



Monday, April 18, 2022
Gold Retreat Star

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

Port Harcourt, Nigeria
Sutra 1

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

Gulika 2:03PM – 3:35PM
Yama 11:00AM – 12:31PM
Rahu 7:56AM – 9:28AM
Vishakha Until 11:07PM
Siddhi Until 3:51PM
Vanija Until 1:32AM Tue
Dvitiya Until 2:54PM

Ganesha: Purple *Sunrise:* 6:25AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

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

Port Harcourt, Nigeria
Sun 1 Sutra 2

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

Gulika 12:31PM – 2:03PM
Yama 9:28AM – 10:59AM
Rahu 3:34PM – 5:06PM
Anuradha Until 9:06PM
Vyatipata* Until 12:29PM
Bava Until 10:45PM
Tritiya Until 12:07PM

Ganesha: Purple *Sunrise:* 6:24AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

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

Port Harcourt, Nigeria
Sun 2 Sutra 3

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

Gulika 10:59AM – 12:31PM
Yama 7:56AM – 9:27AM
Rahu 12:31PM – 2:03PM
Jyeshtha* Until 7:00PM
Variyan Until 9:05AM
Kaulava Until 8:01PM
Chaturthi* Until 9:21AM

Ganesha: Purple *Sunrise:* 6:24AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

3

Thursday, April 21, 2022

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

Port Harcourt, Nigeria
Sun 3 Sutra 4

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

Gulika 9:27AM – 10:59AM
Yama 6:24AM – 7:55AM
Rahu 2:02PM – 3:34PM
Mula* Until 5:19PM
Shiva Until 2:39AM Fri
Vanija Until 4:11AM Fri
Panchami Until 6:40AM

Ganesha: Clear *Sunrise:* 6:24AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

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

4

Friday, April 22, 2022

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

Port Harcourt, Nigeria
Sun 4 Sutra 5

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

Gulika 7:55AM – 9:27AM
Yama 3:34PM – 5:06PM
Rahu 10:59AM – 12:30PM
Purvashadha* Until 3:43PM
Siddha Until 11:42PM
Visti Until 3:03PM
Saptami Until 1:57AM Sat

Ganesha: Purple *Sunrise:* 6:23AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Devaloka Day

5

Saturday, April 23, 2022
Retreat Star

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

Port Harcourt, Nigeria
Sun 5 Sutra 6

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

Gulika 6:23AM – 7:55AM
Yama 2:02PM – 3:34PM
Rahu 9:27AM – 10:58AM
Uttarashadha Until 2:15PM
Sadhya Until 9:00PM
Balava Until 12:58PM
Ashtami* Until 12:02AM Sun

Ganesha: Purple *Sunrise:* 6:23AM
Muruqa: White *Sunset:* 6:38PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
5 Ashtami

Devaloka Day

Sunday, April 24, 2022
Retreat Star

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

Port Harcourt, Nigeria
Sun 6 Sutra 7

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

Gulika 3:34PM – 5:06PM
Yama 12:30PM – 2:02PM
Rahu 5:06PM – 6:37PM
Shravana Until 1:24PM
Subha Until 6:35PM
Taitila Until 11:12AM
Navami* Until 10:26PM

Ganesha: Clear *Sunrise:* 6:23AM
Muruqa: White *Sunset:* 6:37PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

Subhakrit 5124
Moon 4 - Phase 1 -
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				Port Harcourt, Nigeria
	Kumbha Rasi: 2.49	Tithi 25	Gulika 2:02PM – 3:34PM	Dhanishtha Until 12:45PM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	Sun 7 Sutra 8
	Family Home Evening	299345479	Rahu 7:54AM – 9:26AM	Sukla Until 4:26PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Creative Work Siddha Yoga			Vanija Until 9:47AM	Nataraja: Clear		Moon 4 - Phase 2 - 7
			Dashami Until 9:12PM	Moon – Purple		2nd Phase	
				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				Port Harcourt, Nigeria
	Kumbha Rasi: 16.22	Tithi 26	Gulika 12:30PM – 2:02PM	Shatabhishak Until 12:19PM	Ganesha: Clear	<i>Sunrise:</i> 6:22AM	Sun 8 Sutra 9
		299345479	Rahu 3:34PM – 5:05PM	Brahma Until 2:36PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Routine Work Marana Yoga			Bava Until 8:45AM	Nataraja: Clear		Moon 4 - Phase 2 - 8
			Ekadashi* Until 8:21PM	Moon – Purple		2nd Phase	
				Chaitra+Chaitra		Devaloka Day	

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Port Harcourt, Nigeria
	Kumbha Rasi: 29.41	Tithi 27	Gulika 10:58AM – 12:30PM	Purvaproshtapada* Until 12:36PM	Ganesha: Red	<i>Sunrise:</i> 6:22AM	Sun 9 Sutra 10
		219345479	Rahu 12:30PM – 2:01PM	Indra Until 1:07PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Creative Work Amrita Yoga			Kaulava Until 8:07AM	Nataraja: Clear		Moon 4 - Phase 2 - 9
			Dvadashi* Until 7:56PM	Moon – Clear		2nd Phase	
				Chaitra+Chaitra		Devaloka Day	

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Port Harcourt, Nigeria
	Meena Rasi: 12.47	Tithi 28	Gulika 9:25AM – 10:57AM	Uttarproshtapada Until 1:10PM	Ganesha: Blue	<i>Sunrise:</i> 6:21AM	Sun 10 Sutra 11
		219445479	Rahu 2:01PM – 3:33PM	Vaidhriti* Until 11:57AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Creative Work Siddha Yoga			Gara Until 7:54AM	Nataraja: Clear		Moon 4 - Phase 2 - 10
			Trayodashi* Until 7:57PM	Moon – Clear		2nd Phase	
				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				Port Harcourt, Nigeria
	Meena Rasi: 25.39	Tithi 29	Gulika 7:53AM – 9:25AM	Revati Until 2:02PM	Ganesha: Blue	<i>Sunrise:</i> 6:21AM	Sun 11 Sutra 12
		219445479	Rahu 10:57AM – 12:29PM	Vishkambha* Until 11:11AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Creative Work Siddha Yoga			Visti Until 8:10AM	Nataraja: Clear		Moon 4 - Phase 2 - 11
			Chaturdashi* Until 8:27PM	Moon – Clear		2nd Phase	
				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				Port Harcourt, Nigeria
	Retreat Star		Gulika 6:21AM – 7:53AM	Ashvini Until 3:41PM	Ganesha: Green	<i>Sunrise:</i> 6:21AM	Sun 12 Sutra 13
	Mesha Rasi: 8.17	Tithi 30	Rahu 9:25AM – 10:57AM	Priti Until 10:48AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Creative Work Siddha Yoga			Catuspada Until 8:55AM	Nataraja: Clear		Moon 4 - Phase 2 - 12
			Amavasya* Until 9:27PM	Moon – White		Amavasya	
				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				Port Harcourt, Nigeria
	Mesha Rasi: 20.42	Tithi 1	Gulika 3:33PM – 5:05PM	Bharani Until 5:40PM	Ganesha: Green	<i>Sunrise:</i> 6:21AM	Sun 13 Sutra 14
		221445479	Rahu 5:05PM – 6:37PM	Ayushman Until 10:46AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Subhakrit 5124
	Routine Work Prabalarishta Yoga			Kintughna Until 10:10AM	Nataraja: Clear		Moon 4 - Phase 2 - 13
			Prathama* Until 10:56PM	Moon – White		Prathama	
				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		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Port Harcourt, Nigeria Sun 14 Sutra 15 Subhakit 5124
1	Wishabha Rasi: 2.55 Tithi 2	Gulika 2:01PM – 3:33PM	Krittika Until 7:55PM	Ganesha: Green <i>Sunrise:</i> 6:21AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 14 3rd Phase
Family Home Evening	221445479 Rahu 7:53AM – 9:25AM	Yama 10:57AM – 12:29PM	Saubhagya Until 11:07AM	Nataraja: Clear		
Routine Work Marana Yoga			Balava Until 11:52AM	Moon – White	Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Until 7:55PM			Dvitiya Until 12:51AM Tue	Vaisaka-Chaitra		
Then Creative Work - Amrita Yoga						

Tuesday, May 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Port Harcourt, Nigeria Sun 15 Sutra 16 Subhakit 5124
2	Wishabha Rasi: 14.57 Tithi 3	Gulika 12:29PM – 2:01PM	Rohini Until 10:50PM	Ganesha: White <i>Sunrise:</i> 6:20AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 15 3rd Phase
Creative Work Amrita Yoga	231445479 Rahu 3:33PM – 5:05PM	Yama 9:25AM – 10:57AM	Sobhana Until 11:47AM	Nataraja: Clear		
Until 10:50PM			Taitila Until 1:58PM	Moon – Yellow	Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga		Akshaya Tritiya	Tritiya Until 3:06AM Wed	Vaisaka-Chaitra		

Wednesday, May 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Port Harcourt, Nigeria Sun 16 Sutra 17 Subhakit 5124
3	Wishabha Rasi: 26.52 Tithi 4	Gulika 10:57AM – 12:29PM	Mrigashira Until 1:48AM Thu	Ganesha: White <i>Sunrise:</i> 6:20AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 16 3rd Phase
Creative Work Siddha Yoga	231445479 Rahu 12:29PM – 2:01PM	Yama 7:52AM – 9:24AM	Athiganda* Until 12:38PM	Nataraja: Clear		
Until 1:48AM Thu			Vanija Until 4:21PM	Moon – Yellow	Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga			Chaturthi* Until 5:34AM Thu	Vaisaka-Chaitra		

Thursday, May 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava Karana Panchamyam Titau				Port Harcourt, Nigeria Sun 17 Sutra 18 Subhakit 5124
4	Mithuna Rasi: 8.43 Tithi 5	Gulika 9:24AM – 10:56AM	Ardra Until 4:40AM Fri	Ganesha: White <i>Sunrise:</i> 6:20AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 17 3rd Phase
Routine Work Marana Yoga	231445479 Rahu 2:01PM – 3:33PM	Yama 6:20AM – 7:52AM	Sukarma Until 1:37PM	Nataraja: Clear		
Until 4:40AM Fri			Bava Until 6:51PM	Moon – Yellow	Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga			Panchami Until 8:04AM Fri	Vaisaka-Chaitra		

Friday, May 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Port Harcourt, Nigeria Sun 18 Sutra 19 Subhakit 5124
5	Mithuna Rasi: 20.34 Tithi 5 – 6	Gulika 7:52AM – 9:24AM	Punarvasu Until 7:46AM Sat	Ganesha: Clear <i>Sunrise:</i> 6:20AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 18 3rd Phase
Creative Work Siddha Yoga	241445479 Rahu 10:56AM – 12:28PM	Yama 3:33PM – 5:05PM	Dhriti Until 2:36PM	Nataraja: Clear		
			Kaulava Until 9:18PM	Moon – Blue	Devaloka Day	
			Panchami Until 8:04AM	Vaisaka-Chaitra		

Saturday, May 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Port Harcourt, Nigeria Sun 19 Sutra 20 Subhakit 5124
6	Kataka Rasi: 2.26 Tithi 6 – 7	Gulika 6:20AM – 7:52AM	Punarvasu Until 7:46AM	Ganesha: Clear <i>Sunrise:</i> 6:20AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 19 3rd Phase
Creative Work Siddha Yoga	241445479 Rahu 9:24AM – 10:56AM	Yama 2:01PM – 3:33PM	Shula* Until 3:26PM	Nataraja: Clear		
			Gara Until 11:31PM	Moon – Blue	Devaloka Day	
			Shashthi* Until 10:26AM	Vaisaka-Chaitra		

Sunday, May 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Port Harcourt, Nigeria Sun 20 Sutra 21 Subhakit 5124
Retreat Star	Kataka Rasi: 14.26 Tithi 7 – 8	Gulika 3:33PM – 5:05PM	Pushya Until 10:25AM	Ganesha: Clear <i>Sunrise:</i> 6:19AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 20 Ashtami
Creative Work Siddha Yoga	241445479 Rahu 5:05PM – 6:37PM	Yama 12:28PM – 2:01PM	Ganda* Until 4:00PM	Nataraja: Clear		
			Visti Until 1:20AM Mon	Moon – Blue	Devaloka Day	
		Mother's Day	Saptami Until 12:28PM	Vaisaka-Chaitra		

Monday, May 9, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Port Harcourt, Nigeria Sun 21 Sutra 22 Subhakit 5124
Retreat Star	Kataka Rasi: 26.37 Tithi 8 – 9	Gulika 2:01PM – 3:33PM	Ashlesha* Until 12:25PM	Ganesha: Clear <i>Sunrise:</i> 6:19AM	Muruqa: White <i>Sunset:</i> 6:37PM	Moon 4 - Phase 3 - 21 Navami
Family Home Evening	241445479 Rahu 7:51AM – 9:24AM	Yama 10:56AM – 12:28PM	Vridhi Until 4:11PM	Nataraja: Clear		
Creative Work Siddha Yoga			Balava Until 2:33AM Tue	Moon – Blue	Devaloka Day	
Until 12:25PM			Ashtami* Until 2:00PM	Vaisaka-Chaitra		
Then Routine Work - Marana Yoga						

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

1	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				Port Harcourt, Nigeria Sun 22 Sutra 23
	Simha Rasi: 9.02	Tithi 9 – 10	Gulika 12:28PM – 2:01PM	Magha* Until 2:08PM	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
			Yama 9:24AM – 10:56AM	Dhruva Until 3:49PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 4 - 22
	252445479	Rahu 3:33PM – 5:05PM	Taitila Until 3:04AM Wed	Navami* Until 2:53PM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga			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				Port Harcourt, Nigeria Sun 23 Sutra 24
	Simha Rasi: 21.48	Tithi 10 – 11	Gulika 10:56AM – 12:28PM	Purvaphalguni Until 2:57PM	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
			Yama 7:51AM – 9:24AM	Vyaghata* Until 2:53PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 4 - 23
	252445479	Rahu 12:28PM – 2:01PM	Vanija Until 2:49AM Thu	Dashami Until 3:01PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga			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				Port Harcourt, Nigeria Sun 24 Sutra 25
	Kanya Rasi: 4.57	Tithi 11 – 12	Gulika 9:24AM – 10:56AM	Uttaraphalguni Until 2:51PM	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
			Yama 6:19AM – 7:51AM	Harshana Until 1:21PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 4 - 24
	252445479	Rahu 2:01PM – 3:33PM	Bava Until 1:47AM Fri	Ekadashi Until 2:23PM	Nataraja: Clear		4th Phase
Amrita Yoga				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				Port Harcourt, Nigeria Sun 25 Sutra 26
	Kanya Rasi: 18.31	Tithi 12 – 13	Gulika 7:51AM – 9:23AM	Hasta Until 2:19PM	Ganesha: White	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
			Yama 3:33PM – 5:05PM	Vajra* Until 11:11AM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 4 - 25
	262445479	Rahu 10:56AM – 12:28PM	Kaulava Until 12:02AM Sat	Dvadashi Until 12:58PM	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga			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				Port Harcourt, Nigeria Sun 26 Sutra 27
	Tula Rasi: 2.31	Tithi 13 – 14	Gulika 6:19AM – 7:51AM	Chitra Until 12:58PM	Ganesha: White	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
			Yama 2:01PM – 3:33PM	Siddhi Until 8:28AM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 4 - 26
	262445479	Rahu 9:23AM – 10:56AM	Gara Until 9:40PM	Trayodashi Until 10:54AM	Nataraja: Clear		4th Phase
Routine Work	Marana Yoga			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				Port Harcourt, Nigeria Sun 27 Sutra 28
	Copper Retreat Star		Gulika 3:33PM – 5:05PM	Svati Until 10:56AM	Ganesha: White	<i>Sunrise:</i> 6:19AM	Subhakrit 5124
	Tula Rasi: 16.54	Tithi 14 – 15	Yama 12:28PM – 2:01PM	Variyan Until 1:46AM Mon	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 4 - 27
	262445479	Rahu 5:05PM – 6:38PM	Visti Until 6:49PM	Chaturdashi* Until 8:16AM	Nataraja: Clear		Purnima
Creative Work	Siddha Yoga			Moon – Green		Sivaloka Day	
Until 10:56AM				Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga							

○	Monday, May 16, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Port Harcourt, Nigeria Sun 29 Sutra 29
	Silver Retreat Star		Gulika 2:01PM – 3:33PM	Vishakha Until 8:47AM	Ganesha: Yellow	<i>Sunrise:</i> 6:18AM	Subhakrit 5124
	Vrischika Rasi: 2	Tithi 16	Yama 10:56AM – 12:28PM	Parigha* Until 10:00PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 4 -
	272445479	Rahu 7:51AM – 9:23AM	Balava Until 3:37PM	Prathama* Until 1:56AM Tue	Nataraja: Clear		Prathama
Family Home Evening	Marana Yoga			Moon – Orange		Devaloka Day	
Until 8:47AM				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga							

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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Tuesday, May 17, 2022
Gold Retreat Star

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

Port Harcourt, Nigeria
Sutra 30

Vrischika Rasi: 16.29 Tithi 17

272445479

Gulika 12:28PM – 2:01PM
Yama 9:23AM – 10:56AM
Rahu 3:33PM – 5:06PM

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

Ganesha: Yellow *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:38PM*
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

Port Harcourt, Nigeria
Sun 1 Sutra 31

Dhanus Rasi: 1.27 Tithi 18

282445479

Gulika 10:56AM – 12:28PM
Yama 7:51AM – 9:23AM
Rahu 12:28PM – 2:01PM

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

Ganesha: Blue *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:38PM*
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

Port Harcourt, Nigeria
Sun 2 Sutra 32

Dhanus Rasi: 16.2 Tithi 19 – 20

282445479

Gulika 9:23AM – 10:56AM
Yama 6:18AM – 7:51AM
Rahu 2:01PM – 3:33PM

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

Ganesha: Blue *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:38PM*
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

Port Harcourt, Nigeria
Sun 3 Sutra 33

Makara Rasi: 1.03 Tithi 20 – 21

282445479

Gulika 7:51AM – 9:23AM
Yama 3:33PM – 5:06PM
Rahu 10:56AM – 12:28PM

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

Ganesha: Blue *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:38PM*
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

Port Harcourt, Nigeria
Sun 4 Sutra 34

Makara Rasi: 15.29 Tithi 21 – 22

292445479

Gulika 6:18AM – 7:51AM
Yama 2:01PM – 3:33PM
Rahu 9:23AM – 10:56AM

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

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:38PM*
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

Port Harcourt, Nigeria
Sun 5 Sutra 35

Makara Rasi: 29.34 Tithi 22 – 23

292445479

Gulika 3:34PM – 5:06PM
Yama 12:28PM – 2:01PM
Rahu 5:06PM – 6:39PM

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

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:39PM*
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

Port Harcourt, Nigeria
Sun 6 Sutra 36

Kumbha Rasi: 13.19 Tithi 23 – 24

293445479

Gulika 2:01PM – 3:34PM
Yama 10:56AM – 12:29PM
Rahu 7:51AM – 9:23AM

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

Ganesha: Green *Sunrise: 6:18AM*
Muruqa: White *Sunset: 6:39PM*
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 5:43PM

Then Routine Work - Marana Yoga

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

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

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1		Tuesday, May 24, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yukstayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 7 Sutra 37 Subhakrit 5124	
Kumbha Rasi: 26.43	Tithi 24 – 25	Gulika 12:29PM – 2:01PM	Purvaproshtapada* Until 6:03PM	Ganesha: Clear	Sunrise: 6:18AM	Moon 5 - Phase 6 - 7	2nd Phase
213545479	Rahu 3:34PM – 5:06PM	Yama 9:23AM – 10:56AM	Vishkambha* Until 7:09PM	Muruqa: White	Sunset: 6:39PM	Devaloka Day	
Routine Work	Marana Yoga		Vanija Until 6:06PM	Nataraja: Clear			
Until 6:03PM			Navami* Until 6:16AM	Moon – Clear			
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			
2		Wednesday, May 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yukstayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Port Harcourt, Nigeria Sun 8 Sutra 38 Subhakrit 5124	
Meena Rasi: 9.48	Tithi 25 – 26	Gulika 10:56AM – 12:29PM	Uttaraproshtapada Until 6:48PM	Ganesha: Clear	Sunrise: 6:18AM	Moon 5 - Phase 6 - 8	2nd Phase
213545479	Rahu 12:29PM – 2:01PM	Yama 7:51AM – 9:23AM	Priti Until 6:13PM	Muruqa: White	Sunset: 6:39PM	Devaloka Day	
Creative Work	Siddha Yoga		Bava Until 6:10PM	Nataraja: Clear			
Until 6:48PM			Dashami Until 6:02AM	Moon – Clear			
Then Routine Work - Marana Yoga				Vaisaka-Vaikasi			
3		Thursday, May 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yukstayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 39 Subhakrit 5124	
Meena Rasi: 22.35	Tithi 26 – 27	Gulika 9:24AM – 10:56AM	Revati Until 7:57PM	Ganesha: Purple	Sunrise: 6:18AM	Moon 5 - Phase 6 - 9	2nd Phase
313545479	Rahu 2:01PM – 3:34PM	Yama 6:18AM – 7:51AM	Ayushman Until 5:42PM	Muruqa: White	Sunset: 6:39PM	Sivaloka Day	
Creative Work	Siddha Yoga		Kaulava Until 6:47PM	Nataraja: Clear			
Until 7:57PM			Ekadashi* Until 6:23AM	Moon – Clear			
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			
4		Friday, May 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yukstayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Port Harcourt, Nigeria Sun 10 Sutra 40 Subhakrit 5124	
Mesha Rasi: 5.08	Tithi 27 – 28	Gulika 7:51AM – 9:24AM	Ashvini Until 9:54PM	Ganesha: Clear	Sunrise: 6:18AM	Moon 5 - Phase 6 - 10	2nd Phase
323545479	Rahu 10:56AM – 12:29PM	Yama 3:34PM – 5:07PM	Saubhagya Until 5:35PM	Muruqa: White	Sunset: 6:39PM	Devaloka Day	
Creative Work	Amrita Yoga		Gara Until 7:55PM	Nataraja: Clear			
Until 9:54PM			Dvadashi* Until 7:17AM	Moon – White			
Then Creative Work - Siddha Yoga				Vaisaka-Vaikasi			
			<i>Pradosha Vrata (Fasting)</i>				
5		Saturday, May 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yukstayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 41 Subhakrit 5124	
Mesha Rasi: 17.28	Tithi 28 – 29	Gulika 6:18AM – 7:51AM	Bharani Until 12:08AM Sun	Ganesha: Clear	Sunrise: 6:18AM	Moon 5 - Phase 6 - 11	2nd Phase
323545479	Rahu 9:24AM – 10:56AM	Yama 2:02PM – 3:34PM	Sobhana Until 5:51PM	Muruqa: White	Sunset: 6:40PM	Devaloka Day	
Creative Work	Siddha Yoga		Visti Until 9:30PM	Nataraja: Clear			
			Trayodashi* Until 8:39AM	Moon – White			
				Vaisaka-Vaikasi			
Retreat Star		Sunday, May 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yukstayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Port Harcourt, Nigeria Sun 12 Sutra 42 Subhakrit 5124	
Mesha Rasi: 29.37	Tithi 29 – 30	Gulika 3:34PM – 5:07PM	Krittika Until 2:32AM Mon	Ganesha: Clear	Sunrise: 6:18AM	Moon 5 - Phase 6 - 12	Amavasya
323545479	Rahu 5:07PM – 6:40PM	Yama 12:29PM – 2:02PM	Athiganda* Until 6:22PM	Muruqa: White	Sunset: 6:40PM	Devaloka Day	
Creative Work	Siddha Yoga		Catuspada Until 11:28PM	Nataraja: Clear			
Until 2:32AM Mon			Chaturdashi* Until 10:25AM	Moon – White			
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			
Retreat Star		Monday, May 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yukstayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Port Harcourt, Nigeria Sun 13 Sutra 43 Subhakrit 5124	
Vrishabha Rasi: 11.38	Tithi 30 – 1	Gulika 2:02PM – 3:35PM	Rohini Until 5:33AM Tue	Ganesha: Orange	Sunrise: 6:19AM	Moon 5 - Phase 6 - 13	Prathama
333545479	Rahu 7:51AM – 9:24AM	Yama 10:57AM – 12:29PM	Sukarma Until 7:09PM	Muruqa: White	Sunset: 6:40PM	Devaloka Day	
Family Home Evening	Amrita Yoga		Kintughna Until 1:42AM Tue	Nataraja: Clear			
Creative Work			Amavasya* Until 12:32PM	Moon – Yellow			
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				Port Harcourt, Nigeria
	Mrigashira Rasi: 23.33 Tithi 1 – 2		Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 14 Sutra 44
	333545479	Gulika 12:29PM – 2:02PM Yama 9:24AM – 10:57AM Rahu 3:35PM – 5:08PM	Mrigashira Until 8:33AM Wed Dhriti Until 8:06PM Balava Until 4:07AM Wed Prathama* Until 2:52PM	Ganesha: Orange <i>Sunrise:</i> 6:19AM Muruqa: White <i>Sunset:</i> 6:40PM Nataraja: Clear Moon – Yellow	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 14 3rd Phase	
	Creative Work Siddha Yoga						

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam				Port Harcourt, Nigeria
	Mithuna Rasi: 5.24 Tithi 2 – 3		Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Sun 15 Sutra 45
	333545479	Gulika 10:57AM – 12:30PM Yama 7:51AM – 9:24AM Rahu 12:30PM – 2:02PM	Mrigashira Until 8:33AM Shula* Until 9:05PM Taitila Until 6:36AM Thu Dvitiya Until 5:20PM	Ganesha: Orange <i>Sunrise:</i> 6:19AM Muruqa: White <i>Sunset:</i> 6:40PM Nataraja: Clear Moon – Yellow	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 15 3rd Phase	
	Creative Work Siddha Yoga						

3	Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam				Port Harcourt, Nigeria
	Mithuna Rasi: 17.14 Tithi 3		Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Sun 16 Sutra 46
	333555479	Gulika 9:24AM – 10:57AM Yama 6:19AM – 7:52AM Rahu 2:02PM – 3:35PM	Ardra Until 11:25AM Ganda* Until 10:06PM Taitila Until 6:36AM Tritiya Until 7:49PM	Ganesha: Orange <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: Clear Moon – Yellow	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 16 3rd Phase	
	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				Port Harcourt, Nigeria
	Mithuna Rasi: 29.04 Tithi 4		Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Sun 17 Sutra 47
	343555479	Gulika 7:52AM – 9:24AM Yama 3:35PM – 5:08PM Rahu 10:57AM – 12:30PM	Punarvasu Until 2:35PM Vriddhi Until 11:03PM Vanija Until 9:03AM Chaturthi* Until 10:12PM	Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: Clear Moon – Blue	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 17 3rd Phase	
	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				Port Harcourt, Nigeria
	Kataka Rasi: 10.59 Tithi 5		Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Sun 18 Sutra 48
	343555479	Gulika 6:19AM – 7:52AM Yama 2:03PM – 3:36PM Rahu 9:25AM – 10:57AM	Pushya Until 5:23PM Dhruva Until 11:47PM Bava Until 11:20AM Panchami Until 12:21AM Sun	Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: Clear Moon – Blue	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 18 3rd Phase	
	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				Port Harcourt, Nigeria
	Kataka Rasi: 22.59 Tithi 6		Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Sun 19 Sutra 49
	343555471	Gulika 3:36PM – 5:08PM Yama 12:30PM – 2:03PM Rahu 5:08PM – 6:41PM	Ashlesha* Until 7:42PM Vyaghata* Until 12:15AM Mon Kaulava Until 1:19PM Shashthi* Until 2:08AM Mon	Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: Yellow Moon – Blue	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 19 3rd Phase	
	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				Port Harcourt, Nigeria
	Simha Rasi: 5.09 Tithi 7		Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Sun 20 Sutra 50
	353555471	Gulika 2:03PM – 3:36PM Yama 10:58AM – 12:30PM Rahu 7:52AM – 9:25AM	Magha* Until 9:53PM Harshana Until 12:21AM Tue Gara Until 2:51PM Saptami Until 3:23AM Tue	Ganesha: Purple <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: Yellow Moon – Red	Sivaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 20 3rd Phase	
	Family Home Evening Routine Work 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				Port Harcourt, Nigeria
	Simha Rasi: 17.32 Tithi 8		Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Sun 21 Sutra 51
	354555471	Gulika 12:31PM – 2:03PM Yama 9:25AM – 10:58AM Rahu 3:36PM – 5:09PM	Purvaphalguni Until 11:18PM Vajra* Until 11:55PM Visti Until 3:48PM Ashtami* Until 4:00AM Wed	Ganesha: Clear <i>Sunrise:</i> 6:19AM Muruqa: Green <i>Sunset:</i> 6:42PM Nataraja: Yellow Moon – Red	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 21 Ashtami	
	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				Port Harcourt, Nigeria
	Kanya Rasi: 0.14 Tithi 9		Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Sun 22 Sutra 52
	354555471	Gulika 10:58AM – 12:31PM Yama 7:52AM – 9:25AM Rahu 12:31PM – 2:04PM	Uttaraphalguni Until 11:51PM Siddhi Until 10:55PM Balava Until 4:03PM Navami* Until 3:51AM Thu	Ganesha: Clear <i>Sunrise:</i> 6:20AM Muruqa: Green <i>Sunset:</i> 6:42PM Nataraja: Yellow Moon – Red	Devaloka Day	Subhakit 5124 Moon 5 - Phase 7 - 22 Navami	
	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		Port Harcourt, Nigeria Sun 23 Sutra 53
	Kanya Rasi: 13.17	Tithi 10	Gulika 9:25AM – 10:58AM Yama 6:20AM – 7:53AM Rahu 2:04PM – 3:37PM	Hasta Until 11:55PM Vyatipata* Until 9:19PM Taitila Until 3:31PM Dashami Until 2:56AM Fri	Ganesha: White <i>Sunrise: 6:20AM</i> Muruqa: Green <i>Sunset: 6:42PM</i> Nataraja: Yellow Moon – Green
Routine Work Marana Yoga Until 11:55PM Then Creative Work - Siddha Yoga		364555471		Bhuloka Day Devaloka Time: 6:PM to 9:PM	Subhakrit 5124 Moon 5 - Phase 8 - 23 4th Phase


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		Port Harcourt, Nigeria Sun 24 Sutra 54
	Kanya Rasi: 26.47	Tithi 11	Gulika 7:53AM – 9:26AM Yama 3:37PM – 5:10PM Rahu 10:58AM – 12:31PM	Chitra Until 11:05PM Variyan Until 7:03PM Vanija Until 2:12PM Ekadashi Until 1:14AM Sat	Ganesha: White <i>Sunrise: 6:20AM</i> Muruqa: Green <i>Sunset: 6:42PM</i> Nataraja: Yellow Moon – Green
Creative Work Siddha Yoga		364555471		Bhuloka Day Devaloka Time: 6:PM to 9:PM	Subhakrit 5124 Moon 5 - Phase 8 - 24 4th Phase

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		Port Harcourt, Nigeria Sun 25 Sutra 55
	Tula Rasi: 10.43	Tithi 12	Gulika 6:20AM – 7:53AM Yama 2:04PM – 3:37PM Rahu 9:26AM – 10:59AM	Svati Until 9:24PM Parigha* Until 4:13PM Bava Until 12:08PM Dvadashi Until 10:51PM	Ganesha: White <i>Sunrise: 6:20AM</i> Muruqa: Green <i>Sunset: 6:43PM</i> Nataraja: Yellow Moon – Green
Creative Work Siddha Yoga		364555471		Bhuloka Day Devaloka Time: 6:PM to 9:PM	Subhakrit 5124 Moon 5 - Phase 8 - 25 4th Phase

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		Port Harcourt, Nigeria Sun 26 Sutra 56
	Tula Rasi: 25.07	Tithi 13	Gulika 3:37PM – 5:10PM Yama 12:32PM – 2:04PM Rahu 5:10PM – 6:43PM	Vishakha Until 7:24PM Shiva Until 12:53PM Kaulava Until 9:27AM Trayodashi Until 7:53PM	Ganesha: Yellow <i>Sunrise: 6:20AM</i> Muruqa: Green <i>Sunset: 6:43PM</i> Nataraja: Yellow Moon – Orange
Routine Work Marana Yoga		374555471	Vaikasi Visakam	Devaloka Day	Subhakrit 5124 Moon 5 - Phase 8 - 26 4th Phase
<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		Port Harcourt, Nigeria Sun 27 Sutra 57
	Vrischika Rasi: 9.53	Tithi 14 – 15	Gulika 2:05PM – 3:37PM Yama 10:59AM – 12:32PM Rahu 7:53AM – 9:26AM	Anuradha Until 4:50PM Siddha Until 9:08AM Gara Until 6:15AM Chaturdashi* Until 4:30PM	Ganesha: Yellow <i>Sunrise: 6:20AM</i> Muruqa: Green <i>Sunset: 6:43PM</i> Nataraja: Yellow Moon – Orange
Family Home Evening Creative Work Siddha Yoga		374555471		Devaloka Day	Subhakrit 5124 Moon 5 - Phase 8 - 27 4th Phase

	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		Port Harcourt, Nigeria Sun 28 Sutra 58
	Vrischika Rasi: 24.56	Tithi 15 – 16	Gulika 12:32PM – 2:05PM Yama 9:26AM – 10:59AM Rahu 3:38PM – 5:10PM	Jyeshtha* Until 1:52PM Subha Until 12:57AM Wed Balava Until 10:57PM Purnima* Until 12:49PM	Ganesha: Yellow <i>Sunrise: 6:21AM</i> Muruqa: Green <i>Sunset: 6:43PM</i> Nataraja: Yellow Moon – Orange
Routine Work Marana Yoga Until 1:52PM Then Creative Work - Amrita Yoga		374555471		Devaloka Day	Subhakrit 5124 Moon 5 - Phase 8 - Purnima

	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		Port Harcourt, Nigeria Sun 29 Sutra 59
	Dhanus Rasi: 10.08	Tithi 16 – 17	Gulika 10:59AM – 12:32PM Yama 7:54AM – 9:27AM Rahu 12:32PM – 2:05PM	Mula* Until 11:02AM Sukla Until 8:44PM Taitila Until 7:09PM Prathama* Until 9:02AM	Ganesha: Blue <i>Sunrise: 6:21AM</i> Muruqa: Green <i>Sunset: 6:44PM</i> Nataraja: Yellow Moon – Light Blue
Routine Work Marana Yoga Until 11:02AM Then Creative Work - Amrita Yoga		384555471		Bhuloka Day Devaloka Time: 6:PM to 9:PM	Subhakrit 5124 Moon 5 - Phase 8 - Prathama



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

Port Harcourt, Nigeria

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 25.19 Tithi 18

384555471

Gulika 9:27AM - 11:00AM
Yama 6:21AM - 7:54AM
Rahu 2:05PM - 3:38PM

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

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

Sunrise: 6:21AM
Sunset: 6:44PM

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

Port Harcourt, Nigeria

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 10.19 Tithi 19

394555471

Gulika 7:54AM - 9:27AM
Yama 3:38PM - 5:11PM
Rahu 11:00AM - 12:33PM

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

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

Sunrise: 6:21AM
Sunset: 6:44PM

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

Port Harcourt, Nigeria

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 25.01 Tithi 20

394655471

Gulika 6:21AM - 7:54AM
Yama 2:06PM - 3:39PM
Rahu 9:27AM - 11:00AM

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

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

Sunrise: 6:21AM
Sunset: 6:44PM

Sivaloka Day

Creative Work Siddha Yoga

3 Sunday, June 19, 2022

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

Port Harcourt, Nigeria

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 9.19 Tithi 21 - 22

395655471

Gulika 3:39PM - 5:12PM
Yama 12:33PM - 2:06PM
Rahu 5:12PM - 6:44PM

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

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

Sunrise: 6:22AM
Sunset: 6:44PM

Devaloka Day

Creative Work Siddha Yoga

Until 12:16AM Mon

Then Routine Work - Marana Yoga

4 Monday, June 20, 2022

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

Port Harcourt, Nigeria

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 23.1 Tithi 22 - 23

315655471

Gulika 2:06PM - 3:39PM
Yama 11:00AM - 12:33PM
Rahu 7:55AM - 9:28AM

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

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

Sunrise: 6:22AM
Sunset: 6:45PM

Devaloka Day

Routine Work Marana Yoga

Until 12:05AM Tue

Then Creative Work - Amrita Yoga

Retreat Star Tuesday, June 21, 2022

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

Port Harcourt, Nigeria

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 6.35 Tithi 23 - 24

315655471

Gulika 12:33PM - 2:06PM
Yama 9:28AM - 11:01AM
Rahu 3:39PM - 5:12PM

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

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

Sunrise: 6:22AM
Sunset: 6:45PM

Devaloka Day

Creative Work Amrita Yoga

Until 12:32AM Wed

Then Routine Work - Marana Yoga

Retreat Star Wednesday, June 22, 2022

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

Port Harcourt, Nigeria

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 19.35 Tithi 24 - 25

315655471

Gulika 11:01AM - 12:34PM
Yama 7:55AM - 9:28AM
Rahu 12:34PM - 2:07PM

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

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

Sunrise: 6:22AM
Sunset: 6:45PM

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

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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			Port Harcourt, Nigeria Sun 8 Sutra 67	
Mesha Rasi: 2.14	Tithi 25 – 26	325655471	Gulika 9:28AM – 11:01AM Yama 6:23AM – 7:55AM Rahu 2:07PM – 3:40PM	Ashvini Until 3:31AM Fri Athiganda* Until 12:19AM Fri Bava Until 5:53AM Fri Dashami Until 5:10PM	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – White Jyeshtha-Ani	<i>Sunrise:</i> 6:23AM <i>Sunset:</i> 6:45PM	Subhakrit 5124 Moon 6 - Phase 10 - 8 2nd Phase	
Creative Work Amrita Yoga		Until 3:31AM Fri		Then Creative Work - Siddha Yoga		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
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			Port Harcourt, Nigeria Sun 9 Sutra 68	
Mesha Rasi: 14.35	Tithi 26	325655471	Gulika 7:56AM – 9:28AM Yama 3:40PM – 5:13PM Rahu 11:01AM – 12:34PM	Bharani Until 5:52AM Sat Sukarma Until 12:41AM Sat Balava Until 6:41PM Ekadashi* Until 6:41PM	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – White Jyeshtha-Ani	<i>Sunrise:</i> 6:23AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 9 2nd Phase	
Creative Work Siddha Yoga		Until 5:52AM Sat		Then Creative Work - Amrita Yoga		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
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 Dvodashyam Titau			Port Harcourt, Nigeria Sun 10 Sutra 69	
Mesha Rasi: 26.43	Tithi 27	325655471	Gulika 6:23AM – 7:56AM Yama 2:07PM – 3:40PM Rahu 9:29AM – 11:01AM	Krittika Until 8:25AM Sun Dhriti Until 1:23AM Sun Kaulava Until 7:39AM Dvodashi* Until 8:40PM	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – White Jyeshtha-Ani	<i>Sunrise:</i> 6:23AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 10 2nd Phase	
Creative Work Amrita Yoga		Until 8:25AM Sun		Then Creative Work - Siddha Yoga		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
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			Port Harcourt, Nigeria Sun 11 Sutra 70	
Vrishabha Rasi: 8.42	Tithi 28	325655471	Gulika 3:40PM – 5:13PM Yama 12:35PM – 2:07PM Rahu 5:13PM – 6:46PM	Krittika Until 8:25AM Shula* Until 2:17AM Mon Gara Until 9:48AM Trayodashi* Until 10:57PM	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – White Jyeshtha-Ani	<i>Sunrise:</i> 6:23AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 11 2nd Phase	
Creative Work Siddha Yoga		Until 10:57PM		Then Routine Work - Marana Yoga		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
				<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			Port Harcourt, Nigeria Sun 12 Sutra 71	
Vrishabha Rasi: 20.35	Tithi 29	335655471	Gulika 2:08PM – 3:40PM Yama 11:02AM – 12:35PM Rahu 7:56AM – 9:29AM	Rohini Until 11:33AM Ganda* Until 3:18AM Tue Visti Until 12:11PM Chaturdashi* Until 1:25AM Tue	Ganesha: Light Blue Muruqa: Green Nataraja: Yellow Moon – Yellow Jyeshtha-Ani	<i>Sunrise:</i> 6:23AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 12 2nd Phase	
Family Home Evening		Creative Work Amrita Yoga		Until 1:25AM Tue		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Port Harcourt, Nigeria Sun 13 Sutra 72	
Mithuna Rasi: 2.25	Tithi 30	336655471	Gulika 12:35PM – 2:08PM Yama 9:29AM – 11:02AM Rahu 3:41PM – 5:13PM	Mrigashira Until 2:37PM Vriddhi Until 4:22AM Wed Catuspada Until 2:41PM Amavasya* Until 3:55AM Wed	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – Yellow Jyeshtha-Ani	<i>Sunrise:</i> 6:24AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 13 Amavasya	
Retreat Star		Creative Work Siddha Yoga		Until 3:55AM Wed		Bhuloka Day Devaloka Time: 6:PM to 9:PM		
		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			Port Harcourt, Nigeria Sun 14 Sutra 73	
Mithuna Rasi: 14.14	Tithi 1	336655471	Gulika 11:02AM – 12:35PM Yama 7:57AM – 9:29AM Rahu 12:35PM – 2:08PM	Ardra Until 5:30PM Dhruva Until 5:22AM Thu Kintughna Until 5:10PM Prathama* Until 6:22AM Thu	Ganesha: Purple Muruqa: Green Nataraja: Yellow Moon – Yellow Ashada-Ani	<i>Sunrise:</i> 6:24AM <i>Sunset:</i> 6:46PM	Subhakrit 5124 Moon 6 - Phase 10 - 14 Prathama	
Retreat Star		Creative Work Siddha Yoga		Until 6:22AM Thu		Bhuloka Day Devaloka Time: 6:PM to 9:PM		

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

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1		Thursday, June 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Port Harcourt, Nigeria Sun 15 Sutra 74	
Mithuna Rasi: 26.05	Tithi 1 – 2	Gulika 9:30AM – 11:03AM	Punarvasu Until 8:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:24AM	Subhakarit 5124	
		Yama 6:24AM – 7:57AM	Vyaghata* Until 6:16AM Fri	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 15	
Creative Work	Amrita Yoga	346655471 Rahu 2:08PM – 3:41PM	Balava Until 7:34PM	Nataraja: Yellow		3rd Phase	
			Prathama* Until 6:22AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	

2		Friday, July 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Port Harcourt, Nigeria Sun 16 Sutra 75	
Kataka Rasi: 7.58	Tithi 2 – 3	Gulika 7:57AM – 9:30AM	Pushya Until 11:26PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:24AM	Subhakarit 5124	
		Yama 3:41PM – 5:14PM	Vyaghata* Until 6:16AM	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 16	
Routine Work	Marana Yoga	346655471 Rahu 11:03AM – 12:36PM	Taitila Until 9:47PM	Nataraja: Yellow		3rd Phase	
			Dvitiya Until 8:41AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	

3		Saturday, July 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Port Harcourt, Nigeria Sun 17 Sutra 76	
Kataka Rasi: 19.56	Tithi 3 – 4	Gulika 6:25AM – 7:57AM	Ashlesha* Until 1:49AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 6:25AM	Subhakarit 5124	
		Yama 2:09PM – 3:41PM	Harshana Until 7:02AM	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 17	
Routine Work	Marana Yoga	346655471 Rahu 9:30AM – 11:03AM	Vanija Until 11:45PM	Nataraja: Yellow		3rd Phase	
			Tritiya Until 10:47AM	Moon – Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	

4		Sunday, July 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Port Harcourt, Nigeria Sun 18 Sutra 77	
Simha Rasi: 2.01	Tithi 4 – 5	Gulika 3:42PM – 5:14PM	Magha* Until 4:12AM Mon	Ganesha: Orange	<i>Sunrise:</i> 6:25AM	Subhakarit 5124	
		Yama 12:36PM – 2:09PM	Vajra* Until 7:34AM	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 18	
Routine Work	Marana Yoga	356655471 Rahu 5:14PM – 6:47PM	Bava Until 1:23AM Mon	Nataraja: Yellow		3rd Phase	
Until 4:12AM Mon			Chaturthi* Until 12:36PM	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Ashada*Ani			

5		Monday, July 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyapata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Port Harcourt, Nigeria Sun 19 Sutra 78	
Simha Rasi: 14.15	Tithi 5 – 6	Gulika 2:09PM – 3:42PM	Purvaphalguni Until 5:59AM Tue	Ganesha: Orange	<i>Sunrise:</i> 6:25AM	Subhakarit 5124	
Family Home Evening		Yama 11:03AM – 12:36PM	Siddhi Until 7:50AM	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 19	
Creative Work	Siddha Yoga	356655471 Rahu 7:58AM – 9:31AM	Kaulava Until 2:35AM Tue	Nataraja: Yellow		3rd Phase	
Until 5:59AM Tue			Panchami Until 2:02PM	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Ashada*Ani			

6		Tuesday, July 5, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Port Harcourt, Nigeria Sun 20 Sutra 79	
Simha Rasi: 26.4	Tithi 6 – 7	Gulika 12:36PM – 2:09PM	Uttaraphalguni Until 7:04AM Wed	Ganesha: Orange	<i>Sunrise:</i> 6:25AM	Subhakarit 5124	
		Yama 9:31AM – 11:04AM	Vyatipata* Until 7:45AM	Muruqa: Green	<i>Sunset:</i> 6:47PM	Moon 6 - Phase 11 - 20	
Creative Work	Amrita Yoga	356655471 Rahu 3:42PM – 5:15PM	Gara Until 3:15AM Wed	Nataraja: Yellow		3rd Phase	
Until 7:04AM Wed			Shashthi* Until 2:58PM	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga				Ashada*Ani			

Retreat Star		Wednesday, July 6, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Port Harcourt, Nigeria Sun 21 Sutra 80	
Kanya Rasi: 9.2	Tithi 7 – 8	Gulika 11:04AM – 12:36PM	Uttaraphalguni Until 7:04AM	Ganesha: Clear	<i>Sunrise:</i> 6:25AM	Subhakarit 5124	
		Yama 7:58AM – 9:31AM	Variyan Until 7:12AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 21	
Creative Work	Amrita Yoga	357655471 Rahu 12:36PM – 2:09PM	Visti Until 3:16AM Thu	Nataraja: Yellow		3rd Phase	
Until 7:04AM			Saptami Until 3:19PM	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga		Chidambaram Abhishekam		Ashada*Ani			

Retreat Star		Thursday, July 7, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Port Harcourt, Nigeria Sun 22 Sutra 81	
Kanya Rasi: 22.19	Tithi 8 – 9	Gulika 9:31AM – 11:04AM	Hasta Until 7:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:26AM	Subhakarit 5124	
		Yama 6:26AM – 7:58AM	Parigha* Until 6:08AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 22	
Routine Work	Marana Yoga	467655471 Rahu 2:09PM – 3:42PM	Balava Until 2:33AM Fri	Nataraja: Yellow		Ashtami	
Until 7:50AM			Ashtami* Until 2:59PM	Moon – Green		Devaloka Day	
Then Creative Work - Siddha Yoga				Ashada*Ani			

Retreat Star		Friday, July 8, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 23 Sutra 82	
Tula Rasi: 5.41	Tithi 9 – 10	Gulika 7:59AM – 9:31AM	Chitra Until 7:43AM	Ganesha: Clear	<i>Sunrise:</i> 6:26AM	Subhakarit 5124	
		Yama 3:42PM – 5:15PM	Siddha Until 2:16AM Sat	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 6 - Phase 11 - 23	
Creative Work	Siddha Yoga	467655471 Rahu 11:04AM – 12:37PM	Taitila Until 1:07AM Sat	Nataraja: Yellow		Navami	
			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 Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Port Harcourt, Nigeria Sun 24 Sutra 83 Subhakrit 5124
	Tula Rasi: 19.29 Tithi 10 – 11	Gulika 6:26AM – 7:59AM	Svati Until 6:43AM	Ganesha: Clear <i>Sunrise:</i> 6:26AM		
	467655471	Yama 2:10PM – 3:42PM	Sadhya Until 11:27PM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - 24 4th Phase	
	Creative Work Siddha Yoga	Rahu 9:31AM – 11:04AM	Vanija Until 10:58PM	Nataraja: Yellow Moon – Green	Devaloka Day	
			Dashami Until 12:07PM	Ashada*Ani		

2	Sunday, July 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Port Harcourt, Nigeria Sun 25 Sutra 84 Subhakrit 5124
	Vrischika Rasi: 3.43 Tithi 11 – 12	Gulika 3:43PM – 5:15PM	Anuradha Until 3:13AM Mon	Ganesha: White <i>Sunrise:</i> 6:26AM		
	477655471	Yama 12:37PM – 2:10PM	Subha Until 8:09PM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - 25 4th Phase	
	Routine Work Marana Yoga Until 3:13AM Mon Then Creative Work - Siddha Yoga	Rahu 5:15PM – 6:48PM	Bava Until 8:13PM	Nataraja: Yellow Moon – Orange	Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			Ekadashi Until 9:39AM	Ashada*Ani		

3	Monday, July 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Port Harcourt, Nigeria Sun 26 Sutra 85 Subhakrit 5124
	Vrischika Rasi: 18.22 Tithi 12 – 13	Gulika 2:10PM – 3:43PM	Jyeshtha* Until 12:31AM Tue	Ganesha: White <i>Sunrise:</i> 6:26AM		
	477655471	Yama 11:04AM – 12:37PM	Sukla Until 4:24PM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - 26 4th Phase	
	Family Home Evening Creative Work Siddha Yoga Until 12:31AM Tue Then Creative Work - Amrita Yoga	Rahu 7:59AM – 9:32AM	Taitila Until 3:10AM Tue	Nataraja: Yellow Moon – Orange	Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			Dvadashi Until 6:37AM	Ashada*Ani		
<i>Pradosha Vrata</i>						

4	Tuesday, July 12, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Port Harcourt, Nigeria Sun 27 Sutra 86 Subhakrit 5124
	Dhanus Rasi: 3.21 Tithi 14	Gulika 12:37PM – 2:10PM	Mula* Until 9:46PM	Ganesha: White <i>Sunrise:</i> 6:27AM		
	488655471	Yama 9:32AM – 11:05AM	Brahma Until 12:22PM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - 27 4th Phase	
	Creative Work Amrita Yoga Until 9:46PM Then Creative Work - Siddha Yoga	Rahu 3:43PM – 5:15PM	Gara Until 1:20PM	Nataraja: Yellow Moon – Light Blue	Sivaloka Day	
			Chaturdashi* Until 11:26PM	Ashada*Ani		

○	Wednesday, July 13, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Purnimayam Titau				Port Harcourt, Nigeria Sun 28 Sutra 87 Subhakrit 5124
	Copper Retreat Star	Gulika 11:05AM – 12:37PM	Purvashadha* Until 6:46PM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM		
	Dhanus Rasi: 18.33 Tithi 15	Yama 7:59AM – 9:32AM	Indra Until 8:11AM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - Purnima	
	488755471	Rahu 12:37PM – 2:10PM	Visti Until 9:32AM	Nataraja: Yellow Moon – Light Blue	Devaloka Day	
Creative Work Amrita Yoga	Satguru Purnima	Purnima* Until 7:35PM	Ashada*Ani			

○	Thursday, July 14, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Port Harcourt, Nigeria Sun 29 Sutra 88 Subhakrit 5124
	Silver Retreat Star	Gulika 9:32AM – 11:05AM	Uttarashadha Until 3:40PM	Ganesha: Yellow <i>Sunrise:</i> 6:27AM		
	Makara Rasi: 3.47 Tithi 16 – 17	Yama 6:27AM – 8:00AM	Vishkambha* Until 11:47PM	Muruqa: Green <i>Sunset:</i> 6:48PM	Moon 6 - Phase 12 - Prathama	
	488755471	Rahu 2:10PM – 3:43PM	Taitila Until 1:59AM Fri	Nataraja: Yellow Moon – Light Blue	Devaloka Day	
Routine Work Marana Yoga Until 3:40PM Then Creative Work - Siddha Yoga				Prathama* Until 3:47PM	Ashada*Ani	

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



Friday, July 15, 2022
Gold Retreat Star

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

Port Harcourt, Nigeria
Sun 1 Sutra 89

Makara Rasi: 18.55 Tithi 17 - 18

Gulika 8:00AM - 9:32AM
Yama 3:43PM - 5:16PM
498755471 **Rahu** 11:05AM - 12:38PM

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

Ganesha: Blue *Sunrise: 6:27AM*
Muruqa: Green *Sunset: 6:48PM*
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/Chaturthiyam Titau

Port Harcourt, Nigeria
Sun 2 Sutra 90

Kumbha Rasi: 3.46 Tithi 18 - 19

Gulika 6:27AM - 8:00AM
Yama 2:10PM - 3:43PM
498755471 **Rahu** 9:33AM - 11:05AM

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

Ganesha: Blue *Sunrise: 6:27AM*
Muruqa: Green *Sunset: 6:48PM*
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

Port Harcourt, Nigeria
Sun 3 Sutra 91

Kumbha Rasi: 18.13 Tithi 19 - 20

Gulika 3:43PM - 5:16PM
Yama 12:38PM - 2:10PM
498755472 **Rahu** 5:16PM - 6:48PM

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

Ganesha: Blue *Sunrise: 6:27AM*
Muruqa: Green *Sunset: 6:48PM*
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 Shashthiyam Titau

Port Harcourt, Nigeria
Sun 4 Sutra 92

Meena Rasi: 2.13 Tithi 21

Family Home Evening

Gulika 2:11PM - 3:43PM
Yama 11:05AM - 12:38PM
418755472 **Rahu** 8:00AM - 9:33AM

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

Ganesha: White *Sunrise: 6:28AM*
Muruqa: Green *Sunset: 6:48PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

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

Port Harcourt, Nigeria
Sun 5 Sutra 93

Meena Rasi: 15.43 Tithi 22

Gulika 12:38PM - 2:11PM
Yama 9:33AM - 11:05AM
419755472 **Rahu** 3:43PM - 5:16PM

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

Ganesha: Clear *Sunrise: 6:28AM*
Muruqa: Green *Sunset: 6:48PM*
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

Port Harcourt, Nigeria
Sun 6 Sutra 94

Meena Rasi: 28.45 Tithi 23

Gulika 11:06AM - 12:38PM
Yama 8:00AM - 9:33AM
419755472 **Rahu** 12:38PM - 2:11PM

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

Ganesha: Clear *Sunrise: 6:28AM*
Muruqa: Green *Sunset: 6:48PM*
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

Port Harcourt, Nigeria
Sun 7 Sutra 95

Mesha Rasi: 11.22 Tithi 24

Gulika 9:33AM - 11:06AM
Yama 6:28AM - 8:00AM
429755472 **Rahu** 2:11PM - 3:43PM

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

Ganesha: Purple *Sunrise: 6:28AM*
Muruqa: Green *Sunset: 6:48PM*
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				Port Harcourt, Nigeria Sun 8 Sutra 96
	Mesha Rasi: 23.4	Tithi 25	Gulika 8:01AM – 9:33AM	Bharani Until 11:54AM	Ganesha: Purple	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
			Yama 3:43PM – 5:16PM	Shula* Until 7:59AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 8
	Creative Work	Siddha Yoga	429755472 Rahu 11:06AM – 12:38PM	Vanija Until 5:59PM	Nataraja: White		2nd Phase
			Dashami Until 6:59AM Sat	Moon – White		Devaloka Day	
				Ashada*Adi			


2	Saturday, July 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda/Vridhhi Yoga Vistil/Bava Karana Dashami/Ekadashyam Titau				Port Harcourt, Nigeria Sun 9 Sutra 97
	Vrishabha Rasi: 5.44	Tithi 25 – 26	Gulika 6:28AM – 8:01AM	Krittika Until 2:24PM	Ganesha: Purple	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
			Yama 2:11PM – 3:43PM	Ganda* Until 8:37AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 9
	Creative Work	Amrita Yoga	429755472 Rahu 9:33AM – 11:06AM	Bava Until 8:08PM	Nataraja: White		2nd Phase
			Dashami Until 6:59AM	Moon – White		Devaloka Day	
				Ashada*Adi			

3	Sunday, July 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Port Harcourt, Nigeria Sun 10 Sutra 98
	Vrishabha Rasi: 17.38	Tithi 26 – 27	Gulika 3:43PM – 5:16PM	Rohini Until 5:32PM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
			Yama 12:38PM – 2:11PM	Vridhhi Until 9:32AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 10
	Creative Work	Siddha Yoga	429755472 Rahu 5:16PM – 6:48PM	Kaulava Until 10:34PM	Nataraja: White		2nd Phase
			Ekadashi* Until 9:18AM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

4	Monday, July 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Port Harcourt, Nigeria Sun 11 Sutra 99
	Vrishabha Rasi: 29.28	Tithi 27 – 28	Gulika 2:11PM – 3:43PM	Mrigashira Until 8:37PM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
	Family Home Evening		Yama 11:06AM – 12:38PM	Dhruva Until 10:34AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 11
	Creative Work	Amrita Yoga	439755472 Rahu 8:01AM – 9:33AM	Gara Until 1:06AM Tue	Nataraja: White		2nd Phase
			Dvadashi* Until 11:49AM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, July 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Vistil Karana Trayodashi/Chaturdashyam Titau				Port Harcourt, Nigeria Sun 12 Sutra 100
	Mithuna Rasi: 11.16	Tithi 28 – 29	Gulika 12:38PM – 2:11PM	Ardra Until 11:30PM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Subhakrit 5124
			Yama 9:33AM – 11:06AM	Vyaghata* Until 11:38AM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 12
	Routine Work	Marana Yoga	439755472 Rahu 3:43PM – 5:16PM	Vistil Until 3:34AM Wed	Nataraja: White		2nd Phase
			Trayodashi* Until 2:20PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

6	Wednesday, July 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra Yoga Sakuni/Catuspada Karana Chaturdashi/Amavasyayam Titau				Port Harcourt, Nigeria Sun 13 Sutra 101
	Mithuna Rasi: 23.07	Tithi 29 – 30	Gulika 11:06AM – 12:38PM	Punarvasu Until 2:35AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
			Yama 8:01AM – 9:33AM	Harshana Until 12:37PM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 13
	Creative Work	Siddha Yoga	441755472 Rahu 12:38PM – 2:11PM	Catuspada Until 5:52AM Thu	Nataraja: White		2nd Phase
			Chaturdashi* Until 4:44PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Thursday, July 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra/Siddhi Yoga Naga Karana Amavasyayam Titau				Port Harcourt, Nigeria Sun 14 Sutra 102
	Retreat Star		Gulika 9:33AM – 11:06AM	Pushya Until 5:16AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
	Kataka Rasi: 5.01	Tithi 30	Yama 6:29AM – 8:01AM	Vajra* Until 1:26PM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 14
	Creative Work	Amrita Yoga	441755472 Rahu 2:11PM – 3:43PM	Naga Until 6:55PM	Nataraja: White		Amavasya
			Amavasya* Until 6:55PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to 12:PM	

	Friday, July 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha Nakshatra Siddhi/Vyalipata Yoga Kintughna/Bava Karana Prathamayam Titau				Port Harcourt, Nigeria Sun 15 Sutra 103
	Retreat Star		Gulika 8:01AM – 9:33AM	Ashlesha* Until 7:31AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
	Kataka Rasi: 17.01	Tithi 1	Yama 3:43PM – 5:15PM	Siddhi Until 2:04PM	Muruqa: Green	<i>Sunset:</i> 6:48PM	Moon 7 - Phase 14 - 15
	Routine Work	Marana Yoga	441755472 Rahu 11:06AM – 12:38PM	Kintughna Until 7:57AM	Nataraja: White		Prathama
			Prathama* Until 8:51PM	Moon – Blue		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to 12:PM	

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

1		Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Dviliyayam Titau		Port Harcourt, Nigeria Sun 16 Sutra 104 Subhakrit 5124		
Kataka Rasi: 29.08	Tithi 2	Gulika 6:29AM – 8:01AM	Ashlesha* Until 7:31AM	Ganesha: Yellow	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:48PM	Moon 7 - Phase 15 - 16 3rd Phase
Routine Work	Marana Yoga	Yama 2:11PM – 3:43PM	Vyatipata* Until 2:30PM	Nataraja: White				
Until 7:31AM		441755472 Rahu 9:33AM – 11:06AM	Balava Until 9:44AM	Moon – Blue				
Then Creative Work - Amrita Yoga			Dvitiya Until 10:29PM	Sravana*Adi				Bhuloka Day Devaloka Time: 9:AM to12:PM

2		Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Variyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau		Port Harcourt, Nigeria Sun 17 Sutra 105 Subhakrit 5124		
Simha Rasi: 11.22	Tithi 3	Gulika 3:43PM – 5:15PM	Magha* Until 9:48AM	Ganesha: Red	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:48PM	Moon 7 - Phase 15 - 17 3rd Phase
Routine Work	Marana Yoga	Yama 12:38PM – 2:10PM	Variyan Until 2:39PM	Nataraja: White				
Until 9:48AM		451755472 Rahu 5:15PM – 6:48PM	Taitila Until 11:12AM	Moon – Red				
Then Creative Work - Siddha Yoga			Tritiya Until 11:47PM	Sravana*Adi				Bhuloka Day Devaloka Time: 9:AM to12:PM

3		Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau		Port Harcourt, Nigeria Sun 18 Sutra 106 Subhakrit 5124		
Simha Rasi: 23.45	Tithi 4	Gulika 2:10PM – 3:43PM	Purvaphalguni Until 11:35AM	Ganesha: Red	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:47PM	Moon 7 - Phase 15 - 18 3rd Phase
Family Home Evening		Yama 11:06AM – 12:38PM	Parigha* Until 2:32PM	Nataraja: White				
Creative Work	Siddha Yoga	451755472 Rahu 8:01AM – 9:33AM	Vanija Until 12:19PM	Moon – Red				
			Chaturthi* Until 12:43AM Tue	Sravana*Adi				Bhuloka Day Devaloka Time: 9:AM to12:PM

4		Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau		Port Harcourt, Nigeria Sun 19 Sutra 107 Subhakrit 5124		
Kanya Rasi: 6.19	Tithi 5	Gulika 12:38PM – 2:10PM	Uttaraphalguni Until 12:48PM	Ganesha: Red	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:47PM	Moon 7 - Phase 15 - 19 3rd Phase
Creative Work	Amrita Yoga	Yama 9:33AM – 11:06AM	Shiva Until 2:06PM	Nataraja: White				
Until 12:48PM		451755472 Rahu 3:43PM – 5:15PM	Bava Until 1:02PM	Moon – Red				
Then Creative Work - Siddha Yoga		Nag Panchami	Panchami Until 1:12AM Wed	Sravana*Adi				Bhuloka Day Devaloka Time: 9:AM to12:PM

5		Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau		Port Harcourt, Nigeria Sun 20 Sutra 108 Subhakrit 5124		
Kanya Rasi: 19.04	Tithi 6	Gulika 11:06AM – 12:38PM	Hasta Until 1:53PM	Ganesha: Blue	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:47PM	Moon 7 - Phase 15 - 20 3rd Phase
Routine Work	Marana Yoga	Yama 8:01AM – 9:33AM	Siddha Until 1:17PM	Nataraja: White				
Until 1:53PM		461755472 Rahu 12:38PM – 2:10PM	Kaulava Until 1:17PM	Moon – Green				
Then Creative Work - Siddha Yoga			Shashthi* Until 1:11AM Thu	Sravana*Adi				Devaloka Day

6		Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau		Port Harcourt, Nigeria Sun 21 Sutra 109 Subhakrit 5124		
Tula Rasi: 2.05	Tithi 7	Gulika 9:33AM – 11:06AM	Chitra Until 2:17PM	Ganesha: Blue	Sunrise: 6:29AM	Muruqa: Green	Sunset: 6:47PM	Moon 7 - Phase 15 - 21 3rd Phase
Creative Work	Siddha Yoga	Yama 6:29AM – 8:01AM	Sadhya Until 12:03PM	Nataraja: White				
Until 2:17PM		461755472 Rahu 2:10PM – 3:42PM	Gara Until 1:00PM	Moon – Green				
Then Creative Work - Amrita Yoga			Saptami Until 12:37AM Fri	Sravana*Adi				Devaloka Day

☾		Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau		Port Harcourt, Nigeria Sun 22 Sutra 110 Subhakrit 5124		
Tula Rasi: 15.25	Tithi 8	Gulika 8:01AM – 9:33AM	Svati Until 1:58PM	Ganesha: Blue	Sunrise: 6:29AM	Muruqa: White	Sunset: 6:47PM	Moon 7 - Phase 15 - 22 Ashtami
Creative Work	Siddha Yoga	Yama 3:42PM – 5:14PM	Subha Until 10:22AM	Nataraja: White				
		461765472 Rahu 11:06AM – 12:38PM	Visti Until 12:07PM	Moon – Green				
		Varalakshmi Vratam	Ashtami* Until 11:26PM	Sravana*Adi				Devaloka Day

☽		Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau		Port Harcourt, Nigeria Sun 23 Sutra 111 Subhakrit 5124		
Tula Rasi: 29.05	Tithi 9	Gulika 6:29AM – 8:01AM	Vishakha Until 1:19PM	Ganesha: White	Sunrise: 6:29AM	Muruqa: White	Sunset: 6:46PM	Moon 7 - Phase 15 - 23 Navami
Creative Work	Siddha Yoga	Yama 2:10PM – 3:42PM	Sukla Until 8:09AM	Nataraja: White				
		472765472 Rahu 9:33AM – 11:05AM	Balava Until 10:38AM	Moon – Orange				
			Navami* Until 9:38PM	Sravana*Adi				Bhuloka Day

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

<h1>1</h1>	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			Port Harcourt, Nigeria Sun 24 Sutra 112 Subhakrit 5124
	Vrischika Rasi: 13.08 Tithi 10	Gulika 3:42PM – 5:14PM	Anuradha Until 11:56AM	Ganesha: Yellow Sunrise: 6:29AM	
	472865472 Rahu	Yama 12:38PM – 2:10PM	Indra Until 2:20AM Mon	Muruqa: White Sunset: 6:46PM	Moon 7 - Phase 16 - 24 4th Phase
	Routine Work Marana Yoga	Rahu 5:14PM – 6:46PM	Taitila Until 8:32AM	Nataraja: White Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM
		Dashami Until 7:16PM	Sravana*Adi		

<h1>2</h1>	Monday, August 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Port Harcourt, Nigeria Sun 25 Sutra 113 Subhakrit 5124
	Vrischika Rasi: 27.32 Tithi 11 – 12	Gulika 2:10PM – 3:42PM	Jyeshtha* Until 9:53AM	Ganesha: Yellow Sunrise: 6:29AM	
	472865472 Rahu	Yama 11:05AM – 12:37PM	Vaidhriti* Until 10:48PM	Muruqa: White Sunset: 6:46PM	Moon 7 - Phase 16 - 25 4th Phase
	Family Home Evening Creative Work Siddha Yoga	Rahu 8:01AM – 9:33AM	Bava Until 2:51AM Tue	Nataraja: White Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM
		Ekadashi Until 4:25PM	Sravana*Adi		

<h1>3</h1>	Tuesday, August 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkamba* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Port Harcourt, Nigeria Sun 26 Sutra 114 Subhakrit 5124
	Dhanus Rasi: 12.16 Tithi 12 – 13	Gulika 12:37PM – 2:09PM	Mula* Until 7:41AM	Ganesha: White Sunrise: 6:29AM	
	482865472 Rahu	Yama 9:33AM – 11:05AM	Vishkamba* Until 6:59PM	Muruqa: White Sunset: 6:46PM	Moon 7 - Phase 16 - 26 4th Phase
	Creative Work Amrita Yoga Until 7:41AM Then Creative Work - Siddha Yoga	Rahu 3:42PM – 5:14PM	Kaulava Until 11:28PM	Nataraja: White Moon – Light Blue	Devaloka Day
		Dvadashi Until 1:10PM	Sravana*Adi		
<i>Pradosha Vrata</i>					

<h1>4</h1>	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			Port Harcourt, Nigeria Sun 27 Sutra 115 Subhakrit 5124
	Dhanus Rasi: 27.14 Tithi 13 – 14	Gulika 11:05AM – 12:37PM	Uttarashadha Until 2:11AM Thu	Ganesha: White Sunrise: 6:29AM	
	482865472 Rahu	Yama 8:01AM – 9:33AM	Priti Until 3:01PM	Muruqa: White Sunset: 6:46PM	Moon 7 - Phase 16 - 27 4th Phase
	Creative Work Amrita Yoga Until 2:11AM Thu Then Creative Work - Siddha Yoga	Rahu 12:37PM – 2:09PM	Gara Until 7:55PM	Nataraja: White Moon – Light Blue	Devaloka Day
		Trayodashi Until 9:41AM	Sravana*Adi		

	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			Port Harcourt, Nigeria Sutra 116 Subhakrit 5124
	Copper Retreat Star	Gulika 9:33AM – 11:05AM	Shravana Until 11:36PM	Ganesha: Clear Sunrise: 6:29AM	
	Makara Rasi: 12.18 Tithi 14 – 15	Yama 6:29AM – 8:01AM	Ayushman Until 10:59AM	Muruqa: White Sunset: 6:45PM	Moon 7 - Phase 16 - Purnima
	492865472 Rahu	Rahu 2:09PM – 3:41PM	Bava Until 2:35AM Fri	Nataraja: White Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM
Raksha Bandhan		Chaturdashi* Until 6:06AM	Sravana*Adi		

<h1>5</h1>	Friday, August 12, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Port Harcourt, Nigeria Sutra 117 Subhakrit 5124
	Silver Retreat Star	Gulika 8:01AM – 9:33AM	Dhanishtha Until 9:06PM	Ganesha: Clear Sunrise: 6:29AM	
	Makara Rasi: 27.19 Tithi 16	Yama 3:41PM – 5:13PM	Saubhagya Until 7:02AM	Muruqa: White Sunset: 6:45PM	Moon 7 - Phase 16 - Prathama
	492865472 Rahu	Rahu 11:05AM – 12:37PM	Balava Until 12:55PM	Nataraja: White Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM
		Prathama* Until 11:18PM	Sravana*Adi		

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

Port Harcourt, Nigeria
Sun 1 Sutra 118
Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase

Kumbha Rasi: 12.07 Tithi 17
492865472
Creative Work Amrita Yoga
Until 6:51PM
Then Routine Work - Marana Yoga

Gulika 6:29AM - 8:01AM
Yama 2:09PM - 3:41PM
Rahu 9:33AM - 11:05AM

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

Ganesha: Clear
Muruqa: White
Nataraja: White
Moon - Purple
Savarna*Adi
Sunrise: 6:29AM
Sunset: 6:45PM

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

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

Port Harcourt, Nigeria
Sun 2 Sutra 119
Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase

Kumbha Rasi: 26.34 Tithi 18
412865472
Creative Work Siddha Yoga
Until 5:27PM
Then Creative Work - Amrita Yoga

Gulika 3:40PM - 5:12PM
Yama 12:36PM - 2:08PM
Rahu 5:12PM - 6:44PM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - Clear
Savarna*Adi
Sunrise: 6:29AM
Sunset: 6:44PM

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

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

Port Harcourt, Nigeria
Sun 3 Sutra 120
Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase

Meena Rasi: 11 Tithi 19 - 20
412865472
Family Home Evening
Creative Work Siddha Yoga

Gulika 2:08PM - 3:40PM
Yama 11:04AM - 12:36PM
Rahu 8:00AM - 9:32AM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - Clear
Savarna*Adi
Sunrise: 6:28AM
Sunset: 6:44PM

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

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

Port Harcourt, Nigeria
Sun 4 Sutra 121
Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase

Meena Rasi: 24.09 Tithi 20 - 21
412865472
Creative Work Siddha Yoga

Gulika 12:36PM - 2:08PM
Yama 9:32AM - 11:04AM
Rahu 3:40PM - 5:12PM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - Clear
Savarna*Adi
Sunrise: 6:28AM
Sunset: 6:44PM

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

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

Port Harcourt, Nigeria
Sun 5 Sutra 122
Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase

Mesha Rasi: 7.14 Tithi 21 - 22
522865472
Routine Work Marana Yoga
Until 5:27PM
Then Creative Work - Siddha Yoga

Gulika 11:04AM - 12:36PM
Yama 8:00AM - 9:32AM
Rahu 12:36PM - 2:08PM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - White
Savarna*Avani
Sunrise: 6:28AM
Sunset: 6:44PM

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

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

Port Harcourt, Nigeria
Sun 6 Sutra 123
Subhakrit 5124
Moon 8 - Phase 17 - 6
1st Phase

Mesha Rasi: 19.53 Tithi 22 - 23
522865472
Creative Work Siddha Yoga
Until 7:06PM
Then Routine Work - Marana Yoga

Gulika 9:32AM - 11:04AM
Yama 6:28AM - 8:00AM
Rahu 2:08PM - 3:39PM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - White
Savarna*Avani
Sunrise: 6:28AM
Sunset: 6:43PM

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

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

Port Harcourt, Nigeria
Sun 7 Sutra 124
Subhakrit 5124
Moon 8 - Phase 17 - 7
Ashtami

Vrishabha Rasi: 2.13 Tithi 23
523865472
Creative Work Siddha Yoga
Until 9:16PM
Then Routine Work - Marana Yoga

Gulika 8:00AM - 9:32AM
Yama 3:39PM - 5:11PM
Rahu 11:04AM - 12:35PM

Krishna Janmashtami

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

Ganesha: White
Muruqa: White
Nataraja: White
Moon - White
Savarna*Avani
Sunrise: 6:28AM
Sunset: 6:43PM

Bhuloka Day

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

Port Harcourt, Nigeria
Sun 8 Sutra 125
Subhakrit 5124
Moon 8 - Phase 17 - 8
Navami

Vrishabha Rasi: 14.17 Tithi 24
533865472
Creative Work Amrita Yoga
Until 12:13AM Sun
Then Creative Work - Siddha Yoga

Gulika 6:28AM - 8:00AM
Yama 2:07PM - 3:39PM
Rahu 9:32AM - 11:03AM

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

Ganesha: Yellow
Muruqa: White
Nataraja: White
Moon - Yellow
Savarna*Avani
Sunrise: 6:28AM
Sunset: 6:42PM

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

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

www.gurudeva.org/panchang

1 Sunday, August 21, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 126 Subhakarit 5124	
Wishabha Rasi: 26.11	Tithi 25	Gulika 3:39PM – 5:10PM	Mrigashira Until 3:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM
		Yama 12:35PM – 2:07PM	Harshana Until 6:11PM	Muruqa: White	<i>Sunset:</i> 6:42PM
533865472		Rahu 5:10PM – 6:42PM	Vanija Until 9:57AM	Nataraja: White	Moon 8 - Phase 18 - 9
Creative Work	Siddha Yoga		Dashami Until 11:10PM	Moon – Yellow	2nd Phase
				Bhuloka Day	
				Sravana-Avani	Devaloka Time: 6:AM to 9:AM

2 Monday, August 22, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Port Harcourt, Nigeria Sun 10 Sutra 127 Subhakarit 5124	
Mithuna Rasi: 8.01	Tithi 26	Gulika 2:06PM – 3:38PM	Ardra Until 6:05AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM
Family Home Evening		Yama 11:03AM – 12:35PM	Vajra* Until 7:11PM	Muruqa: White	<i>Sunset:</i> 6:42PM
533865472		Rahu 7:59AM – 9:31AM	Bava Until 12:27PM	Nataraja: White	Moon 8 - Phase 18 - 10
Creative Work	Siddha Yoga		Ekadashi* Until 1:40AM Tue	Moon – Yellow	2nd Phase
				Bhuloka Day	
				Sravana-Avani	Devaloka Time: 6:AM to 9:AM

3 Tuesday, August 23, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 128 Subhakarit 5124	
Mithuna Rasi: 19.52	Tithi 27	Gulika 12:34PM – 2:06PM	Ardra Until 6:05AM	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM
		Yama 9:31AM – 11:03AM	Siddhi Until 8:07PM	Muruqa: White	<i>Sunset:</i> 6:41PM
533865472		Rahu 3:38PM – 5:10PM	Kaulava Until 2:54PM	Nataraja: White	Moon 8 - Phase 18 - 11
Routine Work	Marana Yoga		Dvadashi* Until 4:02AM Wed	Moon – Yellow	2nd Phase
Until 6:05AM				Bhuloka Day	
Then Creative Work - Siddha Yoga				Sravana-Avani	Devaloka Time: 6:AM to 9:AM

4 Wednesday, August 24, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau		Port Harcourt, Nigeria Sun 12 Sutra 129 Subhakarit 5124	
Kataka Rasi: 1.46	Tithi 28	Gulika 11:02AM – 12:34PM	Punarvasu Until 9:08AM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM
		Yama 7:59AM – 9:31AM	Vyatipata* Until 8:54PM	Muruqa: White	<i>Sunset:</i> 6:41PM
533865472		Rahu 12:34PM – 2:06PM	Gara Until 5:08PM	Nataraja: White	Moon 8 - Phase 18 - 12
Creative Work	Siddha Yoga		Trayodashi* Until 6:08AM Thu	Moon – Blue	2nd Phase
				Bhuloka Day	
				Sravana-Avani	
				<i>Pradosha Vrata (Fasting)</i>	

5 Thursday, August 25, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Port Harcourt, Nigeria Sun 13 Sutra 130 Subhakarit 5124	
Kataka Rasi: 13.46	Tithi 28 – 29	Gulika 9:31AM – 11:02AM	Pushya Until 11:45AM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM
		Yama 6:27AM – 7:59AM	Variyan Until 9:24PM	Muruqa: White	<i>Sunset:</i> 6:41PM
533865472		Rahu 2:06PM – 3:37PM	Visti Until 7:04PM	Nataraja: White	Moon 8 - Phase 18 - 13
Creative Work	Amrita Yoga		Trayodashi* Until 6:08AM	Moon – Blue	2nd Phase
Until 11:45AM				Bhuloka Day	
Then Creative Work - Siddha Yoga				Sravana-Avani	

Friday, August 26, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Port Harcourt, Nigeria Sun 14 Sutra 131 Subhakarit 5124	
Retreat Star		Gulika 7:59AM – 9:30AM	Ashlesha* Until 1:51PM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM
Kataka Rasi: 25.54	Tithi 29 – 30	Yama 3:37PM – 5:09PM	Parigha* Until 9:38PM	Muruqa: White	<i>Sunset:</i> 6:40PM
533865472		Rahu 11:02AM – 12:34PM	Catuspada Until 8:38PM	Nataraja: White	Moon 8 - Phase 18 - 14
Routine Work	Marana Yoga		Chaturdashi* Until 7:53AM	Moon – Blue	Amavasya
				Bhuloka Day	
				Sravana-Avani	

Saturday, August 27, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Port Harcourt, Nigeria Sun 15 Sutra 132 Subhakarit 5124	
Retreat Star		Gulika 6:27AM – 7:58AM	Magha* Until 3:54PM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM
Simha Rasi: 8.12	Tithi 30 – 1	Yama 2:05PM – 3:37PM	Shiva Until 9:35PM	Muruqa: White	<i>Sunset:</i> 6:40PM
533865472		Rahu 9:30AM – 11:02AM	Kintughna Until 9:49PM	Nataraja: White	Moon 8 - Phase 18 - 15
Creative Work	Amrita Yoga		Amavasya* Until 9:15AM	Moon – Red	Prathama
Until 3:54PM				Bhuloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Avani	

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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				Port Harcourt, Nigeria Sun 16 Sutra 133 Subhakrit 5124		
	Simha Rasi: 20.4	Tithi 1 – 2	Gulika 3:36PM – 5:08PM	Purvaphalguni Until 5:24PM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 19 - 16 3rd Phase
	Creative Work	Siddha Yoga	Yama 12:33PM – 2:05PM	Siddha Until 9:11PM	Nataraja: Clear				
		553865473	Rahu 5:08PM – 6:39PM	Balava Until 10:36PM	Moon – Red				
				Prathama* Until 10:14AM	Bhadrapada*Avani			Bhuloka Day Devaloka Time: 6:PM to 9:PM	

2	Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Port Harcourt, Nigeria Sun 17 Sutra 134 Subhakrit 5124		
	Kanya Rasi: 3.19	Tithi 2 – 3	Gulika 2:04PM – 3:36PM	Uttaraphalguni Until 6:22PM	Ganesha: Blue	<i>Sunrise:</i> 6:27AM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 19 - 17 3rd Phase
	Family Home Evening		Yama 11:01AM – 12:33PM	Sadhya Until 8:30PM	Nataraja: Clear				
		553865473	Rahu 7:58AM – 9:30AM	Taitila Until 10:59PM	Moon – Red				
				Dvitiya Until 10:49AM	Bhadrapada*Avani			Bhuloka Day Devaloka Time: 6:PM to 9:PM	

3	Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtthyam Titau				Port Harcourt, Nigeria Sun 18 Sutra 135 Subhakrit 5124		
	Kanya Rasi: 16.08	Tithi 3 – 4	Gulika 12:32PM – 2:04PM	Hasta Until 7:17PM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 19 - 18 3rd Phase
	Creative Work	Siddha Yoga	Yama 9:29AM – 11:01AM	Subha Until 7:32PM	Nataraja: Clear				
		563865473	Rahu 3:36PM – 5:07PM	Vanija Until 11:00PM	Moon – Green				
				Ganesha Chaturthi	Tritiya Until 11:01AM	Bhadrapada*Avani		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

4	Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Port Harcourt, Nigeria Sun 19 Sutra 136 Subhakrit 5124		
	Kanya Rasi: 29.1	Tithi 4 – 5	Gulika 11:01AM – 12:32PM	Chitra Until 7:39PM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 8 - Phase 19 - 19 3rd Phase
	Creative Work	Siddha Yoga	Yama 7:58AM – 9:29AM	Sukla Until 6:14PM	Nataraja: Clear				
		563865473	Rahu 12:32PM – 2:04PM	Bava Until 10:38PM	Moon – Green				
				Chaturthi* Until 10:51AM	Bhadrapada*Avani			Bhuloka Day Devaloka Time: 6:PM to 9:PM	

5	Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Port Harcourt, Nigeria Sun 20 Sutra 137 Subhakrit 5124		
	Tula Rasi: 12.23	Tithi 5 – 6	Gulika 9:29AM – 11:00AM	Svati Until 7:30PM	Ganesha: Red	<i>Sunrise:</i> 6:26AM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 8 - Phase 19 - 20 3rd Phase
	Creative Work	Amrita Yoga	Yama 6:26AM – 7:57AM	Brahma Until 4:38PM	Nataraja: Clear				
		563965473	Rahu 2:03PM – 3:35PM	Kaulava Until 9:52PM	Moon – Green				
				Panchami Until 10:17AM	Bhadrapada*Avani			Devaloka Day	

6	Friday, September 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Port Harcourt, Nigeria Sun 21 Sutra 138 Subhakrit 5124		
	Tula Rasi: 25.49	Tithi 6 – 7	Gulika 7:57AM – 9:29AM	Vishakha Until 7:14PM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 21 3rd Phase
	Creative Work	Siddha Yoga	Yama 3:34PM – 5:06PM	Indra Until 2:43PM	Nataraja: Clear				
		573965473	Rahu 11:00AM – 12:32PM	Gara Until 8:41PM	Moon – Orange				
				Shashthi* Until 9:18AM	Bhadrapada*Avani			Sivaloka Day	

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				Port Harcourt, Nigeria Sun 22 Sutra 139 Subhakrit 5124		
	Retreat Star		Gulika 6:26AM – 7:57AM	Anuradha Until 6:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:26AM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 22 Ashtami
	Vrischika Rasi: 9.29	Tithi 7 – 8	Yama 2:03PM – 3:34PM	Vaidhriti* Until 12:26PM	Nataraja: Clear				
		574965473	Rahu 9:28AM – 11:00AM	Visti Until 7:05PM	Moon – Orange				
				Saptami Until 7:55AM	Bhadrapada*Avani			Devaloka Day	

D	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				Port Harcourt, Nigeria Sun 23 Sutra 140 Subhakrit 5124		
	Retreat Star		Gulika 3:34PM – 5:05PM	Jyeshtha* Until 5:01PM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 19 - 23 Navami
	Vrischika Rasi: 23.26	Tithi 8 – 9	Yama 12:31PM – 2:02PM	Vishkambha* Until 9:49AM	Nataraja: Clear				
		574965473	Rahu 5:05PM – 6:36PM	Kaulava Until 3:55AM Mon	Moon – Orange				
				Ashtami* Until 6:07AM	Bhadrapada*Avani			Devaloka Day	


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

1		Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Tailila/Gara Karana Dashamyam Titau		Port Harcourt, Nigeria Sun 24 Sutra 141	
Dhanus Rasi: 7.37	Tithi 10	Gulika	2:02PM – 3:33PM	Mula* Until 3:32PM	Ganesha: White	<i>Sunrise:</i> 6:25AM	Subhakrit 5124
Family Home Evening	584965473	Yama	10:59AM – 12:31PM	Priti Until 6:55AM	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20 - 24
Creative Work Siddha Yoga		Rahu	7:56AM – 9:28AM	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		Port Harcourt, Nigeria Sun 25 Sutra 142	
Dhanus Rasi: 22.02	Tithi 11	Gulika	12:30PM – 2:02PM	Purvashadha* Until 1:36PM	Ganesha: White	<i>Sunrise:</i> 6:25AM	Subhakrit 5124
	584965473	Yama	9:28AM – 10:59AM	Saubhagya Until 12:16AM Wed	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 20 - 25
Creative Work Siddha Yoga		Rahu	3:33PM – 5:04PM	Vanija Until 12:00PM	Nataraja: Clear		4th Phase
Until 1:36PM				Ekadashi Until 10:33PM	Moon – Light Blue	Bhuloka Day	
Then Routine Work - Prabarashita 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		Port Harcourt, Nigeria Sun 26 Sutra 143	
Makara Rasi: 6.38	Tithi 12	Gulika	10:59AM – 12:30PM	Uttarashadha Until 11:20AM	Ganesha: White	<i>Sunrise:</i> 6:25AM	Subhakrit 5124
	584965473	Yama	7:56AM – 9:27AM	Sobhana Until 8:44PM	Muruqa: White	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20 - 26
Creative Work Amrita Yoga		Rahu	12:30PM – 2:01PM	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		Port Harcourt, Nigeria Sun 27 Sutra 144	
Makara Rasi: 21.2	Tithi 13 – 14	Gulika	9:27AM – 10:58AM	Shravana Until 9:15AM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	Subhakrit 5124
	594965473	Yama	6:24AM – 7:56AM	Athiganda* Until 5:09PM	Muruqa: White	<i>Sunset:</i> 6:35PM	Moon 8 - Phase 20 - 27
Creative Work Siddha Yoga		Rahu	2:01PM – 3:32PM	Kaulava Until 6:04AM	Nataraja: Clear		4th Phase
				Chidambaram Abhishekam	Moon – Purple	Devaloka Day	
				Trayodashi Until 4:33PM	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		Port Harcourt, Nigeria Sun 28 Sutra 145	
Kumbha Rasi: 6	Tithi 14 – 15	Gulika	7:55AM – 9:27AM	Dhanishtha Until 7:04AM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	Subhakrit 5124
	594965473	Yama	3:32PM – 5:03PM	Sukarma Until 1:40PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 20 -
Creative Work Siddha Yoga		Rahu	10:58AM – 12:29PM	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		Port Harcourt, Nigeria Sun 29 Sutra 146	
Kumbha Rasi: 20.31	Tithi 15 – 16	Gulika	6:24AM – 7:55AM	Purvaproshtapada* Until 3:31AM Sun	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	Subhakrit 5124
	514965473	Yama	2:00PM – 3:31PM	Dhriti Until 10:25AM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 20 -
Routine Work Marana Yoga		Rahu	9:26AM – 10:58AM	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

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

Port Harcourt, Nigeria
Sutra 147

Meena Rasi: 4.47 Tithi 16 – 17

Gulika 3:31PM – 5:02PM
Yama 12:28PM – 2:00PM
Rahu 5:02PM – 6:33PM

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

Ganesha: Clear *Sunrise: 6:24AM*
Muruqa: White *Sunset: 6:33PM*
Nataraja: Clear
Moon – Clear

Subhakra 5124
Moon 9 - Phase 21 -
1st Phase

Creative Work Amrita Yoga
Until 2:27AM Mon
Then Creative Work - Siddha Yoga

Grandparent's Day

Devaloka Day

Bhadrapada*Avani

1

Monday, September 12, 2022

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

Port Harcourt, Nigeria
Sun 1 Sutra 148

Meena Rasi: 18.41 Tithi 17 – 18

Gulika 1:59PM – 3:30PM
Yama 10:57AM – 12:28PM
Rahu 7:55AM – 9:26AM

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

Ganesha: Clear *Sunrise: 6:24AM*
Muruqa: White *Sunset: 6:33PM*
Nataraja: Clear
Moon – Clear

Subhakra 5124
Moon 9 - Phase 21 - 1
1st Phase

Family Home Evening
Creative Work Siddha Yoga

Devaloka Day

Bhadrapada*Avani

2

Tuesday, September 13, 2022

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

Port Harcourt, Nigeria
Sun 2 Sutra 149

Mesha Rasi: 2.1 Tithi 18 – 19

Gulika 12:28PM – 1:59PM
Yama 9:26AM – 10:57AM
Rahu 3:30PM – 5:01PM

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

Ganesha: White *Sunrise: 6:23AM*
Muruqa: White *Sunset: 6:32PM*
Nataraja: Clear
Moon – White

Subhakra 5124
Moon 9 - Phase 21 - 2
1st Phase

Creative Work Siddha Yoga

Bhuloka Day

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

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

Port Harcourt, Nigeria
Sun 3 Sutra 150

Mesha Rasi: 15.14 Tithi 20

Gulika 10:56AM – 12:27PM
Yama 7:54AM – 9:25AM
Rahu 12:27PM – 1:59PM

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

Ganesha: White *Sunrise: 6:23AM*
Muruqa: White *Sunset: 6:32PM*
Nataraja: Clear
Moon – White

Subhakra 5124
Moon 9 - Phase 21 - 3
1st Phase

Creative Work Siddha Yoga
Until 3:34AM Thu
Then Routine Work - Marana Yoga

Bhuloka Day

Bhadrapada*Avani

Devaloka Time: 6:PM to 9:PM

4

Thursday, September 15, 2022

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

Port Harcourt, Nigeria
Sun 4 Sutra 151

Mesha Rasi: 27.55 Tithi 20 – 21

Gulika 9:25AM – 10:56AM
Yama 6:23AM – 7:54AM
Rahu 1:58PM – 3:29PM

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

Ganesha: Clear *Sunrise: 6:23AM*
Muruqa: White *Sunset: 6:31PM*
Nataraja: Clear
Moon – White

Subhakra 5124
Moon 9 - Phase 21 - 4
1st Phase

Routine Work Marana Yoga

Devaloka Day

Bhadrapada*Avani

5

Friday, September 16, 2022

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

Port Harcourt, Nigeria
Sun 5 Sutra 152

Vrishabha Rasi: 10.16 Tithi 21 – 22

Gulika 7:54AM – 9:25AM
Yama 3:29PM – 5:00PM
Rahu 10:56AM – 12:27PM

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

Ganesha: White *Sunrise: 6:23AM*
Muruqa: White *Sunset: 6:31PM*
Nataraja: Clear
Moon – Yellow

Subhakra 5124
Moon 9 - Phase 21 - 5
1st Phase

Routine Work Marana Yoga
Until 7:55AM Sat
Then Creative Work - Siddha Yoga

Sivaloka Day

Bhadrapada*Avani

D

Saturday, September 17, 2022

Retreat Star

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

Port Harcourt, Nigeria
Sun 6 Sutra 153

Vrishabha Rasi: 22.22 Tithi 22 – 23

Gulika 6:22AM – 7:53AM
Yama 1:57PM – 3:28PM
Rahu 9:24AM – 10:55AM

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

Ganesha: White *Sunrise: 6:22AM*
Muruqa: White *Sunset: 6:30PM*
Nataraja: Clear
Moon – Yellow

Subhakra 5124
Moon 9 - Phase 21 - 6
Ashtami

Creative Work Amrita Yoga
Until 7:55AM
Then Creative Work - Siddha Yoga

Sivaloka Day

Bhadrapada*Puratasi

Sunday, September 18, 2022

Retreat Star

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

Port Harcourt, Nigeria
Sun 7 Sutra 154

Mithuna Rasi: 4.19 Tithi 23 – 24

Gulika 3:28PM – 4:59PM
Yama 12:26PM – 1:57PM
Rahu 4:59PM – 6:30PM

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

Ganesha: White *Sunrise: 6:22AM*
Muruqa: White *Sunset: 6:30PM*
Nataraja: Clear
Moon – Yellow

Subhakra 5124
Moon 9 - Phase 21 - 7
Navami

Creative Work Siddha Yoga

Sivaloka Day

Bhadrapada*Puratasi

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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1	Monday, September 19, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 8 Sutra 155 Subhakit 5124
	Mithuna Rasi: 16.11 Tithi 24 – 25 Family Home Evening Creative Work Siddha Yoga Until 1:33PM Then Creative Work - Amrita Yoga	535965473	Gulika 1:57PM – 3:28PM Yama 10:55AM – 12:26PM Rahu 7:53AM – 9:24AM	Ardra Until 1:33PM Variyan Until 3:54AM Tue Vanija Until 3:49AM Tue Navami* Until 2:36PM	Ganesha: White <i>Sunrise:</i> 6:22AM Muruqa: White <i>Sunset:</i> 6:29PM Nataraja: Clear Moon – Yellow Sivaloka Day Bhadrapada-Puratasi


2	Tuesday, September 20, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 156 Subhakit 5124
	Mithuna Rasi: 28.03 Tithi 25 – 26 Creative Work Siddha Yoga	545965473	Gulika 12:25PM – 1:56PM Yama 9:23AM – 10:54AM Rahu 3:27PM – 4:58PM	Punarvasu Until 4:36PM Parigha* Until 4:40AM Wed Bava Until 6:05AM Wed Dashami Until 4:58PM	Ganesha: Yellow <i>Sunrise:</i> 6:22AM Muruqa: White <i>Sunset:</i> 6:29PM Nataraja: Clear Moon – Blue Devaloka Day Bhadrapada-Puratasi

3	Wednesday, September 21, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Port Harcourt, Nigeria Sun 10 Sutra 157 Subhakit 5124
	Kataka Rasi: 10 Tithi 26 Creative Work Siddha Yoga	545965473	Gulika 10:54AM – 12:25PM Yama 7:52AM – 9:23AM Rahu 12:25PM – 1:56PM	Pushya Until 7:15PM Shiva Until 5:12AM Thu Bava Until 6:05AM Ekadashi* Until 7:04PM	Ganesha: Yellow <i>Sunrise:</i> 6:21AM Muruqa: White <i>Sunset:</i> 6:28PM Nataraja: Clear Moon – Blue Devaloka Day Bhadrapada-Puratasi

4	Thursday, September 22, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 158 Subhakit 5124
	Kataka Rasi: 22.05 Tithi 27 Creative Work Siddha Yoga Until 9:20PM Then Creative Work - Amrita Yoga	545965473	Gulika 9:23AM – 10:54AM Yama 6:21AM – 7:52AM Rahu 1:55PM – 3:26PM	Ashlesha* Until 9:20PM Siddha Until 5:21AM Fri Kaulava Until 7:59AM Dvadashi* Until 8:46PM	Ganesha: Yellow <i>Sunrise:</i> 6:21AM Muruqa: White <i>Sunset:</i> 6:28PM Nataraja: Clear Moon – Blue Devaloka Day Bhadrapada-Puratasi

5	Friday, September 23, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Port Harcourt, Nigeria Sun 12 Sutra 159 Subhakit 5124
	Simha Rasi: 4.21 Tithi 28 Routine Work Marana Yoga Until 11:18PM Then Creative Work - Siddha Yoga	555965473	Gulika 7:52AM – 9:23AM Yama 3:26PM – 4:57PM Rahu 10:53AM – 12:24PM	Magha* Until 11:18PM Sadhya Until 5:09AM Sat Gara Until 9:27AM Trayodashi* Until 9:59PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: Red <i>Sunrise:</i> 6:21AM Muruqa: White <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Red Devaloka Day Bhadrapada-Puratasi

6	Saturday, September 24, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Port Harcourt, Nigeria Sun 13 Sutra 160 Subhakit 5124
	Simha Rasi: 16.5 Tithi 29 Creative Work Siddha Yoga Until 12:36AM Sun Then Creative Work - Amrita Yoga	556965473	Gulika 6:21AM – 7:52AM Yama 1:55PM – 3:25PM Rahu 9:22AM – 10:53AM	Purvaphalguni Until 12:36AM Sun Subha Until 4:34AM Sun Visti* Until 10:26AM Chaturdashi* Until 10:42PM	Ganesha: Green <i>Sunrise:</i> 6:21AM Muruqa: White <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Red Bhuloka Day Bhadrapada-Puratasi Devaloka Time: 6:PM to 9:PM

	Sunday, September 25, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Port Harcourt, Nigeria Sun 14 Sutra 161 Subhakit 5124
	Simha Rasi: 29.32 Tithi 30 Creative Work Amrita Yoga Until 1:15AM Mon Then Creative Work - Siddha Yoga	556165473	Gulika 3:25PM – 4:56PM Yama 12:24PM – 1:54PM Rahu 4:56PM – 6:27PM	Uttaraphalguni Until 1:15AM Mon Sukla Until 3:33AM Mon Catuspada Until 10:53AM Amavasya* Until 10:54PM	Ganesha: Blue <i>Sunrise:</i> 6:21AM Muruqa: White <i>Sunset:</i> 6:27PM Nataraja: Clear Moon – Red Bhuloka Day Bhadrapada-Puratasi Devaloka Time: 6:PM to 9:PM

Retreat Star	Monday, September 26, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Port Harcourt, Nigeria Sun 15 Sutra 162 Subhakit 5124
	Kanya Rasi: 12.29 Tithi 1 Family Home Evening Creative Work Siddha Yoga	566165473	Gulika 1:54PM – 3:25PM Yama 10:52AM – 12:23PM Rahu 7:51AM – 9:22AM	Hasta Until 1:45AM Tue Brahma Until 2:11AM Tue Kintughna Until 10:50AM Prathama* Until 10:38PM	Ganesha: Blue <i>Sunrise:</i> 6:20AM Muruqa: White <i>Sunset:</i> 6:26PM Nataraja: Clear Moon – Green Bhuloka Day 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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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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			Port Harcourt, Nigeria Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 25.4	Tithi 2	Gulika 12:23PM – 1:54PM	Chitra Until 1:41AM Wed	Ganesha: Blue <i>Sunrise:</i> 6:20AM	
			Yama 9:21AM – 10:52AM	Indra Until 12:31AM Wed	Muruqa: White <i>Sunset:</i> 6:26PM	Moon 9 - Phase 23 - 16
	566165473	Rahu 3:24PM – 4:55PM	Balava Until 10:21AM		Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 9:57PM	Moon – Green	Bhuloka Day 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			Port Harcourt, Nigeria Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 9.05	Tithi 3	Gulika 10:52AM – 12:23PM	Svati Until 1:09AM Thu	Ganesha: Blue <i>Sunrise:</i> 6:20AM	
			Yama 7:51AM – 9:21AM	Vaidhriti* Until 10:32PM	Muruqa: White <i>Sunset:</i> 6:25PM	Moon 9 - Phase 23 - 17
	666165473	Rahu 12:23PM – 1:53PM	Taitila Until 9:29AM		Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 8:54PM	Moon – Green	Bhuloka Day 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			Port Harcourt, Nigeria Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 22.4	Tithi 4	Gulika 9:21AM – 10:52AM	Vishakha Until 12:37AM Fri	Ganesha: Blue <i>Sunrise:</i> 6:20AM	
			Yama 6:20AM – 7:50AM	Vishkambha* Until 8:19PM	Muruqa: White <i>Sunset:</i> 6:25PM	Moon 9 - Phase 23 - 18
	676165473	Rahu 1:53PM – 3:23PM	Vanija Until 8:17AM		Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Chaturthi Until 7:34PM	Moon – Orange	Bhuloka Day 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			Port Harcourt, Nigeria Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 6.25	Tithi 5 – 6	Gulika 7:50AM – 9:21AM	Anuradha Until 11:41PM	Ganesha: Blue <i>Sunrise:</i> 6:19AM	
			Yama 3:23PM – 4:54PM	Priti Until 5:56PM	Muruqa: White <i>Sunset:</i> 6:24PM	Moon 9 - Phase 23 - 19
	676165473	Rahu 10:51AM – 12:22PM	Bava Until 6:49AM		Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Panchami Until 5:58PM	Moon – Orange	Bhuloka Day Devaloka Time: 6:PM to 9:PM	
Until 11:41PM	Then Routine Work - Marana Yoga			Ashvina+Puratasi		

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			Port Harcourt, Nigeria Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 20.19	Tithi 6 – 7	Gulika 6:19AM – 7:50AM	Jyeshtha* Until 10:26PM	Ganesha: Blue <i>Sunrise:</i> 6:19AM	
			Yama 1:52PM – 3:23PM	Ayushman Until 3:21PM	Muruqa: White <i>Sunset:</i> 6:24PM	Moon 9 - Phase 23 - 20
	687166473	Rahu 9:20AM – 10:51AM	Gara Until 3:13AM Sun		Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 4:10PM	Moon – Orange	Bhuloka Day 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			Port Harcourt, Nigeria Sun 21 Sutra 168 Subhakrit 5124
	Retreat Star		Gulika 3:22PM – 4:53PM	Mula* Until 9:17PM	Ganesha: Blue <i>Sunrise:</i> 6:19AM	
	Dhanu Rasi: 4.2	Tithi 7 – 8	Yama 12:21PM – 1:52PM	Saubhagya Until 12:38PM	Muruqa: Green <i>Sunset:</i> 6:23PM	Moon 9 - Phase 23 - 21
	687166473	Rahu 4:53PM – 6:23PM	Visti Until 1:10AM Mon		Nataraja: Clear	Ashtami
Creative Work	Amrita Yoga		Saptami Until 2:12PM	Moon – Light Blue	Sivaloka Day	
Until 9:17PM	Then Creative Work - Siddha Yoga	Durga Ashtami		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			Port Harcourt, Nigeria Sun 22 Sutra 169 Subhakrit 5124
	Retreat Star		Gulika 1:51PM – 3:22PM	Purvashadha* Until 7:52PM	Ganesha: Blue <i>Sunrise:</i> 6:19AM	
	Dhanu Rasi: 18.28	Tithi 8 – 9	Yama 10:50AM – 12:21PM	Sobhana Until 9:48AM	Muruqa: Green <i>Sunset:</i> 6:23PM	Moon 9 - Phase 23 - 22
	687166473	Rahu 7:49AM – 9:20AM	Balava Until 10:59PM		Nataraja: Clear	Navami
Family Home Evening	Routine Work Marana Yoga		Ashtami* Until 12:05PM	Moon – Light Blue	Sivaloka Day	
		Saraswathi Puja (Tamil Nadu)		Ashvina+Puratasi		

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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1	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Ahiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Port Harcourt, Nigeria Sun 23 Sutra 170 Subhakrit 5124
	Makara Rasi: 2.4 Tithi 9 – 10 687166473	Rahu 3:22PM – 4:52PM	Gulika 12:21PM – 1:51PM Yama 9:20AM – 10:50AM	Uttarashadha Until 6:12PM Athiganda* Until 6:51AM Taitila Until 8:43PM Navami* Until 9:50AM	Ganesha: Blue Muruga: Green Nataraja: Clear Moon – Light Blue	Sunrise: 6:19AM Sunset: 6:23PM	Moon 9 - Phase 24 - 23 4th Phase
	Routine Work Prabalarishta Yoga Until 6:12PM Then Creative Work - Siddha Yoga				Sivaloka Day		
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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				Port Harcourt, Nigeria Sun 24 Sutra 171 Subhakrit 5124
	Makara Rasi: 16.55 Tithi 10 – 11 697166473	Rahu 12:20PM – 1:51PM	Gulika 10:50AM – 12:20PM Yama 7:49AM – 9:19AM	Shravana Until 4:46PM Dhriti Until 12:50AM Thu Vanija Until 6:24PM Dashami Until 7:32AM	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon – Purple	Sunrise: 6:18AM Sunset: 6:22PM	Moon 9 - Phase 24 - 24 4th Phase
	Creative Work Siddha Yoga Until 4:46PM Then Routine Work - Prabalarishta Yoga		Vijaya Dasami	Devaloka Day			
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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				Port Harcourt, Nigeria Sun 25 Sutra 172 Subhakrit 5124
	Kumbha Rasi: 1.11 Tithi 12 697166473	Rahu 1:50PM – 3:21PM	Gulika 9:19AM – 10:50AM Yama 6:18AM – 7:49AM	Dhanishtha Until 3:14PM Shula* Until 9:51PM Bava Until 4:07PM Dvadashi Until 3:00AM Fri	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon – Purple	Sunrise: 6:18AM Sunset: 6:22PM	Moon 9 - Phase 24 - 25 4th Phase
	Creative Work Siddha Yoga				Devaloka Day		
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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				Port Harcourt, Nigeria Sun 26 Sutra 173 Subhakrit 5124
	Kumbha Rasi: 15.23 Tithi 13 697166473	Rahu 10:49AM – 12:20PM	Gulika 7:49AM – 9:19AM Yama 3:20PM – 4:51PM	Shatabhishak Until 1:41PM Ganda* Until 7:01PM Kaulava Until 1:58PM Trayodashi Until 12:58AM Sat	Ganesha: Yellow Muruga: Green Nataraja: Clear Moon – Purple	Sunrise: 6:18AM Sunset: 6:21PM	Moon 9 - Phase 24 - 26 4th Phase
	Creative Work Siddha Yoga		Kadaitswami Mahasamadhi	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*/Uttaraproshtapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Port Harcourt, Nigeria Sun 27 Sutra 174 Subhakrit 5124
	Kumbha Rasi: 29.28 Tithi 14 618166474	Rahu 9:19AM – 10:49AM	Gulika 6:18AM – 7:48AM Yama 1:50PM – 3:20PM	Purvaproshtapada* Until 12:39PM Vriddhi Until 4:25PM Gara Until 12:04PM Chaturdashi* Until 11:13PM	Ganesha: White Muruga: Green Nataraja: Purple Moon – Clear	Sunrise: 6:18AM Sunset: 6:21PM	Moon 9 - Phase 24 - 27 4th Phase
	Routine Work Marana Yoga Until 12:39PM Then Creative Work - Siddha Yoga		Chidambaram Abhishekam	Bhuloka Day			
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○	Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Port Harcourt, Nigeria Sutra 175 Subhakrit 5124		
	Copper Retreat Star		Meena Rasi: 13.19 Tithi 15 618166474	Rahu 4:50PM – 6:20PM	Gulika 3:20PM – 4:50PM Yama 12:19PM – 1:49PM	Uttaraproshtapada Until 11:50AM Dhruva Until 2:05PM Visti Until 10:31AM Purnima* Until 9:54PM	Ganesha: White Muruga: Green Nataraja: Purple Moon – Clear	Sunrise: 6:18AM Sunset: 6:20PM	Moon 9 - Phase 24 - Purnima
	Creative Work Amrita Yoga				Bhuloka Day				
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○	Monday, October 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Port Harcourt, Nigeria Sutra 176 Subhakrit 5124		
	Silver Retreat Star		Meena Rasi: 26.55 Tithi 16 618166474	Rahu 7:48AM – 9:18AM	Gulika 1:49PM – 3:19PM Yama 10:49AM – 12:19PM	Revati Until 11:21AM Vyaghata* Until 12:10PM Balava Until 9:28AM Prathama* Until 9:07PM	Ganesha: White Muruga: Green Nataraja: Purple Moon – Clear	Sunrise: 6:18AM Sunset: 6:20PM	Moon 9 - Phase 24 - Prathama
	Family Home Evening Creative Work Siddha Yoga				Bhuloka Day				
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Tuesday, October 11, 2022
Gold Retreat Star

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

Port Harcourt, Nigeria
Sun 1 Sutra 177

Mesha Rasi: 10.11 Tithi 17

628176474

Gulika 12:19PM – 1:49PM
Yama 9:18AM – 10:48AM
Rahu 3:19PM – 4:49PM

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

Ganesha: Yellow *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:20PM*
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

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

Port Harcourt, Nigeria
Sun 2 Sutra 178

Mesha Rasi: 23.08 Tithi 18

628176474

Gulika 10:48AM – 12:18PM
Yama 7:48AM – 9:18AM
Rahu 12:18PM – 1:49PM

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

Ganesha: Yellow *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:19PM*
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

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

Port Harcourt, Nigeria
Sun 3 Sutra 179

Vrishabha Rasi: 5.45 Tithi 19

628176474

Gulika 9:18AM – 10:48AM
Yama 6:17AM – 7:47AM
Rahu 1:48PM – 3:19PM

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

Ganesha: Yellow *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:19PM*
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

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

Port Harcourt, Nigeria
Sun 4 Sutra 180

Vrishabha Rasi: 18.05 Tithi 20

638176474

Gulika 7:47AM – 9:17AM
Yama 3:18PM – 4:48PM
Rahu 10:48AM – 12:18PM

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

Ganesha: Blue *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:19PM*
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

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

Port Harcourt, Nigeria
Sun 5 Sutra 181

Mithuna Rasi: 0.12 Tithi 21

639176474

Gulika 6:17AM – 7:47AM
Yama 1:48PM – 3:18PM
Rahu 9:17AM – 10:47AM

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

Ganesha: Red *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:18PM*
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

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

Port Harcourt, Nigeria
Sun 6 Sutra 182

Mithuna Rasi: 12.1 Tithi 22

639176474

Gulika 3:18PM – 4:48PM
Yama 12:17PM – 1:48PM
Rahu 4:48PM – 6:18PM

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

Ganesha: Red *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:18PM*
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

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

Port Harcourt, Nigeria
Sun 7 Sutra 183

Mithuna Rasi: 24.04 Tithi 23

649176474

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

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

Ganesha: Green *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:18PM*
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

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

Port Harcourt, Nigeria
Sun 8 Sutra 184

Kataka Rasi: 5.57 Tithi 23 – 24

649176474

Gulika 12:17PM – 1:47PM
Yama 9:17AM – 10:47AM
Rahu 3:17PM – 4:47PM

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

Ganesha: Green *Sunrise: 6:17AM*
Muruqa: White *Sunset: 6:17PM*
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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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1		Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 17.55	Tithi 24 – 25	649176474	Gulika 10:47AM – 12:17PM Yama 7:47AM – 9:17AM Rahu 12:17PM – 1:47PM	Ashlesha* Until 5:47AM Thu Sadhya Until 12:58PM Vanija Until 10:42PM Navami* Until 9:42AM	Ganesha: Green <i>Sunrise: 6:17AM</i> Muruqa: White <i>Sunset: 6:17PM</i> Nataraja: Purple Moon – Blue	Ashvina-Aipasi	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		Port Harcourt, Nigeria Sun 10 Sutra 186 Subhakrit 5124	
Simha Rasi: 0.01	Tithi 25 – 26	659276474	Gulika 9:17AM – 10:47AM Yama 6:17AM – 7:47AM Rahu 1:47PM – 3:17PM	Magha* Until 7:55AM Fri Subha Until 1:19PM Bava Until 12:17AM Fri Dashami Until 11:32AM	Ganesha: Green <i>Sunrise: 6:17AM</i> Muruqa: White <i>Sunset: 6:17PM</i> Nataraja: Purple Moon – Red	Ashvina-Aipasi	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		Port Harcourt, Nigeria Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 12.2	Tithi 26 – 27	659276474	Gulika 7:46AM – 9:16AM Yama 3:16PM – 4:46PM Rahu 10:46AM – 12:16PM	Magha* Until 7:55AM Sukla Until 1:13PM Kaulava Until 1:18AM Sat Ekadashi* Until 12:51PM	Ganesha: Green <i>Sunrise: 6:16AM</i> Muruqa: White <i>Sunset: 6:16PM</i> Nataraja: Purple Moon – Red	Ashvina-Aipasi	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		Port Harcourt, Nigeria Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 24.54	Tithi 27 – 28	659276474	Gulika 6:16AM – 7:46AM Yama 1:46PM – 3:16PM Rahu 9:16AM – 10:46AM	Purvaphalguni Until 9:18AM Brahma Until 12:39PM Gara Until 1:40AM Sun Dvadashi* Until 1:33PM	Ganesha: Green <i>Sunrise: 6:16AM</i> Muruqa: White <i>Sunset: 6:16PM</i> Nataraja: Purple Moon – Red	Ashvina-Aipasi	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		Port Harcourt, Nigeria Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 7.46	Tithi 28 – 29	651276474	Gulika 3:16PM – 4:46PM Yama 12:16PM – 1:46PM Rahu 4:46PM – 6:16PM	Uttaraphalguni Until 9:55AM Indra Until 11:37AM Visti Until 1:23AM Mon Trayodashi* Until 1:35PM	Ganesha: Purple <i>Sunrise: 6:16AM</i> Muruqa: White <i>Sunset: 6:16PM</i> Nataraja: Purple Moon – Red	Ashvina-Aipasi	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga		Until 10:13AM		Then Routine Work - Prabalarishta Yoga		Bhuloka Day	
Deepavali Hindu Solidarity 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		Port Harcourt, Nigeria Sun 14 Sutra 190 Subhakrit 5124	
Retreat Star		Kanya Rasi: 20.58 Tithi 29 – 30		661276474			
Family Home Evening		Gulika 1:46PM – 3:16PM Yama 10:46AM – 12:16PM Rahu 7:46AM – 9:16AM		Hasta Until 10:13AM Vaidhriti* Until 10:02AM Catuspada Until 12:30AM Tue Chaturdashi* Until 1:00PM		Ganesha: Light Blue <i>Sunrise: 6:16AM</i> Muruqa: White <i>Sunset: 6:16PM</i> Nataraja: Purple Moon – Green	
Creative Work Siddha Yoga		Until 10:13AM		Then Routine Work - Prabalarishta Yoga		Bhuloka Day	
Subramuniyaswami Mahasamadhi							

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		Port Harcourt, Nigeria Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 4.29	Tithi 30 – 1	661276474	Gulika 12:16PM – 1:46PM Yama 9:16AM – 10:46AM Rahu 3:16PM – 4:46PM	Chitra Until 9:47AM Vishkambha* Until 8:01AM Kintughna Until 11:06PM Amavasya* Until 11:50AM		Ganesha: Light Blue <i>Sunrise: 6:16AM</i> Muruqa: White <i>Sunset: 6:15PM</i> Nataraja: Purple Moon – Green	
Creative Work Siddha Yoga		Until 10:13AM		Then Routine Work - Prabalarishta Yoga		Bhuloka Day	
Skanda Shasthi Begins							
Kartika-Aipasi							

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 Svati/Vishakha Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Port Harcourt, Nigeria Sun 16 Sutra 192 Subhakrit 5124	
Tula Rasi: 18.19	Tithi 1 – 2	Gulika 10:46AM – 12:16PM	Svati Until 8:45AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
		Yama 7:46AM – 9:16AM	Ayushman Until 2:54AM Thu	Nataraja: Clear			Moon 10 - Phase 27 - 16
		661276574 Rahu 12:16PM – 1:46PM	Balava Until 9:16PM	Moon – Green			3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 10:13AM	Karttika•Aipasi		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 Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Port Harcourt, Nigeria Sun 17 Sutra 193 Subhakrit 5124	
Vrischika Rasi: 2.22	Tithi 2 – 3	Gulika 9:16AM – 10:46AM	Vishakha Until 7:38AM	Ganesha: Purple	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
		Yama 6:16AM – 7:46AM	Saubhagya Until 11:57PM	Nataraja: Clear			Moon 10 - Phase 27 - 17
		671276574 Rahu 1:46PM – 3:15PM	Taitila Until 7:09PM	Moon – Orange			3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 8:13AM	Karttika•Aipasi		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 Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau		Port Harcourt, Nigeria Sun 18 Sutra 194 Subhakrit 5124	
Vrischika Rasi: 16.35	Tithi 3 – 4	Gulika 7:46AM – 9:16AM	Anuradha Until 6:07AM	Ganesha: Purple	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
		Yama 3:15PM – 4:45PM	Sobhana Until 8:54PM	Nataraja: Clear			Moon 10 - Phase 27 - 18
		671276574 Rahu 10:46AM – 12:16PM	Visti Until 3:38AM Sat	Moon – Orange			3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 6:00AM	Karttika•Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Until 6:07AM							
Then Routine Work - Marana Yoga							
4		Saturday, October 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Port Harcourt, Nigeria Sun 19 Sutra 195 Subhakrit 5124	
Dhanus Rasi: 0.53	Tithi 5	Gulika 6:16AM – 7:46AM	Mula* Until 2:49AM Sun	Ganesha: Clear	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
		Yama 1:45PM – 3:15PM	Athiganda* Until 5:45PM	Nataraja: Clear			Moon 10 - Phase 27 - 19
		681276574 Rahu 9:16AM – 10:46AM	Bava Until 2:27PM	Moon – Light Blue			3rd Phase
Creative Work	Siddha Yoga		Panchami Until 1:14AM Sun	Karttika•Aipasi		Devaloka Day	
5		Sunday, October 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Port Harcourt, Nigeria Sun 20 Sutra 196 Subhakrit 5124	
Dhanus Rasi: 15.13	Tithi 6	Gulika 3:15PM – 4:45PM	Purvashadha* Until 1:11AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
		Yama 12:15PM – 1:45PM	Sukarma Until 2:39PM	Nataraja: Clear			Moon 10 - Phase 27 - 20
		681276574 Rahu 4:45PM – 6:15PM	Kaulava Until 12:03PM	Moon – Light Blue			3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 10:52PM	Karttika•Aipasi		Devaloka Day	
Until 1:11AM Mon							
Then Routine Work - Marana Yoga							
6		Monday, October 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Port Harcourt, Nigeria Sun 21 Sutra 197 Subhakrit 5124	
Dhanus Rasi: 29.31	Tithi 7	Gulika 1:45PM – 3:15PM	Uttarashadha Until 11:33PM	Ganesha: Clear	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 6:14PM
Family Home Evening		Yama 10:46AM – 12:15PM	Dhriti Until 11:37AM	Nataraja: Clear			Moon 10 - Phase 27 - 21
Routine Work	Marana Yoga	681276574 Rahu 7:46AM – 9:16AM	Gara Until 9:45AM	Moon – Light Blue			3rd Phase
Until 11:33PM			Saptami Until 8:38PM	Karttika•Aipasi		Devaloka Day	
Then Creative Work - Amrita Yoga							
Retreat Star		Tuesday, November 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Port Harcourt, Nigeria Sun 22 Sutra 198 Subhakrit 5124	
Makara Rasi: 13.43	Tithi 8	Gulika 12:15PM – 1:45PM	Shravana Until 10:21PM	Ganesha: White	<i>Sunrise:</i> 6:17AM	Muruqa: Clear	<i>Sunset:</i> 6:14PM
		Yama 9:16AM – 10:46AM	Shula* Until 8:41AM	Nataraja: Clear			Moon 10 - Phase 27 - 22
		691276574 Rahu 3:15PM – 4:45PM	Visti Until 7:35AM	Moon – Purple			Ashtami
Creative Work	Siddha Yoga		Ashtami* Until 6:33PM	Karttika•Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Retreat Star		Wednesday, November 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 23 Sutra 199 Subhakrit 5124	
Makara Rasi: 27.47	Tithi 9 – 10	Gulika 10:46AM – 12:15PM	Dhanishtha Until 9:14PM	Ganesha: Green	<i>Sunrise:</i> 6:17AM	Muruqa: Clear	<i>Sunset:</i> 6:14PM
		Yama 7:46AM – 9:16AM	Vriddhi Until 3:20AM Thu	Nataraja: Clear			Moon 10 - Phase 27 - 23
		692276574 Rahu 12:15PM – 1:45PM	Taitila Until 3:51AM Thu	Moon – Purple			Navami
Routine Work	Prabalarishta Yoga		Navami* Until 4:41PM	Karttika•Aipasi		Bhuloka Day	Devaloka Time: 3:PM to 6:PM
Until 9:14PM							
Then Creative Work - Siddha Yoga							

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,


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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		Port Harcourt, Nigeria Sun 24 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 11.44 Tithi 10 – 11	Gulika 9:16AM – 10:46AM	Shatabhishak Until 8:12PM	Ganesha: Green <i>Sunrise:</i> 6:17AM
	692276574	Yama 6:17AM – 7:46AM	Dhruva Until 12:56AM Fri	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Siddha Yoga	Rahu 1:45PM – 3:15PM	Vanija Until 2:22AM Fri	Nataraja: Clear Moon – Purple
			Dashami Until 3:03PM	Bhuloka Day 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		Port Harcourt, Nigeria Sun 25 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 25.31 Tithi 11 – 12	Gulika 7:46AM – 9:16AM	Purvaproshtapada* Until 7:44PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM
	612276574	Yama 3:15PM – 4:44PM	Vyaghata* Until 10:46PM	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Siddha Yoga	Rahu 10:46AM – 12:15PM	Bava Until 1:10AM Sat	Nataraja: Clear Moon – Clear
			Ekadashi Until 1:42PM	Bhuloka Day 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		Port Harcourt, Nigeria Sun 26 Sutra 202 Subhakrit 5124
	Meena Rasi: 9.07 Tithi 12 – 13	Gulika 6:17AM – 7:47AM	Uttaraproshtapada Until 7:28PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM
	612276574	Yama 1:45PM – 3:15PM	Harshana Until 8:54PM	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Siddha Yoga	Rahu 9:16AM – 10:46AM	Kaulava Until 12:19AM Sun	Nataraja: Clear Moon – Clear
Until 7:28PM	Dvadashi Until 12:40PM			Bhuloka Day Devaloka Time: 3:PM to 6:PM
<i>Pradosha Vrata</i>				

4	Sunday, November 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Port Harcourt, Nigeria Sun 27 Sutra 203 Subhakrit 5124
	Meena Rasi: 22.31 Tithi 13 – 14	Gulika 3:15PM – 4:44PM	Revati Until 7:25PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM
	612276574	Yama 12:15PM – 1:45PM	Vajra* Until 7:18PM	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Amrita Yoga	Rahu 4:44PM – 6:14PM	Gara Until 11:52PM	Nataraja: Clear Moon – Clear
Until 7:25PM	Trayodashi Until 12:01PM			Bhuloka Day Devaloka Time: 3:PM to 6:PM
<i>Karttika-Aipasi</i>				

	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		Port Harcourt, Nigeria Sun 28 Sutra 204 Subhakrit 5124
	Mesha Rasi: 5.41 Tithi 14 – 15	Gulika 1:45PM – 3:15PM	Ashvini Until 8:07PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM
	Family Home Evening 722276574	Yama 10:46AM – 12:15PM	Siddhi Until 6:05PM	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Siddha Yoga	Rahu 7:47AM – 9:16AM	Visti Until 11:52PM	Nataraja: Clear Moon – White
			Chaturdashi* Until 11:47AM	Bhuloka Day Devaloka Time: 3:PM to 6:PM
<i>Karttika-Aipasi</i>				

Silver Retreat Star	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		Port Harcourt, Nigeria Sun 29 Sutra 205 Subhakrit 5124
	Mesha Rasi: 18.37 Tithi 15 – 16	Gulika 12:16PM – 1:45PM	Bharani Until 9:08PM	Ganesha: Blue <i>Sunrise:</i> 6:17AM
	722276574	Yama 9:16AM – 10:46AM	Vyatipata* Until 5:14PM	Muruqa: Clear <i>Sunset:</i> 6:14PM
	Creative Work Siddha Yoga	Rahu 3:15PM – 4:44PM	Balava Until 12:23AM Wed	Nataraja: Clear Moon – White
			Purnima* Until 12:02PM	Bhuloka Day Devaloka Time: 3:PM to 6:PM
<i>Karttika-Aipasi</i>				

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

Port Harcourt, Nigeria

Sutra 206

Subhakit 5124

Vrishabha Rasi: 1.19 Tithi 16 - 17

722276574

Gulika 10:46AM - 12:16PM
Yama 7:47AM - 9:17AM
Rahu 12:16PM - 1:45PM

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

Ganesha: Blue *Sunrise: 6:17AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - White
Kartika-Aipasi

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

Port Harcourt, Nigeria

Sutra 207

Subhakit 5124

Vrishabha Rasi: 13.47 Tithi 17 - 18

732276574

Gulika 9:17AM - 10:46AM
Yama 6:18AM - 7:47AM
Rahu 1:45PM - 3:15PM

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

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

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

Port Harcourt, Nigeria

Sutra 208

Subhakit 5124

Vrishabha Rasi: 26.02 Tithi 18 - 19

732276574

Gulika 7:47AM - 9:17AM
Yama 3:15PM - 4:44PM
Rahu 10:46AM - 12:16PM

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

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

3 Saturday, November 12, 2022

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

Port Harcourt, Nigeria

Sutra 209

Subhakit 5124

Mithuna Rasi: 8.07 Tithi 19

732276574

Gulika 6:18AM - 7:48AM
Yama 1:45PM - 3:15PM
Rahu 9:17AM - 10:46AM

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

Ganesha: Red *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Yellow
Kartika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

4 Sunday, November 13, 2022

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

Port Harcourt, Nigeria

Sutra 210

Subhakit 5124

Mithuna Rasi: 20.04 Tithi 20

742276574

Gulika 3:15PM - 4:44PM
Yama 12:16PM - 1:45PM
Rahu 4:44PM - 6:14PM

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

Ganesha: Green *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

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

Port Harcourt, Nigeria

Sutra 211

Subhakit 5124

Kataka Rasi: 1.58 Tithi 21

742376574

Gulika 1:46PM - 3:15PM
Yama 10:47AM - 12:16PM
Rahu 7:48AM - 9:17AM

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

Ganesha: White *Sunrise: 6:18AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

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

Family Home Evening
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

Port Harcourt, Nigeria

Sutra 212

Subhakit 5124

Kataka Rasi: 13.5 Tithi 22

743376574

Gulika 12:16PM - 1:46PM
Yama 9:18AM - 10:47AM
Rahu 3:15PM - 4:45PM

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

Ganesha: Green *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Blue
Kartika-Aipasi

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

Creative Work Siddha Yoga

Retreat Star Wednesday, November 16, 2022

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

Port Harcourt, Nigeria

Sutra 213

Subhakit 5124

Kataka Rasi: 25.47 Tithi 23

743376574

Gulika 10:47AM - 12:17PM
Yama 7:48AM - 9:18AM
Rahu 12:17PM - 1:46PM

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

Ganesha: Green *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Clear
Moon - Blue
Kartika-Karttikai

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

Creative Work Siddha Yoga

Retreat Star Thursday, November 17, 2022

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

Port Harcourt, Nigeria

Sutra 214

Subhakit 5124

Simha Rasi: 7.5 Tithi 24

753376575

Gulika 9:18AM - 10:47AM
Yama 6:19AM - 7:49AM
Rahu 1:46PM - 3:15PM

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

Ganesha: Orange *Sunrise: 6:19AM*
Muruqa: Clear *Sunset: 6:14PM*
Nataraja: Purple
Moon - Red
Kartika-Karttikai

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 Purvaphalguni Nakshatra Vaidhrili* Yoga Vanija/Visti* Karana Dashamyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 215 Subhakrit 5124	
Simha Rasi: 20.07	Tithi 25	Gulika 7:49AM – 9:18AM	Purvaphalguni Until 6:35PM	Ganesha: Orange	<i>Sunrise:</i> 6:20AM		
		Yama 3:16PM – 4:45PM	Vaidhrili* Until 8:37PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 11 - Phase 30 - 9	
		753376575 Rahu 10:48AM – 12:17PM	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 Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekashyam Titau		Port Harcourt, Nigeria Sun 10 Sutra 216 Subhakrit 5124	
Kanya Rasi: 2.4	Tithi 25 – 26	Gulika 6:20AM – 7:49AM	Uttaraphalguni Until 7:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:20AM		
		Yama 1:46PM – 3:16PM	Vishkambha* Until 7:53PM	Muruqa: Clear	<i>Sunset:</i> 6:14PM	Moon 11 - Phase 30 - 10	
		753376575 Rahu 9:18AM – 10:48AM	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 Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 217 Subhakrit 5124	
Kanya Rasi: 15.33	Tithi 26 – 27	Gulika 3:16PM – 4:45PM	Hasta Until 8:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:20AM		
		Yama 12:17PM – 1:47PM	Priti Until 6:33PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 11 - Phase 30 - 11	
		753376575 Rahu 4:45PM – 6:15PM	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 Chitra Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Port Harcourt, Nigeria Sun 12 Sutra 218 Subhakrit 5124	
Kanya Rasi: 28.51	Tithi 28	Gulika 1:47PM – 3:16PM	Chitra Until 7:45PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:20AM		
Family Home Evening		Yama 10:48AM – 12:18PM	Ayushman Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	753376575 Rahu 7:50AM – 9:19AM	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				Karttika-Karttikai			
			<i>Pradosha Vrata (Fasting)</i>				

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Port Harcourt, Nigeria Sun 13 Sutra 219 Subhakrit 5124	
Tula Rasi: 12.34	Tithi 29	Gulika 12:18PM – 1:47PM	Svati Until 6:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:21AM		
		Yama 9:19AM – 10:49AM	Saubhagya Until 2:07PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 11 - Phase 30 - 13	
		753376575 Rahu 3:16PM – 4:46PM	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 Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Port Harcourt, Nigeria Sun 14 Sutra 220 Subhakrit 5124	
Retreat Star		Gulika 10:49AM – 12:18PM	Vishakha Until 5:07PM	Ganesha: Purple	<i>Sunrise:</i> 6:21AM		
Tula Rasi: 26.4	Tithi 30	Yama 7:50AM – 9:20AM	Sobhana Until 11:09AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 11 - Phase 30 - 14	
		773376575 Rahu 12:18PM – 1:47PM	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 Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Port Harcourt, Nigeria Sun 15 Sutra 221 Subhakrit 5124	
Vrischika Rasi: 11.07	Tithi 1	Gulika 9:20AM – 10:49AM	Anuradha Until 3:06PM	Ganesha: Purple	<i>Sunrise:</i> 6:21AM		
		Yama 6:21AM – 7:51AM	Athiganda* Until 7:48AM	Muruqa: Clear	<i>Sunset:</i> 6:15PM	Moon 11 - Phase 30 - 15	
		773376575 Rahu 1:48PM – 3:17PM	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 Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Port Harcourt, Nigeria Sun 16 Sutra 222 Subhakrit 5124
	Vrischika Rasi: 25.47	Tiithi 2	733376575	Gulika 7:51AM – 9:20AM Yama 3:17PM – 4:46PM Rahu 10:49AM – 12:19PM	Jyeshtha* Until 12:41PM Dhriti Until 12:27AM Sat Balava Until 7:39AM Dvitiya Until 6:05PM	Ganesha: Purple <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 6:16PM Nataraja: Purple Moon – Orange Margasira-Karttikai	Moon 11 - Phase 31 - 16 3rd Phase Devaloka Day
	Routine Work Marana Yoga						
	Until 12:41PM						
Then Creative Work - Amrita Yoga							

2	Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Port Harcourt, Nigeria Sun 17 Sutra 223 Subhakrit 5124
	Dhanus Rasi: 10.35	Tiithi 3 – 4	783376575	Gulika 6:22AM – 7:51AM Yama 1:48PM – 3:17PM Rahu 9:21AM – 10:50AM	Mula* Until 10:26AM Shula* Until 8:41PM Vanija Until 1:26AM Sun Tritiya Until 2:57PM	Ganesha: Light Blue <i>Sunrise:</i> 6:22AM Muruqa: Clear <i>Sunset:</i> 6:16PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai	Moon 11 - Phase 31 - 17 3rd Phase Devaloka Day
	Creative Work Siddha Yoga						

3	Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau				Port Harcourt, Nigeria Sun 18 Sutra 224 Subhakrit 5124
	Dhanus Rasi: 25.22	Tiithi 4 – 5	783376575	Gulika 3:18PM – 4:47PM Yama 12:19PM – 1:49PM Rahu 4:47PM – 6:16PM	Purvashadha* Until 8:06AM Ganda* Until 5:00PM Bava Until 10:29PM Chaturthi* Until 11:55AM	Ganesha: Light Blue <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 6:16PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai	Moon 11 - Phase 31 - 18 3rd Phase Devaloka Day
	Creative Work Siddha Yoga						
	Until 8:06AM						
Then Creative Work - Amrita Yoga							

4	Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Port Harcourt, Nigeria Sun 19 Sutra 225 Subhakrit 5124
	Makara Rasi: 10.01	Tiithi 5 – 6	793376575	Gulika 1:49PM – 3:18PM Yama 10:50AM – 12:20PM Rahu 7:52AM – 9:21AM	Shravana Until 4:06AM Tue Vridhi Until 1:32PM Kaulava Until 7:47PM Panchami Until 9:04AM	Ganesha: Orange <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 6:16PM Nataraja: Purple Moon – Purple Margasira-Karttikai	Moon 11 - Phase 31 - 19 3rd Phase Sivaloka Day
	Family Home Evening						
	Creative Work Amrita Yoga						
Until 4:06AM Tue							
Then Creative Work - Siddha Yoga							

5	Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Vanija Karana Shashthi/Saptamyam Titau				Port Harcourt, Nigeria Sun 20 Sutra 226 Subhakrit 5124
	Makara Rasi: 24.27	Tiithi 6 – 7	793376575	Gulika 12:20PM – 1:49PM Yama 9:22AM – 10:51AM Rahu 3:18PM – 4:48PM	Dhanishtha Until 2:39AM Wed Dhruva Until 10:20AM Vanija Until 4:28AM Wed Shashthi* Until 6:34AM	Ganesha: Orange <i>Sunrise:</i> 6:23AM Muruqa: Clear <i>Sunset:</i> 6:17PM Nataraja: Purple Moon – Purple Margasira-Karttikai	Moon 11 - Phase 31 - 20 3rd Phase Sivaloka Day
	Creative Work Siddha Yoga						

D	Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau				Port Harcourt, Nigeria Sun 21 Sutra 227 Subhakrit 5124		
	Retreat Star		Kumbha Rasi: 8.37	Tiithi 8	794376575	Gulika 10:51AM – 12:20PM Yama 7:53AM – 9:22AM Rahu 12:20PM – 1:50PM	Shatabhishak Until 1:32AM Thu Vyaghata* Until 7:29AM Visti Until 3:37PM Ashtami* Until 2:51AM Thu	Ganesha: Clear <i>Sunrise:</i> 6:24AM Muruqa: Clear <i>Sunset:</i> 6:17PM Nataraja: Purple Moon – Purple Margasira-Karttikai	Moon 11 - Phase 31 - 21 Ashtami Sivaloka Day
	Creative Work Siddha Yoga								

D	Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau				Port Harcourt, Nigeria Sun 22 Sutra 228 Subhakrit 5124		
	Retreat Star		Kumbha Rasi: 22.28	Tiithi 9	714376575	Gulika 9:22AM – 10:52AM Yama 6:24AM – 7:53AM Rahu 1:50PM – 3:19PM	Purvaproshtapada* Until 1:12AM Fri Vajra* Until 2:57AM Fri Balava Until 2:15PM Navami* Until 1:45AM Fri	Ganesha: Red <i>Sunrise:</i> 6:24AM Muruqa: Clear <i>Sunset:</i> 6:17PM Nataraja: Purple Moon – Clear Margasira-Karttikai	Moon 11 - Phase 31 - 22 Navami Sivaloka Day
	Creative Work Siddha Yoga								

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

1		Friday, December 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam		Port Harcourt, Nigeria	
		Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau				Sun 23 Sutra 229	
Meena Rasi: 6	Tithi 10	Gulika 7:54AM – 9:23AM	Uttaraproshtapada Until 1:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
		Yama 3:19PM – 4:49PM	Siddhi Until 1:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 11 - Phase 32 - 23	
	714376575	Rahu 10:52AM – 12:21PM	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		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam		Port Harcourt, Nigeria	
		Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Sun 24 Sutra 230	
Meena Rasi: 19.16	Tithi 11	Gulika 6:25AM – 7:54AM	Revati Until 1:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
		Yama 1:51PM – 3:20PM	Vyatipata* Until 12:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 11 - Phase 32 - 24	
	714376575	Rahu 9:23AM – 10:52AM	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		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam		Port Harcourt, Nigeria	
		Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau				Sun 25 Sutra 231	
Mesha Rasi: 2.16	Tithi 12	Gulika 3:20PM – 4:49PM	Ashvini Until 2:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:25AM	Subhakrit 5124	
		Yama 12:22PM – 1:51PM	Varyan Until 11:10PM	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 11 - Phase 32 - 25	
	724376575	Rahu 4:49PM – 6:18PM	Bava Until 1:15PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Dvodashi Until 1:30AM Mon	Moon – White		Devaloka Day	
Until 1:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

4		Monday, December 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam		Port Harcourt, Nigeria	
		Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Sun 26 Sutra 232	
Mesha Rasi: 15.02	Tithi 13	Gulika 1:51PM – 3:21PM	Bharani Until 4:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Subhakrit 5124	
Family Home Evening		Yama 10:53AM – 12:22PM	Parigha* Until 10:37PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 11 - Phase 32 - 26	
	724376575	Rahu 7:55AM – 9:24AM	Kaulava Until 1:53PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 2:20AM Tue	Moon – White		Devaloka Day	
Until 1:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							
<i>Pradosha Vrata</i>							

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam		Port Harcourt, Nigeria	
		Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau				Sun 27 Sutra 233	
Mesha Rasi: 27.37	Tithi 14	Gulika 12:23PM – 1:52PM	Krittika Until 5:47AM Wed	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Subhakrit 5124	
		Yama 9:25AM – 10:54AM	Shiva Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 11 - Phase 32 - 27	
	724376575	Rahu 3:21PM – 4:50PM	Gara Until 2:56PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 3:35AM Wed	Moon – White		Devaloka Day	
Until 1:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							
		Krittika Deepam					

○		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam		Port Harcourt, Nigeria	
		Copper Retreat Star		Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28 Sutra 234	
Vrishabha Rasi: 10.01	Tithi 15	Gulika 10:54AM – 12:23PM	Rohini Until 8:05AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Subhakrit 5124	
		Yama 7:56AM – 9:25AM	Siddha Until 10:25PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 11 - Phase 32 - Purnima	
	734376575	Rahu 12:23PM – 1:52PM	Visti Until 4:22PM	Nataraja: Purple		4th Phase	
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		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam		Port Harcourt, Nigeria	
		Silver Retreat Star		Rohini/Mrigashira Nakshatra Sadhya Yoga Balava Karana Prathamayam Titau		Sun 29 Sutra 235	
Vrishabha Rasi: 22.16	Tithi 16	Gulika 9:25AM – 10:55AM	Rohini Until 8:05AM	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Subhakrit 5124	
		Yama 6:27AM – 7:56AM	Sadhya Until 10:43PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 11 - Phase 32 - Prathama	
	734376575	Rahu 1:53PM – 3:22PM	Balava Until 6:10PM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga		Prathama* Until 7:09AM Fri	Moon – Yellow		Sivaloka Day	
Until 1:14AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							
Vinayaga Viratam Begins							

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



Friday, December 9, 2022

Gold Retreat Star

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

Port Harcourt, Nigeria

Sutra 236

Subhakarit 5124

Mithuna Rasi: 4.23 Tithi 16 - 17

734476575

Gulika 7:57AM - 9:26AM
Yama 3:22PM - 4:51PM
Rahu 10:55AM - 12:24PM

Mrigashira Until 10:32AM

Subha Until 11:14PM

Taitila Until 8:15PM

Prathama* Until 7:09AM

Ganesha: Red **Sunrise:** 6:28AM

Muruqa: Clear **Sunset:** 6:20PM

Nataraja: Purple

Moon - Yellow

Margasira-Karttikai

Sivaloka Day

Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Port Harcourt, Nigeria

Sun 1 Sutra 237

Subhakarit 5124

Mithuna Rasi: 16.23 Tithi 17 - 18

734476575

Gulika 6:28AM - 7:57AM
Yama 1:54PM - 3:23PM
Rahu 9:26AM - 10:55AM

Ardra Until 1:03PM

Sukla Until 11:54PM

Vanija Until 10:35PM

Dvitiya Until 9:22AM

Ganesha: Red **Sunrise:** 6:28AM

Muruqa: Clear **Sunset:** 6:21PM

Nataraja: Purple

Moon - Yellow

Margasira-Karttikai

Sivaloka Day

Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Port Harcourt, Nigeria

Sun 2 Sutra 238

Subhakarit 5124

Mithuna Rasi: 28.19 Tithi 18 - 19

744476575

Gulika 3:23PM - 4:52PM
Yama 12:25PM - 1:54PM
Rahu 4:52PM - 6:21PM

Punarvasu Until 4:06PM

Brahma Until 12:42AM Mon

Bava Until 1:04AM Mon

Tritiya Until 11:47AM

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

Muruqa: Clear **Sunset:** 6:21PM

Nataraja: Purple

Moon - Blue

Margasira-Karttikai

Devaloka Day

Moon 12 - Phase 33 - 2 1st Phase

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Port Harcourt, Nigeria

Sun 3 Sutra 239

Subhakarit 5124

Kataka Rasi: 10.12 Tithi 19 - 20

Family Home Evening

745476575

Gulika 1:54PM - 3:23PM
Yama 10:56AM - 12:25PM
Rahu 7:58AM - 9:27AM

Pushya Until 7:03PM

Indra Until 1:33AM Tue

Kaulava Until 3:36AM Tue

Chaturthi* Until 2:19PM

Ganesha: White **Sunrise:** 6:29AM

Muruqa: Clear **Sunset:** 6:22PM

Nataraja: Purple

Moon - Blue

Margasira-Karttikai

Devaloka Day

Moon 12 - Phase 33 - 3 1st Phase

Creative Work Siddha Yoga

4

Tuesday, December 13, 2022

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

Port Harcourt, Nigeria

Sun 4 Sutra 240

Subhakarit 5124

Kataka Rasi: 22.04 Tithi 20 - 21

745476575

Gulika 12:26PM - 1:55PM
Yama 9:28AM - 10:57AM
Rahu 3:24PM - 4:53PM

Ashlesha* Until 9:48PM

Vaidhriti* Until 2:19AM Wed

Gara Until 6:03AM Wed

Panchami Until 4:49PM

Ganesha: White **Sunrise:** 6:30AM

Muruqa: Clear **Sunset:** 6:22PM

Nataraja: Purple

Moon - Blue

Margasira-Karttikai

Devaloka Day

Moon 12 - Phase 33 - 4 1st Phase

Creative Work Siddha Yoga

5

Wednesday, December 14, 2022

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

Port Harcourt, Nigeria

Sun 5 Sutra 241

Subhakarit 5124

Simha Rasi: 3.59 Tithi 21

755476575

Gulika 10:57AM - 12:26PM
Yama 7:59AM - 9:28AM
Rahu 12:26PM - 1:55PM

Magha* Until 12:42AM Thu

Vishkambha* Until 2:55AM Thu

Gara Until 6:03AM

Shashthi* Until 7:10PM

Ganesha: Clear **Sunrise:** 6:30AM

Muruqa: Clear **Sunset:** 6:22PM

Nataraja: Purple

Moon - Red

Margasira-Karttikai

Sivaloka Day

Moon 12 - Phase 33 - 5 1st Phase

Creative Work Siddha Yoga

6

Thursday, December 15, 2022

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

Port Harcourt, Nigeria

Sun 6 Sutra 242

Subhakarit 5124

Simha Rasi: 15.59 Tithi 22

755476575

Gulika 9:29AM - 10:58AM
Yama 6:31AM - 8:00AM
Rahu 1:56PM - 3:25PM

Purvaphalguni Until 3:02AM Fri

Priti Until 3:13AM Fri

Visti Until 8:14AM

Saptami Until 9:08PM

Ganesha: Clear **Sunrise:** 6:31AM

Muruqa: Clear **Sunset:** 6:23PM

Nataraja: Purple

Moon - Red

Margasira-Karttikai

Sivaloka Day

Moon 12 - Phase 33 - 6 1st Phase

Creative Work Siddha Yoga

7

Friday, December 16, 2022

Retreat Star

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

Port Harcourt, Nigeria

Sun 7 Sutra 243

Subhakarit 5124

Simha Rasi: 28.1 Tithi 23

855476575

Gulika 8:00AM - 9:29AM
Yama 3:25PM - 4:54PM
Rahu 10:58AM - 12:27PM

Uttaraphalguni Until 4:38AM Sat

Ayushman Until 3:02AM Sat

Balava Until 9:57AM

Ashtami* Until 10:33PM

Ganesha: White **Sunrise:** 6:31AM

Muruqa: Clear **Sunset:** 6:23PM

Nataraja: Purple

Moon - Red

Margasira-Markali

Devaloka Day

Moon 12 - Phase 33 - 7 Ashtami

Creative Work Siddha Yoga

Until 4:38AM Sat

Then Routine Work - Marana Yoga

Saturday, December 17, 2022

Retreat Star

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

Port Harcourt, Nigeria

Sun 8 Sutra 244

Subhakarit 5124

Kanya Rasi: 10.37 Tithi 24

865476575

Gulika 6:32AM - 8:01AM
Yama 1:57PM - 3:26PM
Rahu 9:30AM - 10:59AM

Hasta Until 5:49AM Sun

Saubhagya Until 2:17AM Sun

Taitila Until 11:01AM

Navami* Until 11:14PM

Ganesha: Clear **Sunrise:** 6:32AM

Muruqa: Clear **Sunset:** 6:24PM

Nataraja: Purple

Moon - Green

Margasira-Markali

Sivaloka Day

Moon 12 - Phase 33 - 8 Navami

Routine Work Marana Yoga

Until 5:49AM Sun

Then Creative Work - Siddha Yoga

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

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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		Port Harcourt, Nigeria Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 23.25	Tithi 25	Gulika 3:26PM – 4:55PM	Chitra Until 6:01AM Mon	Ganesha: Clear	<i>Sunrise:</i> 6:32AM		
		Yama 12:28PM – 1:57PM	Sobhana Until 12:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 12 - Phase 34 - 9	
		865476575 Rahu 4:55PM – 6:24PM	Vanija Until 11:17AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 11:05PM	Moon – Green		Sivaloka Day	
Until 6:01AM Mon				Margasira*Markali			
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		Port Harcourt, Nigeria Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 6.38	Tithi 26	Gulika 1:58PM – 3:27PM	Chitra Until 6:01AM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM		
Family Home Evening		Yama 11:00AM – 12:29PM	Athiganda* Until 10:49PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	865476575 Rahu 8:02AM – 9:31AM	Bava Until 10:42AM	Nataraja: Purple		2nd Phase	
Until 6:01AM			Ekadashi* Until 10:04PM	Moon – Green		Sivaloka Day	
Then Creative Work - Amrita Yoga				Margasira*Markali			

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 Dvadashtyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 20.2	Tithi 27	Gulika 12:29PM – 1:58PM	Vishakha Until 4:01AM Wed	Ganesha: Purple	<i>Sunrise:</i> 6:33AM		
		Yama 9:31AM – 11:00AM	Sukarma Until 8:07PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 12 - Phase 34 - 11	
		875476575 Rahu 3:27PM – 4:56PM	Kaulava Until 9:17AM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dvadashti* Until 8:15PM	Moon – Orange		Devaloka Day	
Until 4:01AM Wed				Margasira*Markali			
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		Port Harcourt, Nigeria Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 4.31	Tithi 28 – 29	Gulika 11:01AM – 12:30PM	Anuradha Until 2:00AM Thu	Ganesha: Clear	<i>Sunrise:</i> 6:34AM		
		Yama 8:03AM – 9:32AM	Dhriti Until 4:52PM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 12 - Phase 34 - 12	
		876476575 Rahu 12:30PM – 1:59PM	Gara Until 7:06AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 5:45PM	Moon – Orange		Sivaloka Day	
Until 2:00AM Thu		Day 1 of Pancha Ganapati		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>				

		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		Port Harcourt, Nigeria Sun 13 Sutra 249 Subhakrit 5124	
Retreat Star		Gulika 9:32AM – 11:01AM	Jyeshtha* Until 11:22PM	Ganesha: Clear	<i>Sunrise:</i> 6:34AM		
Vrischika Rasi: 19.07	Tithi 29 – 30	Yama 6:34AM – 8:03AM	Shula* Until 1:09PM	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 12 - Phase 34 - 13	
		876476575 Rahu 1:59PM – 3:28PM	Catuspada Until 1:02AM Fri	Nataraja: Purple		Amavasya	
Routine Work	Prabalarishta Yoga		Chaturdashi* Until 2:42PM	Moon – Orange		Sivaloka Day	
Until 11:22PM		Day 2 of Pancha Ganapati		Margasira*Markali			
Then Creative Work - Siddha Yoga							

Friday, December 23, 2022		Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhdhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Port Harcourt, Nigeria Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 4.04	Tithi 30 – 1	Gulika 8:04AM – 9:33AM	Mula* Until 8:42PM	Ganesha: Orange	<i>Sunrise:</i> 6:35AM		
		Yama 3:29PM – 4:58PM	Ganda* Until 9:08AM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 12 - Phase 34 - 14	
		886476575 Rahu 11:02AM – 12:31PM	Kintughna Until 9:29PM	Nataraja: Purple		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 11:16AM	Moon – Light Blue		Sivaloka Day	
Until 8:42PM		Day 3 of Pancha Ganapati		Pausha*Markali			
Then Routine Work - Prabalarishta Yoga							

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

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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/Dvityayam Titau				Port Harcourt, Nigeria Sun 15 Sutra 251 Subhakrit 5124
	Dhanus Rasi: 19.12	Tithi 1 – 2	Gulika 6:35AM – 8:04AM	Purvashadha* Until 5:46PM	Ganesha: Orange	<i>Sunrise:</i> 6:35AM	
			Yama 2:00PM – 3:29PM	Dhruva Until 12:40AM Sun	Muruqa: Purple	<i>Sunset:</i> 6:27PM	Moon 12 - Phase 35 - 15
			886486575 Rahu 9:33AM – 11:02AM	Kaulava Until 3:58AM Sun	Nataraja: Purple		3rd Phase
Creative Work Siddha Yoga			Day 4 of Pancha Ganapati	Prathama* Until 7:38AM	Moon – Light Blue	Subha Sivaloka Day	
Until 5:46PM					Pausha*Markali		
Then Routine Work - Marana Yoga							


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				Port Harcourt, Nigeria Sun 16 Sutra 252 Subhakrit 5124
	Makara Rasi: 4.23	Tithi 3	Gulika 3:30PM – 4:59PM	Uttarashadha Until 2:46PM	Ganesha: Orange	<i>Sunrise:</i> 6:36AM	
			Yama 12:32PM – 2:01PM	Vyaghata* Until 8:30PM	Muruqa: Purple	<i>Sunset:</i> 6:28PM	Moon 12 - Phase 35 - 16
			886486575 Rahu 4:59PM – 6:28PM	Taitila Until 2:11PM	Nataraja: Purple		3rd Phase
Creative Work Amrita Yoga			Day 5 of Pancha Ganapati	Tritiya Until 12:26AM Mon	Moon – Light Blue	Subha Sivaloka Day	
					Pausha*Markali		

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				Port Harcourt, Nigeria Sun 17 Sutra 253 Subhakrit 5124
	Makara Rasi: 19.26	Tithi 4	Gulika 2:01PM – 3:30PM	Shravana Until 12:15PM	Ganesha: Clear	<i>Sunrise:</i> 6:36AM	
	Family Home Evening		Yama 11:03AM – 12:32PM	Harshana Until 4:35PM	Muruqa: Purple	<i>Sunset:</i> 6:28PM	Moon 12 - Phase 35 - 17
			896486576 Rahu 8:05AM – 9:34AM	Vanija Until 10:48AM	Nataraja: Clear		3rd Phase
Creative Work Amrita Yoga				Chaturthi* Until 9:13PM	Moon – Purple	Sivaloka Day	
Until 12:15PM					Pausha*Markali		
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				Port Harcourt, Nigeria Sun 18 Sutra 254 Subhakrit 5124
	Kumbha Rasi: 4.14	Tithi 5	Gulika 12:33PM – 2:02PM	Dhanishtha Until 10:00AM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	
			Yama 9:35AM – 11:04AM	Vajra* Until 12:58PM	Muruqa: Purple	<i>Sunset:</i> 6:29PM	Moon 12 - Phase 35 - 18
			896486576 Rahu 3:31PM – 5:00PM	Bava Until 7:47AM	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga				Panchami Until 6:27PM	Moon – Purple	Sivaloka Day	
Until 10:00AM					Pausha*Markali		
Then Routine Work - Marana Yoga							

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				Port Harcourt, Nigeria Sun 19 Sutra 255 Subhakrit 5124
	Kumbha Rasi: 18.38	Tithi 6 – 7	Gulika 11:04AM – 12:33PM	Shatabhishak Until 8:08AM	Ganesha: Clear	<i>Sunrise:</i> 6:37AM	
			Yama 8:06AM – 9:35AM	Siddhi Until 9:50AM	Muruqa: Purple	<i>Sunset:</i> 6:29PM	Moon 12 - Phase 35 - 19
			896486576 Rahu 12:33PM – 2:02PM	Gara Until 3:27AM Thu	Nataraja: Clear		3rd Phase
Creative Work Siddha Yoga				Shashthi* Until 4:16PM	Moon – Purple	Sivaloka Day	
Until 8:08AM					Pausha*Markali		
Then Creative Work - Amrita Yoga			Vinayaga Viratam Ends				

	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				Port Harcourt, Nigeria Sun 20 Sutra 256 Subhakrit 5124
	Retreat Star		Gulika 9:36AM – 11:05AM	Purvaproshtapada* Until 7:12AM	Ganesha: Blue	<i>Sunrise:</i> 6:38AM	
	Meena Rasi: 2.38	Tithi 7 – 8	Yama 6:38AM – 8:07AM	Vyatipata* Until 7:14AM	Muruqa: Purple	<i>Sunset:</i> 6:30PM	Moon 12 - Phase 35 - 20
			817486576 Rahu 2:03PM – 3:32PM	Visti Until 2:20AM Fri	Nataraja: Clear		Ashtami
Creative Work Siddha Yoga				Saptami Until 2:47PM	Moon – Clear	Devaloka Day	
					Pausha*Markali		

	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				Port Harcourt, Nigeria Sun 21 Sutra 257 Subhakrit 5124
	Retreat Star		Gulika 8:07AM – 9:36AM	Uttaraproshtapada Until 6:51AM	Ganesha: Blue	<i>Sunrise:</i> 6:38AM	
	Meena Rasi: 16.11	Tithi 8 – 9	Yama 3:32PM – 5:01PM	Parigha* Until 3:44AM Sat	Muruqa: Purple	<i>Sunset:</i> 6:30PM	Moon 12 - Phase 35 - 21
			817486576 Rahu 11:05AM – 12:34PM	Balava Until 1:57AM Sat	Nataraja: Clear		Navami
Creative Work Siddha Yoga				Ashtami* Until 2:02PM	Moon – Clear	Devaloka Day	
					Pausha*Markali		

1 Saturday, December 31, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mantla Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 22 Sutra 258 Subhakrit 5124	
Meena Rasi: 29.2	Tithi 9 – 10	Gulika 6:39AM – 8:08AM	Revati Until 7:04AM	Ganesha: Blue	Sunrise: 6:39AM
		Yama 2:04PM – 3:33PM	Shiva Until 2:51AM Sun	Muruqa: Purple	Sunset: 6:31PM
	817486576	Rahu 9:37AM – 11:06AM	Taitila Until 2:17AM Sun	Nataraja: Clear	Moon 12 - Phase 36 - 22 4th Phase
Routine Work	Prabalarishta Yoga		Navami* Until 2:01PM	Moon – Clear	Devaloka Day
Until 7:04AM				Pausha*Markali	
Then Creative Work - Siddha Yoga					

2 Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Port Harcourt, Nigeria Sun 23 Sutra 259 Subhakrit 5124	
Mesha Rasi: 12.08	Tithi 10 – 11	Gulika 3:33PM – 5:02PM	Ashvini Until 8:16AM	Ganesha: Yellow	Sunrise: 6:39AM
		Yama 12:35PM – 2:04PM	Siddha Until 2:24AM Mon	Muruqa: Purple	Sunset: 6:31PM
	827486576	Rahu 5:02PM – 6:31PM	Vanija Until 3:16AM Mon	Nataraja: Clear	Moon 12 - Phase 36 - 23 4th Phase
Creative Work	Siddha Yoga		Dashami Until 2:41PM	Moon – White	Sivaloka Day
Until 8:16AM		Vaikuntha Ekadasi		Pausha*Markali	
Then Routine Work - Prabalarishta Yoga					

3 Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Port Harcourt, Nigeria Sun 24 Sutra 260 Subhakrit 5124	
Mesha Rasi: 24.39	Tithi 11 – 12	Gulika 2:05PM – 3:34PM	Bharani Until 9:53AM	Ganesha: Yellow	Sunrise: 6:39AM
Family Home Evening		Yama 11:07AM – 12:36PM	Sadhya Until 2:22AM Tue	Muruqa: Purple	Sunset: 6:32PM
	827486576	Rahu 8:08AM – 9:38AM	Bava Until 4:44AM Tue	Nataraja: Clear	Moon 12 - Phase 36 - 24 4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 3:55PM	Moon – White	Sivaloka Day
Until 9:53AM				Pausha*Markali	
Then Routine Work - Marana Yoga					

4 Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Port Harcourt, Nigeria Sun 25 Sutra 261 Subhakrit 5124	
Vrishabha Rasi: 6.58	Tithi 12 – 13	Gulika 12:36PM – 2:05PM	Krittika Until 11:47AM	Ganesha: Blue	Sunrise: 6:40AM
		Yama 9:38AM – 11:07AM	Subha Until 2:38AM Wed	Muruqa: Purple	Sunset: 6:32PM
	827586576	Rahu 3:34PM – 5:03PM	Kaulava Until 6:35AM Wed	Nataraja: Clear	Moon 12 - Phase 36 - 25 4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 5:36PM	Moon – White	Subha Sivaloka Day
Until 11:47AM				Pausha*Markali	
Then Creative Work - Amrita Yoga					

Pradosha Vrata

5 Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Port Harcourt, Nigeria Sun 26 Sutra 262 Subhakrit 5124	
Vrishabha Rasi: 19.07	Tithi 13	Gulika 11:08AM – 12:37PM	Rohini Until 2:21PM	Ganesha: White	Sunrise: 6:40AM
		Yama 8:09AM – 9:38AM	Sukla Until 3:05AM Thu	Muruqa: Purple	Sunset: 6:33PM
	838586576	Rahu 12:37PM – 2:06PM	Kaulava Until 6:35AM	Nataraja: Clear	Moon 12 - Phase 36 - 26 4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 7:36PM	Moon – Yellow	Devaloka Day
				Pausha*Markali	

6 Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Port Harcourt, Nigeria Sun 27 Sutra 263 Subhakrit 5124	
Mithuna Rasi: 1.1	Tithi 14	Gulika 9:39AM – 11:08AM	Mrigashira Until 4:59PM	Ganesha: White	Sunrise: 6:41AM
		Yama 6:41AM – 8:10AM	Brahma Until 3:42AM Fri	Muruqa: Purple	Sunset: 6:33PM
	838586576	Rahu 2:06PM – 3:35PM	Gara Until 8:43AM	Nataraja: Clear	Moon 12 - Phase 36 - 27 4th Phase
Routine Work	Marana Yoga		Chaturdashi* Until 9:50PM	Moon – Yellow	Devaloka Day
		Subramuniyaswami Jayanti		Pausha*Markali	

Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau		Port Harcourt, Nigeria Sutra 264 Subhakrit 5124	
Mithuna Rasi: 13.08	Tithi 15	Gulika 8:10AM – 9:39AM	Ardra Until 7:36PM	Ganesha: White	Sunrise: 6:41AM
Copper Retreat Star		Yama 3:36PM – 5:05PM	Indra Until 4:25AM Sat	Muruqa: Purple	Sunset: 6:34PM
	838586576	Rahu 11:08AM – 12:37PM	Visti Until 11:01AM	Nataraja: Clear	Moon 12 - Phase 36 - Purnima
Creative Work	Siddha Yoga		Purnima* Until 12:12AM Sat	Moon – Yellow	Devaloka Day
		Ardra Darshanam		Pausha*Markali	

Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Port Harcourt, Nigeria Sutra 265 Subhakrit 5124	
Mithuna Rasi: 25.04	Tithi 16	Gulika 6:42AM – 8:11AM	Punarvasu Until 10:38PM	Ganesha: Clear	Sunrise: 6:42AM
Silver Retreat Star		Yama 2:07PM – 3:36PM	Vaidhriti* Until 5:10AM Sun	Muruqa: Purple	Sunset: 6:34PM
	848586576	Rahu 9:40AM – 11:09AM	Balava Until 1:26PM	Nataraja: Clear	Moon 12 - Phase 36 - Prathama
Creative Work	Siddha Yoga		Prathama* Until 2:39AM Sun	Moon – Blue	Sivaloka Day
				Pausha*Markali	

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 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 3:37PM – 5:06PM
Yama 12:38PM – 2:07PM
Rahu 5:06PM – 6:35PM

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

Ganesha: Clear *Sunrise:* 6:42AM
Muruqa: Purple *Sunset:* 6:35PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Port Harcourt, Nigeria
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 2:08PM – 3:37PM
Yama 11:10AM – 12:39PM
Rahu 8:11AM – 9:41AM

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

Ganesha: Clear *Sunrise:* 6:42AM
Muruqa: Purple *Sunset:* 6:35PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Port Harcourt, Nigeria
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 12:39PM – 2:08PM
Yama 9:41AM – 11:10AM
Rahu 3:37PM – 5:07PM

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

Ganesha: Purple *Sunrise:* 6:43AM
Muruqa: Purple *Sunset:* 6:36PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Port Harcourt, Nigeria
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 11:10AM – 12:40PM
Yama 8:12AM – 9:41AM
Rahu 12:40PM – 2:09PM

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

Ganesha: Clear *Sunrise:* 6:43AM
Muruqa: Purple *Sunset:* 6:36PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Port Harcourt, Nigeria
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 9:42AM – 11:11AM
Yama 6:43AM – 8:13AM
Rahu 2:09PM – 3:38PM

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

Ganesha: Clear *Sunrise:* 6:43AM
Muruqa: Purple *Sunset:* 6:37PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Port Harcourt, Nigeria
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 8:13AM – 9:42AM
Yama 3:39PM – 5:08PM
Rahu 11:11AM – 12:40PM

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

Ganesha: Clear *Sunrise:* 6:44AM
Muruqa: Purple *Sunset:* 6:37PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Port Harcourt, Nigeria
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 6:44AM – 8:13AM
Yama 2:10PM – 3:39PM
Rahu 9:42AM – 11:12AM

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

Ganesha: White *Sunrise:* 6:44AM
Muruqa: Purple *Sunset:* 6:37PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Port Harcourt, Nigeria
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 3:39PM – 5:09PM
Yama 12:41PM – 2:10PM
Rahu 5:09PM – 6:38PM

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

Ganesha: White *Sunrise:* 6:44AM
Muruqa: Purple *Sunset:* 6:38PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Port Harcourt, Nigeria
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

Monday, January 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Port Harcourt, Nigeria Sun 8 Sutra 274 Subhakrit 5124	
1		Gulika 2:11PM – 3:40PM	Svati Until 2:46PM	Ganesha: White	<i>Sunrise:</i> 6:45AM
Tula Rasi: 15.01	Tithi 24 – 25	Yama 11:12AM – 12:41PM	Dhriti Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 6:38PM
Family Home Evening	869586576	Rahu 8:14AM – 9:43AM	Vanija Until 2:23AM Tue	Nataraja: Clear	Moon 1 - Phase 38 - 8
Creative Work	Amrita Yoga		Navami* Until 2:54PM	Moon – Green	2nd Phase
Until 2:46PM				Pausha*Thai	Subha Sivaloka Day
Then Routine Work - Marana Yoga					

Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau		Port Harcourt, Nigeria Sun 9 Sutra 275 Subhakrit 5124	
2		Gulika 12:42PM – 2:11PM	Vishakha Until 2:15PM	Ganesha: Yellow	<i>Sunrise:</i> 6:45AM
Tula Rasi: 28.33	Tithi 25 – 26	Yama 9:43AM – 11:13AM	Ganda* Until 1:24AM Wed	Muruqa: Purple	<i>Sunset:</i> 6:39PM
879586576		Rahu 3:40PM – 5:09PM	Bava Until 12:40AM Wed	Nataraja: Clear	Moon 1 - Phase 38 - 9
Routine Work	Marana Yoga		Dashami Until 1:36PM	Moon – Orange	2nd Phase
Until 2:15PM				Pausha*Thai	Sivaloka Day
Then Creative Work - Siddha Yoga					

Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi/Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Port Harcourt, Nigeria Sun 10 Sutra 276 Subhakrit 5124	
3		Gulika 11:13AM – 12:42PM	Anuradha Until 12:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:45AM
Vischika Rasi: 12.35	Tithi 26 – 27	Yama 8:14AM – 9:44AM	Vriddhi Until 10:11PM	Muruqa: Purple	<i>Sunset:</i> 6:39PM
879586576		Rahu 12:42PM – 2:11PM	Kaulava Until 10:13PM	Nataraja: Clear	Moon 1 - Phase 38 - 10
Creative Work	Siddha Yoga		Ekadashi* Until 11:30AM	Moon – Orange	2nd Phase
				Pausha*Thai	Sivaloka Day

Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Port Harcourt, Nigeria Sun 11 Sutra 277 Subhakrit 5124	
4		Gulika 9:44AM – 11:13AM	Jyeshtha* Until 10:33AM	Ganesha: Yellow	<i>Sunrise:</i> 6:45AM
Vischika Rasi: 27.06	Tithi 27 – 28	Yama 6:45AM – 8:15AM	Dhruva Until 6:26PM	Muruqa: Purple	<i>Sunset:</i> 6:39PM
871586576		Rahu 2:12PM – 3:41PM	Gara Until 7:09PM	Nataraja: Clear	Moon 1 - Phase 38 - 11
Routine Work	Prabalarishta Yoga		Dvadashi* Until 8:44AM	Moon – Orange	2nd Phase
Until 10:33AM				Pausha*Thai	Sivaloka Day
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 Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Port Harcourt, Nigeria Sun 12 Sutra 278 Subhakrit 5124	
5		Gulika 8:15AM – 9:44AM	Mula* Until 8:04AM	Ganesha: Red	<i>Sunrise:</i> 6:46AM
Dhanus Rasi: 12.01	Tithi 29	Yama 3:41PM – 5:11PM	Vyaghata* Until 2:20PM	Muruqa: Purple	<i>Sunset:</i> 6:40PM
881586576		Rahu 11:13AM – 12:43PM	Visti Until 3:38PM	Nataraja: Clear	Moon 1 - Phase 38 - 12
Creative Work	Amrita Yoga		Chaturdashi* Until 1:44AM Sat	Moon – Light Blue	2nd Phase
Until 8:04AM				Pausha*Thai	Sivaloka Day
Then Routine Work - Prabalarishta Yoga					

Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Port Harcourt, Nigeria Sun 13 Sutra 279 Subhakrit 5124	
Retreat Star		Gulika 6:46AM – 8:15AM	Uttarashadha Until 1:51AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:46AM
Dhanus Rasi: 27.14	Tithi 30	Yama 2:12PM – 3:42PM	Harshana Until 10:01AM	Muruqa: Purple	<i>Sunset:</i> 6:40PM
881586576		Rahu 9:44AM – 11:14AM	Catuspada Until 11:50AM	Nataraja: Clear	Moon 1 - Phase 38 - 13
Routine Work	Marana Yoga		Amavasya* Until 9:53PM	Moon – Light Blue	Amavasya
Until 1:51AM Sun				Pausha*Thai	Sivaloka Day
Then Creative Work - Amrita Yoga					

Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Port Harcourt, Nigeria Sun 14 Sutra 280 Subhakrit 5124	
Retreat Star		Gulika 3:42PM – 5:11PM	Shravana Until 10:53PM	Ganesha: Yellow	<i>Sunrise:</i> 6:46AM
Makara Rasi: 12.34	Tithi 1	Yama 12:43PM – 2:13PM	Siddhi Until 1:11AM Mon	Muruqa: Purple	<i>Sunset:</i> 6:41PM
891586576		Rahu 5:11PM – 6:41PM	Kintughna Until 7:57AM	Nataraja: Clear	Moon 1 - Phase 38 - 14
Creative Work	Amrita Yoga		Prathama* Until 6:01PM	Moon – Purple	Prathama
Until 10:53PM				Magha*Thai	Sivaloka Day
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

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				Port Harcourt, Nigeria Sun 15 Sutra 281 Subhakrit 5124
	Makara Rasi: 27.5	Tithi 2 – 3	Gulika 2:13PM – 3:42PM	Dhanishtha Until 8:00PM	Ganesha: Yellow	<i>Sunrise:</i> 6:46AM	
	Family Home Evening	891586576	Yama 11:14AM – 12:44PM	Vyatipata* Until 9:01PM	Muruqa: Purple	<i>Sunset:</i> 6:41PM	Moon 1 - Phase 15 - 15
	Creative Work Siddha Yoga		Rahu 8:16AM – 9:45AM	Taitila Until 12:36AM Tue	Nataraja: Clear		3rd Phase
			Dvitiya Until 2:19PM		Moon – Purple		Sivaloka Day

2	Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturthayam Titau				Port Harcourt, Nigeria Sun 16 Sutra 282 Subhakrit 5124
	Kumbha Rasi: 12.53	Tithi 3 – 4	Gulika 12:44PM – 2:13PM	Shatabhishak Until 5:24PM	Ganesha: Yellow	<i>Sunrise:</i> 6:46AM	
		891586576	Yama 9:45AM – 11:14AM	Variyan Until 5:09PM	Muruqa: Purple	<i>Sunset:</i> 6:41PM	Moon 1 - Phase 39 - 16
	Routine Work Marana Yoga		Rahu 3:43PM – 5:12PM	Vanija Until 9:31PM	Nataraja: Clear		3rd Phase
			Tritiya Until 10:59AM		Moon – Purple		Sivaloka Day

3	Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprosarthapada/Uttaraprosarthapada Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Port Harcourt, Nigeria Sun 17 Sutra 283 Subhakrit 5124
	Kumbha Rasi: 27.34	Tithi 4 – 5	Gulika 11:15AM – 12:44PM	Purvaprosarthapada* Until 3:38PM	Ganesha: Blue	<i>Sunrise:</i> 6:47AM	
		911586576	Yama 8:16AM – 9:45AM	Parigha* Until 1:46PM	Muruqa: Purple	<i>Sunset:</i> 6:42PM	Moon 1 - Phase 39 - 17
	Creative Work Amrita Yoga		Rahu 12:44PM – 2:13PM	Bava Until 7:01PM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 8:09AM		Moon – Clear		Subha Sivaloka Day

4	Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprosarthapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Port Harcourt, Nigeria Sun 18 Sutra 284 Subhakrit 5124
	Meena Rasi: 11.46	Tithi 5 – 6	Gulika 9:46AM – 11:15AM	Uttaraprosarthapada Until 2:26PM	Ganesha: Blue	<i>Sunrise:</i> 6:47AM	
		911586576	Yama 6:47AM – 8:16AM	Shiva Until 10:59AM	Muruqa: Purple	<i>Sunset:</i> 6:42PM	Moon 1 - Phase 39 - 18
	Creative Work Siddha Yoga		Rahu 2:14PM – 3:43PM	Taitila Until 4:40AM Fri	Nataraja: Clear		3rd Phase
			Panchami Until 6:01AM		Moon – Clear		Subha Sivaloka Day

5	Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Port Harcourt, Nigeria Sun 19 Sutra 285 Subhakrit 5124
	Meena Rasi: 25.29	Tithi 7	Gulika 8:16AM – 9:46AM	Revati Until 1:55PM	Ganesha: Blue	<i>Sunrise:</i> 6:47AM	
		911586576	Yama 3:43PM – 5:13PM	Siddha Until 8:48AM	Muruqa: Purple	<i>Sunset:</i> 6:42PM	Moon 1 - Phase 39 - 19
	Creative Work Siddha Yoga		Rahu 11:15AM – 12:45PM	Gara Until 4:20PM	Nataraja: Clear		3rd Phase
			Saptami Until 4:11AM Sat		Moon – Clear		Subha Sivaloka Day

☾	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				Port Harcourt, Nigeria Sun 20 Sutra 286 Subhakrit 5124
	Retreat Star		Gulika 6:47AM – 8:16AM	Ashvini Until 2:32PM	Ganesha: Yellow	<i>Sunrise:</i> 6:47AM	
	Mesha Rasi: 8.43	Tithi 8	Yama 2:14PM – 3:44PM	Sadhya Until 7:20AM	Muruqa: Purple	<i>Sunset:</i> 6:42PM	Moon 1 - Phase 39 - 20
		921586576	Rahu 9:46AM – 11:15AM	Visti Until 4:18PM	Nataraja: Clear		Ashtami
			Ashtami* Until 4:34AM Sun		Moon – White		Sivaloka Day

☽	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				Port Harcourt, Nigeria Sun 21 Sutra 287 Subhakrit 5124
	Retreat Star		Gulika 3:44PM – 5:13PM	Bharani Until 3:48PM	Ganesha: Yellow	<i>Sunrise:</i> 6:47AM	
	Mesha Rasi: 21.32	Tithi 9	Yama 12:45PM – 2:14PM	Subha Until 6:31AM	Muruqa: Purple	<i>Sunset:</i> 6:43PM	Moon 1 - Phase 39 - 21
		922686576	Rahu 5:13PM – 6:43PM	Balava Until 5:04PM	Nataraja: Clear		Navami
			Navami* Until 5:42AM Mon		Moon – White		Sivaloka Day

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukla/Brahma Yoga Taila Karana Dashamyam Titau		Port Harcourt, Nigeria Sun 22 Sutra 288 Subhakrit 5124	
1	Vrishabha Rasi: 3.59 Tithi 10 Family Home Evening Routine Work Marana Yoga Until 5:35PM Then Creative Work - Amrita Yoga	Gulika 2:15PM – 3:44PM Yama 11:16AM – 12:45PM Rahu 8:17AM – 9:46AM	Krittika Until 5:35PM Sukla Until 6:16AM Taila Until 6:32PM Dashami Until 7:27AM Tue	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai	Sunrise: 6:47AM Sunset: 6:43PM Moon 1 - Phase 40 - 22 4th Phase Sivaloka Day

Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Port Harcourt, Nigeria Sun 23 Sutra 289 Subhakrit 5124	
2	Vrishabha Rasi: 16.11 Tithi 10 – 11 932686576 Creative Work Amrita Yoga Until 8:11PM Then Creative Work - Siddha Yoga	Gulika 12:45PM – 2:15PM Yama 9:46AM – 11:16AM Rahu 3:44PM – 5:14PM	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: 6:47AM Sunset: 6:43PM Moon 1 - Phase 40 - 23 4th Phase Subha Sivaloka Day

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Port Harcourt, Nigeria Sun 24 Sutra 290 Subhakrit 5124	
3	Vrishabha Rasi: 28.14 Tithi 11 – 12 932686576 Creative Work Siddha Yoga	Gulika 11:16AM – 12:45PM Yama 8:17AM – 9:46AM Rahu 12:45PM – 2:15PM	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: 6:47AM Sunset: 6:43PM Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Port Harcourt, Nigeria Sun 25 Sutra 291 Subhakrit 5124	
4	Mithuna Rasi: 10.1 Tithi 12 – 13 932686576 Routine Work Marana Yoga Until 1:40AM Fri Then Creative Work - Siddha Yoga	Gulika 9:46AM – 11:16AM Yama 6:47AM – 8:17AM Rahu 2:15PM – 3:44PM	Ardra Until 1:40AM Fri Vaidhriti* Until 7:43AM Kaulava Until 1:18AM Fri Dvadashi Until 12:02PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 6:47AM Sunset: 6:43PM Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day

Pradosha Vrata

Friday, February 3, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau		Port Harcourt, Nigeria Sun 26 Sutra 292 Subhakrit 5124	
5	Mithuna Rasi: 22.03 Tithi 13 – 14 942686576 Creative Work Siddha Yoga	Gulika 8:17AM – 9:46AM Yama 3:45PM – 5:14PM Rahu 11:16AM – 12:46PM	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: 6:47AM Sunset: 6:44PM Moon 1 - Phase 40 - 26 4th Phase Sivaloka Day

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Port Harcourt, Nigeria Sun 27 Sutra 293 Subhakrit 5124	
6	Kataka Rasi: 3.55 Tithi 14 – 15 942686577 Creative Work Siddha Yoga	Gulika 6:47AM – 8:17AM Yama 2:15PM – 3:45PM Rahu 9:47AM – 11:16AM	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	Sunrise: 6:47AM Sunset: 6:44PM Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day

Thai Pusam

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Port Harcourt, Nigeria Sutra 294 Subhakrit 5124	
○	Copper Retreat Star Kataka Rasi: 15.49 Tithi 15 942686577 Creative Work Siddha Yoga	Gulika 3:45PM – 5:14PM Yama 12:46PM – 2:15PM Rahu 5:14PM – 6:44PM	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: 6:47AM Sunset: 6:44PM Moon 1 - Phase 40 - Purnima Sivaloka Day

Monday, February 6, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Port Harcourt, Nigeria Sutra 295 Subhakrit 5124	
○	Silver Retreat Star Kataka Rasi: 27.45 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 10:19AM Then Routine Work - Marana Yoga	Gulika 2:15PM – 3:45PM Yama 11:16AM – 12:46PM Rahu 8:17AM – 9:47AM	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: 6:47AM Sunset: 6:44PM 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 12:46PM – 2:16PM
Yama 9:47AM – 11:16AM
Rahu 3:45PM – 5:15PM

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: 6:47AM
Sunset: 6:44PM

Port Harcourt, Nigeria
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 11:16AM – 12:46PM
Yama 8:17AM – 9:47AM
Rahu 12:46PM – 2:16PM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 Chaturthayam Titau

Gulika 9:47AM – 11:16AM
Yama 6:47AM – 8:17AM
Rahu 2:16PM – 3:45PM

Maha Sankatahara Chaturthi

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 8:17AM – 9:47AM
Yama 3:45PM – 5:15PM
Rahu 11:16AM – 12:46PM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 Shashthyam Titau

Gulika 6:47AM – 8:17AM
Yama 2:16PM – 3:46PM
Rahu 9:47AM – 11:16AM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 3:46PM – 5:15PM
Yama 12:46PM – 2:16PM
Rahu 5:15PM – 6:45PM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 2:16PM – 3:46PM
Yama 11:16AM – 12:46PM
Rahu 8:17AM – 9:47AM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
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 12:46PM – 2:16PM
Yama 9:46AM – 11:16AM
Rahu 3:46PM – 5:15PM

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: 6:47AM
Sunset: 6:45PM

Port Harcourt, Nigeria
Sun 8 Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

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

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1	Wednesday, February 15, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Harshana Yoga Vanija/Visli* Karana Dashamyam Titau			Port Harcourt, Nigeria Sun 9 Sutra 304 Subhakar 5124
	Vrischika Rasi: 21.35	Tithi 25	973686577	Gulika 11:16AM – 12:46PM Yama 8:17AM – 9:46AM Rahu 12:46PM – 2:16PM	Jyeshtha* Until 8:05PM Harshana Until 2:29AM Thu Vanija Until 2:13PM Dashami Until 1:02AM Thu	Ganesha: Clear Sunrise: 6:47AM Muruqa: Purple Sunset: 6:45PM Nataraja: Orange Moon – Orange Magha-Masi
	Creative Work Siddha Yoga				Sivaloka Day	
	Until 8:05PM					
Then Routine Work - Marana Yoga						

2	Thursday, February 16, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau			Port Harcourt, Nigeria Sun 10 Sutra 305 Subhakar 5124
	Dhanus Rasi: 5.51	Tithi 26	983686577	Gulika 9:46AM – 11:16AM Yama 6:47AM – 8:16AM Rahu 2:16PM – 3:46PM	Mula* Until 6:18PM Vajra* Until 10:59PM Bava Until 11:44AM Ekadashi* Until 10:16PM	Ganesha: White Sunrise: 6:47AM Muruqa: Purple Sunset: 6:45PM Nataraja: Orange Moon – Light Blue Magha-Masi
	Creative Work Siddha Yoga				Devaloka Day	

3	Friday, February 17, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau			Port Harcourt, Nigeria Sun 11 Sutra 306 Subhakar 5124
	Dhanus Rasi: 20.31	Tithi 27	983686577	Gulika 8:16AM – 9:46AM Yama 3:46PM – 5:16PM Rahu 11:16AM – 12:46PM	Purvashadha* Until 3:53PM Siddhi Until 7:08PM Kaulava Until 8:43AM Dvadashi* Until 7:02PM	Ganesha: White Sunrise: 6:46AM Muruqa: Purple Sunset: 6:45PM Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Prabalarishta Yoga				Devaloka Day	
	Until 3:53PM					
Then Routine Work - Marana Yoga						

4	Saturday, February 18, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau			Port Harcourt, Nigeria Sun 12 Sutra 307 Subhakar 5124
	Makara Rasi: 5.3	Tithi 28 – 29	983686577	Gulika 6:46AM – 8:16AM Yama 2:16PM – 3:46PM Rahu 9:46AM – 11:16AM	Uttarashadha Until 12:59PM Vyatipata* Until 3:01PM Visti Until 1:40AM Sun Trayodashi* Until 3:29PM	Ganesha: White Sunrise: 6:46AM Muruqa: Purple Sunset: 6:45PM Nataraja: Orange Moon – Light Blue Magha-Masi
	Routine Work Marana Yoga				Devaloka Day	
	Until 12:59PM					
<i>Pradosha Vrata (Fasting)</i>						

●	Sunday, February 19, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Port Harcourt, Nigeria Sun 13 Sutra 308 Subhakar 5124
	Retreat Star					
	Makara Rasi: 20.4	Tithi 29 – 30	993686577	Gulika 3:46PM – 5:16PM Yama 12:46PM – 2:16PM Rahu 5:16PM – 6:46PM	Shravana Until 10:11AM Variyan Until 10:45AM Catuspada Until 9:57PM Chaturdashi* Until 11:47AM	Ganesha: Green Sunrise: 6:46AM Muruqa: Purple Sunset: 6:46PM Nataraja: Orange Moon – Purple Magha-Masi
	Creative Work Amrita Yoga				Devaloka Day	
Until 10:11AM						
Then Routine Work - Marana Yoga						

●	Monday, February 20, 2023		Subhakar Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Port Harcourt, Nigeria Sun 14 Sutra 309 Subhakar 5124
	Retreat Star					
	Kumbha Rasi: 5.52	Tithi 30 – 1	993686577	Gulika 2:16PM – 3:46PM Yama 11:16AM – 12:46PM Rahu 8:16AM – 9:46AM	Dhanishtha Until 7:16AM Parigha* Until 6:31AM Kintughna Until 6:21PM Amavasya* Until 8:07AM	Ganesha: Green Sunrise: 6:46AM Muruqa: Purple Sunset: 6:46PM Nataraja: Orange Moon – Purple Phalgun-Masi
	Family Home Evening				Devaloka Day	
Creative Work Siddha Yoga						

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

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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				Port Harcourt, Nigeria Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 20.54	Tithi 2	Gulika 12:46PM – 2:16PM	Purvaproshtapada* Until 2:10AM Wed	Ganesha: Red	<i>Sunrise:</i> 6:46AM	
			Yama 9:46AM – 11:16AM	Siddha Until 10:38PM	Muruga: Purple	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 43 - 15
	913686577	Rahu 3:46PM – 5:16PM	Balava Until 3:02PM	Dvitiya Until 1:31AM Wed	Nataraja: Orange		3rd Phase
Routine Work Marana Yoga				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				Port Harcourt, Nigeria Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 5.39	Tithi 3	Gulika 11:16AM – 12:46PM	Uttaraproshtapada Until 12:21AM Thu	Ganesha: Red	<i>Sunrise:</i> 6:45AM	
			Yama 8:16AM – 9:46AM	Sadhya Until 7:16PM	Muruga: Purple	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 43 - 16
	913686577	Rahu 12:46PM – 2:16PM	Taitila Until 12:11PM	Tritiya Until 10:57PM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga				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				Port Harcourt, Nigeria Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 19.59	Tithi 4	Gulika 9:45AM – 11:15AM	Revati Until 11:05PM	Ganesha: Blue	<i>Sunrise:</i> 6:45AM	
			Yama 6:45AM – 8:15AM	Subha Until 4:27PM	Muruga: Purple	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 43 - 17
	913786577	Rahu 2:15PM – 3:45PM	Vanija Until 9:57AM	Chaturthi* Until 9:05PM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga				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				Port Harcourt, Nigeria Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 3.51	Tithi 5	Gulika 8:15AM – 9:45AM	Ashvini Until 10:55PM	Ganesha: Yellow	<i>Sunrise:</i> 6:45AM	
			Yama 3:45PM – 5:15PM	Sukla Until 2:15PM	Muruga: Purple	<i>Sunset:</i> 6:46PM	Moon 2 - Phase 43 - 18
	923786577	Rahu 11:15AM – 12:45PM	Bava Until 8:28AM	Panchami Until 8:02PM	Nataraja: Orange		3rd Phase
Creative Work Amrita Yoga				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				Port Harcourt, Nigeria Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 17.13	Tithi 6	Gulika 6:45AM – 8:15AM	Bharani Until 11:27PM	Ganesha: Yellow	<i>Sunrise:</i> 6:45AM	
			Yama 2:15PM – 3:45PM	Brahma Until 12:44PM	Muruga: Purple	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 43 - 19
	923786577	Rahu 9:45AM – 11:15AM	Kaulava Until 7:51AM	Shashthi* Until 7:50PM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga				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				Port Harcourt, Nigeria Sun 20 Sutra 315 Subhakrit 5124
	Vrishabha Rasi: 0.08	Tithi 7	Gulika 3:45PM – 5:15PM	Krittika Until 12:39AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:45AM	
			Yama 12:45PM – 2:15PM	Indra Until 11:55AM	Muruga: Purple	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 43 - 20
	924786577	Rahu 5:15PM – 6:45PM	Gara Until 8:05AM	Saptami Until 8:30PM	Nataraja: Orange		3rd Phase
Creative Work Siddha Yoga				Moon – White	Devaloka Day		
Until 12:39AM Mon				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

Retreat Star	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				Port Harcourt, Nigeria Sun 21 Sutra 316 Subhakrit 5124
	Vrishabha Rasi: 12.4	Tithi 8	Gulika 2:15PM – 3:45PM	Rohini Until 2:51AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 6:44AM	
	Family Home Evening		Yama 11:15AM – 12:45PM	Vaidhriti* Until 11:41AM	Muruga: Purple	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 43 - 21
	934786577	Rahu 8:14AM – 9:45AM	Visti Until 9:09AM	Ashtami* Until 9:55PM	Nataraja: Orange		Ashtami
Creative Work Amrita Yoga				Moon – Yellow	Sivaloka Day		
Until 2:51AM Tue				Phalguna-Masi			
Then Creative Work - Siddha Yoga							

Retreat Star	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				Port Harcourt, Nigeria Sun 22 Sutra 317 Subhakrit 5124
	Vrishabha Rasi: 24.55	Tithi 9	Gulika 12:45PM – 2:15PM	Mrigashira Until 5:24AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 6:44AM	
			Yama 9:44AM – 11:14AM	Vishkambha* Until 11:57AM	Muruga: Purple	<i>Sunset:</i> 6:45PM	Moon 2 - Phase 43 - 22
	934786577	Rahu 3:45PM – 5:15PM	Balava Until 10:52AM	Navami* Until 11:54PM	Nataraja: Orange		Navami
Creative Work Siddha Yoga				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		Port Harcourt, Nigeria Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 6.57	Tithi 10	Gulika 11:14AM – 12:44PM	Ardra Until 8:06AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 6:43AM	Moon 2 - Phase 44 - 23 4th Phase	
Creative Work	Siddha Yoga	Yama 8:14AM – 9:44AM	Priti Until 12:34PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Sivaloka Day	
Until 8:06AM Thu		934786577 Rahu 12:44PM – 2:15PM	Taitila Until 1:04PM	Nataraja: Orange		Phalguna-Masi	
Then Creative Work - Amrita Yoga			Dashami Until 2:15AM Thu	Moon – Yellow			
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		Port Harcourt, Nigeria Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 11	Gulika 9:44AM – 11:14AM	Ardra Until 8:06AM	Ganesha: Yellow	<i>Sunrise:</i> 6:43AM	Moon 2 - Phase 44 - 24 4th Phase	
Routine Work	Marana Yoga	Yama 6:43AM – 8:13AM	Ayushman Until 1:22PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Sivaloka Day	
Until 8:06AM		934786577 Rahu 2:14PM – 3:45PM	Vanija Until 3:31PM	Nataraja: Orange		Phalguna-Masi	
Then Creative Work - Amrita Yoga			Ekadashi Until 4:45AM Fri	Moon – Yellow			
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		Port Harcourt, Nigeria Sun 25 Sutra 320 Subhakrit 5124	
Kataka Rasi: 0.44	Tithi 12	Gulika 8:13AM – 9:43AM	Punarvasu Until 11:14AM	Ganesha: White	<i>Sunrise:</i> 6:43AM	Moon 2 - Phase 44 - 25 4th Phase	
Creative Work	Siddha Yoga	Yama 3:44PM – 5:15PM	Saubhagya Until 2:14PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Devaloka Day	
Until 11:14AM		944786577 Rahu 11:14AM – 12:44PM	Bava Until 6:02PM	Nataraja: Orange		Phalguna-Masi	
Then Routine Work - Marana Yoga			Dvadashi Until 7:15AM Sat	Moon – Blue			
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		Port Harcourt, Nigeria Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 13	Tithi 12 – 13	Gulika 6:42AM – 8:13AM	Pushya Until 2:10PM	Ganesha: White	<i>Sunrise:</i> 6:42AM	Moon 2 - Phase 44 - 26 4th Phase	
Creative Work	Siddha Yoga	Yama 2:14PM – 3:44PM	Sobhana Until 3:05PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Devaloka Day	
Until 2:10PM		944786577 Rahu 9:43AM – 11:13AM	Kaulava Until 8:28PM	Nataraja: Orange		Phalguna-Masi	
Then Routine Work - Marana Yoga			Dvadashi Until 7:15AM	Moon – Blue			
				<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		Port Harcourt, Nigeria Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 24.31	Tithi 13 – 14	Gulika 3:44PM – 5:15PM	Ashlesha* Until 4:47PM	Ganesha: Purple	<i>Sunrise:</i> 6:42AM	Moon 2 - Phase 44 - 27 4th Phase	
Creative Work	Siddha Yoga	Yama 12:43PM – 2:14PM	Athiganda* Until 3:47PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Devaloka Day	
Until 4:47PM		144786577 Rahu 5:15PM – 6:45PM	Gara Until 10:44PM	Nataraja: Orange		Phalguna-Masi	
Then Routine Work - Marana Yoga		Chidambaram Abhishekam	Trayodashi Until 9:37AM	Moon – Blue			
Monday, March 6, 2023		Copper Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Port Harcourt, Nigeria Sun 28 Sutra 323 Subhakrit 5124	
Simha Rasi: 6.31	Tithi 14 – 15	Gulika 2:14PM – 3:44PM	Magha* Until 7:31PM	Ganesha: Clear	<i>Sunrise:</i> 6:42AM	Moon 2 - Phase 44 - Purnima	
Family Home Evening		Yama 11:13AM – 12:43PM	Sukarma Until 4:19PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Sivaloka Day	
Routine Work	Marana Yoga	154786577 Rahu 8:12AM – 9:42AM	Visti Until 12:45AM Tue	Nataraja: Orange		Phalguna-Masi	
Until 7:31PM		Holi	Chaturdashi* Until 11:45AM	Moon – Red			
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		Port Harcourt, Nigeria Sun 29 Sutra 324 Subhakrit 5124	
Simha Rasi: 18.37	Tithi 15 – 16	Gulika 12:43PM – 2:13PM	Purvaphalguni Until 9:48PM	Ganesha: Clear	<i>Sunrise:</i> 6:41AM	Moon 2 - Phase 44 - Prathama	
Creative Work	Siddha Yoga	Yama 9:42AM – 11:13AM	Dhriti Until 4:40PM	Muruqa: Purple	<i>Sunset:</i> 6:45PM	Sivaloka Day	
Until 9:48PM		154786577 Rahu 3:44PM – 5:14PM	Balava Until 2:28AM Wed	Nataraja: Orange		Phalguna-Masi	
Then Creative Work - Amrita Yoga			Purnima* Until 1:38PM	Moon – Red			

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Port Harcourt, Nigeria

Sutra 325

Subhakrit 5124

Kanya Rasi: 0.5 Tithi 16 – 17

Gulika 11:12AM – 12:43PM
Yama 8:11AM – 9:42AM
Rahu 12:43PM – 2:13PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Orange
Moon – Red

Sunrise: 6:41AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 1st Phase

Creative Work Amrita Yoga

Until 11:37PM

Then Routine Work - Marana Yoga

Uttaraphalguni Until 11:37PM

Shula* Until 4:44PM

Taitila Until 3:52AM Thu

Prathama* Until 3:11PM

Phalguna-Masi

Sivaloka Day

Thursday, March 9, 2023

1

Kanya Rasi: 13.13 Tithi 17 – 18

Gulika 9:42AM – 11:12AM
Yama 6:41AM – 8:11AM
Rahu 2:13PM – 3:43PM

Ganesha: White
Muruqa: Purple
Nataraja: Orange
Moon – Green

Sunrise: 6:41AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 1st Phase

Routine Work Marana Yoga

Until 1:25AM Fri

Then Creative Work - Siddha Yoga

Hasta Until 1:25AM Fri

Ganda* Until 4:34PM

Vanija Until 4:53AM Fri

Dvitiya Until 4:24PM

Phalguna-Masi

Devaloka Day

Friday, March 10, 2023

2

Kanya Rasi: 25.44 Tithi 18 – 19

Gulika 8:11AM – 9:41AM
Yama 3:43PM – 5:14PM
Rahu 11:12AM – 12:42PM

Ganesha: Yellow
Muruqa: Purple
Nataraja: Orange
Moon – Green

Sunrise: 6:40AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 2nd Phase

Creative Work Siddha Yoga

Chitra Until 2:40AM Sat

Vridhhi Until 4:07PM

Bava Until 5:30AM Sat

Tritiya Until 5:13PM

Phalguna-Masi

Sivaloka Day

Saturday, March 11, 2023

3

Tula Rasi: 8.26 Tithi 19 – 20

Gulika 6:40AM – 8:10AM
Yama 2:13PM – 3:43PM
Rahu 9:41AM – 11:11AM

Ganesha: Yellow
Muruqa: Purple
Nataraja: Orange
Moon – Green

Sunrise: 6:40AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 3rd Phase

Creative Work Siddha Yoga

Until 3:21AM Sun

Then Routine Work - Marana Yoga

Svati Until 3:21AM Sun

Dhruva Until 3:19PM

Kaulava Until 5:41AM Sun

Chaturthi* Until 5:38PM

Phalguna-Masi

Sivaloka Day

Sunday, March 12, 2023

4

Tula Rasi: 21.2 Tithi 20 – 21

Gulika 3:43PM – 5:13PM
Yama 12:42PM – 2:12PM
Rahu 5:13PM – 6:44PM

Ganesha: Blue
Muruqa: Purple
Nataraja: Orange
Moon – Orange

Sunrise: 6:40AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 4th Phase

Routine Work Marana Yoga

Until 3:52AM Mon

Then Creative Work - Siddha Yoga

Vishakha Until 3:52AM Mon

Vyaghata* Until 2:11PM

Gara Until 5:23AM Mon

Panchami Until 5:34PM

Phalguna-Masi

Subha Sivaloka Day

Monday, March 13, 2023

5

Vrischika Rasi: 4.3 Tithi 21 – 22

Gulika 2:12PM – 3:43PM
Yama 11:11AM – 12:41PM
Rahu 8:10AM – 9:40AM

Ganesha: Blue
Muruqa: Purple
Nataraja: Orange
Moon – Orange

Sunrise: 6:39AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 5th Phase

Creative Work Siddha Yoga

Until 3:44AM Tue

Then Routine Work - Marana Yoga

Anuradha Until 3:44AM Tue

Harshana Until 12:40PM

Visiti Until 4:33AM Tue

Shashthi* Until 5:01PM

Phalguna-Masi

Subha Sivaloka Day

Tuesday, March 14, 2023

6

Vrischika Rasi: 17.56 Tithi 22 – 23

Gulika 12:41PM – 2:12PM
Yama 9:40AM – 11:11AM
Rahu 3:42PM – 5:13PM

Ganesha: Blue
Muruqa: Purple
Nataraja: Orange
Moon – Orange

Sunrise: 6:39AM
Sunset: 6:44PM

Moon 3 - Phase 45 - 6th Phase

Routine Work Marana Yoga

Jyeshtha* Until 2:56AM Wed

Vajra* Until 10:43AM

Balava Until 3:12AM Wed

Saptami Until 3:56PM

Phalguna-Masi

Subha Sivaloka Day

Wednesday, March 15, 2023

Retreat Star

Dhanus Rasi: 1.41 Tithi 23 – 24

Gulika 11:10AM – 12:41PM
Yama 8:09AM – 9:40AM
Rahu 12:41PM – 2:12PM

Ganesha: Red
Muruqa: Purple
Nataraja: Clear
Moon – Light Blue

Sunrise: 6:38AM
Sunset: 6:43PM

Moon 3 - Phase 45 - 7th Phase

Routine Work Marana Yoga

Until 1:55AM Thu

Then Creative Work - Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Mula* Until 1:55AM Thu

Siddhi Until 8:22AM

Taitila Until 1:20AM Thu

Ashtami* Until 2:19PM

Phalguna-Panguni

Sivaloka Day

Thursday, March 16, 2023

Retreat Star

Dhanus Rasi: 15.44 Tithi 24 – 25

Gulika 9:39AM – 11:10AM
Yama 6:38AM – 8:09AM
Rahu 2:11PM – 3:42PM

Ganesha: Red
Muruqa: Purple
Nataraja: Clear
Moon – Light Blue

Sunrise: 6:38AM
Sunset: 6:43PM

Moon 3 - Phase 45 - 8th Phase

Creative Work Siddha Yoga

Until 12:17AM Fri

Then Routine Work - Marana Yoga

Purvashadha* Until 12:17AM Fri

Variyan Until 2:28AM Fri

Vanija Until 11:00PM

Navami* Until 12:12PM

Phalguna-Panguni

Sivaloka Day

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

www.gurudeva.org/panchang

1	Friday, March 17, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Port Harcourt, Nigeria Sun 9 Sutra 334 Subhakarit 5124
	Makara Rasi: 0.06	Tithi 25 – 26	Gulika 8:08AM – 9:39AM	Uttarashadha Until 10:08PM	Ganesha: Red <i>Sunrise:</i> 6:38AM
			Yama 3:42PM – 5:12PM	Parigha* Until 11:02PM	Muruqa: Purple <i>Sunset:</i> 6:43PM
	Routine Work	Marana Yoga	185786578 Rahu 11:10AM – 12:40PM	Bava Until 8:16PM	Nataraja: Clear Moon – Light Blue
			Dashami Until 9:39AM	Sivaloka Day	

2	Saturday, March 18, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau			Port Harcourt, Nigeria Sun 10 Sutra 335 Subhakarit 5124
	Makara Rasi: 14.43	Tithi 26 – 27	Gulika 6:37AM – 8:08AM	Shravana Until 7:59PM	Ganesha: Green <i>Sunrise:</i> 6:37AM
			Yama 2:11PM – 3:42PM	Shiva Until 7:23PM	Muruqa: Purple <i>Sunset:</i> 6:43PM
	Creative Work	Siddha Yoga	195786578 Rahu 9:39AM – 11:09AM	Taitila Until 3:39AM Sun	Nataraja: Clear Moon – Purple
			Ekadashi* Until 6:46AM	Subha Sivaloka Day	

3	Sunday, March 19, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau			Port Harcourt, Nigeria Sun 11 Sutra 336 Subhakarit 5124
	Makara Rasi: 29.3	Tithi 28	Gulika 3:41PM – 5:12PM	Dhanishtha Until 5:34PM	Ganesha: Orange <i>Sunrise:</i> 6:37AM
			Yama 12:40PM – 2:11PM	Siddha Until 3:35PM	Muruqa: Clear <i>Sunset:</i> 6:43PM
	Routine Work	Marana Yoga	196796578 Rahu 5:12PM – 6:43PM	Gara Until 2:04PM	Nataraja: Clear Moon – Purple
			Trayodashi* Until 12:27AM Mon	Devaloka Day	
			<i>Pradosha Vrata (Fasting)</i>		

4	Monday, March 20, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtpada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Port Harcourt, Nigeria Sun 12 Sutra 337 Subhakarit 5124
	Kumbha Rasi: 14.2	Tithi 29	Gulika 2:10PM – 3:41PM	Shatabhishak Until 3:01PM	Ganesha: Green <i>Sunrise:</i> 6:36AM
	Family Home Evening		Yama 11:09AM – 12:39PM	Sadhya Until 11:49AM	Muruqa: Clear <i>Sunset:</i> 6:43PM
	Creative Work	Siddha Yoga	196896578 Rahu 8:07AM – 9:38AM	Visti Until 10:53AM	Nataraja: Clear Moon – Purple
			Chaturdashi* Until 9:19PM	Sivaloka Day	

●	Tuesday, March 21, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtpada*/Uttaraproshtpada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Port Harcourt, Nigeria Sun 13 Sutra 338 Subhakarit 5124
	Retreat Star		Gulika 12:39PM – 2:10PM	Purvaproshtpada* Until 12:55PM	Ganesha: Orange <i>Sunrise:</i> 6:36AM
	Kumbha Rasi: 29.06	Tithi 30	Yama 9:38AM – 11:08AM	Subha Until 8:11AM	Muruqa: Clear <i>Sunset:</i> 6:42PM
	Routine Work	Marana Yoga	116896578 Rahu 3:41PM – 5:12PM	Catuspada Until 7:50AM	Nataraja: Clear Moon – Clear
			Amavasya* Until 6:24PM	Devaloka Day	

●	Wednesday, March 22, 2023	Subhakarit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtpada/Revati Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Port Harcourt, Nigeria Sun 14 Sutra 339 Subhakarit 5124
	Retreat Star		Gulika 11:08AM – 12:39PM	Uttaraproshtpada Until 11:01AM	Ganesha: Orange <i>Sunrise:</i> 6:35AM
	Meena Rasi: 13.39	Tithi 1 – 2	Yama 8:06AM – 9:37AM	Brahma Until 1:43AM Thu	Muruqa: Clear <i>Sunset:</i> 6:42PM
	Creative Work	Siddha Yoga	116896578 Rahu 12:39PM – 2:10PM	Balava Until 2:48AM Thu	Nataraja: Clear Moon – Clear
			Prathama* Until 3:52PM	Devaloka Day	
		Yugadhi		Chaitra•Panguni	

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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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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		Port Harcourt, Nigeria Sun 15 Sutra 340	
Meena Rasi: 27.53	Tithi 2 – 3	Gulika 9:37AM – 11:08AM	Revati Until 9:28AM	Ganesha: Orange	<i>Sunrise:</i> 6:35AM	Subhakrit 5124	
		Yama 6:35AM – 8:06AM	Indra Until 11:11PM	Muruqa: Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 2:09PM – 3:40PM	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		Port Harcourt, Nigeria Sun 16 Sutra 341	
Mesha Rasi: 11.43	Tithi 3 – 4	Gulika 8:06AM – 9:36AM	Ashvini Until 8:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:35AM	Subhakrit 5124	
		Yama 3:40PM – 5:11PM	Vaidhriti* Until 9:10PM	Muruqa: Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 11:07AM – 12:38PM	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 Vishkambha* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Port Harcourt, Nigeria Sun 17 Sutra 342	
Mesha Rasi: 25.07	Tithi 4 – 5	Gulika 6:34AM – 8:05AM	Bharani Until 8:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:34AM	Subhakrit 5124	
		Yama 2:09PM – 3:40PM	Vishkambha* Until 7:48PM	Muruqa: Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:36AM – 11:07AM	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/Shashtyam Titau		Port Harcourt, Nigeria Sun 18 Sutra 343	
Vrishabha Rasi: 8.07	Tithi 5 – 6	Gulika 3:40PM – 5:11PM	Krittika Until 9:22AM	Ganesha: Clear	<i>Sunrise:</i> 6:34AM	Subhakrit 5124	
		Yama 12:38PM – 2:09PM	Priti Until 7:03PM	Muruqa: Clear	<i>Sunset:</i> 6:42PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 5:11PM – 6:42PM	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/Mrigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Port Harcourt, Nigeria Sun 19 Sutra 344	
Vrishabha Rasi: 20.44	Tithi 6 – 7	Gulika 2:08PM – 3:39PM	Rohini Until 10:59AM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Subhakrit 5124	
Family Home Evening		Yama 11:06AM – 12:37PM	Ayushman Until 6:50PM	Muruqa: Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 8:04AM – 9:35AM	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		Port Harcourt, Nigeria Sun 20 Sutra 345	
Mithuna Rasi: 3.04	Tithi 7 – 8	Gulika 12:37PM – 2:08PM	Mrigashira Until 1:05PM	Ganesha: Clear	<i>Sunrise:</i> 6:33AM	Subhakrit 5124	
		Yama 9:35AM – 11:06AM	Saubhagya Until 7:07PM	Muruqa: Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:39PM – 5:10PM	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		Port Harcourt, Nigeria Sun 21 Sutra 346	
Mithuna Rasi: 15.1	Tithi 8 – 9	Gulika 11:06AM – 12:37PM	Ardra Until 3:30PM	Ganesha: Clear	<i>Sunrise:</i> 6:32AM	Subhakrit 5124	
		Yama 8:04AM – 9:35AM	Sobhana Until 7:45PM	Muruqa: Clear	<i>Sunset:</i> 6:41PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:37PM – 2:08PM	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

mes are standard time. Calculated for Port Harcourt, Nigeria on 5,

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1	Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam				Port Harcourt, Nigeria
	Mithuna Rasi: 27.07		Punarvasu Nakshatra Athiganda* Yoga Kaulava Karana Navamyam Titau		Sun 22		Sutra 347
	Tithi 9	Gulika 9:34AM – 11:05AM	Punarvasu Until 6:30PM	Ganesha: White	Sunrise: 6:32AM	Subhakit 5124	
	147896578 Rahu 2:08PM – 3:39PM	Yama 6:32AM – 8:03AM	Athiganda* Until 8:32PM	Muruqa: Clear	Sunset: 6:41PM	Moon 3 - Phase 48 - 22	
Creative Work	Amrita Yoga		Kaulava Until 7:03PM	Nataraja: Clear	4th Phase		
			Navami* Until 7:03PM	Moon – Blue	Bhuloka Day		
				Chaitra•Panguni	Devaloka Time: 3:PM to 6:PM		


2	Friday, March 31, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam				Port Harcourt, Nigeria
	Kataka Rasi: 9.01		Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23		Sutra 348
	Tithi 10	Gulika 8:03AM – 9:34AM	Pushya Until 9:26PM	Ganesha: White	Sunrise: 6:32AM	Subhakit 5124	
	147896578 Rahu 11:05AM – 12:36PM	Yama 3:38PM – 5:10PM	Sukarma Until 9:23PM	Muruqa: Clear	Sunset: 6:41PM	Moon 3 - Phase 48 - 23	
Routine Work	Marana Yoga		Taitila Until 8:17AM	Nataraja: Clear	4th Phase		
			Dashami Until 9:29PM	Moon – Blue	Bhuloka Day		
				Chaitra•Panguni	Devaloka Time: 3:PM to 6:PM		

3	Saturday, April 1, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam				Port Harcourt, Nigeria
	Kataka Rasi: 20.55		Ashlesha* Nakshatra Dhriti Yoga Vanija/Visiti* Karana Ekadashyam Titau		Sun 24		Sutra 349
	Tithi 11	Gulika 6:32AM – 8:03AM	Ashlesha* Until 12:05AM Sun	Ganesha: White	Sunrise: 6:32AM	Subhakit 5124	
	147896578 Rahu 9:34AM – 11:05AM	Yama 2:07PM – 3:38PM	Dhriti Until 10:11PM	Muruqa: Clear	Sunset: 6:41PM	Moon 3 - Phase 48 - 24	
Routine Work	Marana Yoga		Vanija Until 10:41AM	Nataraja: Clear	4th Phase		
			Ekadashi Until 11:48PM	Moon – Blue	Bhuloka Day		
		Yogaswami Mahasamadhi		Chaitra•Panguni	Devaloka Time: 3:PM to 6:PM		

4	Sunday, April 2, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam				Port Harcourt, Nigeria
	Simha Rasi: 2.52		Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25		Sutra 350
	Tithi 12	Gulika 3:38PM – 5:09PM	Magha* Until 2:50AM Mon	Ganesha: Red	Sunrise: 6:31AM	Subhakit 5124	
	158896578 Rahu 5:09PM – 6:41PM	Yama 12:36PM – 2:07PM	Shula* Until 10:46PM	Muruqa: Clear	Sunset: 6:41PM	Moon 3 - Phase 48 - 25	
Routine Work	Marana Yoga		Bava Until 12:54PM	Nataraja: Clear	4th Phase		
Until 2:50AM Mon			Dvadashi Until 1:52AM Mon	Moon – Red	Devaloka Day		
Then Creative Work - Siddha Yoga				Chaitra•Panguni			

5	Monday, April 3, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam				Port Harcourt, Nigeria
	Simha Rasi: 14.55		Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26		Sutra 351
	Tithi 13	Gulika 2:07PM – 3:38PM	Purvaphalguni Until 5:04AM Tue	Ganesha: Red	Sunrise: 6:31AM	Subhakit 5124	
	158896578 Rahu 8:02AM – 9:33AM	Yama 11:04AM – 12:36PM	Ganda* Until 11:06PM	Muruqa: Clear	Sunset: 6:40PM	Moon 3 - Phase 48 - 26	
Family Home Evening			Kaulava Until 2:48PM	Nataraja: Clear	4th Phase		
Creative Work	Siddha Yoga		Trayodashi Until 3:34AM Tue	Moon – Red	Devaloka Day		
Until 5:04AM Tue				Chaitra•Panguni			
Then Creative Work - Amrita Yoga					Pradosha Vrata		

6	Tuesday, April 4, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam				Port Harcourt, Nigeria
	Simha Rasi: 27.08		Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27		Sutra 352
	Tithi 14	Gulika 12:35PM – 2:06PM	Uttaraphalguni Until 6:42AM Wed	Ganesha: Red	Sunrise: 6:30AM	Subhakit 5124	
	158896578 Rahu 3:38PM – 5:09PM	Yama 9:33AM – 11:04AM	Vriddhi Until 11:07PM	Muruqa: Clear	Sunset: 6:40PM	Moon 3 - Phase 48 - 27	
Creative Work	Amrita Yoga		Gara Until 4:17PM	Nataraja: Clear	4th Phase		
Until 6:42AM Wed			Chaturdashi* Until 4:50AM Wed	Moon – Red	Devaloka Day		
Then Routine Work - Marana Yoga				Chaitra•Panguni			

	Wednesday, April 5, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam				Port Harcourt, Nigeria
	Copper Retreat Star		Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28		Sutra 353
	Kanya Rasi: 9.32	Gulika 11:04AM – 12:35PM	Uttaraphalguni Until 6:42AM	Ganesha: Red	Sunrise: 6:30AM	Subhakit 5124	
	Tithi 15	Yama 8:01AM – 9:32AM	Dhruva Until 10:44PM	Muruqa: Clear	Sunset: 6:40PM	Moon 3 - Phase 48 - Purnima	
158896578 Rahu 12:35PM – 2:06PM		Visti Until 5:17PM	Nataraja: Clear	4th Phase			
Creative Work	Amrita Yoga		Purnima* Until 5:36AM Thu	Moon – Red	Devaloka Day		
Until 6:42AM				Chaitra•Panguni			
Then Routine Work - Marana Yoga		Panguni Uttiram					
		Hanuman Jayanti					

○	Thursday, April 6, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam				Port Harcourt, Nigeria
	Silver Retreat Star		Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau		Sun 29		Sutra 354
	Kanya Rasi: 22.1	Gulika 9:32AM – 11:03AM	Hasta Until 8:11AM	Ganesha: Blue	Sunrise: 6:30AM	Subhakit 5124	
	Tithi 16	Yama 6:30AM – 8:01AM	Vyaghata* Until 10:00PM	Muruqa: Clear	Sunset: 6:40PM	Moon 3 - Phase 48 - Prathama	
168896578 Rahu 2:06PM – 3:37PM		Balava Until 5:49PM	Nataraja: Clear	4th Phase			
Routine Work	Marana Yoga		Moon – Green	Bhuloka Day			
Until 8:11AM			Chaitra•Panguni	Devaloka Time: 3:PM to 6:PM			
Then Creative Work - Siddha Yoga							

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



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

Port Harcourt, Nigeria
Sutra 355

Tula Rasi: 5.01 Tithi 17

Gulika 8:00AM – 9:32AM
Yama 3:37PM – 5:08PM
168896578 **Rahu** 11:03AM – 12:34PM

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

Ganesha: Blue *Sunrise:* 6:29AM
Muruqa: Clear *Sunset:* 6:40PM
Nataraja: Clear
Moon – Green

Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

Creative Work Siddha Yoga

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

1

Saturday, April 8, 2023

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

Port Harcourt, Nigeria
Sun 1 Sutra 356

Tula Rasi: 18.05 Tithi 18

Gulika 6:29AM – 8:00AM
Yama 2:05PM – 3:37PM
168896578 **Rahu** 9:31AM – 11:03AM

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

Ganesha: Blue *Sunrise:* 6:29AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Green

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

Creative Work Siddha Yoga

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

2

Sunday, April 9, 2023

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

Port Harcourt, Nigeria
Sun 2 Sutra 357

Vrischika Rasi: 1.23 Tithi 19

Gulika 3:37PM – 5:08PM
Yama 12:34PM – 2:05PM
179896578 **Rahu** 5:08PM – 6:39PM

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

Ganesha: Red *Sunrise:* 6:28AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Orange

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

Routine Work Marana Yoga

Devaloka Day

3

Monday, April 10, 2023

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

Port Harcourt, Nigeria
Sun 3 Sutra 358

Vrischika Rasi: 14.53 Tithi 20

Family Home Evening

Gulika 2:05PM – 3:36PM
Yama 11:02AM – 12:34PM
179896578 **Rahu** 7:59AM – 9:31AM

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

Ganesha: Red *Sunrise:* 6:28AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Orange

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

Creative Work Siddha Yoga

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

Port Harcourt, Nigeria
Sun 4 Sutra 359

Vrischika Rasi: 28.35 Tithi 21

Until 8:17AM

Then Creative Work - Amrita Yoga

Gulika 12:33PM – 2:05PM
Yama 9:30AM – 11:02AM
179896578 **Rahu** 3:36PM – 5:08PM

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

Ganesha: Red *Sunrise:* 6:28AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Orange

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

Devaloka Day

5

Wednesday, April 12, 2023

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

Port Harcourt, Nigeria
Sun 5 Sutra 360

Dhanus Rasi: 12.28 Tithi 22

Until 7:28AM

Then Creative Work - Amrita Yoga

Gulika 11:02AM – 12:33PM
Yama 7:59AM – 9:30AM
189896578 **Rahu** 12:33PM – 2:04PM

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

Ganesha: Green *Sunrise:* 6:27AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Light Blue

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

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

D

Thursday, April 13, 2023

Retreat Star

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

Port Harcourt, Nigeria
Sun 6 Sutra 361

Dhanus Rasi: 26.31 Tithi 23

Creative Work Siddha Yoga

Until 6:14AM

Then Routine Work - Marana Yoga

Gulika 9:30AM – 11:01AM
Yama 6:27AM – 7:58AM
189996578 **Rahu** 2:04PM – 3:36PM

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

Ganesha: White *Sunrise:* 6:27AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Light Blue

Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

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

Port Harcourt, Nigeria
Sun 7 Sutra 362

Makara Rasi: 10.43 Tithi 24

Routine Work Marana Yoga

Until 3:10AM Sat

Then Creative Work - Siddha Yoga

Gulika 7:58AM – 9:29AM
Yama 3:36PM – 5:07PM
199996578 **Rahu** 11:01AM – 12:32PM

Chidambaram Abhishekam
Tamil New Year

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

Ganesha: Clear *Sunrise:* 6:26AM
Muruqa: Clear *Sunset:* 6:39PM
Nataraja: Clear
Moon – Purple

Sobhana 5125
Moon 4 - Phase 49 - 7
Navami

Devaloka Day

Chaitra*Chaitra

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				Port Harcourt, Nigeria Sun 8 Sutra 363 Sobhana 5125
	Makara Rasi: 25.01	Tithi 25 – 26	Gulika	6:26AM – 7:58AM	Dhanishtha Until 1:26AM Sun	Ganesha: White	Sunrise: 6:26AM
			Yama	2:04PM – 3:35PM	Subha Until 10:57PM	Muruqa: Clear	Sunset: 6:38PM
	Creative Work	Siddha Yoga	299996578 Rahu	9:29AM – 11:01AM	Bava Until 3:08AM Sun Dashami Until 4:22PM	Nataraja: Clear Moon – Purple	Moon 4 - Phase 1 - 8 2nd Phase
			Bhuloka Day				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				Port Harcourt, Nigeria Sun 9 Sutra 364 Sobhana 5125
	Kumbha Rasi: 9.23	Tithi 26 – 27	Gulika	3:35PM – 5:07PM	Shatabhishak Until 11:33PM	Ganesha: White	Sunrise: 6:26AM
			Yama	12:32PM – 2:04PM	Sukla Until 7:46PM	Muruqa: Clear	Sunset: 6:38PM
	Creative Work	Siddha Yoga	299996578 Rahu	5:07PM – 6:38PM	Kaulava Until 12:37AM Mon Ekadashi* Until 1:51PM	Nataraja: Clear Moon – Purple	Moon 4 - Phase 1 - 9 2nd Phase
			Bhuloka Day				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 Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Port Harcourt, Nigeria Sun 10 Sutra 1 Sobhana 5125
	Kumbha Rasi: 23.46	Tithi 27 – 28	Gulika	2:03PM – 3:35PM	Purvaproshtapada* Until 10:01PM	Ganesha: Orange	Sunrise: 6:25AM
	Family Home Evening		Yama	11:00AM – 12:32PM	Brahma Until 4:39PM	Muruqa: Clear	Sunset: 6:38PM
	Routine Work	Marana Yoga	211996578 Rahu	7:57AM – 9:28AM	Gara Until 10:11PM Dvadashi* Until 11:22AM	Nataraja: Clear Moon – Clear	Moon 4 - Phase 1 - 10 2nd Phase
			Devaloka Day				
			<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/Visli* Karana Trayodashi/Chaturdashyam Titau				Port Harcourt, Nigeria Sun 11 Sutra 2 Sobhana 5125
	Meena Rasi: 8.04	Tithi 28 – 29	Gulika	12:31PM – 2:03PM	Uttaraproshtapada Until 8:32PM	Ganesha: Orange	Sunrise: 6:25AM
			Yama	9:28AM – 11:00AM	Indra Until 1:40PM	Muruqa: Clear	Sunset: 6:38PM
	Creative Work	Amrita Yoga	211996578 Rahu	3:35PM – 5:06PM	Visti Until 7:57PM Trayodashi* Until 9:01AM	Nataraja: Clear Moon – Clear	Moon 4 - Phase 1 - 11 2nd Phase
			Devaloka Day				

	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				Port Harcourt, Nigeria Sun 12 Sutra 3 Sobhana 5125
	Retreat Star		Gulika	11:00AM – 12:31PM	Revati Until 7:14PM	Ganesha: Orange	Sunrise: 6:25AM
	Meena Rasi: 22.13	Tithi 29 – 30	Yama	7:56AM – 9:28AM	Vaidhriti* Until 10:54AM	Muruqa: Clear	Sunset: 6:38PM
	Routine Work	Marana Yoga	211996578 Rahu	12:31PM – 2:03PM	Catuspada Until 6:02PM Chaturdashi* Until 6:55AM	Nataraja: Clear Moon – Clear	Moon 4 - Phase 1 - 12 Amavasya
			Devaloka Day				

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				Port Harcourt, Nigeria Sun 13 Sutra 4 Sobhana 5125
	Mesha Rasi: 6.07	Tithi 1	Gulika	9:28AM – 10:59AM	Ashvini Until 6:39PM	Ganesha: Clear	Sunrise: 6:24AM
			Yama	6:24AM – 7:56AM	Vishkambha* Until 8:28AM	Muruqa: Clear	Sunset: 6:38PM
	Creative Work	Amrita Yoga	221996578 Rahu	2:03PM – 3:34PM	Kintughna Until 4:32PM Prathama* Until 3:58AM Fri	Nataraja: Clear Moon – White	Moon 4 - Phase 1 - 13 Prathama
			Devaloka Day				
			Vaisaka*Chaitra				

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				Port Harcourt, Nigeria Sun 14 Sutra 5
	Mesha Rasi: 19.43	Tithi 2	Gulika 7:56AM – 9:27AM	Bharani Until 6:28PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	Sobhana 5125
			Yama 3:34PM – 5:06PM	Priti Until 6:27AM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 2 - 14
	221996578	Rahu 10:59AM – 12:31PM	Balava Until 3:35PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		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				Port Harcourt, Nigeria Sun 15 Sutra 6
	Wrishabha Rasi: 3	Tithi 3	Gulika 6:24AM – 7:55AM	Krittika Until 6:44PM	Ganesha: Clear	<i>Sunrise:</i> 6:24AM	Sobhana 5125
			Yama 2:02PM – 3:34PM	Saubhagya Until 3:51AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 2 - 15
	221996578	Rahu 9:27AM – 10:59AM	Taitila Until 3:15PM		Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Tritiya Until 3:19AM Sun	Moon – White		Devaloka Day	
				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 Chaturthiyam Titau				Port Harcourt, Nigeria Sun 16 Sutra 7
	Wrishabha Rasi: 15.56	Tithi 4	Gulika 3:34PM – 5:06PM	Rohini Until 7:58PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM	Sobhana 5125
			Yama 12:30PM – 2:02PM	Sobhana Until 3:20AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 4 - Phase 2 - 16
	231996578	Rahu 5:06PM – 6:38PM	Vanija Until 3:35PM		Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		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				Port Harcourt, Nigeria Sun 17 Sutra 8
	Wrishabha Rasi: 28.34	Tithi 5	Gulika 2:02PM – 3:34PM	Mrigashira Until 9:40PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM	Sobhana 5125
	Family Home Evening		Yama 10:58AM – 12:30PM	Athiganda* Until 3:17AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 17
	231996578	Rahu 7:55AM – 9:27AM	Bava Until 4:34PM		Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 5:15AM Tue	Moon – Yellow		Devaloka Day	
Until 9:40PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Kaulava Karana Shashthiyam Titau				Port Harcourt, Nigeria Sun 18 Sutra 9
	Mithuna Rasi: 10.55	Tithi 6	Gulika 12:30PM – 2:02PM	Ardra Until 11:44PM	Ganesha: Orange	<i>Sunrise:</i> 6:23AM	Sobhana 5125
			Yama 9:26AM – 10:58AM	Sukarma Until 3:38AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 18
	231996579	Rahu 3:34PM – 5:06PM	Kaulava Until 6:07PM		Nataraja: Purple		3rd Phase
Routine Work	Marana Yoga		Shashthi* Until 7:02AM Wed	Moon – Yellow		Sivaloka Day	
Until 11:44PM				Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

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				Port Harcourt, Nigeria Sun 19 Sutra 10
	Mithuna Rasi: 23.04	Tithi 6 – 7	Gulika 10:58AM – 12:30PM	Punarvasu Until 2:31AM Thu	Ganesha: Green	<i>Sunrise:</i> 6:22AM	Sobhana 5125
			Yama 7:54AM – 9:26AM	Dhriti Until 4:18AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 19
	241996579	Rahu 12:30PM – 2:02PM	Gara Until 8:06PM		Nataraja: Purple		3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 7:02AM	Moon – Blue		Subha Sivaloka Day	
Until 2:31AM Thu				Vaisaka-Chaitra			
Then Creative Work - Amrita Yoga							

☾	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				Port Harcourt, Nigeria Sun 20 Sutra 11
	Retreat Star		Gulika 9:26AM – 10:58AM	Pushya Until 5:21AM Fri	Ganesha: Red	<i>Sunrise:</i> 6:22AM	Sobhana 5125
	Kataka Rasi: 5.04	Tithi 7 – 8	Yama 6:22AM – 7:54AM	Shula* Until 5:06AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 20
	242996579	Rahu 2:02PM – 3:33PM	Visti Until 10:21PM		Nataraja: Purple		Ashtami
Creative Work	Amrita Yoga		Saptami Until 9:11AM	Moon – Blue		Sivaloka Day	
Until 5:21AM Fri				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

☽	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				Port Harcourt, Nigeria Sun 21 Sutra 12
	Retreat Star		Gulika 7:54AM – 9:26AM	Ashlesha* Until 8:03AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:22AM	Sobhana 5125
	Kataka Rasi: 16.59	Tithi 8 – 9	Yama 3:33PM – 5:05PM	Ganda* Until 5:57AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 4 - Phase 2 - 21
	242996579	Rahu 10:58AM – 12:30PM	Balava Until 12:42AM Sat		Nataraja: Purple		Navami
Routine Work	Marana Yoga		Ashtami* Until 11:30AM	Moon – Blue		Sivaloka Day	
Until 8:03AM Sat				Vaisaka-Chaitra			
Then Creative Work - Amrita Yoga							

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukstayam Ashlesha* Magha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Port Harcourt, Nigeria Sun 22 Sutra 13
	Kataka Rasi: 28.53	Tithi 9 – 10	Gulika 6:21AM – 7:53AM Yama 2:01PM – 3:33PM Rahu 9:25AM – 10:57AM	Ashlesha* Until 8:03AM Vriddhi Until 6:42AM Sun Taitila Until 2:55AM Sun Navami* Until 1:49PM	Ganesha: Red Muruqa: Clear Nataraja: Purple Moon – Blue Vaisaka*Chaitra	Sunrise: 6:21AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase
	Routine Work Until 8:03AM Then Creative Work - Amrita Yoga	Marana Yoga	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				Port Harcourt, Nigeria Sun 23 Sutra 14
	Simha Rasi: 10.51	Tithi 10 – 11	Gulika 3:33PM – 5:05PM Yama 12:29PM – 2:01PM Rahu 5:05PM – 6:37PM	Magha* Until 10:56AM Vriddhi Until 6:42AM Vanija Until 4:51AM Mon Dashami Until 3:55PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 6:21AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase
	Routine Work Until 10:56AM Then Creative Work - Siddha Yoga	Marana Yoga	Devaloka Day				

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukstayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Port Harcourt, Nigeria Sun 24 Sutra 15
	Simha Rasi: 22.56	Tithi 11 – 12	Gulika 2:01PM – 3:33PM Yama 10:57AM – 12:29PM Rahu 7:53AM – 9:25AM	Purvaphalguni Until 1:17PM Dhruva Until 7:10AM Bava Until 6:19AM Tue Ekadashi Until 5:38PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 6:21AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase
	Family Home Evening Creative Work	Marana Yoga Siddha Yoga	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				Port Harcourt, Nigeria Sun 25 Sutra 16
	Kanya Rasi: 5.14	Tithi 12	Gulika 12:29PM – 2:01PM Yama 9:25AM – 10:57AM Rahu 3:33PM – 5:05PM	Uttaraphalguni Until 3:00PM Vyaghata* Until 7:17AM Bava Until 6:19AM Dvadashi Until 6:48PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red Vaisaka*Chaitra	Sunrise: 6:21AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase
	Creative Work Until 3:00PM Then Creative Work - Siddha Yoga	Amrita Yoga	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				Port Harcourt, Nigeria Sun 26 Sutra 17
	Kanya Rasi: 17.46	Tithi 13	Gulika 10:57AM – 12:29PM Yama 7:52AM – 9:24AM Rahu 12:29PM – 2:01PM	Hasta Until 4:27PM Harshana Until 6:58AM Kaulava Until 7:11AM Trayodashi Until 7:22PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 6:20AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase
	Routine Work Until 4:27PM Then Creative Work - Siddha Yoga	Marana Yoga	Sivaloka Day				

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				Port Harcourt, Nigeria Sun 27 Sutra 18
	Tula Rasi: 1	Tithi 14	Gulika 9:24AM – 10:56AM Yama 6:20AM – 7:52AM Rahu 2:01PM – 3:33PM	Chitra Until 5:07PM Vajra* Until 6:07AM Gara Until 7:26AM Chaturdashi* Until 7:18PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 6:20AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase
	Creative Work Until 5:07PM Then Creative Work - Amrita Yoga	Siddha Yoga	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				Port Harcourt, Nigeria Sun 28 Sutra 19
	Tula Rasi: 13.45	Tithi 15	Gulika 7:52AM – 9:24AM Yama 3:33PM – 5:05PM Rahu 10:56AM – 12:28PM	Svati Until 5:02PM Vyatipata* Until 3:01AM Sat Visti Until 7:03AM Purnima* Until 6:37PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green Vaisaka*Chaitra	Sunrise: 6:20AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - Purnima
	Creative Work	Siddha Yoga	Sivaloka Day				

○	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				Port Harcourt, Nigeria Sun 29 Sutra 20
	Tula Rasi: 27.13	Tithi 16 – 17	Gulika 6:20AM – 7:52AM Yama 2:01PM – 3:33PM Rahu 9:24AM – 10:56AM	Vishakha Until 4:43PM Variyan Until 12:50AM Sun Balava Until 6:05AM Prathama* Until 5:24PM	Ganesha: White Muruqa: Clear Nataraja: Purple Moon – Orange Vaisaka*Chaitra	Sunrise: 6:20AM Sunset: 6:37PM	Sobhana 5125 Moon 4 - Phase 3 - Prathama
	Creative Work	Siddha Yoga	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