mon	Muruqa: White	Sunset: 6:10PM	Moon 9 - Phase 22 - 14
	556165473	Rahu	4:40PM – 6:10PM	Catuspada Until 10:53AM	Nataraja: Clear		Amavasya
Creative Work	Amrita Yoga			Amavasya* Until 10:54PM	Moon – Red		Bhuloka Day
Until 1:15AM Mon		Mahalaya Amavasai (Tamil Nadu)			Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							

Monday, September 26, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Oslo, Norway Sun 15 Sutra 162 Subhakrit 5124	
Kanya Rasi: 12.29	Tithi 1	Gulika	1:39PM – 3:08PM	Hasta Until 1:45AM Tue	Ganesha: Blue	Sunrise: 6:11AM	
	566165473	Yama	10:39AM – 12:09PM	Brahma Until 2:11AM Tue	Muruqa: White	Sunset: 6:07PM	Moon 9 - Phase 22 - 15
Family Home Evening		Rahu	7:40AM – 9:10AM	Kintughna Until 10:50AM	Nataraja: Clear		Prathama
Creative Work	Siddha Yoga			Prathama* Until 10:38PM	Moon – Green		Bhuloka Day
		Navaratri Begins			Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Oslo, Norway Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 25.4	Tithi 2	Gulika 12:09PM – 1:38PM	Chitra Until 1:41AM Wed	Ganesha: Blue	<i>Sunrise:</i> 6:13AM	
			Yama 9:11AM – 10:40AM	Indra Until 12:31AM Wed	Muruqa: White	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 16
	Creative Work	Siddha Yoga	566165473 Rahu 3:06PM – 4:35PM	Balava Until 10:21AM	Nataraja: Clear		3rd Phase
			Dvitiya Until 9:57PM	Moon – Green		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau				Oslo, Norway Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 9.05	Tithi 3	Gulika 10:40AM – 12:08PM	Svati Until 1:09AM Thu	Ganesha: Blue	<i>Sunrise:</i> 6:15AM	
			Yama 7:44AM – 9:12AM	Vaidhriti* Until 10:32PM	Muruqa: White	<i>Sunset:</i> 6:01PM	Moon 9 - Phase 23 - 17
	Creative Work	Siddha Yoga	666165473 Rahu 12:08PM – 1:37PM	Taitila Until 9:29AM	Nataraja: Clear		3rd Phase
			Tritiya Until 8:54PM	Moon – Green		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau				Oslo, Norway Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 22.4	Tithi 4	Gulika 9:13AM – 10:40AM	Vishakha Until 12:37AM Fri	Ganesha: Blue	<i>Sunrise:</i> 6:18AM	
			Yama 6:18AM – 7:45AM	Vishkambha* Until 8:19PM	Muruqa: White	<i>Sunset:</i> 5:58PM	Moon 9 - Phase 23 - 18
	Creative Work	Siddha Yoga	676165473 Rahu 1:36PM – 3:03PM	Vanija Until 8:17AM	Nataraja: Clear		3rd Phase
			Chaturthi Until 7:34PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Kaulava Karana Panchami/Shashtham Titau				Oslo, Norway Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 6.25	Tithi 5 – 6	Gulika 7:47AM – 9:14AM	Anuradha Until 11:41PM	Ganesha: Blue	<i>Sunrise:</i> 6:20AM	
			Yama 3:01PM – 4:28PM	Priti Until 5:56PM	Muruqa: White	<i>Sunset:</i> 5:55PM	Moon 9 - Phase 23 - 19
	Creative Work	Siddha Yoga	676165473 Rahu 10:41AM – 12:08PM	Bava Until 6:49AM	Nataraja: Clear		3rd Phase
			Panchami Until 5:58PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 20.19	Tithi 6 – 7	Gulika 6:22AM – 7:49AM	Jyeshtha* Until 10:26PM	Ganesha: Blue	<i>Sunrise:</i> 6:22AM	
			Yama 1:34PM – 3:00PM	Ayushman Until 3:21PM	Muruqa: White	<i>Sunset:</i> 5:52PM	Moon 9 - Phase 23 - 20
	Creative Work	Siddha Yoga	687166473 Rahu 9:15AM – 10:41AM	Gara Until 3:13AM Sun	Nataraja: Clear		3rd Phase
			Shashthi* Until 4:10PM	Moon – Orange		Bhuloka Day	
				Ashvina+Puratasi		Devaloka Time: 6:PM to 9:PM	

D	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 168 Subhakrit 5124
	Retreat Star		Gulika 2:58PM – 4:24PM	Mula* Until 9:17PM	Ganesha: Blue	<i>Sunrise:</i> 6:25AM	
	Dhanus Rasi: 4.2	Tithi 7 – 8	Yama 12:07PM – 1:33PM	Saubhagya Until 12:38PM	Muruqa: Green	<i>Sunset:</i> 5:49PM	Moon 9 - Phase 23 - 21
	Creative Work	Amrita Yoga	687166473 Rahu 4:24PM – 5:49PM	Visiti Until 1:10AM Mon	Nataraja: Clear		Ashtami
			Saptami Until 2:12PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 22 Sutra 169 Subhakrit 5124
	Retreat Star		Gulika 1:32PM – 2:57PM	Purvashadha* Until 7:52PM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM	
	Dhanus Rasi: 18.28	Tithi 8 – 9	Yama 10:42AM – 12:07PM	Sobhana Until 9:48AM	Muruqa: Green	<i>Sunset:</i> 5:46PM	Moon 9 - Phase 23 - 22
	Family Home Evening		687166473 Rahu 7:52AM – 9:17AM	Balava Until 10:59PM	Nataraja: Clear		Navami
			Ashtami* Until 12:05PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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1		Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Alhiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway
Makara Rasi: 2.4	Tithi 9 – 10	687166473	Gulika 12:06PM – 1:31PM Yama 9:18AM – 10:42AM Rahu 2:55PM – 4:19PM	Uttarashadha Until 6:12PM Aithiganda* Until 6:51AM Taitila Until 8:43PM Navami* Until 9:50AM	Ganesha: Blue Muruqa: Green Nataraja: Clear Moon – Light Blue	Sunrise: 6:29AM Sunset: 5:43PM	Sun 23	Sutra 170 Subhakrit 5124 Moon 9 - Phase 24 - 23 4th Phase
Routine Work	Prabalarishta Yoga							Sivaloka Day
Until 6:12PM								
Then Creative Work - Siddha Yoga								

2		Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway
Makara Rasi: 16.55	Tithi 10 – 11	697166473	Gulika 10:42AM – 12:06PM Yama 7:55AM – 9:19AM Rahu 12:06PM – 1:30PM	Shravana Until 4:46PM Dhriti Until 12:50AM Thu Vanija Until 6:24PM Dashami Until 7:32AM	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon – Purple	Sunrise: 6:32AM Sunset: 5:40PM	Sun 24	Sutra 171 Subhakrit 5124 Moon 9 - Phase 24 - 24 4th Phase
Creative Work	Siddha Yoga		Vijaya Dasami		Ashvina+Puratasi			Devaloka Day
Until 4:46PM								
Then Routine Work - Prabalarishta Yoga								

3		Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway
Kumbha Rasi: 1.11	Tithi 12	697166473	Gulika 9:20AM – 10:43AM Yama 6:34AM – 7:57AM Rahu 1:29PM – 2:52PM	Dhanishtha Until 3:14PM Shula* Until 9:51PM Bava Until 4:07PM Dvadashi Until 3:00AM Fri	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon – Purple	Sunrise: 6:34AM Sunset: 5:38PM	Sun 25	Sutra 172 Subhakrit 5124 Moon 9 - Phase 24 - 25 4th Phase
Creative Work	Siddha Yoga				Ashvina+Puratasi			Devaloka Day

4		Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway
Kumbha Rasi: 15.23	Tithi 13	697166473	Gulika 7:59AM – 9:21AM Yama 2:50PM – 4:12PM Rahu 10:43AM – 12:05PM	Shatabhishak Until 1:41PM Ganda* Until 7:01PM Kaulava Until 1:58PM Trayodashi Until 12:58AM Sat	Ganesha: Yellow Muruqa: Green Nataraja: Clear Moon – Purple	Sunrise: 6:36AM Sunset: 5:35PM	Sun 26	Sutra 173 Subhakrit 5124 Moon 9 - Phase 24 - 26 4th Phase
Creative Work	Siddha Yoga		Kadaitswami Mahasamadhi		Ashvina+Puratasi			Devaloka Day
								<i>Pradosha Vrata</i>

5		Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway
Kumbha Rasi: 29.28	Tithi 14	618166474	Gulika 6:39AM – 8:00AM Yama 1:27PM – 2:48PM Rahu 9:22AM – 10:44AM	Purvaproshtapada* Until 12:39PM Vriddhi Until 4:25PM Gara Until 12:04PM Chaturdashi* Until 11:13PM	Ganesha: White Muruqa: Green Nataraja: Purple Moon – Clear	Sunrise: 6:39AM Sunset: 5:32PM	Sun 27	Sutra 174 Subhakrit 5124 Moon 9 - Phase 24 - 27 4th Phase
Routine Work	Marana Yoga		Chidambaram Abhishekam		Ashvina+Puratasi			Bhuloka Day
Until 12:39PM								
Then Creative Work - Siddha Yoga								

		Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarproshthapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway
Copper Retreat Star			Gulika 2:47PM – 4:08PM Yama 12:05PM – 1:26PM Rahu 4:08PM – 5:29PM	Uttarproshthapada Until 11:50AM Dhruva Until 2:05PM Visti Until 10:31AM Purnima* Until 9:54PM	Ganesha: White Muruqa: Green Nataraja: Purple Moon – Clear	Sunrise: 6:41AM Sunset: 5:29PM	Sun 27	Sutra 175 Subhakrit 5124 Moon 9 - Phase 24 - Purnima
Meena Rasi: 13.19	Tithi 15	618166474			Ashvina+Puratasi			Bhuloka Day
Creative Work	Amrita Yoga							

Monday, October 10, 2022		Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway
Meena Rasi: 26.55	Tithi 16	618166474	Gulika 1:25PM – 2:45PM Yama 10:44AM – 12:05PM Rahu 8:04AM – 9:24AM	Revati Until 11:21AM Vyaghata* Until 12:10PM Balava Until 9:28AM Prathama* Until 9:07PM	Ganesha: White Muruqa: Green Nataraja: Purple Moon – Clear	Sunrise: 6:43AM Sunset: 5:26PM	Sun 28	Sutra 176 Subhakrit 5124 Moon 9 - Phase 24 - Prathama
Family Home Evening					Ashvina+Puratasi			Bhuloka Day
Creative Work	Siddha Yoga							



Tuesday, October 11, 2022
Gold Retreat Star

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

Oslo, Norway
Sun 1 Sutra 177

Mesha Rasi: 10.11 Tithi 17

628176474

Gulika 12:04PM – 1:24PM
Yama 9:25AM – 10:45AM
Rahu 2:44PM – 4:03PM

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

Ganesha: Yellow *Sunrise: 6:46AM*
Muruqa: White *Sunset: 5:23PM*
Nataraja: Purple
Moon – White

Moon 10 - Phase 25 - 1
1st Phase

Creative Work Siddha Yoga

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

1

Wednesday, October 12, 2022

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

Oslo, Norway
Sun 2 Sutra 178

Mesha Rasi: 23.08 Tithi 18

628176474

Gulika 10:45AM – 12:04PM
Yama 8:07AM – 9:26AM
Rahu 12:04PM – 1:23PM

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

Ganesha: Yellow *Sunrise: 6:48AM*
Muruqa: White *Sunset: 5:20PM*
Nataraja: Purple
Moon – White

Moon 10 - Phase 25 - 2
1st Phase

Creative Work Siddha Yoga

Until 12:38PM

Then Creative Work - Amrita Yoga

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

2

Thursday, October 13, 2022

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

Oslo, Norway
Sun 3 Sutra 179

Vrishabha Rasi: 5.45 Tithi 19

628176474

Gulika 9:27AM – 10:46AM
Yama 6:51AM – 8:09AM
Rahu 1:22PM – 2:40PM

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

Ganesha: Yellow *Sunrise: 6:51AM*
Muruqa: White *Sunset: 5:17PM*
Nataraja: Purple
Moon – White

Moon 10 - Phase 25 - 3
1st Phase

Routine Work Marana Yoga

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

3

Friday, October 14, 2022

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

Oslo, Norway
Sun 4 Sutra 180

Vrishabha Rasi: 18.05 Tithi 20

638176474

Gulika 8:11AM – 9:28AM
Yama 2:39PM – 3:57PM
Rahu 10:46AM – 12:04PM

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

Ganesha: Blue *Sunrise: 6:53AM*
Muruqa: White *Sunset: 5:14PM*
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 4
1st Phase

Routine Work Marana Yoga

Until 4:19PM

Then Creative Work - Siddha Yoga

Bhuloka Day

4

Saturday, October 15, 2022

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

Oslo, Norway
Sun 5 Sutra 181

Mithuna Rasi: 0.12 Tithi 21

639176474

Gulika 6:55AM – 8:12AM
Yama 1:20PM – 2:37PM
Rahu 9:29AM – 10:46AM

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

Ganesha: Red *Sunrise: 6:55AM*
Muruqa: White *Sunset: 5:11PM*
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 5
1st Phase

Creative Work Siddha Yoga

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

5

Sunday, October 16, 2022

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

Oslo, Norway
Sun 6 Sutra 182

Mithuna Rasi: 12.1 Tithi 22

639176474

Gulika 2:36PM – 3:52PM
Yama 12:03PM – 1:20PM
Rahu 3:52PM – 5:09PM

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

Ganesha: Red *Sunrise: 6:58AM*
Muruqa: White *Sunset: 5:09PM*
Nataraja: Purple
Moon – Yellow

Moon 10 - Phase 25 - 6
1st Phase

Creative Work Siddha Yoga

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

D

Monday, October 17, 2022

Retreat Star

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

Oslo, Norway
Sun 7 Sutra 183

Mithuna Rasi: 24.04 Tithi 23

649176474

Gulika 1:19PM – 2:34PM
Yama 10:47AM – 12:03PM
Rahu 8:16AM – 9:32AM

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

Ganesha: Green *Sunrise: 7:00AM*
Muruqa: White *Sunset: 5:06PM*
Nataraja: Purple
Moon – Blue

Moon 10 - Phase 25 - 7
Ashtami

Creative Work Amrita Yoga

Until 12:42AM Tue

Then Creative Work - Siddha Yoga

Devaloka Day

Tuesday, October 18, 2022

Retreat Star

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

Oslo, Norway
Sun 8 Sutra 184

Kataka Rasi: 5.57 Tithi 23 – 24

649176474

Gulika 12:03PM – 1:18PM
Yama 9:33AM – 10:48AM
Rahu 2:33PM – 3:48PM

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

Ganesha: Green *Sunrise: 7:03AM*
Muruqa: White *Sunset: 5:03PM*
Nataraja: Purple
Moon – Blue

Moon 10 - Phase 25 - 8
Navami

Creative Work Siddha Yoga

Devaloka Day
Ashvina-Aipasi

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

www.gurudeva.org/panchang


1		Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Varija Karana Navami/Dashamyam Titau		Oslo, Norway Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 17.55	Tithi 24 – 25	649176474	Gulika 10:48AM – 12:03PM Yama 8:19AM – 9:34AM Rahu 12:03PM – 1:17PM	Ashlesha* Until 5:47AM Thu Sadhya Until 12:58PM Vanija Until 10:42PM Navami* Until 9:42AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 7:05AM Sunset: 5:00PM	Moon 10 - Phase 26 - 9 2nd Phase
Creative Work Siddha Yoga Until 5:47AM Thu Then Creative Work - Amrita Yoga						Devaloka Day	

2		Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Oslo, Norway Sun 10 Sutra 186 Subhakrit 5124	
Simha Rasi: 0.01	Tithi 25 – 26	659276474	Gulika 9:35AM – 10:49AM Yama 7:08AM – 8:21AM Rahu 1:16PM – 2:30PM	Magha* Until 7:55AM Fri Subha Until 1:19PM Bava Until 12:17AM Fri Dashami Until 11:32AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 7:08AM Sunset: 4:57PM	Moon 10 - Phase 26 - 10 2nd Phase
Creative Work Amrita Yoga Until 7:55AM Fri Then Creative Work - Siddha Yoga						Bhuloka Day	

3		Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Oslo, Norway Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 12.2	Tithi 26 – 27	659276474	Gulika 8:23AM – 9:36AM Yama 2:28PM – 3:41PM Rahu 10:49AM – 12:02PM	Magha* Until 7:55AM Sukla Until 1:13PM Kaulava Until 1:18AM Sat Ekadashi* Until 12:51PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 7:10AM Sunset: 4:54PM	Moon 10 - Phase 26 - 11 2nd Phase
Routine Work Marana Yoga Until 7:55AM Then Creative Work - Siddha Yoga						Bhuloka Day	

4		Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Oslo, Norway Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 24.54	Tithi 27 – 28	659276474	Gulika 7:12AM – 8:25AM Yama 1:14PM – 2:27PM Rahu 9:37AM – 10:50AM	Purvaphalguni Until 9:18AM Brahma Until 12:39PM Gara Until 1:40AM Sun Dvadashi* Until 1:33PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 7:12AM Sunset: 4:52PM	Moon 10 - Phase 26 - 12 2nd Phase
Creative Work Siddha Yoga Until 9:18AM Then Routine Work - Marana Yoga						Bhuloka Day	
<i>Pradosha Vrata (Fasting)</i>							

5		Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 7.46	Tithi 28 – 29	651276474	Gulika 2:25PM – 3:37PM Yama 12:02PM – 1:14PM Rahu 3:37PM – 4:49PM	Uttaraphalguni Until 9:55AM Indra Until 11:37AM Visti Until 1:23AM Mon Trayodashi* Until 1:35PM	Ganesha: Purple Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 7:15AM Sunset: 4:49PM	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga Until 10:13AM Then Routine Work - Prabalarishta Yoga				Deepavali Hindu Solidarity Day		Bhuloka Day	

		Monday, October 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Oslo, Norway Sun 14 Sutra 190 Subhakrit 5124	
Retreat Star							
Kanya Rasi: 20.58	Tithi 29 – 30	661276474	Gulika 1:13PM – 2:24PM Yama 10:51AM – 12:02PM Rahu 8:28AM – 9:40AM	Hasta Until 10:13AM Vaidhriti* Until 10:02AM Catuspada Until 12:30AM Tue Chaturdashi* Until 1:00PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 7:17AM Sunset: 4:46PM	Moon 10 - Phase 26 - 14 Amavasya
Family Home Evening Creative Work Siddha Yoga Until 10:13AM Then Routine Work - Prabalarishta Yoga				Subramuniyaswami Mahasamadhi		Bhuloka Day	

Retreat Star		Tuesday, October 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Oslo, Norway Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 4.29	Tithi 30 – 1	661276474	Gulika 12:02PM – 1:12PM Yama 9:41AM – 10:51AM Rahu 2:23PM – 3:33PM	Chitra Until 9:47AM Vishkambha* Until 8:01AM Kintughna Until 11:06PM Amavasya* Until 11:50AM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 7:20AM Sunset: 4:44PM	Moon 10 - Phase 26 - 15 Prathama
Creative Work Siddha Yoga				Skanda Shasthi Begins		Bhuloka Day	

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

1	Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Oslo, Norway
	Tula Rasi: 18.19 Tithi 1 – 2		Svati/Vishakha Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 16 Sutra 192
	Creative Work Siddha Yoga	661276574	Gulika 10:52AM – 12:02PM Yama 8:32AM – 9:42AM Rahu 12:02PM – 1:11PM	Svati Until 8:45AM Ayushman Until 2:54AM Thu Balava Until 9:16PM Prathama* Until 10:13AM	Ganesha: Light Blue Muruqa: Clear Nataraja: Clear Moon – Green	Sunrise: 7:22AM Sunset: 4:41PM	Moon 10 - Phase 27 - 16 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

2	Thursday, October 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam				Oslo, Norway
	Vrischika Rasi: 2.22 Tithi 2 – 3		Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Sun 17 Sutra 193
	Creative Work Siddha Yoga	671276574	Gulika 9:43AM – 10:52AM Yama 7:25AM – 8:34AM Rahu 1:11PM – 2:20PM	Vishakha Until 7:38AM Saubhagya Until 11:57PM Taitila Until 7:09PM Dvitiya Until 8:13AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 7:25AM Sunset: 4:38PM	Moon 10 - Phase 27 - 17 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

3	Friday, October 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam				Oslo, Norway
	Vrischika Rasi: 16.35 Tithi 3 – 4		Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau				Sun 18 Sutra 194
	Creative Work Siddha Yoga Until 6:07AM Then Routine Work - Marana Yoga	671276574	Gulika 8:36AM – 9:44AM Yama 2:18PM – 3:27PM Rahu 10:53AM – 12:01PM	Anuradha Until 6:07AM Sobhana Until 8:54PM Visti Until 3:38AM Sat Tritiya Until 6:00AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 7:27AM Sunset: 4:35PM	Moon 10 - Phase 27 - 18 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM

4	Saturday, October 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam				Oslo, Norway
	Dhanus Rasi: 0.53 Tithi 5		Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau				Sun 19 Sutra 195
	Creative Work Siddha Yoga	681276574	Gulika 7:30AM – 8:38AM Yama 1:09PM – 2:17PM Rahu 9:46AM – 10:53AM	Mula* Until 2:49AM Sun Athiganda* Until 5:45PM Bava Until 2:27PM Panchami Until 1:14AM Sun	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 7:30AM Sunset: 4:33PM	Moon 10 - Phase 27 - 19 3rd Phase Devaloka Day

5	Sunday, October 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam				Oslo, Norway
	Dhanus Rasi: 15.13 Tithi 6		Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Sun 20 Sutra 196
	Creative Work Siddha Yoga Until 1:11AM Mon Then Routine Work - Marana Yoga	681276574	Gulika 2:16PM – 3:23PM Yama 12:01PM – 1:09PM Rahu 3:23PM – 4:30PM	Purvashadha* Until 1:11AM Mon Sukarma Until 2:39PM Kaulava Until 12:03PM Shashthi* Until 10:52PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 7:32AM Sunset: 4:30PM	Moon 10 - Phase 27 - 20 3rd Phase Devaloka Day

6	Monday, October 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam				Oslo, Norway
	Dhanus Rasi: 29.31 Tithi 7		Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau				Sun 21 Sutra 197
	Family Home Evening Routine Work Marana Yoga Until 11:33PM Then Creative Work - Amrita Yoga	681276574	Gulika 1:08PM – 2:14PM Yama 10:55AM – 12:01PM Rahu 8:41AM – 9:48AM	Uttarashadha Until 11:33PM Dhriti Until 11:37AM Gara Until 9:45AM Saptami Until 8:38PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 7:35AM Sunset: 4:28PM	Moon 10 - Phase 27 - 21 3rd Phase Devaloka Day

☾	Tuesday, November 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam				Oslo, Norway
	Retreat Star		Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Sun 22 Sutra 198
	Makara Rasi: 13.43 Tithi 8	691276574	Gulika 12:01PM – 1:07PM Yama 9:49AM – 10:55AM Rahu 2:13PM – 3:19PM	Shravana Until 10:21PM Shula* Until 8:41AM Visti Until 7:35AM Ashtami* Until 6:33PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 7:37AM Sunset: 4:25PM	Moon 10 - Phase 27 - 22 Ashtami Bhuloka Day Devaloka Time: 3:PM to 6:PM

☽	Wednesday, November 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Oslo, Norway
	Retreat Star		Dhanishtha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Sun 23 Sutra 199
	Makara Rasi: 27.47 Tithi 9 – 10	692276574	Gulika 10:56AM – 12:01PM Yama 8:45AM – 9:51AM Rahu 12:01PM – 1:06PM	Dhanishtha Until 9:14PM Vriddhi Until 3:20AM Thu Taitila Until 3:51AM Thu Navami* Until 4:41PM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 7:40AM Sunset: 4:22PM	Moon 10 - Phase 27 - 23 Navami Bhuloka Day Devaloka Time: 3:PM to 6:PM

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

1	Thursday, November 3, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 200
	Kumbha Rasi: 11.44	Tithi 10 – 11	Gulika 9:52AM – 10:56AM	Shatabhishak Until 8:12PM	Ganesha: Green <i>Sunrise:</i> 7:42AM	Subhakrit 5124
			Yama 7:42AM – 8:47AM	Dhruva Until 12:56AM Fri	Muruqa: Clear <i>Sunset:</i> 4:20PM	Moon 10 - Phase 28 - 24
	Creative Work	Siddha Yoga	692276574 Rahu 1:06PM – 2:11PM	Vanija Until 2:22AM Fri	Nataraja: Clear Moon – Purple	4th Phase
			Dashami Until 3:03PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

2	Friday, November 4, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 201
	Kumbha Rasi: 25.31	Tithi 11 – 12	Gulika 8:49AM – 9:53AM	Purvaproshtapada* Until 7:44PM	Ganesha: Blue <i>Sunrise:</i> 7:45AM	Subhakrit 5124
			Yama 2:09PM – 3:13PM	Vyaghata* Until 10:46PM	Muruqa: Clear <i>Sunset:</i> 4:17PM	Moon 10 - Phase 28 - 25
	Creative Work	Siddha Yoga	612276574 Rahu 10:57AM – 12:01PM	Bava Until 1:10AM Sat	Nataraja: Clear Moon – Clear	4th Phase
			Ekadashi Until 1:42PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

3	Saturday, November 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 202
	Meena Rasi: 9.07	Tithi 12 – 13	Gulika 7:47AM – 8:51AM	Uttaraproshtapada Until 7:28PM	Ganesha: Blue <i>Sunrise:</i> 7:47AM	Subhakrit 5124
			Yama 1:05PM – 2:08PM	Harshana Until 8:54PM	Muruqa: Clear <i>Sunset:</i> 4:15PM	Moon 10 - Phase 28 - 26
	Creative Work	Siddha Yoga	612276574 Rahu 9:54AM – 10:58AM	Kaulava Until 12:19AM Sun	Nataraja: Clear Moon – Clear	4th Phase
Until 7:28PM Then Routine Work - Prabararishta Yoga			Dvadashi Until 12:40PM <i>Pradosha Vrata</i>	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

4	Sunday, November 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 203
	Meena Rasi: 22.31	Tithi 13 – 14	Gulika 2:07PM – 3:10PM	Revati Until 7:25PM	Ganesha: Blue <i>Sunrise:</i> 7:50AM	Subhakrit 5124
			Yama 12:01PM – 1:04PM	Vajra* Until 7:18PM	Muruqa: Clear <i>Sunset:</i> 4:13PM	Moon 10 - Phase 28 - 27
	Creative Work	Amrita Yoga	612276574 Rahu 3:10PM – 4:13PM	Gara Until 11:52PM	Nataraja: Clear Moon – Clear	4th Phase
Until 7:25PM Then Creative Work - Siddha Yoga			Trayodashi Until 12:01PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

○	Monday, November 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Oslo, Norway Sun 28 Sutra 204
	Mesha Rasi: 5.41	Tithi 14 – 15	Gulika 1:04PM – 2:06PM	Ashvini Until 8:07PM	Ganesha: Blue <i>Sunrise:</i> 7:52AM	Subhakrit 5124
	Family Home Evening		Yama 10:59AM – 12:01PM	Siddhi Until 6:05PM	Muruqa: Clear <i>Sunset:</i> 4:10PM	Moon 10 - Phase 28 -
	Creative Work	Siddha Yoga	722276574 Rahu 8:55AM – 9:57AM	Visti Until 11:52PM	Nataraja: Clear Moon – White	Purnima
			Chaturdashi* Until 11:47AM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

○	Tuesday, November 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Oslo, Norway Sun 29 Sutra 205
	Mesha Rasi: 18.37	Tithi 15 – 16	Gulika 12:01PM – 1:03PM	Bharani Until 9:08PM	Ganesha: Blue <i>Sunrise:</i> 7:55AM	Subhakrit 5124
			Yama 9:58AM – 11:00AM	Vyatipata* Until 5:14PM	Muruqa: Clear <i>Sunset:</i> 4:08PM	Moon 10 - Phase 28 -
	Creative Work	Siddha Yoga	722276574 Rahu 2:05PM – 3:06PM	Balava Until 12:23AM Wed	Nataraja: Clear Moon – White	Prathama
			Purnima* Until 12:02PM	Bhuloka Day Karttika•Aipasi	Devaloka Time: 3:PM to 6:PM	

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Oslo, Norway

Sutra 206

Subhakit 5124

Vrishabha Rasi: 1.19 Tithi 16 - 17

722276574

Gulika 11:00AM - 12:01PM
Yama 8:58AM - 9:59AM
Rahu 12:01PM - 1:02PM

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

Ganesha: Blue *Sunrise: 7:57AM*
Muruqa: Clear *Sunset: 4:05PM*
Nataraja: Clear
Moon - White
Kartika-Aipasi

Moon 11 - Phase 29 - 1st Phase

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

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

1

Thursday, November 10, 2022

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

Oslo, Norway

Sun 1

Sutra 207

Subhakit 5124

Vrishabha Rasi: 13.47 Tithi 17 - 18

732276574

Gulika 10:01AM - 11:01AM
Yama 8:00AM - 9:00AM
Rahu 1:02PM - 2:02PM

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

Ganesha: Red *Sunrise: 8:00AM*
Muruqa: Clear *Sunset: 4:03PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 1st Phase

Devaloka Day

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

2

Friday, November 11, 2022

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

Oslo, Norway

Sun 2

Sutra 208

Subhakit 5124

Vrishabha Rasi: 26.02 Tithi 18 - 19

732276574

Gulika 9:02AM - 10:02AM
Yama 2:01PM - 3:01PM
Rahu 11:02AM - 12:02PM

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

Ganesha: Red *Sunrise: 8:02AM*
Muruqa: Clear *Sunset: 4:01PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 2nd Phase

Devaloka Day

Creative Work Siddha Yoga

3

Saturday, November 12, 2022

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

Oslo, Norway

Sun 3

Sutra 209

Subhakit 5124

Mithuna Rasi: 8.07 Tithi 19

732276574

Gulika 8:05AM - 9:04AM
Yama 1:01PM - 2:00PM
Rahu 10:03AM - 11:03AM

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

Ganesha: Red *Sunrise: 8:05AM*
Muruqa: Clear *Sunset: 3:59PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 3rd Phase

Devaloka Day

Creative Work Siddha Yoga

4

Sunday, November 13, 2022

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

Oslo, Norway

Sun 4

Sutra 210

Subhakit 5124

Mithuna Rasi: 20.04 Tithi 20

742276574

Gulika 1:59PM - 2:58PM
Yama 12:02PM - 1:01PM
Rahu 2:58PM - 3:56PM

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

Ganesha: Green *Sunrise: 8:07AM*
Muruqa: Clear *Sunset: 3:56PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 4th Phase

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

Creative Work Siddha Yoga

5

Monday, November 14, 2022

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

Oslo, Norway

Sun 5

Sutra 211

Subhakit 5124

Kataka Rasi: 1.58 Tithi 21

742376574

Gulika 1:00PM - 1:58PM
Yama 11:04AM - 12:02PM
Rahu 9:08AM - 10:06AM

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

Ganesha: White *Sunrise: 8:10AM*
Muruqa: Clear *Sunset: 3:54PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 5th Phase

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

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

6

Tuesday, November 15, 2022

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

Oslo, Norway

Sun 6

Sutra 212

Subhakit 5124

Kataka Rasi: 13.5 Tithi 22

743376574

Gulika 12:02PM - 1:00PM
Yama 10:07AM - 11:05AM
Rahu 1:57PM - 2:55PM

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

Ganesha: Green *Sunrise: 8:12AM*
Muruqa: Clear *Sunset: 3:52PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 6th Phase

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

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Oslo, Norway

Sun 7

Sutra 213

Subhakit 5124

Kataka Rasi: 25.47 Tithi 23

743376574

Gulika 11:05AM - 12:02PM
Yama 9:12AM - 10:09AM
Rahu 12:02PM - 12:59PM

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

Ganesha: Green *Sunrise: 8:15AM*
Muruqa: Clear *Sunset: 3:50PM*
Nataraja: Clear
Moon - Blue
Kartika-Kartikai

Moon 11 - Phase 29 - 7th Phase

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

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Oslo, Norway

Sun 8

Sutra 214

Subhakit 5124

Simha Rasi: 7.5 Tithi 24

753376575

Gulika 10:10AM - 11:06AM
Yama 8:17AM - 9:14AM
Rahu 12:59PM - 1:55PM

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

Ganesha: Orange *Sunrise: 8:17AM*
Muruqa: Clear *Sunset: 3:48PM*
Nataraja: Purple
Moon - Red
Kartika-Kartikai

Moon 11 - Phase 29 - 8th Phase

Sivaloka Day

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

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


1		Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam		Oslo, Norway	
				Purvaphalguni Nakshatra Vaidhrili* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 215	
Simha Rasi: 20.07	Tithi 25	Gulika 9:15AM – 10:11AM	Purvaphalguni Until 6:35PM	Ganesha: Orange	<i>Sunrise:</i> 8:20AM	Subhakrit 5124	
		Yama 1:54PM – 2:50PM	Vaidhrili* Until 8:37PM	Muruqa: Clear	<i>Sunset:</i> 3:46PM	Moon 11 - Phase 30 - 9	
		753376575 Rahu 11:07AM – 12:03PM	Vanija Until 5:37PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 6:00AM Sat	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2		Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam		Oslo, Norway	
				Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekashyam Titau		Sun 10 Sutra 216	
Kanya Rasi: 2.4	Tithi 25 – 26	Gulika 8:22AM – 9:17AM	Uttaraphalguni Until 7:34PM	Ganesha: Orange	<i>Sunrise:</i> 8:22AM	Subhakrit 5124	
		Yama 12:58PM – 1:54PM	Vishkambha* Until 7:53PM	Muruqa: Clear	<i>Sunset:</i> 3:44PM	Moon 11 - Phase 30 - 10	
		753376575 Rahu 10:12AM – 11:08AM	Bava Until 6:13PM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 6:00AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3		Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam		Oslo, Norway	
				Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 11 Sutra 217	
Kanya Rasi: 15.33	Tithi 26 – 27	Gulika 1:53PM – 2:47PM	Hasta Until 8:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 8:24AM	Subhakrit 5124	
		Yama 12:03PM – 12:58PM	Priti Until 6:33PM	Muruqa: Clear	<i>Sunset:</i> 3:42PM	Moon 11 - Phase 30 - 11	
		763376575 Rahu 2:47PM – 3:42PM	Kaulava Until 6:03PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 6:13AM	Moon – Green		Devaloka Day	
Until 8:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

4		Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam		Oslo, Norway	
				Chitra Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 218	
Kanya Rasi: 28.51	Tithi 28	Gulika 12:58PM – 1:52PM	Chitra Until 7:45PM	Ganesha: Light Blue	<i>Sunrise:</i> 8:27AM	Subhakrit 5124	
Family Home Evening		Yama 11:09AM – 12:04PM	Ayushman Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 3:40PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	763376575 Rahu 9:21AM – 10:15AM	Gara Until 5:07PM	Nataraja: Purple		2nd Phase	
Until 7:45PM			Trayodashi* Until 4:22AM Tue	Moon – Green		Devaloka Day	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>	Karttika-Karttikai			

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam		Oslo, Norway	
				Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13 Sutra 219	
Tula Rasi: 12.34	Tithi 29	Gulika 12:04PM – 12:57PM	Svati Until 6:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 8:29AM	Subhakrit 5124	
		Yama 10:16AM – 11:10AM	Saubhagya Until 2:07PM	Muruqa: Clear	<i>Sunset:</i> 3:39PM	Moon 11 - Phase 30 - 13	
		763376575 Rahu 1:51PM – 2:45PM	Visti Until 3:30PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:26AM Wed	Moon – Green		Devaloka Day	
Until 6:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

		Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam		Oslo, Norway	
				Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14 Sutra 220	
Retreat Star		Gulika 11:11AM – 12:04PM	Vishakha Until 5:07PM	Ganesha: Purple	<i>Sunrise:</i> 8:31AM	Subhakrit 5124	
Tula Rasi: 26.4	Tithi 30	Yama 9:25AM – 10:18AM	Sobhana Until 11:09AM	Muruqa: Clear	<i>Sunset:</i> 3:37PM	Moon 11 - Phase 30 - 14	
		773376575 Rahu 12:04PM – 12:57PM	Catuspada Until 1:16PM	Nataraja: Purple		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 11:58PM	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

Thursday, November 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam		Oslo, Norway	
				Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15 Sutra 221	
Vrischika Rasi: 11.07	Tithi 1	Gulika 10:19AM – 11:12AM	Anuradha Until 3:06PM	Ganesha: Purple	<i>Sunrise:</i> 8:34AM	Subhakrit 5124	
		Yama 8:34AM – 9:26AM	Athiganda* Until 7:48AM	Muruqa: Clear	<i>Sunset:</i> 3:35PM	Moon 11 - Phase 30 - 15	
		773376575 Rahu 12:57PM – 1:50PM	Kintughna Until 10:36AM	Nataraja: Purple		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 9:08PM	Moon – Orange		Devaloka Day	
Until 3:06PM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

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

1		Friday, November 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau		Oslo, Norway Sun 16 Sutra 222	
Vrischika Rasi: 25.47	Tithi 2	Gulika 9:28AM – 10:20AM	Jyeshtha* Until 12:41PM	Ganesha: Purple	<i>Sunrise:</i> 8:36AM	Subhakrit 5124	
		Yama 1:49PM – 2:41PM	Dhriti Until 12:27AM Sat	Muruqa: Clear	<i>Sunset:</i> 3:33PM	Moon 11 - Phase 31 - 16	
		793376575 Rahu 11:12AM – 12:05PM	Balava Until 7:39AM	Nataraja: Purple		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 6:05PM	Moon – Orange		Devaloka Day	
Until 12:41PM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
2		Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 17 Sutra 223	
Dhanus Rasi: 10.35	Tithi 3 – 4	Gulika 8:38AM – 9:30AM	Mula* Until 10:26AM	Ganesha: Light Blue	<i>Sunrise:</i> 8:38AM	Subhakrit 5124	
		Yama 12:57PM – 1:48PM	Shula* Until 8:41PM	Muruqa: Clear	<i>Sunset:</i> 3:32PM	Moon 11 - Phase 31 - 17	
		783376575 Rahu 10:22AM – 11:13AM	Vanija Until 1:26AM Sun	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 2:57PM	Moon – Light Blue		Devaloka Day	
				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
3		Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 18 Sutra 224	
Dhanus Rasi: 25.22	Tithi 4 – 5	Gulika 1:48PM – 2:39PM	Purvashadha* Until 8:06AM	Ganesha: Light Blue	<i>Sunrise:</i> 8:40AM	Subhakrit 5124	
		Yama 12:05PM – 12:57PM	Ganda* Until 5:00PM	Muruqa: Clear	<i>Sunset:</i> 3:30PM	Moon 11 - Phase 31 - 18	
		783376575 Rahu 2:39PM – 3:30PM	Bava Until 10:29PM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 11:55AM	Moon – Light Blue		Devaloka Day	
Until 8:06AM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							
4		Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 19 Sutra 225	
Makara Rasi: 10.01	Tithi 5 – 6	Gulika 12:56PM – 1:47PM	Shravana Until 4:06AM Tue	Ganesha: Orange	<i>Sunrise:</i> 8:42AM	Subhakrit 5124	
Family Home Evening		Yama 11:15AM – 12:06PM	Vridhi Until 1:32PM	Muruqa: Clear	<i>Sunset:</i> 3:29PM	Moon 11 - Phase 31 - 19	
Creative Work	Amrita Yoga	793376575 Rahu 9:33AM – 10:24AM	Kaulava Until 7:47PM	Nataraja: Purple		3rd Phase	
Until 4:06AM Tue			Panchami Until 9:04AM	Moon – Purple		Sivaloka Day	
Then Creative Work - Siddha Yoga				Margasira-Karttikai			
5		Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Vanija Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 20 Sutra 226	
Makara Rasi: 24.27	Tithi 6 – 7	Gulika 12:06PM – 12:56PM	Dhanishtha Until 2:39AM Wed	Ganesha: Orange	<i>Sunrise:</i> 8:44AM	Subhakrit 5124	
		Yama 10:25AM – 11:16AM	Dhruva Until 10:20AM	Muruqa: Clear	<i>Sunset:</i> 3:28PM	Moon 11 - Phase 31 - 20	
		793376575 Rahu 1:47PM – 2:37PM	Vanija Until 4:28AM Wed	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 6:34AM	Moon – Purple		Sivaloka Day	
				Margasira-Karttikai			
Retreat Star		Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau		Oslo, Norway Sun 21 Sutra 227	
Kumbha Rasi: 8.37	Tithi 8	Gulika 11:16AM – 12:06PM	Shatabhishak Until 1:32AM Thu	Ganesha: Clear	<i>Sunrise:</i> 8:47AM	Subhakrit 5124	
		Yama 9:37AM – 10:26AM	Vyaghata* Until 7:29AM	Muruqa: Clear	<i>Sunset:</i> 3:26PM	Moon 11 - Phase 31 - 21	
		794376575 Rahu 12:06PM – 12:56PM	Visti Until 3:37PM	Nataraja: Purple		Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 2:51AM Thu	Moon – Purple		Sivaloka Day	
				Margasira-Karttikai			
Retreat Star		Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway Sun 22 Sutra 228	
Kumbha Rasi: 22.28	Tithi 9	Gulika 10:28AM – 11:17AM	Purvaproshtapada* Until 1:12AM Fri	Ganesha: Red	<i>Sunrise:</i> 8:49AM	Subhakrit 5124	
		Yama 8:49AM – 9:38AM	Vajra* Until 2:57AM Fri	Muruqa: Clear	<i>Sunset:</i> 3:25PM	Moon 11 - Phase 31 - 22	
		714376575 Rahu 12:56PM – 1:46PM	Balava Until 2:15PM	Nataraja: Purple		Navami	
Creative Work	Siddha Yoga		Navami* Until 1:45AM Fri	Moon – Clear		Sivaloka Day	
				Margasira-Karttikai			

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

1		Friday, December 2, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau				Oslo, Norway Sun 23 Sutra 229 Subhakit 5124
Meena Rasi: 6	Tithi 10	Gulika 9:40AM – 10:29AM	Uttaraproshtapada Until 1:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 8:51AM			
		Yama 1:45PM – 2:35PM	Siddhi Until 1:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 3:24PM	Moon 11 - Phase 32 - 23		
		714376575 Rahu 11:18AM – 12:07PM	Taitila Until 1:25PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Dashami Until 1:10AM Sat	Moon – Clear		Sivaloka Day		
Until 1:14AM Sat				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

2		Saturday, December 3, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Oslo, Norway Sun 24 Sutra 230 Subhakit 5124
Meena Rasi: 19.16	Tithi 11	Gulika 8:52AM – 9:41AM	Revati Until 1:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 8:52AM			
		Yama 12:56PM – 1:45PM	Vyatipata* Until 12:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 3:23PM	Moon 11 - Phase 32 - 24		
		714376575 Rahu 10:30AM – 11:19AM	Vanija Until 1:05PM	Nataraja: Purple		4th Phase		
Routine Work	Prabalarishta Yoga		Ekadashi Until 1:06AM Sun	Moon – Clear		Sivaloka Day		
Until 1:37AM Sun				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

3		Sunday, December 4, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway Sun 25 Sutra 231 Subhakit 5124
Mesha Rasi: 2.16	Tithi 12	Gulika 1:45PM – 2:33PM	Ashvini Until 2:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 8:54AM			
		Yama 12:08PM – 12:56PM	Varyan Until 11:10PM	Muruqa: Clear	<i>Sunset:</i> 3:22PM	Moon 11 - Phase 32 - 25		
		724376575 Rahu 2:33PM – 3:22PM	Bava Until 1:15PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Dvadashi Until 1:30AM Mon	Moon – White		Devaloka Day		
				Margasira-Karttikai				

4		Monday, December 5, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26 Sutra 232 Subhakit 5124
Mesha Rasi: 15.02	Tithi 13	Gulika 12:56PM – 1:45PM	Bharani Until 4:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 8:56AM			
Family Home Evening		Yama 11:20AM – 12:08PM	Parigha* Until 10:37PM	Muruqa: Clear	<i>Sunset:</i> 3:21PM	Moon 11 - Phase 32 - 26		
		724376575 Rahu 9:44AM – 10:32AM	Kaulava Until 1:53PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Trayodashi Until 2:20AM Tue	Moon – White		Devaloka Day		
				Margasira-Karttikai				

Pradosha Vrata

5		Tuesday, December 6, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27 Sutra 233 Subhakit 5124
Mesha Rasi: 27.37	Tithi 14	Gulika 12:09PM – 12:57PM	Krittika Until 5:47AM Wed	Ganesha: Blue	<i>Sunrise:</i> 8:58AM			
		Yama 10:33AM – 11:21AM	Shiva Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 3:20PM	Moon 11 - Phase 32 - 27		
		724376575 Rahu 1:44PM – 2:32PM	Gara Until 2:56PM	Nataraja: Purple		4th Phase		
Creative Work	Siddha Yoga		Chaturdashi* Until 3:35AM Wed	Moon – White		Devaloka Day		
				Margasira-Karttikai				
		Krittika Deepam						

○		Wednesday, December 7, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sutra 234 Subhakit 5124
Copper Retreat Star		Gulika 11:22AM – 12:09PM	Rohini Until 8:05AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 9:00AM			
Vrishabha Rasi: 10.01	Tithi 15	Yama 9:47AM – 10:34AM	Siddha Until 10:25PM	Muruqa: Clear	<i>Sunset:</i> 3:19PM	Moon 11 - Phase 32 - Purnima		
		734376575 Rahu 12:09PM – 12:57PM	Visti Until 4:22PM	Nataraja: Purple				
Creative Work	Siddha Yoga		Purnima* Until 5:12AM Thu	Moon – Yellow		Sivaloka Day		
Until 8:05AM Thu				Margasira-Karttikai				
Then Routine Work - Marana Yoga								

Thursday, December 8, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Balava Karana Prathamayam Titau				Oslo, Norway Sutra 235 Subhakit 5124		
Silver Retreat Star		Gulika 10:35AM – 11:23AM	Rohini Until 8:05AM	Ganesha: Yellow	<i>Sunrise:</i> 9:01AM			
Vrishabha Rasi: 22.16	Tithi 16	Yama 9:01AM – 9:48AM	Sadhya Until 10:43PM	Muruqa: Clear	<i>Sunset:</i> 3:18PM	Moon 11 - Phase 32 - Prathama		
		734376575 Rahu 12:57PM – 1:44PM	Balava Until 6:10PM	Nataraja: Purple				
Routine Work	Marana Yoga		Prathama* Until 7:09AM Fri	Moon – Yellow		Sivaloka Day		
				Margasira-Karttikai				
		Vinayaga Viratam Begins						

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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Friday, December 9, 2022

Gold Retreat Star

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

Oslo, Norway

Sutra 236

Subhakrit 5124

Mithuna Rasi: 4.23 Tithi 16 - 17

734476575

Gulika 9:50AM - 10:36AM
Yama 1:44PM - 2:31PM
Rahu 11:23AM - 12:10PM

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

Ganesha: Red **Sunrise:** 9:03AM

Muruqa: Clear **Sunset:** 3:18PM

Nataraja: Purple
Moon - Yellow

Moon 12 - Phase 33 -
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Oslo, Norway

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 16.23 Tithi 17 - 18

734476575

Gulika 9:04AM - 9:51AM
Yama 12:57PM - 1:44PM
Rahu 10:37AM - 11:24AM

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

Ganesha: Red **Sunrise:** 9:04AM

Muruqa: Clear **Sunset:** 3:17PM

Nataraja: Purple
Moon - Yellow

Moon 12 - Phase 33 - 1
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Oslo, Norway

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 28.19 Tithi 18 - 19

744476575

Gulika 1:44PM - 2:30PM
Yama 12:11PM - 12:57PM
Rahu 2:30PM - 3:17PM

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

Ganesha: Green **Sunrise:** 9:06AM

Muruqa: Clear **Sunset:** 3:17PM

Nataraja: Purple
Moon - Blue

Moon 12 - Phase 33 - 2
1st Phase

Devaloka Day

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Oslo, Norway

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 10.12 Tithi 19 - 20

745476575

Family Home Evening

Creative Work Siddha Yoga

Gulika 12:58PM - 1:44PM
Yama 11:25AM - 12:12PM
Rahu 9:53AM - 10:39AM

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

Ganesha: White **Sunrise:** 9:07AM

Muruqa: Clear **Sunset:** 3:16PM

Nataraja: Purple
Moon - Blue

Moon 12 - Phase 33 - 3
1st Phase

Devaloka Day

4

Tuesday, December 13, 2022

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

Oslo, Norway

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 22.04 Tithi 20 - 21

745476575

Creative Work Siddha Yoga

Gulika 12:12PM - 12:58PM
Yama 10:40AM - 11:26AM
Rahu 1:44PM - 2:30PM

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

Ganesha: White **Sunrise:** 9:08AM

Muruqa: Clear **Sunset:** 3:16PM

Nataraja: Purple
Moon - Blue

Moon 12 - Phase 33 - 4
1st Phase

Devaloka Day

5

Wednesday, December 14, 2022

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

Oslo, Norway

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 3.59 Tithi 21

755476575

Creative Work Siddha Yoga

Gulika 11:27AM - 12:13PM
Yama 9:55AM - 10:41AM
Rahu 12:13PM - 12:58PM

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

Ganesha: Clear **Sunrise:** 9:10AM

Muruqa: Clear **Sunset:** 3:16PM

Nataraja: Purple
Moon - Red

Moon 12 - Phase 33 - 5
1st Phase

Sivaloka Day

6

Thursday, December 15, 2022

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

Oslo, Norway

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 15.59 Tithi 22

755476575

Creative Work Siddha Yoga

Gulika 10:42AM - 11:27AM
Yama 9:11AM - 9:56AM
Rahu 12:59PM - 1:44PM

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

Ganesha: Clear **Sunrise:** 9:11AM

Muruqa: Clear **Sunset:** 3:15PM

Nataraja: Purple
Moon - Red

Moon 12 - Phase 33 - 6
1st Phase

Sivaloka Day

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

Oslo, Norway

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 28.1 Tithi 23

855476575

Creative Work Siddha Yoga

Until 4:38AM Sat

Then Routine Work - Marana Yoga

Gulika 9:57AM - 10:43AM
Yama 1:45PM - 2:30PM
Rahu 11:28AM - 12:14PM

Markali Pillaiyar

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

Ganesha: White **Sunrise:** 9:12AM

Muruqa: Clear **Sunset:** 3:15PM

Nataraja: Purple
Moon - Red

Moon 12 - Phase 33 - 7
Ashtami

Devaloka Day

Saturday, December 17, 2022

Retreat Star

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

Oslo, Norway

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 10.37 Tithi 24

865476575

Routine Work Marana Yoga

Until 5:49AM Sun

Then Creative Work - Siddha Yoga

Gulika 9:13AM - 9:58AM
Yama 12:59PM - 1:45PM
Rahu 10:43AM - 11:29AM

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

Ganesha: Clear **Sunrise:** 9:13AM

Muruqa: Clear **Sunset:** 3:15PM

Nataraja: Purple
Moon - Green

Moon 12 - Phase 33 - 8
Navami

Sivaloka Day

Margasira-Markali

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

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1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Chitra Nakshatra Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau		Oslo, Norway Sun 9 Sutra 245 Subhakrit 5124
Kanya Rasi: 23.25	Tithi 25	865476575	Gulika 1:45PM – 2:30PM Yama 12:15PM – 1:00PM Rahu 2:30PM – 3:16PM	Chitra Until 6:01AM Mon Sobhana Until 12:54AM Mon Vanija Until 11:17AM Dashami Until 11:05PM	Ganesha: Clear Muruqa: Clear Nataraja: Purple Moon – Green	Sivaloka Day Sunrise: 9:14AM Sunset: 3:16PM Moon 12 - Phase 34 - 9 2nd Phase
Creative Work Siddha Yoga Until 6:01AM Mon Then Creative Work - Amrita Yoga						

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Oslo, Norway Sun 10 Sutra 246 Subhakrit 5124
Tula Rasi: 6.38	Tithi 26	865476575	Gulika 1:00PM – 1:45PM Yama 11:30AM – 12:15PM Rahu 10:00AM – 10:45AM	Chitra Until 6:01AM Athiganda* Until 10:49PM Bava Until 10:42AM Ekadashi* Until 10:04PM	Ganesha: Clear Muruqa: Clear Nataraja: Purple Moon – Green	Sivaloka Day Sunrise: 9:14AM Sunset: 3:16PM Moon 12 - Phase 34 - 10 2nd Phase
Family Home Evening Routine Work Prabalarishta Yoga Until 6:01AM Then Creative Work - Amrita Yoga						

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Dvodashyam Titau		Oslo, Norway Sun 11 Sutra 247 Subhakrit 5124
Tula Rasi: 20.2	Tithi 27	875476575	Gulika 12:16PM – 1:01PM Yama 10:45AM – 11:31AM Rahu 1:46PM – 2:31PM	Vishakha Until 4:01AM Wed Sukarma Until 8:07PM Kaulava Until 9:17AM Dvodashi* Until 8:15PM	Ganesha: Purple Muruqa: Clear Nataraja: Purple Moon – Orange	Devaloka Day Sunrise: 9:15AM Sunset: 3:16PM Moon 12 - Phase 34 - 11 2nd Phase
Routine Work Marana Yoga Until 4:01AM Wed Then Creative Work - Siddha Yoga						

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 12 Sutra 248 Subhakrit 5124
Vrischika Rasi: 4.31	Tithi 28 – 29	876476575	Gulika 11:31AM – 12:16PM Yama 10:01AM – 10:46AM Rahu 12:16PM – 1:01PM	Anuradha Until 2:00AM Thu Dhriti Until 4:52PM Gara Until 7:06AM Trayodashi* Until 5:45PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: Clear Muruqa: Clear Nataraja: Purple Moon – Orange	Sivaloka Day Sunrise: 9:16AM Sunset: 3:17PM Moon 12 - Phase 34 - 12 2nd Phase
Creative Work Siddha Yoga Until 2:00AM Thu Then Routine Work - Prabalarishta Yoga		Day 1 of Pancha Ganapati				

		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Oslo, Norway Sun 13 Sutra 249 Subhakrit 5124
Retreat Star		Vrischika Rasi: 19.07	Tithi 29 – 30	876476575	Gulika 10:46AM – 11:32AM Yama 9:16AM – 10:01AM Rahu 1:02PM – 1:47PM	Jyeshtha* Until 11:22PM Shula* Until 1:09PM Catuspada Until 1:02AM Fri Chaturdashi* Until 2:42PM
Routine Work Prabalarishta Yoga Until 11:22PM Then Creative Work - Siddha Yoga		Day 2 of Pancha Ganapati		Sivaloka Day Sunrise: 9:16AM Sunset: 3:17PM Moon 12 - Phase 34 - 13 Amavasya		

Friday, December 23, 2022		Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Oslo, Norway Sun 14 Sutra 250 Subhakrit 5124
Dhanus Rasi: 4.04	Tithi 30 – 1	886476575	Gulika 10:02AM – 10:47AM Yama 1:47PM – 2:33PM Rahu 11:32AM – 12:17PM	Mula* Until 8:42PM Ganda* Until 9:08AM Kintughna Until 9:29PM Amavasya* Until 11:16AM	Ganesha: Orange Muruqa: Clear Nataraja: Purple Moon – Light Blue	Sivaloka Day Sunrise: 9:17AM Sunset: 3:18PM Moon 12 - Phase 34 - 14 Prathama
Creative Work Amrita Yoga Until 8:42PM Then Routine Work - Prabalarishta Yoga		Day 3 of Pancha Ganapati		Sivaloka Day Pausha*Markali		

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

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1	Saturday, December 24, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Oslo, Norway
	Dhanus Rasi: 19.12	Tithi 1 – 2	886486575	Gulika 9:17AM – 10:02AM	Purvashadha* Until 5:46PM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon – Light Blue	Sun 15 Sutra 251 Subhakrit 5124
	Creative Work	Siddha Yoga		Yama 1:03PM – 1:48PM	Dhruva Until 12:40AM Sun	Sunrise: 9:17AM Sunset: 3:18PM	Moon 12 - Phase 35 - 15
	Until 5:46PM			Rahu 10:47AM – 11:33AM	Kaulava Until 3:58AM Sun		3rd Phase
Then Routine Work - Marana Yoga			Day 4 of Pancha Ganapati		Prathama* Until 7:38AM	Pausha*Markali	Subha Sivaloka Day

2	Sunday, December 25, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway
	Makara Rasi: 4.23	Tithi 3	886486575	Gulika 1:49PM – 2:34PM	Uttarashadha Until 2:46PM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon – Light Blue	Sun 16 Sutra 252 Subhakrit 5124
	Creative Work	Amrita Yoga		Yama 12:18PM – 1:03PM	Vyaghata* Until 8:30PM	Sunrise: 9:17AM Sunset: 3:19PM	Moon 12 - Phase 35 - 16
	Until 5:46PM			Rahu 2:34PM – 3:19PM	Taitila Until 2:11PM		3rd Phase
Then Routine Work - Marana Yoga			Day 5 of Pancha Ganapati		Tritiya Until 12:26AM Mon	Pausha*Markali	Subha Sivaloka Day

3	Monday, December 26, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway
	Makara Rasi: 19.26	Tithi 4	896486576	Gulika 1:04PM – 1:49PM	Shravana Until 12:15PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Purple	Sun 17 Sutra 253 Subhakrit 5124
	Family Home Evening			Yama 11:33AM – 12:19PM	Harshana Until 4:35PM	Sunrise: 9:18AM Sunset: 3:20PM	Moon 12 - Phase 35 - 17
	Creative Work	Amrita Yoga		Rahu 10:03AM – 10:48AM	Vanija Until 10:48AM		3rd Phase
Until 12:15PM			Day 5 of Pancha Ganapati		Chaturthi* Until 9:13PM	Pausha*Markali	Sivaloka Day
Then Creative Work - Siddha Yoga							

4	Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway
	Kumbha Rasi: 4.14	Tithi 5	896486576	Gulika 12:19PM – 1:05PM	Dhanishtha Until 10:00AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Purple	Sun 18 Sutra 254 Subhakrit 5124
	Creative Work	Siddha Yoga		Yama 10:48AM – 11:34AM	Vajra* Until 12:58PM	Sunrise: 9:18AM Sunset: 3:21PM	Moon 12 - Phase 35 - 18
	Until 10:00AM			Rahu 1:50PM – 2:35PM	Bava Until 7:47AM		3rd Phase
Then Routine Work - Marana Yoga					Panchami Until 6:27PM	Pausha*Markali	Sivaloka Day

5	Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway
	Kumbha Rasi: 18.38	Tithi 6 – 7	896486576	Gulika 11:34AM – 12:20PM	Shatabhishak Until 8:08AM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Purple	Sun 19 Sutra 255 Subhakrit 5124
	Creative Work	Siddha Yoga		Yama 10:03AM – 10:49AM	Siddhi Until 9:50AM	Sunrise: 9:18AM Sunset: 3:22PM	Moon 12 - Phase 35 - 19
	Until 8:08AM			Rahu 12:20PM – 1:05PM	Gara Until 3:27AM Thu		3rd Phase
Then Creative Work - Amrita Yoga			Vinayaga Viratam Ends		Shashthi* Until 4:16PM	Pausha*Markali	Sivaloka Day

☾	Thursday, December 29, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway
	Meena Rasi: 2.38	Tithi 7 – 8	817486576	Gulika 10:49AM – 11:35AM	Purvaproshtapada* Until 7:12AM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Clear	Sun 20 Sutra 256 Subhakrit 5124
	Creative Work	Siddha Yoga		Yama 9:18AM – 10:03AM	Vyatipata* Until 7:14AM	Sunrise: 9:18AM Sunset: 3:23PM	Moon 12 - Phase 35 - 20
	Until 8:08AM			Rahu 1:06PM – 1:52PM	Visti Until 2:20AM Fri		Ashtami
Then Creative Work - Amrita Yoga					Saptami Until 2:47PM	Pausha*Markali	Devaloka Day

☾	Friday, December 30, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha* Yoga Bava/Balava Karana Ashlami/Navamyam Titau				Oslo, Norway
	Meena Rasi: 16.11	Tithi 8 – 9	817486576	Gulika 10:03AM – 10:49AM	Uttaraproshtapada Until 6:51AM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon – Clear	Sun 21 Sutra 257 Subhakrit 5124
	Creative Work	Siddha Yoga		Yama 1:52PM – 2:38PM	Parigha* Until 3:44AM Sat	Sunrise: 9:17AM Sunset: 3:24PM	Moon 12 - Phase 35 - 21
	Until 8:08AM			Rahu 11:35AM – 12:21PM	Balava Until 1:57AM Sat		Navami
Then Creative Work - Amrita Yoga					Ashtami* Until 2:02PM	Pausha*Markali	Devaloka Day

1	Saturday, December 31, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manṭa Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway Sun 22
	Meena Rasi: 29.2	Tithi 9 – 10	Gulika 9:17AM – 10:03AM	Revati Until 7:04AM	Ganesha: Blue	<i>Sunrise:</i> 9:17AM	Subhakit 5124
	817486576	Rahu 10:49AM – 11:35AM	Yama 1:07PM – 1:53PM	Shiva Until 2:51AM Sun	Muruḡa: Purple	<i>Sunset:</i> 3:25PM	Moon 12 - Phase 36 - 22 4th Phase
Routine Work Prabalarishta Yoga Until 7:04AM Then Creative Work - Siddha Yoga		Navami* Until 2:01PM		Moon – Clear Pausha*Markali		Devaloka Day	


2	Sunday, January 1, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 23
	Mesha Rasi: 12.08	Tithi 10 – 11	Gulika 1:54PM – 2:41PM	Ashvini Until 8:16AM	Ganesha: Yellow	<i>Sunrise:</i> 9:17AM	Subhakit 5124
	827486576	Rahu 2:41PM – 3:27PM	Yama 12:22PM – 1:08PM	Siddha Until 2:24AM Mon	Muruḡa: Purple	<i>Sunset:</i> 3:27PM	Moon 12 - Phase 36 - 23 4th Phase
Creative Work Siddha Yoga Until 8:16AM Then Routine Work - Prabalarishta Yoga		Vaikuntha Ekadasi		Moon – White Pausha*Markali		Sivaloka Day	

3	Monday, January 2, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 24
	Mesha Rasi: 24.39	Tithi 11 – 12	Gulika 1:09PM – 1:55PM	Bharani Until 9:53AM	Ganesha: Yellow	<i>Sunrise:</i> 9:16AM	Subhakit 5124
	827486576	Rahu 10:03AM – 10:49AM	Yama 11:36AM – 12:22PM	Sadhya Until 2:22AM Tue	Muruḡa: Purple	<i>Sunset:</i> 3:28PM	Moon 12 - Phase 36 - 24 4th Phase
Family Home Evening Creative Work Siddha Yoga Until 9:53AM Then Routine Work - Marana Yoga		Bava Until 4:44AM Tue		Moon – White Pausha*Markali		Sivaloka Day	

4	Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 25
	Vrishabha Rasi: 6.58	Tithi 12 – 13	Gulika 12:23PM – 1:10PM	Krittika Until 11:47AM	Ganesha: Blue	<i>Sunrise:</i> 9:16AM	Subhakit 5124
	827586576	Rahu 1:56PM – 2:43PM	Yama 10:49AM – 11:36AM	Subha Until 2:38AM Wed	Muruḡa: Purple	<i>Sunset:</i> 3:30PM	Moon 12 - Phase 36 - 25 4th Phase
Creative Work Siddha Yoga Until 11:47AM Then Creative Work - Amrita Yoga		Kaulava Until 6:35AM Wed		Moon – White Pausha*Markali		Subha Sivaloka Day	
<i>Pradosha Vrata</i>							

5	Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway Sun 26
	Vrishabha Rasi: 19.07	Tithi 13	Gulika 11:36AM – 12:23PM	Rohini Until 2:21PM	Ganesha: White	<i>Sunrise:</i> 9:15AM	Subhakit 5124
	838586576	Rahu 12:23PM – 1:10PM	Yama 10:02AM – 10:49AM	Sukla Until 3:05AM Thu	Muruḡa: Purple	<i>Sunset:</i> 3:31PM	Moon 12 - Phase 36 - 26 4th Phase
Creative Work Siddha Yoga		Kaulava Until 6:35AM		Moon – Yellow Pausha*Markali		Devaloka Day	
Trayodashi Until 7:36PM							

6	Thursday, January 5, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway Sun 27
	Mithuna Rasi: 1.1	Tithi 14	Gulika 10:49AM – 11:36AM	Mrigashira Until 4:59PM	Ganesha: White	<i>Sunrise:</i> 9:15AM	Subhakit 5124
	838586576	Rahu 1:11PM – 1:58PM	Yama 9:15AM – 10:02AM	Brahma Until 3:42AM Fri	Muruḡa: Purple	<i>Sunset:</i> 3:33PM	Moon 12 - Phase 36 - 27 4th Phase
Routine Work Marana Yoga		Gara Until 8:43AM		Moon – Yellow Pausha*Markali		Devaloka Day	
Subramuniyaswami Jayanti							
Chaturdashi* Until 9:50PM							

	Friday, January 6, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway Sun 28
	Copper Retreat Star		Gulika 10:01AM – 10:49AM	Ardra Until 7:36PM	Ganesha: White	<i>Sunrise:</i> 9:14AM	Subhakit 5124
	Mithuna Rasi: 13.08	Tithi 15	Yama 1:59PM – 2:47PM	Indra Until 4:25AM Sat	Muruḡa: Purple	<i>Sunset:</i> 3:35PM	Moon 12 - Phase 36 - Purnima
Creative Work Siddha Yoga		11:37AM – 12:24PM		Moon – Yellow Pausha*Markali		Devaloka Day	
Purnima* Until 12:12AM Sat							
Ardra Darshanam							

7	Saturday, January 7, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Manṭa Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau				Oslo, Norway Sun 29
	Silver Retreat Star		Gulika 9:13AM – 10:01AM	Punarvasu Until 10:38PM	Ganesha: Clear	<i>Sunrise:</i> 9:13AM	Subhakit 5124
	Mithuna Rasi: 25.04	Tithi 16	Yama 1:13PM – 2:00PM	Vaidhriti* Until 5:10AM Sun	Muruḡa: Purple	<i>Sunset:</i> 3:36PM	Moon 12 - Phase 36 - Prathama
Creative Work Siddha Yoga		Rahu 10:49AM – 11:37AM		Moon – Blue Pausha*Markali		Sivaloka Day	
Balava Until 1:26PM							
Prathama* Until 2:39AM Sun							

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 6.58 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:02PM – 2:50PM
Yama 12:25PM – 1:13PM
848586576 **Rahu** 2:50PM – 3:38PM

Pushya Until 1:33AM Mon
Vishkambha* Until 5:57AM Mon
Taitila Until 3:55PM
Dvitiya Until 5:09AM Mon

Ganesha: Clear *Sunrise:* 9:12AM
Muruqa: Purple *Sunset:* 3:38PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Oslo, Norway
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

Sivaloka Day

1

Monday, January 9, 2023

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

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

Gulika 1:14PM – 2:03PM
Yama 11:37AM – 12:26PM
848586576 **Rahu** 10:00AM – 10:48AM

Ashlesha* Until 4:17AM Tue
Priti Until 6:45AM Tue
Vanija Until 6:25PM
Tritiya Until 7:37AM Tue

Ganesha: Clear *Sunrise:* 9:11AM
Muruqa: Purple *Sunset:* 3:40PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Oslo, Norway
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

Sivaloka Day

2

Tuesday, January 10, 2023

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

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

Gulika 12:26PM – 1:15PM
Yama 10:48AM – 11:37AM
858586576 **Rahu** 2:04PM – 2:53PM

Magha* Until 7:16AM Wed
Priti Until 6:45AM
Bava Until 8:51PM
Tritiya Until 7:37AM

Ganesha: Purple *Sunrise:* 9:10AM
Muruqa: Purple *Sunset:* 3:42PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Oslo, Norway
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

Devaloka Day

3

Wednesday, January 11, 2023

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

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

Gulika 11:37AM – 12:26PM
Yama 9:58AM – 10:48AM
859586576 **Rahu** 12:26PM – 1:16PM

Magha* Until 7:16AM
Ayushman Until 7:26AM
Kaulava Until 11:07PM
Chaturthi* Until 9:59AM

Ganesha: Clear *Sunrise:* 9:09AM
Muruqa: Purple *Sunset:* 3:44PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Oslo, Norway
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

Sivaloka Day

4

Thursday, January 12, 2023

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

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

Gulika 10:47AM – 11:37AM
Yama 9:08AM – 9:57AM
859586576 **Rahu** 1:17PM – 2:06PM

Purvaphalguni Until 9:51AM
Saubhagya Until 7:58AM
Gara Until 1:03AM Fri
Panchami Until 12:07PM

Ganesha: Clear *Sunrise:* 9:08AM
Muruqa: Purple *Sunset:* 3:46PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Oslo, Norway
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

Sivaloka Day

5

Friday, January 13, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau

Gulika 9:57AM – 10:47AM
Yama 2:08PM – 2:58PM
859586576 **Rahu** 11:37AM – 12:27PM

Uttaraphalguni Until 11:55AM
Sobhana Until 8:13AM
Visti Until 2:30AM Sat
Shashthi* Until 1:50PM

Ganesha: Clear *Sunrise:* 9:06AM
Muruqa: Purple *Sunset:* 3:48PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Oslo, Norway
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

Sivaloka Day

D

Saturday, January 14, 2023
Retreat Star

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam
Hasta/Chitra Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 9:05AM – 9:56AM
Yama 1:18PM – 2:09PM
869586576 **Rahu** 10:46AM – 11:37AM

Thai Pongal

Hasta Until 1:46PM
Athiganda* Until 8:03AM
Balava Until 3:17AM Sun
Saptami Until 2:58PM

Ganesha: White *Sunrise:* 9:05AM
Muruqa: Purple *Sunset:* 3:50PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Oslo, Norway
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
Ashtami

Subha Sivaloka Day

Sunday, January 15, 2023

Retreat Star

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

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

Gulika 2:10PM – 3:01PM
Yama 12:28PM – 1:19PM
869586576 **Rahu** 3:01PM – 3:52PM

Chitra Until 2:45PM
Sukarma Until 7:21AM
Taitila Until 3:15AM Mon
Ashtami* Until 3:21PM

Ganesha: White *Sunrise:* 9:04AM
Muruqa: Purple *Sunset:* 3:52PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Oslo, Norway
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Navami

Subha Sivaloka Day

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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Monday, January 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam				Oslo, Norway
		Svati/Vishakha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 8 Sutra 274
1		Gulika 1:20PM – 2:11PM	Svati Until 2:46PM	Ganesha: White	<i>Sunrise:</i> 9:02AM	Subhakrit 5124
Tula Rasi: 15.01	Tithi 24 – 25	Yama 11:37AM – 12:28PM	Dhriti Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 3:55PM	Moon 1 - Phase 38 - 8
Family Home Evening	869586576	Rahu 9:54AM – 10:45AM	Vanija Until 2:23AM Tue	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga		Navami* Until 2:54PM	Moon – Green		Subha Sivaloka Day
Until 2:46PM				Pausha*Thai		
Then Routine Work - Marana Yoga						

Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam				Oslo, Norway
		Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Sun 9 Sutra 275
2		Gulika 12:29PM – 1:21PM	Vishakha Until 2:15PM	Ganesha: Yellow	<i>Sunrise:</i> 9:01AM	Subhakrit 5124
Tula Rasi: 28.33	Tithi 25 – 26	Yama 10:45AM – 11:37AM	Ganda* Until 1:24AM Wed	Muruqa: Purple	<i>Sunset:</i> 3:57PM	Moon 1 - Phase 38 - 9
879586576		Rahu 2:13PM – 3:05PM	Bava Until 12:40AM Wed	Nataraja: Clear		2nd Phase
Routine Work	Marana Yoga		Dashami Until 1:36PM	Moon – Orange		Sivaloka Day
Until 2:15PM				Pausha*Thai		
Then Creative Work - Siddha Yoga						

Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam				Oslo, Norway
		Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 276
3		Gulika 11:36AM – 12:29PM	Anuradha Until 12:48PM	Ganesha: Yellow	<i>Sunrise:</i> 8:59AM	Subhakrit 5124
Virschika Rasi: 12.35	Tithi 26 – 27	Yama 9:51AM – 10:44AM	Vriddhi Until 10:11PM	Muruqa: Purple	<i>Sunset:</i> 3:57PM	Moon 1 - Phase 38 - 10
879586576		Rahu 12:29PM – 1:21PM	Kaulava Until 10:13PM	Nataraja: Clear		2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 11:30AM	Moon – Orange		Sivaloka Day
				Pausha*Thai		

Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam				Oslo, Norway
		Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 277
4		Gulika 10:43AM – 11:36AM	Jyeshtha* Until 10:33AM	Ganesha: Yellow	<i>Sunrise:</i> 8:57AM	Subhakrit 5124
Virschika Rasi: 27.06	Tithi 27 – 28	Yama 8:57AM – 9:50AM	Dhruva Until 6:26PM	Muruqa: Purple	<i>Sunset:</i> 4:01PM	Moon 1 - Phase 38 - 11
871586576		Rahu 1:22PM – 2:15PM	Gara Until 7:09PM	Nataraja: Clear		2nd Phase
Routine Work	Prabalarishta Yoga		Dvadashi* Until 8:44AM	Moon – Orange		Sivaloka Day
Until 10:33AM				Pausha*Thai		
Then Creative Work - Siddha Yoga						
				<i>Pradosha Vrata (Fasting)</i>		

Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam				Oslo, Norway
		Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 12 Sutra 278
5		Gulika 9:49AM – 10:43AM	Mula* Until 8:04AM	Ganesha: Red	<i>Sunrise:</i> 8:56AM	Subhakrit 5124
Dhanus Rasi: 12.01	Tithi 29	Yama 2:17PM – 3:10PM	Vyaghata* Until 2:20PM	Muruqa: Purple	<i>Sunset:</i> 4:04PM	Moon 1 - Phase 38 - 12
881586576		Rahu 11:36AM – 12:30PM	Visti Until 3:38PM	Nataraja: Clear		2nd Phase
Creative Work	Amrita Yoga		Chaturdashi* Until 1:44AM Sat	Moon – Light Blue		Sivaloka Day
Until 8:04AM				Pausha*Thai		
Then Routine Work - Prabalarishta Yoga						

Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam				Oslo, Norway
		Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13 Sutra 279
Retreat Star		Gulika 8:54AM – 9:48AM	Uttarashadha Until 1:51AM Sun	Ganesha: Red	<i>Sunrise:</i> 8:54AM	Subhakrit 5124
Dhanus Rasi: 27.14	Tithi 30	Yama 1:24PM – 2:18PM	Harshana Until 10:01AM	Muruqa: Purple	<i>Sunset:</i> 4:06PM	Moon 1 - Phase 38 - 13
881586576		Rahu 10:42AM – 11:36AM	Catuspada Until 11:50AM	Nataraja: Clear		Amavasya
Routine Work	Marana Yoga		Amavasya* Until 9:53PM	Moon – Light Blue		Sivaloka Day
Until 1:51AM Sun				Pausha*Thai		
Then Creative Work - Amrita Yoga						

Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Oslo, Norway
		Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 280
Retreat Star		Gulika 2:19PM – 3:14PM	Shravana Until 10:53PM	Ganesha: Yellow	<i>Sunrise:</i> 8:52AM	Subhakrit 5124
Makara Rasi: 12.34	Tithi 1	Yama 12:30PM – 1:25PM	Siddhi Until 1:11AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:08PM	Moon 1 - Phase 38 - 14
891586576		Rahu 3:14PM – 4:08PM	Kintughna Until 7:57AM	Nataraja: Clear		Prathama
Creative Work	Amrita Yoga		Prathama* Until 6:01PM	Moon – Purple		Sivaloka Day
Until 10:53PM				Magha*Thai		
Then Routine Work - Marana Yoga						

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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1	Monday, January 23, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway
	Makara Rasi: 27.5 Tithi 2 – 3	Gulika 1:26PM – 2:21PM	Dhanishtha Until 8:00PM	Sun 15 Sutra 281
Family Home Evening	891586576	Yama 11:35AM – 12:30PM	Ganesha: Yellow <i>Sunrise:</i> 8:50AM	Subhakrit 5124
Creative Work Siddha Yoga		Rahu 9:45AM – 10:40AM	Muruqa: Purple <i>Sunset:</i> 4:11PM	Moon 1 - Phase 39 - 15
			Nataraja: Clear	3rd Phase
			Moon – Purple	Sivaloka Day
			Magha-Thai	

2	Tuesday, January 24, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturtham Titau		Oslo, Norway
	Kumbha Rasi: 12.53 Tithi 3 – 4	Gulika 12:31PM – 1:26PM	Shatabhishak Until 5:24PM	Sun 16 Sutra 282
	891586576	Yama 10:39AM – 11:35AM	Ganesha: Yellow <i>Sunrise:</i> 8:48AM	Subhakrit 5124
Routine Work Marana Yoga		Rahu 2:22PM – 3:18PM	Muruqa: Purple <i>Sunset:</i> 4:13PM	Moon 1 - Phase 39 - 16
			Nataraja: Clear	3rd Phase
			Moon – Purple	Sivaloka Day
			Magha-Thai	

3	Wednesday, January 25, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway
	Kumbha Rasi: 27.34 Tithi 4 – 5	Gulika 11:35AM – 12:31PM	Purvaproshtapada* Until 3:38PM	Sun 17 Sutra 283
	911586576	Yama 9:42AM – 10:39AM	Ganesha: Blue <i>Sunrise:</i> 8:46AM	Subhakrit 5124
Creative Work Amrita Yoga		Rahu 12:31PM – 1:27PM	Muruqa: Purple <i>Sunset:</i> 4:16PM	Moon 1 - Phase 39 - 17
Until 3:38PM			Nataraja: Clear	3rd Phase
Then Creative Work - Siddha Yoga			Moon – Clear	Subha Sivaloka Day
			Magha-Thai	

4	Thursday, January 26, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Panchami/Shashthyam Titau		Oslo, Norway
	Meena Rasi: 11.46 Tithi 5 – 6	Gulika 10:38AM – 11:34AM	Uttaraproshtapada Until 2:26PM	Sun 18 Sutra 284
	911586576	Yama 8:44AM – 9:41AM	Ganesha: Blue <i>Sunrise:</i> 8:44AM	Subhakrit 5124
Creative Work Siddha Yoga		Rahu 1:28PM – 2:25PM	Muruqa: Purple <i>Sunset:</i> 4:18PM	Moon 1 - Phase 39 - 18
			Nataraja: Clear	3rd Phase
			Moon – Clear	Subha Sivaloka Day
			Magha-Thai	

5	Friday, January 27, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau		Oslo, Norway
	Meena Rasi: 25.29 Tithi 7	Gulika 9:40AM – 10:37AM	Revati Until 1:55PM	Sun 19 Sutra 285
	911586576	Yama 2:26PM – 3:23PM	Ganesha: Blue <i>Sunrise:</i> 8:42AM	Subhakrit 5124
Creative Work Siddha Yoga		Rahu 11:34AM – 12:31PM	Muruqa: Purple <i>Sunset:</i> 4:21PM	Moon 1 - Phase 39 - 19
Until 1:55PM			Nataraja: Clear	3rd Phase
Then Creative Work - Amrita Yoga			Moon – Clear	Subha Sivaloka Day
			Magha-Thai	

6	Saturday, January 28, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau		Oslo, Norway
	Mesha Rasi: 8.43 Tithi 8	Gulika 8:40AM – 9:38AM	Ashvini Until 2:32PM	Sun 20 Sutra 286
	921586576	Yama 1:30PM – 2:27PM	Ganesha: Yellow <i>Sunrise:</i> 8:40AM	Subhakrit 5124
Creative Work Siddha Yoga		Rahu 10:36AM – 11:34AM	Muruqa: Purple <i>Sunset:</i> 4:23PM	Moon 1 - Phase 39 - 20
			Nataraja: Clear	Ashtami
			Moon – White	Sivaloka Day
			Magha-Thai	

7	Sunday, January 29, 2023	Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Navamyam Titau		Oslo, Norway
	Mesha Rasi: 21.32 Tithi 9	Gulika 2:29PM – 3:27PM	Bharani Until 3:48PM	Sun 21 Sutra 287
	922686576	Yama 12:32PM – 1:30PM	Ganesha: Yellow <i>Sunrise:</i> 8:38AM	Subhakrit 5124
Routine Work Prabalarishta Yoga		Rahu 3:27PM – 4:26PM	Muruqa: Purple <i>Sunset:</i> 4:26PM	Moon 1 - Phase 39 - 21
Until 3:48PM			Nataraja: Clear	Navami
Then Creative Work - Siddha Yoga			Moon – White	Sivaloka Day
			Magha-Thai	

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukla/Brahma Yoga Tailila Karana Dashamyam Titau		Oslo, Norway Sun 22 Sutra 288 Subhakrit 5124
1	Vrishabha Rasi: 3.59 Family Home Evening Routine Work Marana Yoga Until 5:35PM Then Creative Work - Amrita Yoga	Gulika 1:31PM – 2:30PM Yama 11:33AM – 12:32PM Rahu 9:35AM – 10:34AM	Krittika Until 5:35PM Sukla Until 6:16AM Tailila Until 6:32PM Dashami Until 7:27AM Tue	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai
				Sunrise: 8:36AM Sunset: 4:28PM Moon 1 - Phase 40 - 22 4th Phase Sivaloka Day

Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekashyam Titau		Oslo, Norway Sun 23 Sutra 289 Subhakrit 5124
2	Vrishabha Rasi: 16.11 Creative Work Amrita Yoga Until 8:11PM Then Creative Work - Siddha Yoga	Gulika 12:32PM – 1:32PM Yama 10:33AM – 11:33AM Rahu 2:32PM – 3:31PM	Rohini Until 8:11PM Brahma Until 6:28AM Vanija Until 8:31PM Dashami Until 7:27AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai
				Sunrise: 8:34AM Sunset: 4:31PM Moon 1 - Phase 40 - 23 4th Phase Subha Sivaloka Day

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau		Oslo, Norway Sun 24 Sutra 290 Subhakrit 5124
3	Vrishabha Rasi: 28.14 Creative Work Siddha Yoga	Gulika 11:33AM – 12:32PM Yama 9:33AM – 10:33AM Rahu 12:32PM – 1:32PM	Mrigashira Until 10:56PM Indra Until 7:01AM Bava Until 10:50PM Ekadashi Until 9:37AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai
				Sunrise: 8:34AM Sunset: 4:31PM Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau		Oslo, Norway Sun 25 Sutra 291 Subhakrit 5124
4	Mithuna Rasi: 10.1 Routine Work Marana Yoga Until 1:40AM Fri Then Creative Work - Siddha Yoga	Gulika 10:32AM – 11:32AM Yama 8:31AM – 9:32AM Rahu 1:33PM – 2:33PM	Ardra Until 1:40AM Fri Vaidhriti* Until 7:43AM Kaulava Until 1:18AM Fri Dvodashi Until 12:02PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai
				Sunrise: 8:31AM Sunset: 4:33PM Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day Pradosha Vrata

Friday, February 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 26 Sutra 292 Subhakrit 5124
5	Mithuna Rasi: 22.03 Creative Work Siddha Yoga	Gulika 9:30AM – 10:31AM Yama 2:34PM – 3:35PM Rahu 11:32AM – 12:32PM	Punarvasu Until 4:47AM Sat Vishkambha* Until 8:32AM Gara Until 3:49AM Sat Trayodashi Until 2:32PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Blue Magha-Thai
				Sunrise: 8:29AM Sunset: 4:39PM Moon 1 - Phase 40 - 26 4th Phase Sivaloka Day

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sun 27 Sutra 293 Subhakrit 5124
6	Kataka Rasi: 3.55 Creative Work Siddha Yoga	Gulika 8:27AM – 9:28AM Yama 1:34PM – 2:36PM Rahu 10:30AM – 11:31AM	Pushya Until 7:41AM Sun Priti Until 9:22AM Visti Until 6:17AM Sun Chaturdashi* Until 5:02PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai
		Thai Pusam		Sunrise: 8:27AM Sunset: 4:39PM Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Oslo, Norway Sutra 294 Subhakrit 5124
Copper Retreat Star	Kataka Rasi: 15.49 Creative Work Siddha Yoga	Gulika 2:37PM – 3:39PM Yama 12:33PM – 1:35PM Rahu 3:39PM – 4:41PM	Pushya Until 7:41AM Ayushman Until 10:08AM Visti Until 6:17AM Purnima* Until 7:27PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai
				Sunrise: 8:24AM Sunset: 4:41PM Moon 1 - Phase 40 - Purnima Sivaloka Day

Monday, February 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Oslo, Norway Sutra 295 Subhakrit 5124
Silver Retreat Star	Kataka Rasi: 27.45 Family Home Evening Creative Work Siddha Yoga Until 10:19AM Then Routine Work - Marana Yoga	Gulika 1:36PM – 2:38PM Yama 11:30AM – 12:33PM Rahu 9:25AM – 10:27AM	Ashlesha* Until 10:19AM Saubhagya Until 10:50AM Balava Until 8:39AM Prathama* Until 9:46PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai
				Sunrise: 8:22AM Sunset: 4:44PM Moon 1 - Phase 40 - Prathama Sivaloka Day



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 9.44 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 12:33PM – 1:36PM
Yama 10:26AM – 11:30AM
Rahu 2:40PM – 3:43PM

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

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

Sunrise: 8:20AM
Sunset: 4:46PM

Oslo, Norway
Sun 1 Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 21.47 Tithi 18

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 11:29AM – 12:33PM
Yama 9:21AM – 10:25AM
Rahu 12:33PM – 1:37PM

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

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

Sunrise: 8:17AM
Sunset: 4:49PM

Oslo, Norway
Sun 2 Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 3.55 Tithi 19

952686577

Amrita Yoga

Until 5:45PM
Then Routine Work - Marana Yoga

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

Gulika 10:24AM – 11:28AM
Yama 8:15AM – 9:19AM
Rahu 1:38PM – 2:42PM

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

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

Sunrise: 8:15AM
Sunset: 4:51PM

Oslo, Norway
Sun 3 Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 16.11 Tithi 20

962686577

Amrita Yoga

Until 7:48PM
Then Creative Work - Siddha Yoga

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

Gulika 9:17AM – 10:23AM
Yama 2:44PM – 3:49PM
Rahu 11:28AM – 12:33PM

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

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

Sunrise: 8:12AM
Sunset: 4:54PM

Oslo, Norway
Sun 4 Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 28.38 Tithi 21

963686577

Marana Yoga

Until 9:13PM
Then Creative Work - Siddha Yoga

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

Gulika 8:10AM – 9:15AM
Yama 1:39PM – 2:45PM
Rahu 10:21AM – 11:27AM

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

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

Sunrise: 8:10AM
Sunset: 4:57PM

Oslo, Norway
Sun 5 Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 11.2 Tithi 22

963686577

Siddha Yoga

Until 9:52PM
Then Routine Work - Marana Yoga

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

Gulika 2:46PM – 3:53PM
Yama 12:33PM – 1:40PM
Rahu 3:53PM – 4:59PM

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

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

Sunrise: 8:07AM
Sunset: 4:59PM

Oslo, Norway
Sun 6 Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 6
1st Phase

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 24.21 Tithi 23

973686577

Family Home Evening

Marana Yoga

Until 10:08PM
Then Creative Work - Siddha Yoga

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

Gulika 1:40PM – 2:47PM
Yama 11:26AM – 12:33PM
Rahu 9:12AM – 10:19AM

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

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

Sunrise: 8:04AM
Sunset: 5:02PM

Oslo, Norway
Sun 7 Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 7
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.45 Tithi 24

973686577

Siddha Yoga

Until 9:32PM
Then Routine Work - Marana Yoga

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

Gulika 12:33PM – 1:41PM
Yama 10:17AM – 11:25AM
Rahu 2:49PM – 3:57PM

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

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

Sunrise: 8:02AM
Sunset: 5:04PM

Oslo, Norway
Sun 8 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami


Sivaloka Day

1	Wednesday, February 15, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam				Oslo, Norway
			Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau				Sun 9 Sutra 304
Wrischika Rasi: 21.35	Tithi 25		Gulika 11:25AM – 12:33PM	Jyeshtha* Until 8:05PM	Ganesha: Clear	<i>Sunrise:</i> 7:59AM	Subhakarit 5124
			Yama 9:08AM – 10:16AM	Harshana Until 2:29AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:07PM	Moon 2 - Phase 42 - 9
		973686577	Rahu 12:33PM – 1:42PM	Vanija Until 2:13PM	Nataraja: Orange		2nd Phase
Creative Work	Siddha Yoga			Dashami Until 1:02AM Thu	Moon – Orange		Sivaloka Day
Until 8:05PM					Magha-Masi		
Then Routine Work - Marana Yoga							

2	Thursday, February 16, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam				Oslo, Norway
			Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Sun 10 Sutra 305
Dhanus Rasi: 5.51	Tithi 26		Gulika 10:15AM – 11:24AM	Mula* Until 6:18PM	Ganesha: White	<i>Sunrise:</i> 7:57AM	Subhakarit 5124
			Yama 7:57AM – 9:06AM	Vajra* Until 10:59PM	Muruqa: Purple	<i>Sunset:</i> 5:07PM	Moon 2 - Phase 42 - 10
		983686577	Rahu 1:42PM – 2:51PM	Bava Until 11:44AM	Nataraja: Orange		2nd Phase
Creative Work	Siddha Yoga			Ekadashi* Until 10:16PM	Moon – Light Blue		Devaloka Day
					Magha-Masi		

3	Friday, February 17, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam				Oslo, Norway
			Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 11 Sutra 306
Dhanus Rasi: 20.31	Tithi 27		Gulika 9:04AM – 10:13AM	Purvashadha* Until 3:53PM	Ganesha: White	<i>Sunrise:</i> 7:54AM	Subhakarit 5124
			Yama 2:53PM – 4:02PM	Siddhi Until 7:08PM	Muruqa: Purple	<i>Sunset:</i> 5:12PM	Moon 2 - Phase 42 - 11
		983686577	Rahu 11:23AM – 12:33PM	Kaulava Until 8:43AM	Nataraja: Orange		2nd Phase
Routine Work	Prabalarishta Yoga			Dvadashi* Until 7:02PM	Moon – Light Blue		Devaloka Day
Until 3:53PM					Magha-Masi		
Then Routine Work - Marana Yoga							

4	Saturday, February 18, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam				Oslo, Norway
			Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 307
Makara Rasi: 5.3	Tithi 28 – 29		Gulika 7:51AM – 9:02AM	Uttarashadha Until 12:59PM	Ganesha: White	<i>Sunrise:</i> 7:51AM	Subhakarit 5124
			Yama 1:43PM – 2:54PM	Vyatipata* Until 3:01PM	Muruqa: Purple	<i>Sunset:</i> 5:15PM	Moon 2 - Phase 42 - 12
		983686577	Rahu 10:12AM – 11:23AM	Visti Until 1:40AM Sun	Nataraja: Orange		2nd Phase
Routine Work	Marana Yoga			Trayodashi* Until 3:29PM	Moon – Light Blue		Devaloka Day
Until 12:59PM					Magha-Masi		
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>			

	Sunday, February 19, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Oslo, Norway
			Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 308
Makara Rasi: 20.4	Tithi 29 – 30		Gulika 2:55PM – 4:06PM	Shravana Until 10:11AM	Ganesha: Green	<i>Sunrise:</i> 7:49AM	Subhakarit 5124
			Yama 12:33PM – 1:44PM	Variyan Until 10:45AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Moon 2 - Phase 42 - 13
		993686577	Rahu 4:06PM – 5:17PM	Catuspada Until 9:57PM	Nataraja: Orange		Amavasya
Creative Work	Amrita Yoga			Chaturdashi* Until 11:47AM	Moon – Purple		Devaloka Day
Until 10:11AM					Magha-Masi		
Then Routine Work - Marana Yoga							

Retreat Star	Monday, February 20, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam				Oslo, Norway
			Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 14 Sutra 309
Kumbha Rasi: 5.52	Tithi 30 – 1		Gulika 1:44PM – 2:56PM	Dhanishtha Until 7:16AM	Ganesha: Green	<i>Sunrise:</i> 7:46AM	Subhakarit 5124
Family Home Evening			Yama 11:21AM – 12:33PM	Parigha* Until 6:31AM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Moon 2 - Phase 42 - 14
		993686577	Rahu 8:58AM – 10:09AM	Kintughna Until 6:21PM	Nataraja: Orange		Prathama
Creative Work	Siddha Yoga			Amavasya* Until 8:07AM	Moon – Purple		Devaloka Day
					Phalgun-Masi		

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

www.gurudeva.org/panchang

1	Tuesday, February 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 20.54	Tithi 2	Gulika 12:33PM – 1:45PM	Purvaproshtapada* Until 2:10AM Wed	Ganesha: Red	<i>Sunrise:</i> 7:43AM	
			Yama 10:08AM – 11:20AM	Siddha Until 10:38PM	Muruga: Purple	<i>Sunset:</i> 5:22PM	Moon 2 - Phase 43 - 15
		913686577	Rahu 2:57PM – 4:10PM	Balava Until 3:02PM	Nataraja: Orange		3rd Phase
Routine Work Marana Yoga			Dvitiya Until 1:31AM Wed	Moon – Clear		Sivaloka Day	
Until 2:10AM Wed				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

2	Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Oslo, Norway Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 5.39	Tithi 3	Gulika 11:20AM – 12:33PM	Uttaraproshtapada Until 12:21AM Thu	Ganesha: Red	<i>Sunrise:</i> 7:40AM	
			Yama 8:53AM – 10:06AM	Sadhya Until 7:16PM	Muruga: Purple	<i>Sunset:</i> 5:25PM	Moon 2 - Phase 43 - 16
		913686577	Rahu 12:33PM – 1:46PM	Taitila Until 12:11PM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga			Tritiya Until 10:57PM	Moon – Clear		Sivaloka Day	
				Phalguna-Masi			

3	Thursday, February 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 19.59	Tithi 4	Gulika 10:05AM – 11:19AM	Revati Until 11:05PM	Ganesha: Blue	<i>Sunrise:</i> 7:38AM	
			Yama 7:38AM – 8:51AM	Subha Until 4:27PM	Muruga: Purple	<i>Sunset:</i> 5:27PM	Moon 2 - Phase 43 - 17
		913786577	Rahu 1:46PM – 3:00PM	Vanija Until 9:57AM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 9:05PM	Moon – Clear		Subha Sivaloka Day	
Until 11:05PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga		Subramuniyaswami Siva Vision Day					

4	Friday, February 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 3.51	Tithi 5	Gulika 8:49AM – 10:04AM	Ashvini Until 10:55PM	Ganesha: Yellow	<i>Sunrise:</i> 7:35AM	
			Yama 3:01PM – 4:15PM	Sukla Until 2:15PM	Muruga: Purple	<i>Sunset:</i> 5:30PM	Moon 2 - Phase 43 - 18
		923786577	Rahu 11:18AM – 12:32PM	Bava Until 8:28AM	Nataraja: Orange		3rd Phase
Creative Work Amrita Yoga			Panchami Until 8:02PM	Moon – White		Sivaloka Day	
Until 10:55PM				Phalguna-Masi			
Then Creative Work - Siddha Yoga							


5	Saturday, February 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Oslo, Norway Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 17.13	Tithi 6	Gulika 7:32AM – 8:47AM	Bharani Until 11:27PM	Ganesha: Yellow	<i>Sunrise:</i> 7:32AM	
			Yama 1:47PM – 3:02PM	Brahma Until 12:44PM	Muruga: Purple	<i>Sunset:</i> 5:32PM	Moon 2 - Phase 43 - 19
		923786577	Rahu 10:02AM – 11:17AM	Kaulava Until 7:51AM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga			Shashthi* Until 7:50PM	Moon – White		Sivaloka Day	
Until 11:27PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

6	Sunday, February 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Oslo, Norway Sun 20 Sutra 315 Subhakrit 5124
	Vrishabha Rasi: 0.08	Tithi 7	Gulika 3:03PM – 4:19PM	Krittika Until 12:39AM Mon	Ganesha: Blue	<i>Sunrise:</i> 7:29AM	
			Yama 12:32PM – 1:48PM	Indra Until 11:55AM	Muruga: Purple	<i>Sunset:</i> 5:35PM	Moon 2 - Phase 43 - 20
		924786577	Rahu 4:19PM – 5:35PM	Gara Until 8:05AM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga			Saptami Until 8:30PM	Moon – White		Devaloka Day	
Until 12:39AM Mon				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

D	Monday, February 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Oslo, Norway Sun 21 Sutra 316 Subhakrit 5124
	Retreat Star		Gulika 1:48PM – 3:05PM	Rohini Until 2:51AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 7:26AM	
	Vrishabha Rasi: 12.4	Tithi 8	Yama 11:15AM – 12:32PM	Vaidhriti* Until 11:41AM	Muruga: Purple	<i>Sunset:</i> 5:37PM	Moon 2 - Phase 43 - 21
	Family Home Evening	934786577	Rahu 8:43AM – 9:59AM	Visti Until 9:09AM	Nataraja: Orange		Ashtami
Creative Work Amrita Yoga			Ashtami* Until 9:55PM	Moon – Yellow		Sivaloka Day	
Until 2:51AM Tue				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

D	Tuesday, February 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Oslo, Norway Sun 22 Sutra 317 Subhakrit 5124
	Retreat Star		Gulika 12:32PM – 1:49PM	Mrigashira Until 5:24AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 7:24AM	
	Vrishabha Rasi: 24.55	Tithi 9	Yama 9:58AM – 11:15AM	Vishkambha* Until 11:57AM	Muruga: Purple	<i>Sunset:</i> 5:40PM	Moon 2 - Phase 43 - 22
		934786577	Rahu 3:06PM – 4:23PM	Balava Until 10:52AM	Nataraja: Orange		Navami
Creative Work Siddha Yoga			Navami* Until 11:54PM	Moon – Yellow		Sivaloka Day	
				Phalguna-Masi			

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

1		Wednesday, March 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Oslo, Norway Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 6.57	Tithi 10	Gulika 11:13AM – 12:31PM	Ardra Until 8:06AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 7:18AM		
		Yama 8:36AM – 9:55AM	Priti Until 12:34PM	Muruqa: Purple	<i>Sunset:</i> 5:45PM	Moon 2 - Phase 44 - 23	
		934786577 Rahu 12:31PM – 1:50PM	Taitila Until 1:04PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 2:15AM Thu	Moon – Yellow		Sivaloka Day	
Until 8:06AM Thu				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
2		Thursday, March 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Oslo, Norway Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 11	Gulika 9:53AM – 11:12AM	Ardra Until 8:06AM	Ganesha: Yellow	<i>Sunrise:</i> 7:15AM		
		Yama 7:15AM – 8:34AM	Ayushman Until 1:22PM	Muruqa: Purple	<i>Sunset:</i> 5:47PM	Moon 2 - Phase 44 - 24	
		934786577 Rahu 1:50PM – 3:09PM	Vanija Until 3:31PM	Nataraja: Orange		4th Phase	
Routine Work	Marana Yoga		Ekadashi Until 4:45AM Fri	Moon – Yellow		Sivaloka Day	
Until 8:06AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
3		Friday, March 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Oslo, Norway Sun 25 Sutra 320 Subhakrit 5124	
Kataka Rasi: 0.44	Tithi 12	Gulika 8:32AM – 9:52AM	Punarvasu Until 11:14AM	Ganesha: White	<i>Sunrise:</i> 7:12AM		
		Yama 3:10PM – 4:30PM	Saubhagya Until 2:14PM	Muruqa: Purple	<i>Sunset:</i> 5:50PM	Moon 2 - Phase 44 - 25	
		944786577 Rahu 11:11AM – 12:31PM	Bava Until 6:02PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 7:15AM Sat	Moon – Blue		Devaloka Day	
Until 11:14AM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
4		Saturday, March 4, 2023		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		Oslo, Norway Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 13	Tithi 12 – 13	Gulika 7:09AM – 8:30AM	Pushya Until 2:10PM	Ganesha: White	<i>Sunrise:</i> 7:09AM		
		Yama 1:51PM – 3:11PM	Sobhana Until 3:05PM	Muruqa: Purple	<i>Sunset:</i> 5:52PM	Moon 2 - Phase 44 - 26	
		944786577 Rahu 9:50AM – 11:10AM	Kaulava Until 8:28PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 7:15AM	Moon – Blue		Devaloka Day	
Until 2:10PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			
5		Sunday, March 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Oslo, Norway Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 24.31	Tithi 13 – 14	Gulika 3:13PM – 4:34PM	Ashlesha* Until 4:47PM	Ganesha: Purple	<i>Sunrise:</i> 7:06AM		
		Yama 12:31PM – 1:52PM	Athiganda* Until 3:47PM	Muruqa: Purple	<i>Sunset:</i> 5:55PM	Moon 2 - Phase 44 - 27	
		144786577 Rahu 4:34PM – 5:55PM	Gara Until 10:44PM	Nataraja: Orange		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 9:37AM	Moon – Blue		Devaloka Day	
Until 4:47PM		Chidambaram Abhishekam		Phalguna-Masi			
Then Routine Work - Marana Yoga							
		Monday, March 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Oslo, Norway Sutra 323 Subhakrit 5124	
Copper Retreat Star		Gulika 1:52PM – 3:14PM	Magha* Until 7:31PM	Ganesha: Clear	<i>Sunrise:</i> 7:03AM		
Simha Rasi: 6.31	Tithi 14 – 15	Yama 11:09AM – 12:30PM	Sukarma Until 4:19PM	Muruqa: Purple	<i>Sunset:</i> 5:57PM	Moon 2 - Phase 44 -	
Family Home Evening		154786577 Rahu 8:25AM – 9:47AM	Visti Until 12:45AM Tue	Nataraja: Orange		Purnima	
Routine Work	Marana Yoga		Chaturdashi* Until 11:45AM	Moon – Red		Sivaloka Day	
Until 7:31PM		Holi		Phalguna-Masi			
Then Creative Work - Siddha Yoga							
Tuesday, March 7, 2023		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Oslo, Norway Sutra 324 Subhakrit 5124	
Simha Rasi: 18.37	Tithi 15 – 16	Gulika 12:30PM – 1:52PM	Purvaphalguni Until 9:48PM	Ganesha: Clear	<i>Sunrise:</i> 7:00AM		
		Yama 9:45AM – 11:08AM	Dhriti Until 4:40PM	Muruqa: Purple	<i>Sunset:</i> 6:00PM	Moon 2 - Phase 44 -	
		154786577 Rahu 3:15PM – 4:37PM	Balava Until 2:28AM Wed	Nataraja: Orange		Prathama	
Creative Work	Siddha Yoga		Purnima* Until 1:38PM	Moon – Red		Sivaloka Day	
Until 9:48PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Oslo, Norway

Sutra 325

Subhakrit 5124

Kanya Rasi: 0.5 Tithi 16 – 17

154786577

Gulika 11:07AM – 12:30PM
Yama 8:21AM – 9:44AM
Rahu 12:30PM – 1:53PM

Uttaraphalguni Until 11:37PM

Shula* Until 4:44PM

Taitila Until 3:52AM Thu

Prathama* Until 3:11PM

Ganesha: Clear

Sunrise: 6:58AM

Muruqa: Purple

Sunset: 6:02PM

Nataraja: Orange

Moon – Red

Phalgunam-Masi

Moon 3 - Phase 45 -

1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 11:37PM

Then Routine Work - Marana Yoga

Thursday, March 9, 2023

1

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

Oslo, Norway

Sun 1 Sutra 326

Subhakrit 5124

Kanya Rasi: 13.13 Tithi 17 – 18

164786577

Gulika 9:42AM – 11:06AM
Yama 6:55AM – 8:18AM
Rahu 1:53PM – 3:17PM

Hasta Until 1:25AM Fri

Ganda* Until 4:34PM

Vanija Until 4:53AM Fri

Dvitiya Until 4:24PM

Ganesha: White

Sunrise: 6:55AM

Muruqa: Purple

Sunset: 6:05PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Moon 3 - Phase 45 - 1

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 1:25AM Fri

Then Creative Work - Siddha Yoga

Friday, March 10, 2023

2

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

Oslo, Norway

Sun 2 Sutra 327

Subhakrit 5124

Kanya Rasi: 25.44 Tithi 18 – 19

165786577

Gulika 8:16AM – 9:40AM
Yama 3:18PM – 4:43PM
Rahu 11:05AM – 12:29PM

Chitra Until 2:40AM Sat

Vridhi Until 4:07PM

Bava Until 5:30AM Sat

Tritiya Until 5:13PM

Ganesha: Yellow

Sunrise: 6:52AM

Muruqa: Purple

Sunset: 6:07PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Moon 3 - Phase 45 - 2

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Saturday, March 11, 2023

3

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

Oslo, Norway

Sun 3 Sutra 328

Subhakrit 5124

Tula Rasi: 8.26 Tithi 19 – 20

165786577

Gulika 6:49AM – 8:14AM
Yama 1:54PM – 3:19PM
Rahu 9:39AM – 11:04AM

Svati Until 3:21AM Sun

Dhruva Until 3:19PM

Kaulava Until 5:41AM Sun

Chaturthi* Until 5:38PM

Ganesha: Yellow

Sunrise: 6:49AM

Muruqa: Purple

Sunset: 6:09PM

Nataraja: Orange

Moon – Green

Phalgunam-Masi

Moon 3 - Phase 45 - 3

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 3:21AM Sun

Then Routine Work - Marana Yoga

Sunday, March 12, 2023

4

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

Oslo, Norway

Sun 4 Sutra 329

Subhakrit 5124

Tula Rasi: 21.2 Tithi 20 – 21

175786577

Gulika 3:20PM – 4:46PM
Yama 12:29PM – 1:55PM
Rahu 4:46PM – 6:12PM

Vishakha Until 3:52AM Mon

Vyaghata* Until 2:11PM

Gara Until 5:23AM Mon

Panchami Until 5:34PM

Ganesha: Blue

Sunrise: 6:46AM

Muruqa: Purple

Sunset: 6:12PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Moon 3 - Phase 45 - 4

1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 3:52AM Mon

Then Creative Work - Siddha Yoga

Monday, March 13, 2023

5

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

Oslo, Norway

Sun 5 Sutra 330

Subhakrit 5124

Vrischika Rasi: 4.3 Tithi 21 – 22

175786577

Gulika 1:55PM – 3:21PM
Yama 11:02AM – 12:29PM
Rahu 8:09AM – 9:36AM

Anuradha Until 3:44AM Tue

Harshana Until 12:40PM

Visti Until 4:33AM Tue

Shashthi* Until 5:01PM

Ganesha: Blue

Sunrise: 6:43AM

Muruqa: Purple

Sunset: 6:14PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Moon 3 - Phase 45 - 5

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 3:44AM Tue

Then Routine Work - Marana Yoga

Tuesday, March 14, 2023

6

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

Oslo, Norway

Sun 6 Sutra 331

Subhakrit 5124

Vrischika Rasi: 17.56 Tithi 22 – 23

175786577

Gulika 12:28PM – 1:55PM
Yama 9:34AM – 11:01AM
Rahu 3:22PM – 4:50PM

Jyeshtha* Until 2:56AM Wed

Vajra* Until 10:43AM

Balava Until 3:12AM Wed

Saptami Until 3:56PM

Ganesha: Blue

Sunrise: 6:40AM

Muruqa: Purple

Sunset: 6:17PM

Nataraja: Orange

Moon – Orange

Phalgunam-Masi

Moon 3 - Phase 45 - 6

1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Wednesday, March 15, 2023

D

Retreat Star

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

Oslo, Norway

Sun 7 Sutra 332

Subhakrit 5124

Dhanus Rasi: 1.41 Tithi 23 – 24

185786578

Gulika 11:00AM – 12:28PM
Yama 8:05AM – 9:32AM
Rahu 12:28PM – 1:56PM

Mula* Until 1:55AM Thu

Siddhi Until 8:22AM

Taitila Until 1:20AM Thu

Ashtami* Until 2:19PM

Ganesha: Red

Sunrise: 6:37AM

Muruqa: Purple

Sunset: 6:19PM

Nataraja: Clear

Moon – Light Blue

Phalgunam-Panguni

Moon 3 - Phase 45 - 7

Ashtami

Sivaloka Day

Routine Work Marana Yoga

Until 1:55AM Thu

Then Creative Work - Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

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

Oslo, Norway

Sun 8 Sutra 333

Subhakrit 5124

Dhanus Rasi: 15.44 Tithi 24 – 25

185786578

Gulika 9:31AM – 10:59AM
Yama 6:34AM – 8:02AM
Rahu 1:56PM – 3:25PM

Purvashadha* Until 12:17AM Fri

Varyan Until 2:28AM Fri

Vanija Until 11:00PM

Navami* Until 12:12PM

Ganesha: Red

Sunrise: 6:34AM

Muruqa: Purple

Sunset: 6:21PM

Nataraja: Clear

Moon – Light Blue

Phalgunam-Panguni

Moon 3 - Phase 45 - 8

Navami

Sivaloka Day

Creative Work Siddha Yoga

Until 12:17AM Fri

Then Routine Work - Marana Yoga

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

www.gurudeva.org/panchang

1	Friday, March 17, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 9 Sutra 334
	Makara Rasi: 0.06	Tithi 25 – 26	Gulika 8:00AM – 9:29AM	Uttarashadha Until 10:08PM	Ganesha: Red	<i>Sunrise:</i> 6:31AM	Subhakrit 5124
			Yama 3:26PM – 4:55PM	Parigha* Until 11:02PM	Muruqa: Purple	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 46 - 9
	Routine Work	Marana Yoga	185786578 Rahu 10:58AM – 12:27PM	Bava Until 8:16PM	Nataraja: Clear		2nd Phase
			Dashami Until 9:39AM	Moon – Light Blue		Sivaloka Day	
				Phalguna•Panguni			

2	Saturday, March 18, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau				Oslo, Norway Sun 10 Sutra 335
	Makara Rasi: 14.43	Tithi 26 – 27	Gulika 6:28AM – 7:58AM	Shravana Until 7:59PM	Ganesha: Green	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
			Yama 1:57PM – 3:27PM	Shiva Until 7:23PM	Muruqa: Purple	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 46 - 10
	Creative Work	Siddha Yoga	195786578 Rahu 9:28AM – 10:57AM	Taitila Until 3:39AM Sun	Nataraja: Clear		2nd Phase
			Ekadashi* Until 6:46AM	Moon – Purple		Subha Sivaloka Day	
				Phalguna•Panguni			

3	Sunday, March 19, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Oslo, Norway Sun 11 Sutra 336
	Makara Rasi: 29.3	Tithi 28	Gulika 3:28PM – 4:58PM	Dhanishtha Until 5:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:25AM	Subhakrit 5124
			Yama 12:27PM – 1:57PM	Siddha Until 3:35PM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 46 - 11
	Routine Work	Marana Yoga	196796578 Rahu 4:58PM – 6:29PM	Gara Until 2:04PM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 12:27AM Mon	Moon – Purple		Devaloka Day	
				Phalguna•Panguni			
				<i>Pradosha Vrata (Fasting)</i>			

4	Monday, March 20, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Oslo, Norway Sun 12 Sutra 337
	Kumbha Rasi: 14.2	Tithi 29	Gulika 1:58PM – 3:29PM	Shatabhishak Until 3:01PM	Ganesha: Green	<i>Sunrise:</i> 6:22AM	Subhakrit 5124
	Family Home Evening		Yama 10:55AM – 12:27PM	Sadhya Until 11:49AM	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 46 - 12
	Creative Work	Siddha Yoga	196896578 Rahu 7:53AM – 9:24AM	Visti Until 10:53AM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 9:19PM	Moon – Purple		Sivaloka Day	
				Phalguna•Panguni			

●	Tuesday, March 21, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Oslo, Norway Sun 13 Sutra 338
	Retreat Star		Gulika 12:26PM – 1:58PM	Purvaproshtapada* Until 12:55PM	Ganesha: Orange	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
	Kumbha Rasi: 29.06	Tithi 30	Yama 9:23AM – 10:54AM	Subha Until 8:11AM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 3 - Phase 46 - 13
	Routine Work	Marana Yoga	116896578 Rahu 3:30PM – 5:02PM	Catuspada Until 7:50AM	Nataraja: Clear		Amavasya
			Amavasya* Until 6:24PM	Moon – Clear		Devaloka Day	
				Phalguna•Panguni			

●	Wednesday, March 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Oslo, Norway Sun 14 Sutra 339
	Retreat Star		Gulika 10:53AM – 12:26PM	Uttaraproshtapada Until 11:01AM	Ganesha: Orange	<i>Sunrise:</i> 6:16AM	Subhakrit 5124
	Meena Rasi: 13.39	Tithi 1 – 2	Yama 7:48AM – 9:21AM	Brahma Until 1:43AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 46 - 14
	Creative Work	Siddha Yoga	116896578 Rahu 12:26PM – 1:58PM	Balava Until 2:48AM Thu	Nataraja: Clear		Prathama
			Prathama* Until 3:52PM	Moon – Clear		Devaloka Day	
				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 Oslo, Norway on 5/1/20

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1		Thursday, March 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Oslo, Norway Sun 15 Sutra 340
Meena Rasi: 27.53	Tithi 2 – 3	Gulika 9:19AM – 10:52AM	Revati Until 9:28AM	Ganesha: Orange	<i>Sunrise:</i> 6:13AM	Subhakrit 5124
		Yama 6:13AM – 7:46AM	Indra Until 11:11PM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 47 - 15
		116896578 Rahu 1:59PM – 3:32PM	Taitila Until 1:06AM Fri	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Dvitiya Until 1:51PM	Moon – Clear		Devaloka Day
Until 9:28AM		Chellappaswami Mahasamadhi		Chaitra•Panguni		
Then Creative Work - Amrita Yoga						

2		Friday, March 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Oslo, Norway Sun 16 Sutra 341
Mesha Rasi: 11.43	Tithi 3 – 4	Gulika 7:44AM – 9:18AM	Ashvini Until 8:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:10AM	Subhakrit 5124
		Yama 3:33PM – 5:07PM	Vaidhriti* Until 9:10PM	Muruqa: Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 47 - 16
		126896578 Rahu 10:51AM – 12:25PM	Vanija Until 12:07AM Sat	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga			Tritiya Until 12:30PM	Moon – White		Devaloka Day
Until 8:50AM				Chaitra•Panguni		
Then Creative Work - Siddha Yoga						

3		Saturday, March 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Oslo, Norway Sun 17 Sutra 342
Mesha Rasi: 25.07	Tithi 4 – 5	Gulika 6:07AM – 7:42AM	Bharani Until 8:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM	Subhakrit 5124
		Yama 2:00PM – 3:34PM	Vishkamba* Until 7:48PM	Muruqa: Clear	<i>Sunset:</i> 6:43PM	Moon 3 - Phase 47 - 17
		126896578 Rahu 9:16AM – 10:51AM	Bava Until 11:55PM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Chaturthi* Until 11:54AM	Moon – White		Devaloka Day
Until 8:48AM				Chaitra•Panguni		
Then Creative Work - Amrita Yoga						

4		Sunday, March 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Oslo, Norway Sun 18 Sutra 343
Vrishabha Rasi: 8.07	Tithi 5 – 6	Gulika 3:35PM – 5:10PM	Krittika Until 9:22AM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM	Subhakrit 5124
		Yama 12:25PM – 2:00PM	Priti Until 7:03PM	Muruqa: Clear	<i>Sunset:</i> 6:45PM	Moon 3 - Phase 47 - 18
		126896578 Rahu 5:10PM – 6:45PM	Kaulava Until 12:30AM Mon	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga			Panchami Until 12:05PM	Moon – White		Devaloka Day
				Chaitra•Panguni		

5		Monday, March 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Oslo, Norway Sun 19 Sutra 344
Vrishabha Rasi: 20.44	Tithi 6 – 7	Gulika 2:00PM – 3:36PM	Rohini Until 10:59AM	Ganesha: Clear	<i>Sunrise:</i> 6:01AM	Subhakrit 5124
Family Home Evening		Yama 10:49AM – 12:24PM	Ayushman Until 6:50PM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Moon 3 - Phase 47 - 19
		137896578 Rahu 7:37AM – 9:13AM	Gara Until 1:47AM Tue	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga			Shashthi* Until 1:02PM	Moon – Yellow		Devaloka Day
				Chaitra•Panguni		

Retreat Star		Tuesday, March 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Oslo, Norway Sun 20 Sutra 345
Mithuna Rasi: 3.04	Tithi 7 – 8	Gulika 12:24PM – 2:01PM	Mrigashira Until 1:05PM	Ganesha: Clear	<i>Sunrise:</i> 5:58AM	Subhakrit 5124
		Yama 9:11AM – 10:48AM	Saubhagya Until 7:07PM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Moon 3 - Phase 47 - 20
		137896578 Rahu 3:37PM – 5:14PM	Visti Until 3:39AM Wed	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga			Saptami Until 2:38PM	Moon – Yellow		Devaloka Day
Until 1:05PM				Chaitra•Panguni		
Then Routine Work - Marana Yoga						

Retreat Star		Wednesday, March 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Oslo, Norway Sun 21 Sutra 346
Mithuna Rasi: 15.1	Tithi 8 – 9	Gulika 10:47AM – 12:24PM	Ardra Until 3:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:55AM	Subhakrit 5124
		Yama 7:32AM – 9:09AM	Sobhana Until 7:45PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Moon 3 - Phase 47 - 21
		137896578 Rahu 12:24PM – 2:01PM	Balava Until 5:53AM Thu	Nataraja: Clear		Navami
Creative Work Siddha Yoga			Ashtami* Until 4:42PM	Moon – Yellow		Devaloka Day
		Sri Rama Navami		Chaitra•Panguni		

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

All times are standard time. Calculated for Oslo, Norway on 5/1/20

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1		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam		Oslo, Norway	
Mithuna Rasi: 27.07		Tithi 9		Punarvasu Nakshatra Athiganda* Yoga Kaulava Karana Navamyam Titau		Sun 22 Sutra 347	
Creative Work		Amrita Yoga		Gulika 9:08AM – 10:46AM		Ganesha: White Sunrise: 5:52AM	
		147896578		Yama 5:52AM – 7:30AM		Muruqa: Clear Sunset: 6:55PM	
				Rahu 2:01PM – 3:39PM		Nataraja: Clear Moon – Blue	
				Punarvasu Until 6:30PM		Chaitra•Panguni	
				Athiganda* Until 8:32PM		Devaloka Time: 3:PM to 6:PM	
				Kaulava Until 7:03PM			
				Navami* Until 7:03PM			

2		Friday, March 31, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam		Oslo, Norway	
Kataka Rasi: 9.01		Tithi 10		Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 348	
Routine Work		Marana Yoga		Gulika 7:28AM – 9:06AM		Ganesha: White Sunrise: 5:49AM	
		147896578		Yama 3:40PM – 5:19PM		Muruqa: Clear Sunset: 6:57PM	
				Rahu 10:45AM – 12:23PM		Nataraja: Clear Moon – Blue	
				Pushya Until 9:26PM		Chaitra•Panguni	
				Sukarma Until 9:23PM		Devaloka Time: 3:PM to 6:PM	
				Taitila Until 8:17AM			
				Dashami Until 9:29PM			

3		Saturday, April 1, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam		Oslo, Norway	
Kataka Rasi: 20.55		Tithi 11		Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 349	
Routine Work		Marana Yoga		Gulika 5:49AM – 7:28AM		Ganesha: White Sunrise: 5:49AM	
		147896578		Yama 2:02PM – 3:40PM		Muruqa: Clear Sunset: 6:57PM	
				Rahu 9:06AM – 10:45AM		Nataraja: Clear Moon – Blue	
				Ashlesha* Until 12:05AM Sun		Chaitra•Panguni	
				Dhriti Until 10:11PM		Devaloka Time: 3:PM to 6:PM	
				Vanija Until 10:41AM			
				Ekadashi Until 11:48PM			

4		Sunday, April 2, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam		Oslo, Norway	
Simha Rasi: 2.52		Tithi 12		Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 350	
Routine Work		Marana Yoga		Gulika 3:41PM – 5:20PM		Ganesha: Red Sunrise: 5:46AM	
Until 2:50AM Mon				Yama 12:23PM – 2:02PM		Muruqa: Clear Sunset: 7:00PM	
Then Creative Work - Siddha Yoga				Rahu 5:20PM – 7:00PM		Nataraja: Clear Moon – Red	
				Magha* Until 2:50AM Mon		Chaitra•Panguni	
				Shula* Until 10:46PM		Devaloka Day	
				Bava Until 12:54PM			
				Dvadashi Until 1:52AM Mon			

5		Monday, April 3, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam		Oslo, Norway	
Simha Rasi: 14.55		Tithi 13		Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 351	
Family Home Evening				Gulika 2:02PM – 3:42PM		Ganesha: Red Sunrise: 5:43AM	
Creative Work		Siddha Yoga		Yama 10:43AM – 12:23PM		Muruqa: Clear Sunset: 7:02PM	
Until 5:04AM Tue				Rahu 7:23AM – 9:03AM		Nataraja: Clear Moon – Red	
Then Creative Work - Amrita Yoga				Ganda* Until 11:06PM		Chaitra•Panguni	
				Kaulava Until 2:48PM		Devaloka Day	
				Trayodashi Until 3:34AM Tue			
				Pradosha Vrata			

6		Tuesday, April 4, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam		Oslo, Norway	
Simha Rasi: 27.08		Tithi 14		Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 352	
Creative Work		Amrita Yoga		Gulika 12:22PM – 2:03PM		Ganesha: Red Sunrise: 5:40AM	
Until 6:42AM Wed				Yama 9:01AM – 10:42AM		Muruqa: Clear Sunset: 7:04PM	
Then Routine Work - Marana Yoga				Rahu 3:43PM – 5:24PM		Nataraja: Clear Moon – Red	
				Uttaraphalguni Until 6:42AM Wed		Chaitra•Panguni	
				Vriddhi Until 11:07PM		Devaloka Day	
				Gara Until 4:17PM			
				Chaturdashi* Until 4:50AM Wed			

○		Wednesday, April 5, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam		Oslo, Norway	
Copper Retreat Star				Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau		Sutra 353	
Kanya Rasi: 9.32		Tithi 15		Gulika 10:41AM – 12:22PM		Ganesha: Red Sunrise: 5:37AM	
Creative Work		Amrita Yoga		Yama 7:18AM – 9:00AM		Muruqa: Clear Sunset: 7:07PM	
Until 6:42AM				Rahu 12:22PM – 2:03PM		Nataraja: Clear Moon – Red	
Then Routine Work - Marana Yoga				Dhruva Until 10:44PM		Chaitra•Panguni	
				Visti Until 5:17PM		Devaloka Day	
				Purnima* Until 5:36AM Thu			
				Panguni Uttiram			
				Hanuman Jayanti			

○		Thursday, April 6, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam		Oslo, Norway	
Silver Retreat Star				Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau		Sutra 354	
Kanya Rasi: 22.1		Tithi 16		Gulika 8:58AM – 10:40AM		Ganesha: Blue Sunrise: 5:34AM	
Routine Work		Marana Yoga		Yama 5:34AM – 7:16AM		Muruqa: Clear Sunset: 7:09PM	
Until 8:11AM				Rahu 2:04PM – 3:45PM		Nataraja: Clear Moon – Green	
Then Creative Work - Siddha Yoga				Hasta Until 8:11AM		Chaitra•Panguni	
				Vyaghata* Until 10:00PM		Devaloka Time: 3:PM to 6:PM	
				Balava Until 5:49PM			
				Prathama* Until 5:52AM Fri			

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



Friday, April 7, 2023
Gold Retreat Star

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

Oslo, Norway
Sutra 355

Tula Rasi: 5.01 Tithi 17

Gulika 7:14AM – 8:56AM
Yama 3:47PM – 5:29PM
168896578 Rahu 10:39AM – 12:21PM

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

Ganesha: Blue Sunrise: 5:31AM
Muruga: Clear Sunset: 7:12PM

Moon 4 - Phase 49 -
1st Phase

Creative Work Siddha Yoga

Nataraja: Clear
Moon – Green
Chaitra•Panguni
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 Vanija/Visti* Karana Tritiyayam Titau

Oslo, Norway
Sun 1 Sutra 356

Tula Rasi: 18.05 Tithi 18

Gulika 5:28AM – 7:11AM
Yama 2:04PM – 3:48PM
168896578 Rahu 8:55AM – 10:38AM

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

Ganesha: Blue Sunrise: 5:28AM
Muruga: Clear Sunset: 7:14PM

Moon 4 - Phase 49 - 1
1st Phase

Creative Work Siddha Yoga

Nataraja: Clear
Moon – Green
Chaitra•Panguni
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/Vyatipata* Yoga Bava/Balava Karana Chaturtham Titau

Oslo, Norway
Sun 2 Sutra 357

Vrischika Rasi: 1.23 Tithi 19

Gulika 3:49PM – 5:33PM
Yama 12:21PM – 2:05PM
179896578 Rahu 5:33PM – 7:16PM

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

Ganesha: Red Sunrise: 5:25AM
Muruga: Clear Sunset: 7:16PM

Moon 4 - Phase 49 - 2
1st Phase

Routine Work Marana Yoga

Nataraja: Clear
Moon – Orange
Chaitra•Panguni
Devaloka Day

3

Monday, April 10, 2023

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

Oslo, Norway
Sun 3 Sutra 358

Vrischika Rasi: 14.53 Tithi 20

Gulika 2:05PM – 3:50PM
Yama 10:36AM – 12:21PM
179896578 Rahu 7:07AM – 8:51AM

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

Ganesha: Red Sunrise: 5:22AM
Muruga: Clear Sunset: 7:19PM

Moon 4 - Phase 49 - 3
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Nataraja: Clear
Moon – Orange
Chaitra•Panguni
Devaloka Day

4

Tuesday, April 11, 2023

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

Oslo, Norway
Sun 4 Sutra 359

Vrischika Rasi: 28.35 Tithi 21

Gulika 12:20PM – 2:06PM
Yama 8:50AM – 10:35AM
179896578 Rahu 3:51PM – 5:36PM

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

Ganesha: Red Sunrise: 5:19AM
Muruga: Clear Sunset: 7:21PM

Moon 4 - Phase 49 - 4
1st Phase

Routine Work Marana Yoga

Until 8:17AM
Then Creative Work - Amrita Yoga

Nataraja: Clear
Moon – Orange
Chaitra•Panguni
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

Oslo, Norway
Sun 5 Sutra 360

Dhanus Rasi: 12.28 Tithi 22

Gulika 10:34AM – 12:20PM
Yama 7:02AM – 8:48AM
189896578 Rahu 12:20PM – 2:06PM

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

Ganesha: Green Sunrise: 5:16AM
Muruga: Clear Sunset: 7:24PM

Moon 4 - Phase 49 - 5
1st Phase

Routine Work Marana Yoga

Until 7:28AM
Then Creative Work - Amrita Yoga

Nataraja: Clear
Moon – Light Blue
Chaitra•Panguni
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

Oslo, Norway
Sun 6 Sutra 361

Dhanus Rasi: 26.31 Tithi 23

Gulika 8:47AM – 10:33AM
Yama 5:14AM – 7:00AM
189996578 Rahu 2:06PM – 3:53PM

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

Ganesha: White Sunrise: 5:14AM
Muruga: Clear Sunset: 7:26PM

Moon 4 - Phase 49 - 6
Ashtami

Creative Work Siddha Yoga

Until 6:14AM
Then Routine Work - Marana Yoga

Nataraja: Clear
Moon – Light Blue
Chaitra•Panguni
Bhuloka Day
Devaloka Time: 3:PM to 6:PM

Friday, April 14, 2023

Retreat Star

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

Oslo, Norway
Sun 7 Sutra 362

Makara Rasi: 10.43 Tithi 24

Gulika 6:58AM – 8:45AM
Yama 3:54PM – 5:41PM
199996578 Rahu 10:32AM – 12:20PM

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

Ganesha: Clear Sunrise: 5:11AM
Muruga: Clear Sunset: 7:28PM

Moon 4 - Phase 49 - 7
Navami

Routine Work Marana Yoga

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

Chidambaram Abhishekam
Tamil New Year

Nataraja: Clear
Moon – Purple
Chaitra•Chaitra
Devaloka Day

Shuddha Saivas meditate on these as their religious path: Oneself, Absolute Reality and the Primal Soul; the categories three: God, soul and bonds; immaculate liberation and all that fetters the soul. Tirumantiram 1432

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1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Oslo, Norway Sun 8 Sutra 363
	Makara Rasi: 25.01	Tithi 25 – 26	Gulika 5:08AM – 6:56AM	Dhanishtha Until 1:26AM Sun	Ganesha: White	<i>Sunrise:</i> 5:08AM	Sobhana 5125
			Yama 2:07PM – 3:55PM	Subha Until 10:57PM	Muruqa: Clear	<i>Sunset:</i> 7:31PM	Moon 4 - Phase 1 - 8
	Creative Work	Siddha Yoga	299996578 Rahu 8:43AM – 10:31AM	Bava Until 3:08AM Sun	Nataraja: Clear		2nd Phase
			Dashami Until 4:22PM	Moon – Purple		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway Sun 9 Sutra 364
	Kumbha Rasi: 9.23	Tithi 26 – 27	Gulika 3:56PM – 5:45PM	Shatabhishak Until 11:33PM	Ganesha: White	<i>Sunrise:</i> 5:05AM	Sobhana 5125
			Yama 12:19PM – 2:08PM	Sukla Until 7:46PM	Muruqa: Clear	<i>Sunset:</i> 7:33PM	Moon 4 - Phase 1 - 9
	Creative Work	Siddha Yoga	299996578 Rahu 5:45PM – 7:33PM	Kaulava Until 12:37AM Mon	Nataraja: Clear		2nd Phase
			Ekadashi* Until 1:51PM	Moon – Purple		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 3:PM to 6:PM	

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Oslo, Norway Sun 10 Sutra 1
	Kumbha Rasi: 23.46	Tithi 27 – 28	Gulika 2:08PM – 3:57PM	Purvaproshtapada* Until 10:01PM	Ganesha: Orange	<i>Sunrise:</i> 5:02AM	Sobhana 5125
	Family Home Evening		Yama 10:30AM – 12:19PM	Brahma Until 4:39PM	Muruqa: Clear	<i>Sunset:</i> 7:36PM	Moon 4 - Phase 1 - 10
	Routine Work	Marana Yoga	211996578 Rahu 6:51AM – 8:40AM	Gara Until 10:11PM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 11:22AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Oslo, Norway Sun 11 Sutra 2
	Meena Rasi: 8.04	Tithi 28 – 29	Gulika 12:19PM – 2:08PM	Uttaraproshtapada Until 8:32PM	Ganesha: Orange	<i>Sunrise:</i> 4:59AM	Sobhana 5125
			Yama 8:39AM – 10:29AM	Indra Until 1:40PM	Muruqa: Clear	<i>Sunset:</i> 7:38PM	Moon 4 - Phase 1 - 11
	Creative Work	Amrita Yoga	211996578 Rahu 3:58PM – 5:48PM	Visti Until 7:57PM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 9:01AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Oslo, Norway Sun 12 Sutra 3
	Retreat Star		Gulika 10:28AM – 12:18PM	Revati Until 7:14PM	Ganesha: Orange	<i>Sunrise:</i> 4:56AM	Sobhana 5125
	Meena Rasi: 22.13	Tithi 29 – 30	Yama 6:47AM – 8:37AM	Vaidhriti* Until 10:54AM	Muruqa: Clear	<i>Sunset:</i> 7:40PM	Moon 4 - Phase 1 - 12
	Routine Work	Marana Yoga	211996578 Rahu 12:18PM – 2:09PM	Catuspada Until 6:02PM	Nataraja: Clear		Amavasya
			Chaturdashi* Until 6:55AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			

Retreat Star	Thursday, April 20, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Oslo, Norway Sun 13 Sutra 4
	Mesha Rasi: 6.07	Tithi 1	Gulika 8:36AM – 10:27AM	Ashvini Until 6:39PM	Ganesha: Clear	<i>Sunrise:</i> 4:53AM	Sobhana 5125
			Yama 4:53AM – 6:44AM	Vishkambha* Until 8:28AM	Muruqa: Clear	<i>Sunset:</i> 7:43PM	Moon 4 - Phase 1 - 13
	Creative Work	Amrita Yoga	221996578 Rahu 2:09PM – 4:00PM	Kintughna Until 4:32PM	Nataraja: Clear		Prathama
			Prathama* Until 3:58AM Fri	Moon – White		Devaloka Day	
				Vaisaka*Chaitra			
				Then Creative Work - Siddha Yoga			

1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Oslo, Norway Sun 14
	Mesha Rasi: 19.43	Tithi 2	Gulika 6:42AM – 8:34AM	Bharani Until 6:28PM	Ganesha: Clear	<i>Sunrise:</i> 4:50AM	Sobhana 5125
			Yama 4:02PM – 5:53PM	Priti Until 6:27AM	Muruqa: Clear	<i>Sunset:</i> 7:45PM	Moon 4 - Phase 2 - 14
	Creative Work	Siddha Yoga	221996578 Rahu 10:26AM – 12:18PM	Balava Until 3:35PM	Nataraja: Clear		3rd Phase
			Dvitiya Until 3:19AM Sat	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2	Saturday, April 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Oslo, Norway Sun 15
	Wrishabha Rasi: 3	Tithi 3	Gulika 4:48AM – 6:40AM	Krittika Until 6:44PM	Ganesha: Clear	<i>Sunrise:</i> 4:48AM	Sobhana 5125
			Yama 2:10PM – 4:03PM	Saubhagya Until 3:51AM Sun	Muruqa: Clear	<i>Sunset:</i> 7:48PM	Moon 4 - Phase 2 - 15
	Creative Work	Amrita Yoga	221996578 Rahu 8:33AM – 10:25AM	Taitila Until 3:15PM	Nataraja: Clear		3rd Phase
			Tritiya Until 3:19AM Sun	Moon – White		Devaloka Day	
			Akshaya Tritiya	Vaisaka-Chaitra			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Oslo, Norway Sun 16
	Wrishabha Rasi: 15.56	Tithi 4	Gulika 4:04PM – 5:57PM	Rohini Until 7:58PM	Ganesha: Orange	<i>Sunrise:</i> 4:45AM	Sobhana 5125
			Yama 12:17PM – 2:11PM	Sobhana Until 3:20AM Mon	Muruqa: Clear	<i>Sunset:</i> 7:50PM	Moon 4 - Phase 2 - 16
	Creative Work	Siddha Yoga	231996578 Rahu 5:57PM – 7:50PM	Vanija Until 3:35PM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 3:59AM Mon	Moon – Yellow		Devaloka Day	
				Vaisaka-Chaitra			

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Oslo, Norway Sun 17
	Wrishabha Rasi: 28.34	Tithi 5	Gulika 2:11PM – 4:05PM	Mrigashira Until 9:40PM	Ganesha: Orange	<i>Sunrise:</i> 4:42AM	Sobhana 5125
	Family Home Evening		Yama 10:23AM – 12:17PM	Athiganda* Until 3:17AM Tue	Muruqa: Clear	<i>Sunset:</i> 7:53PM	Moon 4 - Phase 2 - 17
	Creative Work	Amrita Yoga	231996578 Rahu 6:36AM – 8:30AM	Bava Until 4:34PM	Nataraja: Clear		3rd Phase
Until 9:40PM			Panchami Until 5:15AM Tue	Moon – Yellow		Devaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Kaulava Karana Shashthyam Titau				Oslo, Norway Sun 18
	Mithuna Rasi: 10.55	Tithi 6	Gulika 12:17PM – 2:12PM	Ardra Until 11:44PM	Ganesha: Orange	<i>Sunrise:</i> 4:39AM	Sobhana 5125
			Yama 8:28AM – 10:23AM	Sukarma Until 3:38AM Wed	Muruqa: Clear	<i>Sunset:</i> 7:53PM	Moon 4 - Phase 2 - 18
	Routine Work	Marana Yoga	231996579 Rahu 4:06PM – 6:00PM	Kaulava Until 6:07PM	Nataraja: Purple		3rd Phase
Until 11:44PM			Shashthi* Until 7:02AM Wed	Moon – Yellow		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Oslo, Norway Sun 19
	Mithuna Rasi: 23.04	Tithi 6 – 7	Gulika 10:22AM – 12:17PM	Punarvasu Until 2:31AM Thu	Ganesha: Green	<i>Sunrise:</i> 4:36AM	Sobhana 5125
			Yama 6:31AM – 8:27AM	Dhriti Until 4:18AM Thu	Muruqa: Clear	<i>Sunset:</i> 7:57PM	Moon 4 - Phase 2 - 19
	Creative Work	Siddha Yoga	241996579 Rahu 12:17PM – 2:12PM	Gara Until 8:06PM	Nataraja: Purple		3rd Phase
Until 2:31AM Thu			Shashthi* Until 7:02AM	Moon – Blue		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra			

D	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Oslo, Norway Sun 20
	Retreat Star		Gulika 8:25AM – 10:21AM	Pushya Until 5:21AM Fri	Ganesha: Red	<i>Sunrise:</i> 4:34AM	Sobhana 5125
	Kataka Rasi: 5.04	Tithi 7 – 8	Yama 4:34AM – 6:29AM	Shula* Until 5:06AM Fri	Muruqa: Clear	<i>Sunset:</i> 8:00PM	Moon 4 - Phase 2 - 20
	Creative Work	Amrita Yoga	242996579 Rahu 2:12PM – 4:08PM	Visti Until 10:21PM	Nataraja: Purple		Ashtami
Until 5:21AM Fri			Saptami Until 9:11AM	Moon – Blue		Sivaloka Day	
Then Routine Work - Marana Yoga				Vaisaka-Chaitra			

D	Friday, April 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Oslo, Norway Sun 21
	Retreat Star		Gulika 6:27AM – 8:24AM	Ashlesha* Until 8:03AM Sat	Ganesha: Red	<i>Sunrise:</i> 4:31AM	Sobhana 5125
	Kataka Rasi: 16.59	Tithi 8 – 9	Yama 4:09PM – 6:06PM	Ganda* Until 5:57AM Sat	Muruqa: Clear	<i>Sunset:</i> 8:02PM	Moon 4 - Phase 2 - 21
	Routine Work	Marana Yoga	242996579 Rahu 10:20AM – 12:17PM	Balava Until 12:42AM Sat	Nataraja: Purple		Navami
Until 8:03AM Sat			Ashtami* Until 11:30AM	Moon – Blue		Sivaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra			

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukstayam Ashlesha* Magha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Oslo, Norway
	Kataka Rasi: 28.53	Tithi 9 – 10	Gulika 4:28AM – 6:25AM	Ashlesha* Until 8:03AM	Ganesha: Red	<i>Sunrise:</i> 4:28AM	Sun 22
	242996579	Rahu	Yama 2:13PM – 4:11PM	Vriddhi Until 6:42AM Sun	Muruqa: Clear	<i>Sunset:</i> 8:05PM	Sobhana 5125
Routine Work Marana Yoga			8:22AM – 10:19AM	Taitila Until 2:55AM Sun	Nataraja: Purple		Moon 4 - Phase 3 - 22
Until 8:03AM				Navami* Until 1:49PM	Moon – Blue		4th Phase
Then Creative Work - Amrita Yoga					Vaisaka*Chaitra		Sivaloka Day


2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukstayam Magha*/Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Oslo, Norway
	Simha Rasi: 10.51	Tithi 10 – 11	Gulika 4:12PM – 6:09PM	Magha* Until 10:56AM	Ganesha: Blue	<i>Sunrise:</i> 4:25AM	Sun 23
	252996579	Rahu	Yama 12:16PM – 2:14PM	Vriddhi Until 6:42AM	Muruqa: Clear	<i>Sunset:</i> 8:07PM	Sobhana 5125
Routine Work Marana Yoga			6:09PM – 8:07PM	Vanija Until 4:51AM Mon	Nataraja: Purple		Moon 4 - Phase 3 - 23
Until 10:56AM				Dashami Until 3:55PM	Moon – Red		4th Phase
Then Creative Work - Siddha Yoga					Vaisaka*Chaitra		Devaloka Day

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukstayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Yaghalata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Oslo, Norway
	Simha Rasi: 22.56	Tithi 11 – 12	Gulika 2:15PM – 4:14PM	Purvaphalguni Until 1:17PM	Ganesha: Blue	<i>Sunrise:</i> 4:20AM	Sun 24
	252996579	Rahu	Yama 10:17AM – 12:16PM	Dhruva Until 7:10AM	Muruqa: Clear	<i>Sunset:</i> 8:12PM	Sobhana 5125
Family Home Evening			6:19AM – 8:18AM	Bava Until 6:19AM Tue	Nataraja: Purple		Moon 4 - Phase 3 - 24
Creative Work Siddha Yoga				Ekadashi Until 5:38PM	Moon – Red		4th Phase
					Vaisaka*Chaitra		Devaloka Day

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yukstayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Oslo, Norway
	Kanya Rasi: 5.14	Tithi 12	Gulika 12:16PM – 2:15PM	Uttaraphalguni Until 3:00PM	Ganesha: Blue	<i>Sunrise:</i> 4:17AM	Sun 25
	252996579	Rahu	Yama 8:17AM – 10:16AM	Vyaghata* Until 7:17AM	Muruqa: Clear	<i>Sunset:</i> 8:14PM	Sobhana 5125
Creative Work Amrita Yoga			4:15PM – 6:15PM	Bava Until 6:19AM	Nataraja: Purple		Moon 4 - Phase 3 - 25
Until 3:00PM				Dvadashi Until 6:48PM	Moon – Red		4th Phase
Then Creative Work - Siddha Yoga					Vaisaka*Chaitra		Devaloka Day

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yukstayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Oslo, Norway
	Kanya Rasi: 17.46	Tithi 13	Gulika 10:15AM – 12:16PM	Hasta Until 4:27PM	Ganesha: Yellow	<i>Sunrise:</i> 4:15AM	Sun 26
	262996579	Rahu	Yama 6:15AM – 8:15AM	Harshana Until 6:58AM	Muruqa: Clear	<i>Sunset:</i> 8:17PM	Sobhana 5125
Routine Work Marana Yoga			12:16PM – 2:16PM	Kaulava Until 7:11AM	Nataraja: Purple		Moon 4 - Phase 3 - 26
Until 4:27PM				Trayodashi Until 7:22PM	Moon – Green		4th Phase
Then Creative Work - Siddha Yoga					Vaisaka*Chaitra		Sivaloka Day
							<i>Pradosha Vrata</i>

6	Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yukstayam Chitra/Svati Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Oslo, Norway
	Tula Rasi: 1	Tithi 14	Gulika 8:14AM – 10:15AM	Chitra Until 5:07PM	Ganesha: Yellow	<i>Sunrise:</i> 4:12AM	Sun 27
	262996579	Rahu	Yama 4:12AM – 6:13AM	Vajra* Until 6:07AM	Muruqa: Clear	<i>Sunset:</i> 8:19PM	Sobhana 5125
Creative Work Siddha Yoga			2:16PM – 4:17PM	Gara Until 7:26AM	Nataraja: Purple		Moon 4 - Phase 3 - 27
Until 5:07PM				Chaturdashi* Until 7:18PM	Moon – Green		4th Phase
Then Creative Work - Amrita Yoga					Vaisaka*Chaitra		Sivaloka Day

	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yukstayam Svati/Vishakha Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Oslo, Norway
	Tula Rasi: 13.45	Tithi 15	Gulika 6:11AM – 8:12AM	Svati Until 5:02PM	Ganesha: Yellow	<i>Sunrise:</i> 4:09AM	Sun 28
	262996579	Rahu	Yama 4:19PM – 6:20PM	Vyatipata* Until 3:01AM Sat	Muruqa: Clear	<i>Sunset:</i> 8:22PM	Sobhana 5125
Creative Work Siddha Yoga			10:14AM – 12:15PM	Visti Until 7:03AM	Nataraja: Purple		Moon 4 - Phase 3 - Purnima
				Purnima* Until 6:37PM	Moon – Green		
					Vaisaka*Chaitra		Sivaloka Day
							Budha Purnima (Tamil Nadu)

7	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukstayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau				Oslo, Norway
	Tula Rasi: 27.13	Tithi 16 – 17	Gulika 4:07AM – 6:09AM	Vishakha Until 4:43PM	Ganesha: White	<i>Sunrise:</i> 4:07AM	Sun 29
	272996579	Rahu	Yama 2:18PM – 4:20PM	Variyan Until 12:50AM Sun	Muruqa: Clear	<i>Sunset:</i> 8:24PM	Sobhana 5125
Creative Work Siddha Yoga			8:11AM – 10:13AM	Balava Until 6:05AM	Nataraja: Purple		Moon 4 - Phase 3 - Prathama
				Prathama* Until 5:24PM	Moon – Orange		
					Vaisaka*Chaitra		Devaloka Day

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