



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

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam  
Svati/Vishakha Nakshatra Siddhi Yoga Taitila/Gara Karana Dvitiyayam Titau

Pyinmana, Myanmar  
Sutra 1

Tula Rasi: 19.46 Tithi 17  
Family Home Evening 268345478  
Creative Work Amrita Yoga  
Until 6:13AM  
Then Routine Work - Marana Yoga

**Gulika** 1:27PM – 3:01PM  
Yama 10:19AM – 11:53AM  
**Rahu** 7:11AM – 8:45AM

**Svati Until 6:13AM**  
Siddhi Until 9:09PM  
Taitila Until 9:34AM  
**Dvitiya Until 8:12PM**

**Ganesha:** Clear *Sunrise:* 5:37AM  
**Muruqa:** White *Sunset:* 6:10PM  
**Nataraja:** White  
Moon – Green

Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

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

**1**

**Tuesday, April 19, 2022**

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

Pyinmana, Myanmar  
Sun 1 Sutra 2

Virschika Rasi: 4.17 Tithi 18 – 19  
278345478  
Creative Work Siddha Yoga

**Gulika** 11:53AM – 1:27PM  
Yama 8:45AM – 10:19AM  
**Rahu** 3:01PM – 4:36PM

**Anuradha Until 2:24AM Wed**  
Vyatipata\* Until 5:47PM  
Vanija Until 6:50AM  
**Tritiya Until 5:25PM**

**Ganesha:** Purple *Sunrise:* 5:36AM  
**Muruqa:** White *Sunset:* 6:10PM  
**Nataraja:** White  
Moon – Orange

Subhakrit 5124  
Moon 4 - Phase 1 -  
1st Phase

**Bhuloka Day**

**2**

**Wednesday, April 20, 2022**

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

Pyinmana, Myanmar  
Sun 2 Sutra 3

Virschika Rasi: 18.5 Tithi 19 – 20  
278345478  
Creative Work Siddha Yoga

**Gulika** 10:19AM – 11:53AM  
Yama 7:10AM – 8:44AM  
**Rahu** 11:53AM – 1:27PM

**Jyeshtha\* Until 12:18AM Thu**  
Variyan Until 2:23PM  
Kaulava Until 1:19AM Thu  
**Chaturthi\* Until 2:39PM**

**Ganesha:** Purple *Sunrise:* 5:36AM  
**Muruqa:** White *Sunset:* 6:10PM  
**Nataraja:** White  
Moon – Orange

Subhakrit 5124  
Moon 4 - Phase 1 -  
2nd Phase

**Bhuloka Day**

**3**

**Thursday, April 21, 2022**

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

Pyinmana, Myanmar  
Sun 3 Sutra 4

Dhanus Rasi: 3.2 Tithi 20 – 21  
288345478  
Creative Work Siddha Yoga

**Gulika** 8:44AM – 10:18AM  
Yama 5:35AM – 7:09AM  
**Rahu** 1:27PM – 3:01PM

**Mula\* Until 10:37PM**  
Parigha\* Until 11:05AM  
Gara Until 10:43PM  
**Panchami Until 11:58AM**

**Ganesha:** Clear *Sunrise:* 5:35AM  
**Muruqa:** White *Sunset:* 6:10PM  
**Nataraja:** White  
Moon – Light Blue

Subhakrit 5124  
Moon 4 - Phase 1 -  
3rd 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\* Nakshatra Shiva/Siddha Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Pyinmana, Myanmar  
Sun 4 Sutra 5

Dhanus Rasi: 17.44 Tithi 21 – 22  
289345478  
Routine Work Prabalarishta Yoga  
Until 9:01PM  
Then Routine Work - Marana Yoga

**Gulika** 7:09AM – 8:43AM  
Yama 3:01PM – 4:36PM  
**Rahu** 10:18AM – 11:52AM

**Purvashadha\* Until 9:01PM**  
Shiva Until 7:57AM  
Visti Until 8:21PM  
**Shashthi\* Until 9:29AM**

**Ganesha:** Purple *Sunrise:* 5:34AM  
**Muruqa:** White *Sunset:* 6:10PM  
**Nataraja:** White  
Moon – Light Blue

Subhakrit 5124  
Moon 4 - Phase 1 -  
4th Phase

**Devaloka Day**  
Chaitra\*Chaitra

**5**

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

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

Pyinmana, Myanmar  
Sun 5 Sutra 6

Makara Rasi: 1.58 Tithi 22 – 23  
289345478  
Routine Work Marana Yoga  
Until 7:33PM  
Then Creative Work - Siddha Yoga

**Gulika** 5:34AM – 7:08AM  
Yama 1:27PM – 3:01PM  
**Rahu** 8:43AM – 10:18AM

**Uttarashadha Until 7:33PM**  
Sadhya Until 2:18AM Sun  
Balava Until 6:16PM  
**Saptami Until 7:15AM**

**Ganesha:** Purple *Sunrise:* 5:34AM  
**Muruqa:** White *Sunset:* 6:11PM  
**Nataraja:** White  
Moon – Light Blue

Subhakrit 5124  
Moon 4 - Phase 1 -  
5th Phase  
Ashtami

**Devaloka Day**  
Chaitra\*Chaitra

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

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

Pyinmana, Myanmar  
Sun 6 Sutra 7

Makara Rasi: 15.59 Tithi 24  
299345478  
Creative Work Amrita Yoga  
Until 6:42PM  
Then Routine Work - Marana Yoga

**Gulika** 3:01PM – 4:36PM  
Yama 11:52AM – 1:27PM  
**Rahu** 4:36PM – 6:11PM

**Shravana Until 6:42PM**  
Subha Until 11:53PM  
Taitila Until 4:30PM  
**Navami\* Until 3:44AM Mon**

**Ganesha:** Clear *Sunrise:* 5:33AM  
**Muruqa:** White *Sunset:* 6:11PM  
**Nataraja:** White  
Moon – Purple

Subhakrit 5124  
Moon 4 - Phase 1 -  
6th Phase  
Navami

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


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|----------|--------------------------------|--|---------------------------------|--|----------------------|------------------------------------|
| <b>1</b> | <b>Monday, April 25, 2022</b>  | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Dhanishtha Nakshatra Sukla Yoga Vanija/Visli* Karana Dashamyam Titau |                                 |  |                      | Pyinmana, Myanmar<br>Sun 7 Sutra 8 |
|          | Makara Rasi: 29.48    Tithi 25 | <b>Gulika</b> 1:27PM – 3:01PM  | <b>Dhanishtha</b> Until 6:03PM  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:33AM | Subhakrit 5124       |                                    |
|          | <b>Family Home Evening</b>     | Yama 10:17AM – 11:52AM   | Sukla Until 9:44PM              | <b>Muruqa:</b> White <i>Sunset:</i> 6:11PM   | Moon 4 - Phase 2 - 7 |                                    |
|          | Creative Work    Siddha Yoga   | 299345479 <b>Rahu</b> 7:07AM – 8:42AM  | Vanija Until 3:05PM             | <b>Nataraja:</b> Clear<br>Moon – Purple      | 2nd Phase            |                                    |
|          |                                |  | <b>Dashami</b> Until 2:30AM Tue | <b>Chaitra+Chaitra</b>                       | <b>Devaloka Day</b>  |                                    |

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| <b>2</b> | <b>Tuesday, April 26, 2022</b>        | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Shatabhishak/Purvaproshtapada* Nakshatra Brahma Yoga Bava/Balava Karana Ekadashyam Titau |   |  |                      | Pyinmana, Myanmar<br>Sun 8 Sutra 9 |
|          | Kumbha Rasi: 13.24    Tithi 26        | <b>Gulika</b> 11:52AM – 1:27PM  | <b>Shatabhishak</b> Until 5:37PM        | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:32AM | Subhakrit 5124       |                                    |
|          | <b>Routine Work</b> Marana Yoga       | Yama 8:42AM – 10:17AM   | Brahma Until 7:54PM                     | <b>Muruqa:</b> White <i>Sunset:</i> 6:11PM   | Moon 4 - Phase 2 - 8 |                                    |
|          | 299345479 <b>Rahu</b> 3:02PM – 4:36PM | Bava Until 2:03PM   | <b>Nataraja:</b> Clear<br>Moon – Purple | 2nd Phase                                    |                      |                                    |
|          |                                       |   | <b>Ekadashi*</b> Until 1:39AM Wed       | <b>Chaitra+Chaitra</b>                       | <b>Devaloka Day</b>  |                                    |

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| <b>3</b> | <b>Wednesday, April 27, 2022</b>       | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra Yoga Kaulava/Tailita Karana Dvadashyam Titau |  |  |                      | Pyinmana, Myanmar<br>Sun 9 Sutra 10 |
|          | Kumbha Rasi: 26.46    Tithi 27         | <b>Gulika</b> 10:16AM – 11:51AM   | <b>Purvaproshtapada*</b> Until 5:54PM  | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:31AM | Subhakrit 5124       |                                     |
|          | <b>Creative Work</b> Amrita Yoga       | Yama 7:06AM – 8:41AM  | Indra Until 6:25PM                     | <b>Muruqa:</b> White <i>Sunset:</i> 6:12PM | Moon 4 - Phase 2 - 9 |                                     |
|          | 219345479 <b>Rahu</b> 11:51AM – 1:27PM | Kaulava Until 1:25PM  | <b>Nataraja:</b> Clear<br>Moon – Clear | 2nd Phase                                  |                      |                                     |
|          |  |   | <b>Dvadashi*</b> Until 1:14AM Thu      | <b>Chaitra+Chaitra</b>                     | <b>Devaloka Day</b>  |                                     |

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| <b>4</b>                        | <b>Thursday, April 28, 2022</b>       | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau |  |  |                       | Pyinmana, Myanmar<br>Sun 10 Sutra 11 |
|                                 | Meena Rasi: 9.55    Tithi 28          | <b>Gulika</b> 8:41AM – 10:16AM  | <b>Uttaraproshtapada</b> Until 6:28PM  | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:31AM | Subhakrit 5124        |                                      |
|                                 | <b>Creative Work</b> Siddha Yoga      | Yama 5:31AM – 7:06AM  | Vaidhriti* Until 5:15PM                | <b>Muruqa:</b> White <i>Sunset:</i> 6:12PM | Moon 4 - Phase 2 - 10 |                                      |
|                                 | 219345479 <b>Rahu</b> 1:26PM – 3:02PM | Gara Until 1:12PM   | <b>Nataraja:</b> Clear<br>Moon – Clear | 2nd Phase                                  |                       |                                      |
|                                 |                                       |   | <b>Trayodashi*</b> Until 1:15AM Fri    | <b>Chaitra+Chaitra</b>                     | <b>Devaloka Day</b>   |                                      |
| <i>Pradosha Vrata (Fasting)</i> |                                       |   |  |  |                       |                                      |

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| <b>5</b> | <b>Friday, April 29, 2022</b>           | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Revati Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 11 Sutra 12 |
|          | Meena Rasi: 22.5    Tithi 29            | <b>Gulika</b> 7:05AM – 8:41AM  | <b>Revati</b> Until 7:20PM             | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:30AM | Subhakrit 5124                                    |                                      |
|          | <b>Creative Work</b> Siddha Yoga        | Yama 3:02PM – 4:37PM   | Vishkambha* Until 4:29PM               | <b>Muruqa:</b> White <i>Sunset:</i> 6:12PM  | Moon 4 - Phase 2 - 11                             |                                      |
|          | 219445479 <b>Rahu</b> 10:16AM – 11:51AM | Visti Until 1:28PM   | <b>Nataraja:</b> Clear<br>Moon – Clear | 2nd Phase                                   |   |                                      |
|          |   |  | <b>Chaturdashi*</b> Until 1:45AM Sat   | <b>Chaitra+Chaitra</b>                      | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                      |

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|  | <b>Saturday, April 30, 2022</b>        | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 12 Sutra 13 |
|   | <b>Retreat Star</b>                    | <b>Gulika</b> 5:30AM – 7:05AM  | <b>Ashvini</b> Until 8:59PM            | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:30AM | Subhakrit 5124                                    |                                      |
|   | Mesha Rasi: 5.31    Tithi 30           | Yama 1:26PM – 3:02PM   | Priti Until 4:06PM                     | <b>Muruqa:</b> White <i>Sunset:</i> 6:12PM   | Moon 4 - Phase 2 - 12                             |                                      |
|   | 221445479 <b>Rahu</b> 8:40AM – 10:16AM | Catuspada Until 2:13PM   | <b>Nataraja:</b> Clear<br>Moon – White | Amavasya                                     |   |                                      |
|   |  |  | <b>Amavasya*</b> Until 2:45AM Sun      | <b>Chaitra+Chaitra</b>                       | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |                                      |

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| <b>Retreat Star</b> | <b>Sunday, May 1, 2022</b>             | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 13 Sutra 14 |
|                     | Mesha Rasi: 17.58    Tithi 1           | <b>Gulika</b> 3:02PM – 4:37PM   | <b>Bharani</b> Until 10:58PM           | <b>Ganesha:</b> Green <i>Sunrise:</i> 5:29AM | Subhakrit 5124                                    |                                      |
|                     | <b>Routine Work</b> Prabalarishta Yoga | Yama 11:51AM – 1:26PM   | Ayushman Until 4:04PM                  | <b>Muruqa:</b> White <i>Sunset:</i> 6:13PM   | Moon 4 - Phase 2 - 13                             |                                      |
|                     | 221445479 <b>Rahu</b> 4:37PM – 6:13PM  | Kintughna Until 3:28PM  | <b>Nataraja:</b> Clear<br>Moon – White | Prathama                                     |   |                                      |
|                     |  |   | <b>Prathama*</b> Until 4:14AM Mon      | <b>Vaisaka+Chaitra</b>                       | <b>Bhuloka Day</b><br>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

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| <b>Monday, May 2, 2022</b>   |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 14 Sutra 15  |
| <b>1</b>   | 231445479 | <b>Gulika</b> 1:26PM – 3:02PM<br>Yama 10:15AM – 11:51AM<br><b>Rahu</b> 7:04AM – 8:40AM  | <b>Krittika Until 1:13AM Tue</b><br>Saubhagya Until 4:25PM<br>Balava Until 5:10PM<br><b>Dvitiya Until 6:09AM Tue</b> | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – White<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:29AM<br><b>Sunset:</b> 6:13PM | Moon 4 - Phase 3 - 14<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 0.14 Tithi 2<br><b>Family Home Evening</b><br>Routine Work Marana Yoga<br>Until 1:13AM Tue<br>Then Creative Work - Amrita Yoga |           |   |  |  |   |   |

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| <b>Tuesday, May 3, 2022</b>  |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 15 Sutra 16  |
| <b>2</b>   | 231445479 | <b>Gulika</b> 11:51AM – 1:26PM<br>Yama 8:39AM – 10:15AM<br><b>Rahu</b> 3:02PM – 4:38PM   | <b>Rohini Until 4:08AM Wed</b><br>Sobhana Until 5:05PM<br>Taitila Until 7:16PM<br><b>Dvitiya Until 6:09AM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:28AM<br><b>Sunset:</b> 6:13PM | Moon 4 - Phase 3 - 15<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 12.18 Tithi 2 – 3<br>Creative Work Amrita Yoga<br>Until 4:08AM Wed<br>Then Creative Work - Siddha Yoga |           |  |   |   |   |   |

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| <b>Wednesday, May 4, 2022</b>   |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 16 Sutra 17  |
| <b>3</b>  | 231445479 | <b>Gulika</b> 10:15AM – 11:51AM<br>Yama 7:03AM – 8:39AM<br><b>Rahu</b> 11:51AM – 1:26PM   | <b>Mrigashira Until 7:06AM Thu</b><br>Athiganda* Until 5:56PM<br>Vanija Until 9:39PM<br><b>Tritiya Until 8:24AM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:28AM<br><b>Sunset:</b> 6:13PM | Moon 4 - Phase 3 - 16<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Vrishabha Rasi: 24.15 Tithi 3 – 4<br>Creative Work Siddha Yoga<br>Until 7:06AM Thu<br>Then Routine Work - Marana Yoga |           |   |   |   |   |   |

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| <b>Thursday, May 5, 2022</b>                               |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Sukarma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 17 Sutra 18  |
| <b>4</b>   | 231445479 | <b>Gulika</b> 8:39AM – 10:15AM<br>Yama 5:27AM – 7:03AM<br><b>Rahu</b> 1:26PM – 3:02PM  | <b>Mrigashira Until 7:06AM</b><br>Sukarma Until 6:55PM<br>Bava Until 12:09AM Fri<br><b>Chaturthi* Until 10:52AM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:27AM<br><b>Sunset:</b> 6:14PM | Moon 4 - Phase 3 - 17<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Mithuna Rasi: 6.07 Tithi 4 – 5<br>Routine Work Marana Yoga |           |  |   |   |   |   |

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| <b>Friday, May 6, 2022</b>                                   |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 18 Sutra 19  |
| <b>5</b>   | 231445479 | <b>Gulika</b> 7:03AM – 8:39AM<br>Yama 3:02PM – 4:38PM<br><b>Rahu</b> 10:14AM – 11:50AM  | <b>Ardra Until 9:58AM</b><br>Dhriti Until 7:54PM<br>Kaulava Until 2:36AM Sat<br><b>Panchami Until 1:22PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:27AM<br><b>Sunset:</b> 6:14PM | Moon 4 - Phase 3 - 18<br>3rd Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
| Mithuna Rasi: 17.56 Tithi 5 – 6<br>Creative Work Siddha Yoga |           |   |  |   |   |   |

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|--|-----------|---|--|---|---|---|
| <b>Saturday, May 7, 2022</b>                                 |           | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 19 Sutra 20                      |
| <b>6</b>   | 241445479 | <b>Gulika</b> 5:26AM – 7:02AM<br>Yama 1:26PM – 3:02PM<br><b>Rahu</b> 8:38AM – 10:14AM   | <b>Punarvasu Until 1:04PM</b><br>Shula* Until 8:44PM<br>Gara Until 4:49AM Sun<br><b>Shashthi* Until 3:44PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:26AM<br><b>Sunset:</b> 6:14PM | Moon 4 - Phase 3 - 19<br>3rd Phase<br><b>Devaloka Day</b> |
| Mithuna Rasi: 29.49 Tithi 6 – 7<br>Creative Work Siddha Yoga |           |   |  |   |   |   |

|   |  |   |  |   |   |   |
|---|--|---|--|---|---|---|
| <b>Sunday, May 8, 2022</b>                                  |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 20 Sutra 21                      |
| <b>Retreat Star</b>   |  | <b>Gulika</b> 3:02PM – 4:39PM<br>Yama 11:50AM – 1:26PM<br><b>Rahu</b> 4:39PM – 6:15PM   | <b>Pushya Until 3:43PM</b><br>Ganda* Until 9:18PM<br>Visti Until 6:38AM Mon<br><b>Saptami Until 5:46PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:26AM<br><b>Sunset:</b> 6:15PM | Moon 4 - Phase 3 - 20<br>3rd Phase<br><b>Devaloka Day</b> |
| Kataka Rasi: 11.46 Tithi 7 – 8<br>Creative Work Siddha Yoga |  | Mother's Day  |  |   |   |   |

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|--|--|---|---|---|---|---|
| <b>Monday, May 9, 2022</b>   |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vriddhi Yoga Visti*/Bava Karana Ashtamyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 21 Sutra 22                    |
| <b>Retreat Star</b>  |  | <b>Gulika</b> 1:26PM – 3:03PM<br>Yama 10:14AM – 11:50AM<br><b>Rahu</b> 7:02AM – 8:38AM  | <b>Ashlesha* Until 5:43PM</b><br>Vriddhi Until 9:29PM<br>Visti Until 6:38AM<br><b>Ashtami* Until 7:18PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:25AM<br><b>Sunset:</b> 6:15PM | Moon 4 - Phase 3 - 21<br>Ashtami<br><b>Devaloka Day</b> |
| Kataka Rasi: 23.54 Tithi 8<br><b>Family Home Evening</b><br>Creative Work Siddha Yoga<br>Until 5:43PM<br>Then Routine Work - Marana Yoga |  |   |   |   |   |   |

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|---|--|---|---|--|---|--|
| <b>Tuesday, May 10, 2022</b>                          |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Magha* Nakshatra Dhruva Yoga Balava/Kaulava Karana Navamyam Titau |   |  |   | Pyinmana, Myanmar<br>Sun 22 Sutra 23                   |
| <b>Retreat Star</b>                                   |  | <b>Gulika</b> 11:50AM – 1:26PM<br>Yama 8:38AM – 10:14AM<br><b>Rahu</b> 3:03PM – 4:39PM  | <b>Magha* Until 7:26PM</b><br>Dhruva Until 9:07PM<br>Balava Until 7:51AM<br><b>Navami* Until 8:11PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Clear<br>Moon – Red<br>Vaisaka-Chaitra | <b>Sunrise:</b> 5:25AM<br><b>Sunset:</b> 6:15PM | Moon 4 - Phase 3 - 22<br>Navami<br><b>Devaloka Day</b> |
| Simha Rasi: 6.16 Tithi 9<br>Creative Work Siddha Yoga |  |   |   |  |   |  |

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

|          |                                |             |   |                                   |                        |                        |   |
|----------|--------------------------------|-------------|---|-----------------------------------|------------------------|------------------------|---|
| <b>1</b> | <b>Wednesday, May 11, 2022</b> |             | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau |                                   |                        |                        | Pyinmana, Myanmar<br>Sun 23      Sutra 24 |
|          | Simha Rasi: 18.57              | Tithi 10    | <b>Gulika</b> 10:14AM – 11:50AM   | <b>Purvaphalguni</b> Until 8:15PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:25AM | Subhakrit 5124                            |
|          |                                |             | Yama 7:01AM – 8:37AM  | Vyaghata* Until 8:11PM            | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:16PM  | Moon 4 - Phase 4 - 23                     |
|          | Creative Work                  | Amrita Yoga | 252445479 <b>Rahu</b> 11:50AM – 1:26PM  | Taitila Until 8:22AM              | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |
|          |                                |             | <b>Dashami</b> Until 8:19PM   | Moon – Red                        |                        | <b>Devaloka Day</b>    |   |
|          |                                |             |   | Vaisaka-Chaitra                   |                        |                        |   |

|                                 |                               |             |  |                                    |                        |                        |   |
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| <b>2</b>                        | <b>Thursday, May 12, 2022</b> |             | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraphalguni Nakshatra Harshana Yoga Vanija/Visti* Karana Ekadashyam Titau |                                    |                        |                        | Pyinmana, Myanmar<br>Sun 24      Sutra 25 |
|                                 | Kanya Rasi: 2.01              | Tithi 11    | <b>Gulika</b> 8:37AM – 10:14AM   | <b>Uttaraphalguni</b> Until 8:09PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:24AM | Subhakrit 5124                            |
|                                 |                               |             | Yama 5:24AM – 7:01AM   | Harshana Until 6:39PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:16PM  | Moon 4 - Phase 4 - 24                     |
|                                 |                               | Amrita Yoga | 252445479 <b>Rahu</b> 1:27PM – 3:03PM  | Vanija Until 8:07AM                | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |
| Until 8:09PM                    |                               |             | <b>Ekadashi</b> Until 7:41PM   | Moon – Red                         |                        | <b>Devaloka Day</b>    |   |
| Then Routine Work - Marana Yoga |                               |             |  | Vaisaka-Chaitra                    |                        |                        |   |

|                                  |                             |             |  |                           |                        |                        |   |
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| <b>3</b>                         | <b>Friday, May 13, 2022</b> |             | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Dvadashtyam Titau |                           |                        |                        | Pyinmana, Myanmar<br>Sun 25      Sutra 26 |
|                                  | Kanya Rasi: 15.29           | Tithi 12    | <b>Gulika</b> 7:00AM – 8:37AM  | <b>Hasta</b> Until 7:37PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:24AM | Subhakrit 5124                            |
|                                  |                             |             | Yama 3:03PM – 4:40PM   | Vajra* Until 4:29PM       | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:16PM  | Moon 4 - Phase 4 - 25                     |
|                                  | Creative Work               | Amrita Yoga | 262445479 <b>Rahu</b> 10:14AM – 11:50AM  | Bava Until 7:05AM         | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |
| Until 7:37PM                     |                             |             | <b>Dvadashti</b> Until 6:16PM  | Moon – Green              |                        | <b>Sivaloka Day</b>    |   |
| Then Creative Work - Siddha Yoga |                             |             |  | Vaisaka-Chaitra           |                        |                        |   |

|                                  |                               |               |   |                            |                        |                        |   |
|----------------------------------|-------------------------------|---------------|---|----------------------------|------------------------|------------------------|---|
| <b>4</b>                         | <b>Saturday, May 14, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Chitra Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                            |                        |                        | Pyinmana, Myanmar<br>Sun 26      Sutra 27 |
|                                  | Kanya Rasi: 29.23             | Tithi 13 – 14 | <b>Gulika</b> 5:24AM – 7:00AM   | <b>Chitra</b> Until 6:16PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:24AM | Subhakrit 5124                            |
|                                  |                               |               | Yama 1:27PM – 3:03PM  | Siddhi Until 1:46PM        | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:17PM  | Moon 4 - Phase 4 - 26                     |
|                                  | Routine Work                  | Marana Yoga   | 262445479 <b>Rahu</b> 8:37AM – 10:13AM  | Gara Until 2:58AM Sun      | <b>Nataraja:</b> Clear |                        | 4th Phase                                 |
| Until 6:16PM                     |                               |               | <b>Trayodashi</b> Until 4:12PM  | Moon – Green               |                        | <b>Sivaloka Day</b>    |   |
| Then Creative Work - Siddha Yoga |                               |               |   | Vaisaka-Chaitra            |                        |                        |   |
|                                  |                               |               |   | <i>Pradosha Vrata</i>      |                        |                        |   |

|                                 |                             |               |  |                           |                        |                        |   |
|---------------------------------|-----------------------------|---------------|--|---------------------------|------------------------|------------------------|---|
|                                 | <b>Sunday, May 15, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vratipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                           |                        |                        | Pyinmana, Myanmar<br>Sun 27      Sutra 28 |
|                                 | <b>Copper Retreat Star</b>  |               | <b>Gulika</b> 3:03PM – 4:40PM  | <b>Svati</b> Until 4:14PM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                            |
|                                 | Tula Rasi: 13.42            | Tithi 14 – 15 | Yama 11:50AM – 1:27PM  | Vyatipata* Until 10:37AM  | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:17PM  | Moon 4 - Phase 4 - 27                     |
|                                 | Creative Work               | Siddha Yoga   | 262445479 <b>Rahu</b> 4:40PM – 6:17PM  | Visti Until 12:07AM Mon   | <b>Nataraja:</b> Clear |                        | Purnima                                   |
| Until 4:14PM                    |                             |               | <b>Chaturdashi*</b> Until 1:34PM   | Moon – Green              |                        | <b>Sivaloka Day</b>    |   |
| Then Routine Work - Marana Yoga |                             |               |  | Vaisaka-Vaikasi           |                        |                        |   |

|                                  |                            |               |   |                              |                        |                        |                               |
|----------------------------------|----------------------------|---------------|---|------------------------------|------------------------|------------------------|-------------------------------|
| <b>Monday, May 16, 2022</b>      | <b>Silver Retreat Star</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                              |                        |                        | Pyinmana, Myanmar<br>Sutra 29 |
|                                  | Tula Rasi: 28.2            | Tithi 15 – 16 | <b>Gulika</b> 1:27PM – 3:04PM   | <b>Vishakha</b> Until 2:05PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                |
|                                  | <b>Family Home Evening</b> |               | Yama 10:13AM – 11:50AM  | Variyan Until 7:04AM         | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:17PM  | Moon 4 - Phase 4 - Prathama   |
|                                  | Routine Work               | Marana Yoga   | 272445479 <b>Rahu</b> 7:00AM – 8:37AM   | Balava Until 8:55PM          | <b>Nataraja:</b> Clear |                        |                               |
| Until 2:05PM                     |                            |               | <b>Purnima*</b> Until 10:32AM   | Moon – Orange                |                        | <b>Devaloka Day</b>    |                               |
| Then Creative Work - Siddha Yoga |                            |               |   | Vaisaka-Vaikasi              |                        |                        |                               |



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

Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Shiva Yoga Kaulava/Gara Karana Prathama/Dvitiyayam Titau

Pyinmana, Myanmar  
Sutra 30

Vrischika Rasi: 13.11 Tithi 16 - 17

272445479

**Gulika** 11:50AM - 1:27PM  
**Yama** 8:36AM - 10:13AM  
**Rahu** 3:04PM - 4:41PM

**Anuradha Until 11:33AM**  
Shiva Until 11:25PM  
Gara Until 3:49AM Wed  
**Prathama\* Until 7:14AM**

**Ganesha:** Yellow *Sunrise:* 5:23AM  
**Muruqa:** White *Sunset:* 6:17PM  
**Nataraja:** Clear  
Moon - Orange  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 11:33AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Siddha Yoga Vanija/Visiti\* Karana Tritiyayam Titau

Pyinmana, Myanmar  
Sun 1 Sutra 31

Vrischika Rasi: 28.09 Tithi 18

272445479

**Gulika** 10:13AM - 11:50AM  
**Yama** 6:59AM - 8:36AM  
**Rahu** 11:50AM - 1:27PM

**Jyeshtha\* Until 8:49AM**  
Siddha Until 7:31PM  
Vanija Until 2:07PM  
**Tritiya Until 12:26AM Thu**

**Ganesha:** Yellow *Sunrise:* 5:22AM  
**Muruqa:** White *Sunset:* 6:18PM  
**Nataraja:** Clear  
Moon - Orange  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 8:49AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**2**

**Thursday, May 19, 2022**

Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Chaturthyam Titau

Pyinmana, Myanmar  
Sun 2 Sutra 32

Dhanus Rasi: 13.04 Tithi 19

282445479

**Gulika** 8:36AM - 10:13AM  
**Yama** 5:22AM - 6:59AM  
**Rahu** 1:27PM - 3:04PM

**Mula\* Until 6:25AM**  
Sadhya Until 3:45PM  
Bava Until 10:48AM  
**Chaturthi\* Until 9:13PM**

**Ganesha:** Blue *Sunrise:* 5:22AM  
**Muruqa:** White *Sunset:* 6:18PM  
**Nataraja:** Clear  
Moon - Light Blue  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttarashadha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Panchamyam Titau

Pyinmana, Myanmar  
Sun 3 Sutra 33

Dhanus Rasi: 27.49 Tithi 20

282445479

**Gulika** 6:59AM - 8:36AM  
**Yama** 3:04PM - 4:41PM  
**Rahu** 10:13AM - 11:50AM

**Uttarashadha Until 1:58AM Sat**  
Subha Until 12:13PM  
Kaulava Until 7:44AM  
**Panchami Until 6:19PM**

**Ganesha:** Blue *Sunrise:* 5:22AM  
**Muruqa:** White *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon - Light Blue  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

Until 1:58AM Sat

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Shravana Nakshatra Sukla/Brahma Yoga Vanija/Visiti\* Karana Shashthi/Saptamyam Titau

Pyinmana, Myanmar  
Sun 4 Sutra 34

Makara Rasi: 12.19 Tithi 21 - 22

292445479

**Gulika** 5:22AM - 6:59AM  
**Yama** 1:27PM - 3:05PM  
**Rahu** 8:36AM - 10:13AM

**Shravana Until 12:35AM Sun**  
Sukla Until 8:59AM  
Visti Until 2:46AM Sun  
**Shashthi\* Until 3:49PM**

**Ganesha:** Red *Sunrise:* 5:22AM  
**Muruqa:** White *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon - Purple  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 12:35AM Sun

Then Routine Work - Marana Yoga

**Devaloka Day**

**5**

**Sunday, May 22, 2022**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 5 Sutra 35

Makara Rasi: 26.29 Tithi 22 - 23

292445479

**Gulika** 3:05PM - 4:42PM  
**Yama** 11:50AM - 1:28PM  
**Rahu** 4:42PM - 6:19PM

**Dhanishtha Until 11:35PM**  
Brahma Until 6:09AM  
Balava Until 1:03AM Mon  
**Saptami Until 1:49PM**

**Ganesha:** Red *Sunrise:* 5:21AM  
**Muruqa:** White *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon - Purple  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
Ashtami

Routine Work Marana Yoga

Until 11:35PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 6 Sutra 36

Kumbha Rasi: 10.19 Tithi 23 - 24

292445479

**Gulika** 1:28PM - 3:05PM  
**Yama** 10:13AM - 11:50AM  
**Rahu** 6:59AM - 8:36AM

**Shatabhishak Until 11:01PM**  
Vaidhriti\* Until 1:52AM Tue  
Taitila Until 11:56PM  
**Ashtami\* Until 12:24PM**

**Ganesha:** Red *Sunrise:* 5:21AM  
**Muruqa:** White *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon - Purple  
**Vaisaka-Vaikasi**

Subhakra 5124  
Moon 5 - Phase 5 -  
Navami

Creative Work Siddha Yoga

Until 11:01PM

Then Routine Work - Marana Yoga

**Devaloka Day**

|   |                              |                              |   |  |                       |                        |                                     |
|---|------------------------------|------------------------------|---|--|-----------------------|------------------------|-------------------------------------|
| <b>1</b>  | <b>Tuesday, May 24, 2022</b> |                              | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau |  |                       |                        | Pyinmana, Myanmar<br>Sun 7 Sutra 37 |
|   | Kumbha Rasi: 23.47           | Tithi 24 – 25                | <b>Gulika</b> 11:50AM – 1:28PM  | <b>Purvaproshtapada* Until 11:21PM</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 5:21AM | Subhakra 5124                       |
|   | 213545479                    | Rahu 3:05PM – 4:43PM         | Yama 8:36AM – 10:13AM   | Vishkambha* Until 12:27AM Wed          | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:20PM  | Moon 5 - Phase 6 - 7<br>2nd Phase   |
| Routine Work Marana Yoga<br>Until 11:21PM<br>Then Creative Work - Amrita Yoga |                              | <b>Navami* Until 11:34AM</b> |   | Moon – Clear                           | <b>Devaloka Day</b>   |                        |                                     |


|                           |                                |                              |   |  |                       |                        |                                     |
|---------------------------|--------------------------------|------------------------------|---|--|-----------------------|------------------------|-------------------------------------|
| <b>2</b>                  | <b>Wednesday, May 25, 2022</b> |                              | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |  |                       |                        | Pyinmana, Myanmar<br>Sun 8 Sutra 38 |
|                           | Meena Rasi: 6.56               | Tithi 25 – 26                | <b>Gulika</b> 10:13AM – 11:51AM   | <b>Uttaraproshtapada Until 12:06AM Thu</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 5:21AM | Subhakra 5124                       |
|                           | 213545479                      | Rahu 11:51AM – 1:28PM        | Yama 6:58AM – 8:36AM  | Priti Until 11:31PM                        | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:20PM  | Moon 5 - Phase 6 - 8<br>2nd Phase   |
| Creative Work Siddha Yoga |                                | <b>Bava Until 11:28PM</b>    |   | Moon – Clear                               | <b>Devaloka Day</b>   |                        |                                     |
|                           |                                | <b>Dashami Until 11:20AM</b> |   | <b>Vaisaka-Vaikasi</b>                     |                       |                        |                                     |


|   |                               |                                  |  |                                |                        |                        |                                     |
|---|-------------------------------|----------------------------------|--|--------------------------------|------------------------|------------------------|-------------------------------------|
| <b>3</b>  | <b>Thursday, May 26, 2022</b> |                                  | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                                |                        |                        | Pyinmana, Myanmar<br>Sun 9 Sutra 39 |
|   | Meena Rasi: 19.47             | Tithi 26 – 27                    | <b>Gulika</b> 8:36AM – 10:13AM   | <b>Revati Until 1:15AM Fri</b> | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:21AM | Subhakra 5124                       |
|   | 313545479                     | Rahu 1:28PM – 3:06PM             | Yama 5:21AM – 6:58AM   | Ayushman Until 11:00PM         | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:21PM  | Moon 5 - Phase 6 - 9<br>2nd Phase   |
| Creative Work Siddha Yoga<br>Until 1:15AM Fri<br>Then Creative Work - Amrita Yoga |                               | <b>Kaulava Until 12:05AM Fri</b> |  | Moon – Clear                   | <b>Sivaloka Day</b>    |                        |                                     |
|   |                               | <b>Ekadashi* Until 11:41AM</b>   |  | <b>Vaisaka-Vaikasi</b>         |                        |                        |                                     |

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| <b>4</b>  | <b>Friday, May 27, 2022</b> |                                 | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Saubhagya Yoga Titila/Gara Karana Dvadashi/Trayodashyam Titau |                                 |                       |                        | Pyinmana, Myanmar<br>Sun 10 Sutra 40 |
|   | Mesha Rasi: 2.23            | Tithi 27 – 28                   | <b>Gulika</b> 6:58AM – 8:36AM  | <b>Ashvini Until 3:12AM Sat</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 5:21AM | Subhakra 5124                        |
|   | 323545479                   | Rahu 10:13AM – 11:51AM          | Yama 3:06PM – 4:43PM   | Saubhagya Until 10:53PM         | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:21PM  | Moon 5 - Phase 6 - 10<br>2nd Phase   |
| Creative Work Amrita Yoga<br>Until 3:12AM Sat<br>Then Creative Work - Siddha Yoga |                             | <b>Gara Until 1:13AM Sat</b>    |  | Moon – White                    | <b>Devaloka Day</b>   |                        |                                      |
|   |                             | <b>Dvadashi* Until 12:35PM</b>  |  | <b>Vaisaka-Vaikasi</b>          |                       |                        |                                      |
|   |                             | <i>Pradosha Vrata (Fasting)</i> |  |                                 |                       |                        |                                      |

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| <b>5</b>                  | <b>Saturday, May 28, 2022</b> |                                 | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                                 |                       |                        | Pyinmana, Myanmar<br>Sun 11 Sutra 41 |
|                           | Mesha Rasi: 14.45             | Tithi 28 – 29                   | <b>Gulika</b> 5:20AM – 6:58AM   | <b>Bharani Until 5:26AM Sun</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 5:20AM | Subhakra 5124                        |
|                           | 323545479                     | Rahu 8:36AM – 10:13AM           | Yama 1:28PM – 3:06PM  | Sobhana Until 11:09PM           | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:21PM  | Moon 5 - Phase 6 - 11<br>2nd Phase   |
| Creative Work Siddha Yoga |                               | <b>Visti Until 2:48AM Sun</b>   |   | Moon – White                    | <b>Devaloka Day</b>   |                        |                                      |
|                           |                               | <b>Trayodashi* Until 1:57PM</b> |   | <b>Vaisaka-Vaikasi</b>          |                       |                        |                                      |

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| <b>6</b>  | <b>Sunday, May 29, 2022</b> |                                   | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                                  |                       |                        | Pyinmana, Myanmar<br>Sun 12 Sutra 42 |
|   | Mesha Rasi: 26.56           | Tithi 29 – 30                     | <b>Gulika</b> 3:06PM – 4:44PM   | <b>Krittika Until 7:50AM Mon</b> | <b>Ganesha:</b> Clear | <i>Sunrise:</i> 5:20AM | Subhakra 5124                        |
|   | 323545479                   | Rahu 4:44PM – 6:22PM              | Yama 11:51AM – 1:29PM   | Athiganda* Until 11:40PM         | <b>Muruqa:</b> White  | <i>Sunset:</i> 6:22PM  | Moon 5 - Phase 6 - 12<br>2nd Phase   |
| Creative Work Siddha Yoga<br>Until 7:50AM Mon<br>Then Creative Work - Amrita Yoga |                             | <b>Catuspada Until 4:46AM Mon</b> |   | Moon – White                     | <b>Devaloka Day</b>   |                        |                                      |
|   |                             | <b>Chaturdashi* Until 3:43PM</b>  |   | <b>Vaisaka-Vaikasi</b>           |                       |                        |                                      |

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|  | <b>Monday, May 30, 2022</b> |                               | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                              |                        |                        | Pyinmana, Myanmar<br>Sun 13 Sutra 43 |
|   | <b>Retreat Star</b>         |                               | <b>Gulika</b> 1:29PM – 3:07PM   | <b>Krittika Until 7:50AM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:20AM | Subhakra 5124                        |
|   | Vrishabha Rasi: 8.59        | Tithi 30 – 1                  | Yama 10:13AM – 11:51AM  | Sukarma Until 12:27AM Tue    | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:22PM  | Moon 5 - Phase 6 - 13<br>Amavasya    |
| <b>Family Home Evening</b>  |                             | 323545479                     | <b>Rahu 6:58AM – 8:36AM</b>   | Kintughna Until 7:00AM Tue   | <b>Nataraja:</b> Clear | <b>Devaloka Day</b>    |                                      |
| Routine Work Marana Yoga<br>Until 7:50AM<br>Then Creative Work - Amrita Yoga        |                             | <b>Amavasya* Until 5:50PM</b> |   | Moon – White                 | <b>Vaisaka-Vaikasi</b> |                        |                                      |

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|  | <b>Tuesday, May 31, 2022</b> |                               | Subhakra Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau |                             |                         |                        | Pyinmana, Myanmar<br>Sun 14 Sutra 44 |
|   | <b>Retreat Star</b>          |                               | <b>Gulika</b> 11:51AM – 1:29PM  | <b>Rohini Until 10:51AM</b> | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 5:20AM | Subhakra 5124                        |
|   | Vrishabha Rasi: 20.55        | Tithi 1                       | Yama 8:36AM – 10:13AM   | Dhriti Until 1:24AM Wed     | <b>Muruqa:</b> White    | <i>Sunset:</i> 6:22PM  | Moon 5 - Phase 6 - 14<br>Prathama    |
| Creative Work Amrita Yoga<br>Until 10:51AM<br>Then Creative Work - Siddha Yoga      |                              | 333545479                     | <b>Rahu 3:07PM – 4:45PM</b>   | Kintughna Until 7:00AM      | <b>Nataraja:</b> Clear  | <b>Devaloka Day</b>    |                                      |
|   |                              | <b>Prathama* Until 8:10PM</b> |   | Moon – Yellow               | <b>Jyeshtha-Vaikasi</b> |                        |                                      |

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

|          |                                |  |   |                                |   |                       |                                      |
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| <b>1</b> | <b>Wednesday, June 1, 2022</b> |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau |                                |   |                       | Pyinmana, Myanmar<br>Sun 15 Sutra 45 |
|          | Mithuna Rasi: 2.47             | Tithi 2                                | <b>Gulika</b> 10:14AM – 11:51AM   | <b>Mrigashira</b> Until 1:51PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work                  | Siddha Yoga                            | Yama 6:58AM – 8:36AM  | Shula* Until 2:23AM Thu        | <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM    | Moon 5 - Phase 7 - 15 |                                      |
|          |                                | 333545479 <b>Rahu</b> 11:51AM – 1:29PM | Balava Until 9:25AM   | <b>Nataraja:</b> Clear         |   | 3rd Phase             |                                      |
|          |                                |  | <b>Dvitiya</b> Until 10:38PM  | Moon – Yellow                  |   | <b>Devaloka Day</b>   |                                      |
|          |                                |  |   | Jyeshtha-Vaikasi               |   |                       |                                      |

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| <b>2</b> | <b>Thursday, June 2, 2022</b> |                                       | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau |                           |   |                       | Pyinmana, Myanmar<br>Sun 16 Sutra 46 |
|          | Mithuna Rasi: 14.37           | Tithi 3                               | <b>Gulika</b> 8:36AM – 10:14AM  | <b>Ardra</b> Until 4:43PM | <b>Ganesha:</b> Orange <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Routine Work                  | Marana Yoga                           | Yama 5:20AM – 6:58AM  | Ganda* Until 3:24AM Fri   | <b>Muruqa:</b> White <i>Sunset:</i> 6:23PM    | Moon 5 - Phase 7 - 16 |                                      |
|          |                               | 333545479 <b>Rahu</b> 1:29PM – 3:07PM | Taitila Until 11:54AM   | <b>Nataraja:</b> Clear    |   | 3rd Phase             |                                      |
|          |                               |                                       | <b>Tritiya</b> Until 1:07AM Fri   | Moon – Yellow             |   | <b>Devaloka Day</b>   |                                      |
|          |                               |                                       |   | Jyeshtha-Vaikasi          |   |                       |                                      |

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| <b>3</b> | <b>Friday, June 3, 2022</b> |   | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthayam Titau |                               |  |                       | Pyinmana, Myanmar<br>Sun 17 Sutra 47 |
|          | Mithuna Rasi: 26.28         | Tithi 4                                 | <b>Gulika</b> 6:58AM – 8:36AM  | <b>Punarvasu</b> Until 7:53PM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work               | Siddha Yoga                             | Yama 3:08PM – 4:45PM   | Vriddhi Until 4:21AM Sat      | <b>Muruqa:</b> Green <i>Sunset:</i> 6:23PM   | Moon 5 - Phase 7 - 17 |                                      |
|          |                             | 343555479 <b>Rahu</b> 10:14AM – 11:52AM | Vanija Until 2:21PM  | <b>Nataraja:</b> Clear        |  | 3rd Phase             |                                      |
|          |                             |   | <b>Chaturthi*</b> Until 3:30AM Sat   | Moon – Blue                   |  | <b>Devaloka Day</b>   |                                      |
|          |                             |   |  | Jyeshtha-Vaikasi              |  |                       |                                      |

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| <b>4</b> | <b>Saturday, June 4, 2022</b> |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau |                             |  |                       | Pyinmana, Myanmar<br>Sun 18 Sutra 48 |
|          | Kataka Rasi: 8.2              | Tithi 5                                | <b>Gulika</b> 5:20AM – 6:58AM  | <b>Pushya</b> Until 10:41PM | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work                 | Siddha Yoga                            | Yama 1:30PM – 3:08PM   | Dhruva Until 5:05AM Sun     | <b>Muruqa:</b> Green <i>Sunset:</i> 6:24PM   | Moon 5 - Phase 7 - 18 |                                      |
|          |                               | 343555479 <b>Rahu</b> 8:36AM – 10:14AM | Bava Until 4:38PM  | <b>Nataraja:</b> Clear      |  | 3rd Phase             |                                      |
|          |                               |  | <b>Panchami</b> Until 5:39AM Sun   | Moon – Blue                 |  | <b>Devaloka Day</b>   |                                      |
|          |                               |  |  | Jyeshtha-Vaikasi            |  |                       |                                      |

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| <b>5</b> | <b>Sunday, June 5, 2022</b> |                                       | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Vyaghata* Yoga Kaulava Karana Shashthiyam Titau |                                   |  |                       | Pyinmana, Myanmar<br>Sun 19 Sutra 49 |
|          | Kataka Rasi: 20.19          | Tithi 6                               | <b>Gulika</b> 3:08PM – 4:46PM   | <b>Ashlesha*</b> Until 1:00AM Mon | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work               | Siddha Yoga                           | Yama 11:52AM – 1:30PM   | Vyaghata* Until 5:33AM Mon        | <b>Muruqa:</b> Green <i>Sunset:</i> 6:24PM   | Moon 5 - Phase 7 - 19 |                                      |
|          |                             | 343555471 <b>Rahu</b> 4:46PM – 6:24PM | Kaulava Until 6:37PM  | <b>Nataraja:</b> Yellow           |  | 3rd Phase             |                                      |
|          |                             |                                       | <b>Shashthi*</b> Until 7:26AM Mon   | Moon – Blue                       |  | <b>Devaloka Day</b>   |                                      |
|          |                             |                                       |   | Jyeshtha-Vaikasi                  |  |                       |                                      |

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| <b>6</b> | <b>Monday, June 6, 2022</b> |                                       | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau |                                |   |                       | Pyinmana, Myanmar<br>Sun 20 Sutra 50 |
|          | Simha Rasi: 2.26            | Tithi 6 – 7                           | <b>Gulika</b> 1:30PM – 3:08PM  | <b>Magha*</b> Until 3:11AM Tue | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Family Home Evening         |                                       | Yama 10:14AM – 11:52AM   | Harshana Until 5:39AM Tue      | <b>Muruqa:</b> Green <i>Sunset:</i> 6:24PM    | Moon 5 - Phase 7 - 20 |                                      |
|          |                             | 353555471 <b>Rahu</b> 6:58AM – 8:36AM | Gara Until 8:09PM  | <b>Nataraja:</b> Yellow        |   | 3rd Phase             |                                      |
|          |                             |                                       | <b>Shashthi*</b> Until 7:26AM  | Moon – Red                     |   | <b>Sivaloka Day</b>   |                                      |
|          |                             |                                       |  | Jyeshtha-Vaikasi               |   |                       |                                      |

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| <b>D</b> | <b>Tuesday, June 7, 2022</b> |                                       | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                                       |  |                       | Pyinmana, Myanmar<br>Sun 21 Sutra 51 |
|          | Simha Rasi: 14.47            | Tithi 7 – 8                           | <b>Gulika</b> 11:52AM – 1:30PM   | <b>Purvaphalguni</b> Until 4:36AM Wed | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work                | Siddha Yoga                           | Yama 8:36AM – 10:14AM  | Vajra* Until 5:13AM Wed               | <b>Muruqa:</b> Green <i>Sunset:</i> 6:25PM   | Moon 5 - Phase 7 - 21 |                                      |
|          |                              | 354555471 <b>Rahu</b> 3:09PM – 4:47PM | Visti Until 9:06PM   | <b>Nataraja:</b> Yellow               |  | Ashtami               |                                      |
|          |                              |                                       | <b>Saptami</b> Until 8:41AM  | Moon – Red                            |  | <b>Devaloka Day</b>   |                                      |
|          |                              |                                       |  | Jyeshtha-Vaikasi                      |  |                       |                                      |

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| <b>D</b> | <b>Wednesday, June 8, 2022</b> |  | Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau |  |  |                       | Pyinmana, Myanmar<br>Sun 22 Sutra 52 |
|          | Simha Rasi: 27.24              | Tithi 8 – 9                            | <b>Gulika</b> 10:14AM – 11:53AM  | <b>Uttaraphalguni</b> Until 5:09AM Thu | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM | Subhakit 5124         |                                      |
|          | Creative Work                  | Amrita Yoga                            | Yama 6:58AM – 8:36AM   | Siddhi Until 4:13AM Thu                | <b>Muruqa:</b> Green <i>Sunset:</i> 6:25PM   | Moon 5 - Phase 7 - 22 |                                      |
|          |                                | 354555471 <b>Rahu</b> 11:53AM – 1:31PM | Balava Until 9:21PM  | <b>Nataraja:</b> Yellow                |  | Navami                |                                      |
|          |                                |  | <b>Ashtami*</b> Until 9:18AM   | Moon – Red                             |  | <b>Devaloka Day</b>   |                                      |
|          |                                |  |  | Jyeshtha-Vaikasi                       |  |                       |                                      |

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


|                                  |                               |              |   |                                      |  |  |                                      |
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| <b>1</b>                         | <b>Thursday, June 9, 2022</b> |              | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                                      |  |  | Pyinmana, Myanmar<br>Sun 23 Sutra 53 |
|                                  | Kanya Rasi: 10.22             | Tithi 9 – 10 | <b>Gulika</b> 8:36AM – 10:15AM  | <b>Hasta</b> <b>Until 5:13AM Fri</b> | <b>Ganesha:</b> White <i>Sunrise: 5:20AM</i> |  | Subhakrit 5124                       |
|                                  |                               |              | Yama 5:20AM – 6:58AM  | Vyatipata* Until 2:37AM Fri          | <b>Muruqa:</b> Green <i>Sunset: 6:25PM</i>   |  | Moon 5 - Phase 8 - 23                |
|                                  | 364555471                     |              | <b>Rahu</b> 1:31PM – 3:09PM   | Taitila Until 8:49PM                 | <b>Nataraja:</b> Yellow                      |  | 4th Phase                            |
| Routine Work Marana Yoga         |                               |              | <b>Navami* Until 9:09AM</b>   | Moon – Green                         | <b>Bhuloka Day</b>                           |  |                                      |
| Until 5:13AM Fri                 |                               |              |   | <b>Jyeshtha-Vaikasi</b>              | Devaloka Time: 6:PM to 9:PM                  |  |                                      |
| Then Creative Work - Siddha Yoga |                               |              |   |                                      |  |  |                                      |


|                           |                              |               |  |                                       |  |  |                                      |
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| <b>2</b>                  | <b>Friday, June 10, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Chitra Nakshatra Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                                       |  |  | Pyinmana, Myanmar<br>Sun 24 Sutra 54 |
|                           | Kanya Rasi: 23.46            | Tithi 10 – 11 | <b>Gulika</b> 6:58AM – 8:37AM  | <b>Chitra</b> <b>Until 4:23AM Sat</b> | <b>Ganesha:</b> White <i>Sunrise: 5:20AM</i> |  | Subhakrit 5124                       |
|                           |                              |               | Yama 3:09PM – 4:47PM   | Variyan Until 12:21AM Sat             | <b>Muruqa:</b> Green <i>Sunset: 6:26PM</i>   |  | Moon 5 - Phase 8 - 24                |
|                           | 364555471                    |               | <b>Rahu</b> 10:15AM – 11:53AM  | Vanija Until 7:30PM                   | <b>Nataraja:</b> Yellow                      |  | 4th Phase                            |
| Creative Work Siddha Yoga |                              |               | <b>Dashami</b> <b>Until 8:14AM</b>   | Moon – Green                          | <b>Bhuloka Day</b>                           |  |                                      |
|                           |                              |               |  | <b>Jyeshtha-Vaikasi</b>               | Devaloka Time: 6:PM to 9:PM                  |  |                                      |

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| <b>3</b>                        | <b>Saturday, June 11, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Svati Nakshatra Parigha* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau |                                      |  |  | Pyinmana, Myanmar<br>Sun 25 Sutra 55 |
|                                 | Tula Rasi: 8                   | Tithi 11 – 12 | <b>Gulika</b> 5:20AM – 6:59AM   | <b>Svati</b> <b>Until 2:42AM Sun</b> | <b>Ganesha:</b> White <i>Sunrise: 5:20AM</i> |  | Subhakrit 5124                       |
|                                 |                                |               | Yama 1:31PM – 3:10PM  | Parigha* Until 9:31PM                | <b>Muruqa:</b> Green <i>Sunset: 6:26PM</i>   |  | Moon 5 - Phase 8 - 25                |
|                                 | 364555471                      |               | <b>Rahu</b> 8:37AM – 10:15AM  | Balava Until 4:09AM Sun              | <b>Nataraja:</b> Yellow                      |  | 4th Phase                            |
| Creative Work Siddha Yoga       |                                |               | <b>Ekadashi</b> <b>Until 6:32AM</b>   | Moon – Green                         | <b>Bhuloka Day</b>                           |  |                                      |
| Until 2:42AM Sun                |                                |               |   | <b>Jyeshtha-Vaikasi</b>              | Devaloka Time: 6:PM to 9:PM                  |  |                                      |
| Then Routine Work - Marana Yoga |                                |               |   |                                      |  |  |                                      |

|                                  |                              |                        |  |  |   |  |                                      |
|----------------------------------|------------------------------|------------------------|--|--|---|--|--------------------------------------|
| <b>4</b>                         | <b>Sunday, June 12, 2022</b> |                        | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Vishakha Nakshatra Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau |  |   |  | Pyinmana, Myanmar<br>Sun 26 Sutra 56 |
|                                  | Tula Rasi: 21.54             | Tithi 13               | <b>Gulika</b> 3:10PM – 4:48PM  | <b>Vishakha</b> <b>Until 12:42AM Mon</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 5:20AM</i> |  | Subhakrit 5124                       |
|                                  |                              |                        | Yama 11:53AM – 1:32PM  | Shiva Until 6:11PM                       | <b>Muruqa:</b> Green <i>Sunset: 6:26PM</i>    |  | Moon 5 - Phase 8 - 26                |
|                                  | 374555471                    |                        | <b>Rahu</b> 4:48PM – 6:26PM  | Kaulava Until 2:45PM                     | <b>Nataraja:</b> Yellow                       |  | 4th Phase                            |
| Routine Work Marana Yoga         |                              |                        | <b>Trayodashi</b> <b>Until 1:11AM Mon</b>  | Moon – Orange                            | <b>Devaloka Day</b>                           |  |                                      |
| Until 12:42AM Mon                |                              | <b>Vaikasi Visakam</b> |  | <b>Jyeshtha-Vaikasi</b>                  |   |  |                                      |
| Then Creative Work - Siddha Yoga |                              |                        | <i>Pradosha Vrata</i>  |  |   |  |                                      |

|                           |                              |          |  |                                      |   |  |                                      |
|---------------------------|------------------------------|----------|--|--------------------------------------|---|--|--------------------------------------|
| <b>5</b>                  | <b>Monday, June 13, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau |                                      |   |  | Pyinmana, Myanmar<br>Sun 27 Sutra 57 |
|                           | Vrischika Rasi: 6.35         | Tithi 14 | <b>Gulika</b> 1:32PM – 3:10PM  | <b>Anuradha</b> <b>Until 10:08PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 5:21AM</i> |  | Subhakrit 5124                       |
|                           | <b>Family Home Evening</b>   |          | Yama 10:15AM – 11:54AM   | Siddha Until 2:26PM                  | <b>Muruqa:</b> Green <i>Sunset: 6:27PM</i>    |  | Moon 5 - Phase 8 - 27                |
|                           | 374555471                    |          | <b>Rahu</b> 6:59AM – 8:37AM  | Gara Until 11:33AM                   | <b>Nataraja:</b> Yellow                       |  | 4th Phase                            |
| Creative Work Siddha Yoga |                              |          | <b>Chaturdashi* Until 9:48PM</b>   | Moon – Orange                        | <b>Devaloka Day</b>                           |  |                                      |
|                           |                              |          |  | <b>Jyeshtha-Vaikasi</b>              |   |  |                                      |

|   |                               |          |  |                                      |   |  |                                      |
|---|-------------------------------|----------|--|--------------------------------------|---|--|--------------------------------------|
|  | <b>Tuesday, June 14, 2022</b> |          | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnimayam Titau |                                      |   |  | Pyinmana, Myanmar<br>Sun 27 Sutra 58 |
|   | <b>Copper Retreat Star</b>    |          | <b>Gulika</b> 11:54AM – 1:32PM   | <b>Jyeshtha*</b> <b>Until 7:10PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise: 5:21AM</i> |  | Subhakrit 5124                       |
|   | Vrischika Rasi: 21.35         | Tithi 15 | Yama 8:37AM – 10:16AM  | Sadhya Until 10:24AM                 | <b>Muruqa:</b> Green <i>Sunset: 6:27PM</i>    |  | Moon 5 - Phase 8 - Purnima           |
|   | 374555471                     |          | <b>Rahu</b> 3:10PM – 4:49PM  | Visti Until 8:00AM                   | <b>Nataraja:</b> Yellow                       |  |                                      |
| Routine Work Marana Yoga  |                               |          | <b>Purnima* Until 6:07PM</b>   | Moon – Orange                        | <b>Devaloka Day</b>                           |  |                                      |
| Until 7:10PM  |                               |          |  | <b>Jyeshtha-Vaikasi</b>              |   |  |                                      |
| Then Creative Work - Amrita Yoga  |                               |          |  |                                      |   |  |                                      |

|   |                                 |               |  |                                  |   |  |                                      |
|---|---------------------------------|---------------|--|----------------------------------|---|--|--------------------------------------|
|  | <b>Wednesday, June 15, 2022</b> |               | Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau |                                  |   |  | Pyinmana, Myanmar<br>Sun 28 Sutra 59 |
|   | <b>Silver Retreat Star</b>      |               | <b>Gulika</b> 10:16AM – 11:54AM  | <b>Mula*</b> <b>Until 4:20PM</b> | <b>Ganesha:</b> Blue <i>Sunrise: 5:21AM</i> |  | Subhakrit 5124                       |
|   | Dhanus Rasi: 6.46               | Tithi 16 – 17 | Yama 6:59AM – 8:37AM   | Subha Until 6:15AM               | <b>Muruqa:</b> Green <i>Sunset: 6:27PM</i>  |  | Moon 5 - Phase 8 - Prathama          |
|   | 384555471                       |               | <b>Rahu</b> 11:54AM – 1:32PM   | Taitila Until 12:27AM Thu        | <b>Nataraja:</b> Yellow                     |  |                                      |
| Routine Work Marana Yoga  |                                 |               | <b>Prathama* Until 2:20PM</b>  | Moon – Light Blue                | <b>Bhuloka Day</b>                          |  |                                      |
| Until 4:20PM  |                                 |               |  | <b>Jyeshtha-Ani</b>              | Devaloka Time: 6:PM to 9:PM                 |  |                                      |
| Then Creative Work - Amrita Yoga  |                                 |               |  |                                  |   |  |                                      |





Thursday, June 16, 2022

Gold Retreat Star

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

Pyinmana, Myanmar

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 21.58 Tithi 17 - 18

384555471

**Gulika** 8:38AM - 10:16AM  
**Yama** 5:21AM - 6:59AM  
**Rahu** 1:32PM - 3:11PM

**Purvashadha\* Until 1:26PM**  
Brahma Until 9:58PM  
Vanija Until 8:48PM  
**Dvitiya Until 10:35AM**

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

**Sunrise:** 5:21AM  
**Sunset:** 6:27PM

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

Creative Work Siddha Yoga

Until 1:26PM

Then Routine Work - Marana Yoga

**1** Friday, June 17, 2022

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Indra Yoga Visti/Balava Karana Triliya/Chaturthayam Titau

Pyinmana, Myanmar

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 7.01 Tithi 18 - 19

384555471

**Gulika** 6:59AM - 8:38AM  
**Yama** 3:11PM - 4:49PM  
**Rahu** 10:16AM - 11:54AM

**Uttarashadha Until 10:39AM**  
Indra Until 6:09PM  
Balava Until 3:52AM Sat  
**Tritiya Until 7:03AM**

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

**Sunrise:** 5:21AM  
**Sunset:** 6:28PM

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

Routine Work Marana Yoga

**2** Saturday, June 18, 2022

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

Pyinmana, Myanmar

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 21.47 Tithi 20

394655471

**Gulika** 5:21AM - 7:00AM  
**Yama** 1:33PM - 3:11PM  
**Rahu** 8:38AM - 10:16AM

**Shravana Until 8:31AM**  
Vaidhrili\* Until 2:41PM  
Kaulava Until 2:29PM  
**Panchami Until 1:12AM Sun**

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

**Sunrise:** 5:21AM  
**Sunset:** 6:28PM

**Sivaloka Day**

Creative Work Siddha Yoga

**3** Sunday, June 19, 2022

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

Pyinmana, Myanmar

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 6.11 Tithi 21

395655471

**Gulika** 3:11PM - 4:50PM  
**Yama** 11:55AM - 1:33PM  
**Rahu** 4:50PM - 6:28PM

**Dhanishtha Until 6:47AM**  
Vishkambha\* Until 11:42AM  
Gara Until 12:07PM  
**Shashthi\* Until 11:10PM**

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

**Sunrise:** 5:22AM  
**Sunset:** 6:28PM

**Devaloka Day**

Routine Work Marana Yoga

Until 6:47AM

Then Creative Work - Siddha Yoga

**4** Monday, June 20, 2022

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

Pyinmana, Myanmar

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 20.09 Tithi 22

315655471

**Gulika** 1:33PM - 3:12PM  
**Yama** 10:17AM - 11:55AM  
**Rahu** 7:00AM - 8:38AM

**Purvaproshtapada\* Until 5:23AM Tue**  
Priti Until 9:18AM  
Visti Until 10:26AM  
**Saptami Until 9:51PM**

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

**Sunrise:** 5:22AM  
**Sunset:** 6:28PM

**Devaloka Day**

Family Home Evening

Routine Work Marana Yoga

Until 5:23AM 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 Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ashtamyam Titau

Pyinmana, Myanmar

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 3.4 Tithi 23

315655471

**Gulika** 11:55AM - 1:34PM  
**Yama** 8:39AM - 10:17AM  
**Rahu** 3:12PM - 4:50PM

**Uttaraproshtapada Until 5:50AM Wed**  
Ayushman Until 7:28AM  
Balava Until 9:30AM  
**Ashtami\* Until 9:19PM**

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

**Sunrise:** 5:22AM  
**Sunset:** 6:29PM

**Devaloka Day**

Creative Work Amrita Yoga

Until 5:50AM 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 Saubhagya/Sobhana Yoga Taitila/Gara Karana Navamyam Titau

Pyinmana, Myanmar

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 16.45 Tithi 24

315655471

**Gulika** 10:17AM - 11:55AM  
**Yama** 7:00AM - 8:39AM  
**Rahu** 11:55AM - 1:34PM

**Revati Until 6:50AM Thu**  
Saubhagya Until 6:17AM  
Taitila Until 9:21AM  
**Navami\* Until 9:32PM**

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

**Sunrise:** 5:22AM  
**Sunset:** 6:29PM

**Devaloka Day**

Routine Work Marana Yoga

Until 6:50AM 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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

www.gurudeva.org/panchang

|                                  |             |                                       |                              |  |                        |                                     |  |
|----------------------------------|-------------|---------------------------------------|------------------------------|--|------------------------|-------------------------------------|--|
| <b>1</b>                         |             | <b>Thursday, June 23, 2022</b>        |                              | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam<br>Revati/Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau |                        | Pyinmana, Myanmar<br>Sun 8 Sutra 67 |  |
| Meena Rasi: 29.28                | Tithi 25    | <b>Gulika</b> 8:39AM – 10:17AM        | <b>Revati Until 6:50AM</b>   | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:22AM | Subhakrit 5124                      |  |
|                                  |             | Yama 5:22AM – 7:01AM                  | Athiganda* Until 5:37AM Fri  | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:29PM  | Moon 6 - Phase 10 - 8               |  |
|                                  |             | 315655471 <b>Rahu</b> 1:34PM – 3:12PM | Vanija Until 9:56AM          | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                           |  |
| Creative Work                    | Siddha Yoga |                                       | <b>Dashami Until 10:28PM</b> | Moon – Clear   |                        | <b>Devaloka Day</b>                 |  |
| Until 6:50AM                     |             |                                       |                              | Jyeshtha-Ani   |                        |                                     |  |
| Then Creative Work - Amrita Yoga |             |                                       |                              |  |                        |                                     |  |

|                                  |             |   |                                |  |                        |                                     |  |
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| <b>2</b>                         |             | <b>Friday, June 24, 2022</b>            |                                | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau |                        | Pyinmana, Myanmar<br>Sun 9 Sutra 68 |  |
| Mesha Rasi: 11.53                | Tithi 26    | <b>Gulika</b> 7:01AM – 8:39AM           | <b>Ashvini Until 8:49AM</b>    | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                      |  |
|                                  |             | Yama 3:13PM – 4:51PM                    | Sukarma Until 5:59AM Sat       | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:29PM  | Moon 6 - Phase 10 - 9               |  |
|                                  |             | 325655471 <b>Rahu</b> 10:18AM – 11:56AM | Bava Until 11:11AM             | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                           |  |
| Creative Work                    | Amrita Yoga |   | <b>Ekadashi* Until 11:59PM</b> | Moon – White   |                        | <b>Bhuloka Day</b>                  |  |
| Until 8:49AM                     |             |   |                                | Jyeshtha-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>  |  |
| Then Creative Work - Siddha Yoga |             |   |                                |  |                        |                                     |  |

|                                  |             |  |                                   |  |                        |                                      |  |
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| <b>3</b>                         |             | <b>Saturday, June 25, 2022</b>         |                                   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau |                        | Pyinmana, Myanmar<br>Sun 10 Sutra 69 |  |
| Mesha Rasi: 24.04                | Tithi 27    | <b>Gulika</b> 5:23AM – 7:01AM          | <b>Bharani Until 11:10AM</b>      | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                       |  |
|                                  |             | Yama 1:34PM – 3:13PM                   | Dhriti Until 6:41AM Sun           | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:29PM  | Moon 6 - Phase 10 - 10               |  |
|                                  |             | 325655471 <b>Rahu</b> 8:39AM – 10:18AM | Kaulava Until 12:57PM             | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                            |  |
| Creative Work                    | Siddha Yoga |  | <b>Dvadashi* Until 1:58AM Sun</b> | Moon – White   |                        | <b>Bhuloka Day</b>                   |  |
| Until 11:10AM                    |             |  |                                   | Jyeshtha-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>   |  |
| Then Creative Work - Amrita Yoga |             |  |                                   |  |                        |                                      |  |

|                      |             |                                       |                                     |  |                        |                                      |  |
|----------------------|-------------|---------------------------------------|-------------------------------------|--|------------------------|--------------------------------------|--|
| <b>4</b>             |             | <b>Sunday, June 26, 2022</b>          |                                     | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau |                        | Pyinmana, Myanmar<br>Sun 11 Sutra 70 |  |
| Vrishabha Rasi: 6.04 | Tithi 28    | <b>Gulika</b> 3:13PM – 4:51PM         | <b>Krittika Until 1:43PM</b>        | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                       |  |
|                      |             | Yama 11:56AM – 1:35PM                 | Dhriti Until 6:41AM                 | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 10 - 11               |  |
|                      |             | 325655471 <b>Rahu</b> 4:51PM – 6:30PM | Gara Until 3:06PM                   | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                            |  |
| Creative Work        | Siddha Yoga |                                       | <b>Trayodashi* Until 4:15AM Mon</b> | Moon – White   |                        | <b>Bhuloka Day</b>                   |  |
|                      |             |                                       |                                     | Jyeshtha-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>   |  |
|                      |             |                                       |                                     |  |                        |                                      |  |

*Pradosha Vrata (Fasting)*

|                                 |             |                                       |                                      |  |                        |                                      |  |
|---------------------------------|-------------|---------------------------------------|--------------------------------------|--|------------------------|--------------------------------------|--|
| <b>5</b>                        |             | <b>Monday, June 27, 2022</b>          |                                      | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Shula*Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                        | Pyinmana, Myanmar<br>Sun 12 Sutra 71 |  |
| Vrishabha Rasi: 17.58           | Tithi 29    | <b>Gulika</b> 1:35PM – 3:13PM         | <b>Rohini Until 4:51PM</b>           | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:23AM | Subhakrit 5124                       |  |
| <b>Family Home Evening</b>      |             | Yama 10:18AM – 11:57AM                | Shula* Until 7:35AM                  | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 10 - 12               |  |
|                                 |             | 335655471 <b>Rahu</b> 7:02AM – 8:40AM | Visti Until 5:29PM                   | <b>Nataraja:</b> Yellow  |                        | 2nd Phase                            |  |
| Creative Work                   | Amrita Yoga |                                       | <b>Chaturdashi* Until 6:43AM Tue</b> | Moon – Yellow  |                        | <b>Bhuloka Day</b>                   |  |
| Until 7:55PM                    |             |                                       |                                      | Jyeshtha-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>   |  |
| Then Routine Work - Marana Yoga |             |                                       |                                      |  |                        |                                      |  |

|                                 |               |                                       |                                  |  |                        |                                      |  |
|---------------------------------|---------------|---------------------------------------|----------------------------------|--|------------------------|--------------------------------------|--|
| <b>Retreat Star</b>             |               | <b>Tuesday, June 28, 2022</b>         |                                  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Ganda*/Vridhhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                        | Pyinmana, Myanmar<br>Sun 13 Sutra 72 |  |
| Vrishabha Rasi: 29.48           | Tithi 29 – 30 | <b>Gulika</b> 11:57AM – 1:35PM        | <b>Mrigashira Until 7:55PM</b>   | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:24AM | Subhakrit 5124                       |  |
|                                 |               | Yama 8:40AM – 10:18AM                 | Ganda* Until 8:36AM              | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 10 - 13               |  |
|                                 |               | 335655471 <b>Rahu</b> 3:13PM – 4:52PM | Catuspada Until 7:59PM           | <b>Nataraja:</b> Yellow  |                        | Amavasya                             |  |
| Creative Work                   | Siddha Yoga   |                                       | <b>Chaturdashi* Until 6:43AM</b> | Moon – Yellow  |                        | <b>Bhuloka Day</b>                   |  |
| Until 7:55PM                    |               |                                       |                                  | Jyeshtha-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>   |  |
| Then Routine Work - Marana Yoga |               |                                       |                                  |  |                        |                                      |  |

|                     |              |  |                               |  |                        |                                      |  |
|---------------------|--------------|--|-------------------------------|--|------------------------|--------------------------------------|--|
| <b>Retreat Star</b> |              | <b>Wednesday, June 29, 2022</b>        |                               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukra Pakshe Budha Vasara Yuktayam<br>Ardra Nakshatra Vridhhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                        | Pyinmana, Myanmar<br>Sun 14 Sutra 73 |  |
| Mithuna Rasi: 11.37 | Tithi 30 – 1 | <b>Gulika</b> 10:19AM – 11:57AM        | <b>Ardra Until 10:48PM</b>    | <b>Ganesha:</b> Purple   | <i>Sunrise:</i> 5:24AM | Subhakrit 5124                       |  |
|                     |              | Yama 7:02AM – 8:40AM                   | Vridhhi Until 9:40AM          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 10 - 14               |  |
|                     |              | 336655471 <b>Rahu</b> 11:57AM – 1:35PM | Kintughna Until 10:28PM       | <b>Nataraja:</b> Yellow  |                        | Prathama                             |  |
| Creative Work       | Siddha Yoga  |  | <b>Amavasya* Until 9:13AM</b> | Moon – Yellow  |                        | <b>Bhuloka Day</b>                   |  |
|                     |              |  |                               | Ashada-Ani   |                        | <b>Devaloka Time: 6:PM to 9:PM</b>   |  |
|                     |              |  |                               |  |                        |                                      |  |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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|                                  |             |   |                                     |  |                        |                                      |  |
|----------------------------------|-------------|---|-------------------------------------|--|------------------------|--------------------------------------|--|
| <b>1</b>                         |             | <b>Thursday, June 30, 2022</b>          |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Guru Vasara Yuktayam<br>Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau                   |                        | Pyinmana, Myanmar<br>Sun 15 Sutra 74 |  |
| Mithuna Rasi: 23.28              | Tithi 1 – 2 | <b>Gulika</b> 8:41AM – 10:19AM          | <b>Punarvasu</b> Until 1:56AM Fri   | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:24AM | Subhakarit 5124                      |  |
|                                  |             | Yama 5:24AM – 7:02AM                    | Dhruva Until 10:40AM                | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 15               |  |
|                                  |             | 346655471 <b>Rahu</b> 1:35PM – 3:14PM   | Balava Until 12:52AM Fri            | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Creative Work                    | Amrita Yoga |   | <b>Prathama*</b> Until 11:40AM      | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
| Until 1:56AM Fri                 |             |   |                                     | Ashada*Ani   |                        | Devaloka Time: 6:PM to 9:PM          |  |
| Then Routine Work - Marana Yoga  |             |   |                                     |  |                        |                                      |  |
| <b>2</b>                         |             | <b>Friday, July 1, 2022</b>             |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Sukra Vasara Yuktayam<br>Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau                |                        | Pyinmana, Myanmar<br>Sun 16 Sutra 75 |  |
| Kataka Rasi: 5.2                 | Tithi 2 – 3 | <b>Gulika</b> 7:03AM – 8:41AM           | <b>Pushya</b> Until 4:44AM Sat      | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:24AM | Subhakarit 5124                      |  |
|                                  |             | Yama 3:14PM – 4:52PM                    | Vyaghata* Until 11:34AM             | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 16               |  |
|                                  |             | 346655471 <b>Rahu</b> 10:19AM – 11:57AM | Taitila Until 3:05AM Sat            | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Routine Work                     | Marana Yoga |   | <b>Dvitiya</b> Until 1:59PM         | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
|                                  |             |   |                                     | Ashada*Ani   |                        | Devaloka Time: 6:PM to 9:PM          |  |
|                                  |             |   |                                     |  |                        |                                      |  |
| <b>3</b>                         |             | <b>Saturday, July 2, 2022</b>           |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam<br>Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau                   |                        | Pyinmana, Myanmar<br>Sun 17 Sutra 76 |  |
| Kataka Rasi: 17.17               | Tithi 3 – 4 | <b>Gulika</b> 5:25AM – 7:03AM           | <b>Ashlesha*</b> Until 7:07AM Sun   | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:25AM | Subhakarit 5124                      |  |
|                                  |             | Yama 1:36PM – 3:14PM                    | Harshana Until 12:20PM              | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 17               |  |
|                                  |             | 346655471 <b>Rahu</b> 8:41AM – 10:19AM  | Vanija Until 5:03AM Sun             | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Routine Work                     | Marana Yoga |   | <b>Tritiya</b> Until 4:05PM         | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
|                                  |             |   |                                     | Ashada*Ani   |                        | Devaloka Time: 6:PM to 9:PM          |  |
|                                  |             |   |                                     |  |                        |                                      |  |
| <b>4</b>                         |             | <b>Sunday, July 3, 2022</b>             |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau             |                        | Pyinmana, Myanmar<br>Sun 18 Sutra 77 |  |
| Kataka Rasi: 29.2                | Tithi 4 – 5 | <b>Gulika</b> 3:14PM – 4:52PM           | <b>Ashlesha*</b> Until 7:07AM       | <b>Ganesha:</b> Light Blue   | <i>Sunrise:</i> 5:25AM | Subhakarit 5124                      |  |
|                                  |             | Yama 11:58AM – 1:36PM                   | Vajra* Until 12:52PM                | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 18               |  |
|                                  |             | 346655471 <b>Rahu</b> 4:52PM – 6:30PM   | Bava Until 6:41AM Mon               | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Creative Work                    | Siddha Yoga |   | <b>Chaturthi*</b> Until 5:54PM      | Moon – Blue  |                        | <b>Bhuloka Day</b>                   |  |
| Until 7:07AM                     |             |   |                                     | Ashada*Ani   |                        | Devaloka Time: 6:PM to 9:PM          |  |
| Then Routine Work - Marana Yoga  |             |   |                                     |  |                        |                                      |  |
| <b>5</b>                         |             | <b>Monday, July 4, 2022</b>             |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchamyam Titau                |                        | Pyinmana, Myanmar<br>Sun 19 Sutra 78 |  |
| Simha Rasi: 11.32                | Tithi 5     | <b>Gulika</b> 1:36PM – 3:14PM           | <b>Magha*</b> Until 9:30AM          | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 5:25AM | Subhakarit 5124                      |  |
| <b>Family Home Evening</b>       |             | Yama 10:20AM – 11:58AM                  | Siddhi Until 1:08PM                 | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 19               |  |
|                                  |             | 356655471 <b>Rahu</b> 7:03AM – 8:42AM   | Bava Until 6:41AM                   | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Routine Work                     | Marana Yoga |   | <b>Panchami</b> Until 7:20PM        | Moon – Red   |                        | <b>Devaloka Day</b>                  |  |
| Until 9:30AM                     |             |   |                                     | Ashada*Ani   |                        |                                      |  |
| Then Creative Work - Siddha Yoga |             |   |                                     |  |                        |                                      |  |
| <b>6</b>                         |             | <b>Tuesday, July 5, 2022</b>            |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau |                        | Pyinmana, Myanmar<br>Sun 20 Sutra 79 |  |
| Simha Rasi: 23.54                | Tithi 6     | <b>Gulika</b> 11:58AM – 1:36PM          | <b>Purvaphalguni</b> Until 11:17AM  | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 5:26AM | Subhakarit 5124                      |  |
|                                  |             | Yama 8:42AM – 10:20AM                   | Vyatipata* Until 1:03PM             | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:30PM  | Moon 6 - Phase 11 - 20               |  |
|                                  |             | 356655471 <b>Rahu</b> 3:14PM – 4:52PM   | Kaulava Until 7:53AM                | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Creative Work                    | Siddha Yoga |   | <b>Shashthi*</b> Until 8:16PM       | Moon – Red   |                        | <b>Devaloka Day</b>                  |  |
| Until 11:17AM                    |             |   |                                     | Ashada*Ani   |                        |                                      |  |
| Then Creative Work - Amrita Yoga |             | <b>Chidambaram Abhishekam</b>           |                                     |  |                        |                                      |  |
| <b>7</b>                         |             | <b>Wednesday, July 6, 2022</b>          |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau                  |                        | Pyinmana, Myanmar<br>Sun 21 Sutra 80 |  |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 10:20AM – 11:58AM         | <b>Uttaraphalguni</b> Until 12:22PM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:26AM | Subhakarit 5124                      |  |
| Kanya Rasi: 6.31                 | Tithi 7     | Yama 7:04AM – 8:42AM                    | Variyan Until 12:30PM               | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:31PM  | Moon 6 - Phase 11 - 21               |  |
|                                  |             | 357655471 <b>Rahu</b> 11:58AM – 1:36PM  | Gara Until 8:33AM                   | <b>Nataraja:</b> Yellow  |                        | 3rd Phase                            |  |
| Creative Work                    | Amrita Yoga |   | <b>Saptami</b> Until 8:37PM         | Moon – Red   |                        | <b>Devaloka Day</b>                  |  |
| Until 12:22PM                    |             |   |                                     | Ashada*Ani   |                        |                                      |  |
| Then Routine Work - Marana Yoga  |             |   |                                     |  |                        |                                      |  |
| <b>8</b>                         |             | <b>Thursday, July 7, 2022</b>           |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau                            |                        | Pyinmana, Myanmar<br>Sun 22 Sutra 81 |  |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 8:42AM – 10:20AM          | <b>Hasta</b> Until 1:08PM           | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:26AM | Subhakarit 5124                      |  |
| Kanya Rasi: 19.25                | Tithi 8     | Yama 5:26AM – 7:04AM                    | Parigha* Until 11:26AM              | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:31PM  | Moon 6 - Phase 11 - 22               |  |
|                                  |             | 467655471 <b>Rahu</b> 1:36PM – 3:14PM   | Visti Until 8:34AM                  | <b>Nataraja:</b> Yellow  |                        | Ashtami                              |  |
| Routine Work                     | Marana Yoga |   | <b>Ashtami*</b> Until 8:17PM        | Moon – Green   |                        | <b>Devaloka Day</b>                  |  |
| Until 1:08PM                     |             |   |                                     | Ashada*Ani   |                        |                                      |  |
| Then Creative Work - Siddha Yoga |             |   |                                     |  |                        |                                      |  |
| <b>9</b>                         |             | <b>Friday, July 8, 2022</b>             |                                     | Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Sukra Vasara Yuktayam<br>Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau                           |                        | Pyinmana, Myanmar<br>Sun 23 Sutra 82 |  |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 7:05AM – 8:43AM           | <b>Chitra</b> Until 1:01PM          | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:27AM | Subhakarit 5124                      |  |
| Tula Rasi: 2.42                  | Tithi 9     | Yama 3:15PM – 4:53PM                    | Shiva Until 9:49AM                  | <b>Muruqa:</b> Green   | <i>Sunset:</i> 6:31PM  | Moon 6 - Phase 11 - 23               |  |
|                                  |             | 467655471 <b>Rahu</b> 10:21AM – 11:59AM | Balava Until 7:51AM                 | <b>Nataraja:</b> Yellow  |                        | Navami                               |  |
| Creative Work                    | Siddha Yoga |   | <b>Navami*</b> Until 7:13PM         | Moon – Green   |                        | <b>Devaloka Day</b>                  |  |
|                                  |             |   |                                     | 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 | <b>Saturday, July 9, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam<br>Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Taitila/Vanija Karana Dashami/Ekadashyam Titau |  |  |  | Pyinmana, Myanmar<br>Sun 24    Sutra 83                                      |
|   | Tula Rasi: 16.24              | Tithi 10 – 11 | 467655471  | <b>Gulika</b> 5:27AM – 7:05AM<br><b>Yama</b> 1:37PM – 3:15PM<br><b>Rahu</b> 8:43AM – 10:21AM | <b>Svati Until 12:01PM</b><br>Siddha Until 7:34AM<br>Taitila Until 6:25AM<br><b>Dashami Until 5:25PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:27AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:31PM<br><b>Nataraja:</b> Yellow<br>Moon – Green<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 - 24<br>4th Phase<br><b>Devaloka Day</b> |
|   | Creative Work    Siddha Yoga  |               |  |  |  |  |  |
|   |                               |               |  |  |  |  |  |

|   |                              |               |  |  |  |   |  |
|---|------------------------------|---------------|--|--|--|---|--|
| 2 | <b>Sunday, July 10, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 25    Sutra 84  |
|   | Vrischika Rasi: 0.32         | Tithi 11 – 12 | 477655471  | <b>Gulika</b> 3:15PM – 4:53PM<br><b>Yama</b> 11:59AM – 1:37PM<br><b>Rahu</b> 4:53PM – 6:30PM | <b>Vishakha Until 10:38AM</b><br>Subha Until 1:27AM Mon<br>Bava Until 1:31AM Mon<br><b>Ekadashi Until 2:57PM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:27AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:30PM<br><b>Nataraja:</b> Yellow<br>Moon – Orange<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 - 25<br>4th Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
|   | Routine Work    Marana Yoga  |               |  |  |  |   |  |
|   |                              |               |  |  |  |   |  |

|   |   |               |  |   |  |   |  |
|---|---|---------------|--|---|--|---|--|
| 3 | <b>Monday, July 11, 2022</b>                        |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |   |  |   | Pyinmana, Myanmar<br>Sun 26    Sutra 85  |
|   | Vrischika Rasi: 15.06                               | Tithi 12 – 13 | 477655471  | <b>Gulika</b> 1:37PM – 3:15PM<br><b>Yama</b> 10:21AM – 11:59AM<br><b>Rahu</b> 7:05AM – 8:43AM | <b>Anuradha Until 8:31AM</b><br>Sukla Until 9:42PM<br>Kaulava Until 10:15PM<br><b>Dvadashi Until 11:55AM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:28AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:30PM<br><b>Nataraja:</b> Yellow<br>Moon – Orange<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 - 26<br>4th Phase<br><b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |
|   | Family Home Evening<br>Creative Work    Siddha Yoga |               |  |   |  |   |  |
|   | <i>Pradosha Vrata</i>                               |               |  |   |  |   |  |

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| 4 | <b>Tuesday, July 12, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mula* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 27    Sutra 86                                      |
|   | Dhanus Rasi: 0.01             | Tithi 13 – 14 | 488655471  | <b>Gulika</b> 11:59AM – 1:37PM<br><b>Yama</b> 8:43AM – 10:21AM<br><b>Rahu</b> 3:15PM – 4:53PM | <b>Mula* Until 3:04AM Wed</b><br>Brahma Until 5:40PM<br>Gara Until 6:38PM<br><b>Trayodashi Until 8:28AM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:28AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:30PM<br><b>Nataraja:</b> Yellow<br>Moon – Light Blue<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 - 27<br>4th Phase<br><b>Sivaloka Day</b> |
|   | Creative Work    Amrita Yoga  |               |  |   |   |   |  |
|   |                               |               |  |   |   |   |  |

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|---|--|--|---|----------|-----------|--|--|--|---|
| ○ | <b>Wednesday, July 13, 2022</b>  |  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau |          |           |  | Pyinmana, Myanmar<br>Sutra 87  |  |   |
|   | <b>Copper Retreat Star</b>   |  | Dhanus Rasi: 15.11  | Tithi 15 | 488755471 | <b>Gulika</b> 10:21AM – 11:59AM<br><b>Yama</b> 7:06AM – 8:44AM<br><b>Rahu</b> 11:59AM – 1:37PM | <b>Purvashadha* Until 12:04AM Thu</b><br>Indra Until 1:29PM<br>Visti Until 2:50PM<br><b>Purnima* Until 12:53AM Thu</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:28AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:30PM<br><b>Nataraja:</b> Yellow<br>Moon – Light Blue<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 -<br>Purnima<br><b>Devaloka Day</b> |
|   | Creative Work    Amrita Yoga<br>Until 12:04AM Thu<br>Then Routine Work - Marana Yoga |  |   |          |           |  |  |  |   |
|   | <b>Satguru Purnima</b>   |  |   |          |           |  |  |  |   |

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|---|---|--|---|----------|-----------|--|--|--|--|
| ○ | <b>Thursday, July 14, 2022</b>  |  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam<br>Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau |          |           |  | Pyinmana, Myanmar<br>Sutra 88  |  |  |
|   | <b>Silver Retreat Star</b>  |  | Makara Rasi: 0.25   | Tithi 16 | 488755471 | <b>Gulika</b> 8:44AM – 10:22AM<br><b>Yama</b> 5:29AM – 7:06AM<br><b>Rahu</b> 1:37PM – 3:15PM | <b>Uttarashadha Until 8:58PM</b><br>Vaidhriti* Until 9:13AM<br>Balava Until 10:59AM<br><b>Prathama* Until 9:05PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:29AM<br><b>Muruqa:</b> Green <i>Sunset:</i> 6:30PM<br><b>Nataraja:</b> Yellow<br>Moon – Light Blue<br><b>Ashada•Ani</b> | Subhakrit 5124<br>Moon 6 - Phase 12 -<br>Prathama<br><b>Devaloka Day</b> |
|   | Routine Work    Marana Yoga<br>Until 8:58PM<br>Then Creative Work - Siddha Yoga |  |   |          |           |  |  |  |  |
|   |   |  |   |          |           |  |  |  |  |

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

Krishna Yajur Veda

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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**Friday, July 15, 2022**  
**Gold Retreat Star**

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

Pyinmana, Myanmar  
Sun 1 Sutra 89

Makara Rasi: 15.35 Tithi 17 – 18

**Gulika** 7:06AM – 8:44AM  
Yama 3:15PM – 4:52PM  
498755471 **Rahu** 10:22AM – 11:59AM

**Shravana Until 6:22PM**  
Priti Until 1:12AM Sat  
Taitila Until 7:17AM  
**Dvitiya Until 5:31PM**

**Ganesha:** Blue *Sunrise:* 5:29AM  
**Muruqa:** Green *Sunset:* 6:30PM  
**Nataraja:** Yellow  
Moon – Purple  
**Ashada•Ani**

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

Routine Work Marana Yoga

Until 6:22PM

Then Creative Work - Siddha Yoga

**1**

**Saturday, July 16, 2022**

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

Pyinmana, Myanmar  
Sun 2 Sutra 90

Kumbha Rasi: 0.31 Tithi 18 – 19

**Gulika** 5:29AM – 7:07AM  
Yama 1:37PM – 3:15PM  
498755471 **Rahu** 8:44AM – 10:22AM

**Dhanishtha Until 4:02PM**  
Ayushman Until 9:40PM  
Bava Until 12:58AM Sun  
**Tritiya Until 2:20PM**

**Ganesha:** Blue *Sunrise:* 5:29AM  
**Muruqa:** Green *Sunset:* 6:30PM  
**Nataraja:** Yellow  
Moon – Purple  
**Ashada•Adi**

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

Creative Work Siddha Yoga

Until 4:02PM

Then Creative Work - Amrita Yoga

**2**

**Sunday, July 17, 2022**

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

Pyinmana, Myanmar  
Sun 3 Sutra 91

Kumbha Rasi: 15.04 Tithi 19 – 20

**Gulika** 3:15PM – 4:52PM  
Yama 12:00PM – 1:37PM  
498755472 **Rahu** 4:52PM – 6:30PM

**Shatabhishak Until 2:08PM**  
Saubhagya Until 6:40PM  
Kaulava Until 10:40PM  
**Chaturthi\* Until 11:43AM**

**Ganesha:** Blue *Sunrise:* 5:29AM  
**Muruqa:** Green *Sunset:* 6:30PM  
**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 Yuktayam  
Purvaprosarthapada/Uttaraprosarthapada Nakshatra Sobhana/Athiganda\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Pyinmana, Myanmar  
Sun 4 Sutra 92

Kumbha Rasi: 29.1 Tithi 20 – 21

**Gulika** 1:37PM – 3:15PM  
Yama 10:22AM – 12:00PM  
418755472 **Rahu** 7:07AM – 8:45AM

**Purvaprosarthapada\* Until 1:14PM**  
Sobhana Until 4:16PM  
Gara Until 9:08PM  
**Panchami Until 9:47AM**

**Ganesha:** White *Sunrise:* 5:30AM  
**Muruqa:** Green *Sunset:* 6:30PM  
**Nataraja:** White  
Moon – Clear  
**Ashada•Adi**

**Bhuloka Day**

**Family Home Evening**

Routine Work Marana Yoga

Until 1:14PM

Then Creative Work - Siddha Yoga

**4**

**Tuesday, July 19, 2022**

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

Pyinmana, Myanmar  
Sun 5 Sutra 93

Meena Rasi: 12.47 Tithi 21 – 22

**Gulika** 12:00PM – 1:37PM  
Yama 8:45AM – 10:22AM  
419755472 **Rahu** 3:15PM – 4:52PM

**Uttaraprosarthapada Until 1:00PM**  
Athiganda\* Until 2:31PM  
Visti Until 8:27PM  
**Shashthi\* Until 8:40AM**

**Ganesha:** Clear *Sunrise:* 5:30AM  
**Muruqa:** Green *Sunset:* 6:29PM  
**Nataraja:** White  
Moon – Clear  
**Ashada•Adi**

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

Creative Work Amrita Yoga

Until 1:00PM

Then Creative Work - Siddha Yoga

**●**

**Wednesday, July 20, 2022**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 6 Sutra 94

Meena Rasi: 25.55 Tithi 22 – 23

**Gulika** 10:23AM – 12:00PM  
Yama 7:08AM – 8:45AM  
419755472 **Rahu** 12:00PM – 1:37PM

**Revati Until 1:28PM**  
Sukarma Until 1:29PM  
Balava Until 8:37PM  
**Saptami Until 8:24AM**

**Ganesha:** Clear *Sunrise:* 5:30AM  
**Muruqa:** Green *Sunset:* 6:29PM  
**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 Yuktayam  
Ashvini/Bharani Nakshatra Dhriti/Shula\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Pyinmana, Myanmar  
Sun 7 Sutra 95

Mesha Rasi: 8.37 Tithi 23 – 24

**Gulika** 8:45AM – 10:23AM  
Yama 5:31AM – 7:08AM  
429755472 **Rahu** 1:37PM – 3:15PM

**Ashvini Until 3:04PM**  
Dhriti Until 1:07PM  
Taitila Until 9:37PM  
**Ashtami\* Until 9:00AM**

**Ganesha:** Purple *Sunrise:* 5:31AM  
**Muruqa:** Green *Sunset:* 6:29PM  
**Nataraja:** White  
Moon – White  
**Ashada•Adi**

**Devaloka Day**

Creative Work Amrita Yoga

Until 3:04PM

Then Creative Work - Siddha Yoga

|          |                                    |                                     |   |                                    |   |                       |                   |  |
|----------|------------------------------------|-------------------------------------|---|------------------------------------|---|-----------------------|-------------------|--|
| <b>1</b> | <b>Friday, July 22, 2022</b>       |                                     | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam |                                    |   |                       | Pyinmana, Myanmar |  |
|          | Mesha Rasi: 20.58    Tithi 24 – 25 |                                     | Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau             |                                    |   |                       | Sun 8    Sutra 96 |  |
|          | Creative Work    Siddha Yoga       | 429755472                           | <b>Gulika</b> 7:08AM – 8:46AM   | <b>Bharani</b> <b>Until 5:12PM</b> | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:31AM | Subhakrit 5124        |                   |  |
|          |                                    |                                     | Yama    3:14PM – 4:52PM   | Shula* <b>Until 1:17PM</b>         | <b>Muruqa:</b> Green <i>Sunset:</i> 6:29PM    | Moon 7 - Phase 14 - 8 |                   |  |
|          |                                    | <b>Rahu</b> 10:23AM – 12:00PM       | Vanija <b>Until 11:17PM</b>   | <b>Nataraja:</b> White             | 2nd Phase                                     |                       |                   |  |
|          |                                    | <b>Navami*</b> <b>Until 10:21AM</b> |   | Moon – White                       | <b>Devaloka Day</b>                           |                       |                   |  |
|          |                                    |                                     |   | <b>Ashada*Adi</b>                  |   |                       |                   |  |


|          |                                       |                                     |   |                                     |   |                       |                   |  |
|----------|---------------------------------------|-------------------------------------|---|-------------------------------------|---|-----------------------|-------------------|--|
| <b>2</b> | <b>Saturday, July 23, 2022</b>        |                                     | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam |                                     |   |                       | Pyinmana, Myanmar |  |
|          | Vrishabha Rasi: 3.05    Tithi 25 – 26 |                                     | Krittika Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau                  |                                     |   |                       | Sun 9    Sutra 97 |  |
|          | Creative Work    Amrita Yoga          | 429755472                           | <b>Gulika</b> 5:31AM – 7:09AM   | <b>Krittika</b> <b>Until 7:42PM</b> | <b>Ganesha:</b> Purple <i>Sunrise:</i> 5:31AM | Subhakrit 5124        |                   |  |
|          |                                       |                                     | Yama    1:37PM – 3:14PM   | Ganda* <b>Until 1:55PM</b>          | <b>Muruqa:</b> Green <i>Sunset:</i> 6:29PM    | Moon 7 - Phase 14 - 9 |                   |  |
|          |                                       | <b>Rahu</b> 8:46AM – 10:23AM        | Bava <b>Until 1:26AM</b> Sun  | <b>Nataraja:</b> White              | 2nd Phase                                     |                       |                   |  |
|          |                                       | <b>Dashami</b> <b>Until 12:17PM</b> |   | Moon – White                        | <b>Devaloka Day</b>                           |                       |                   |  |
|          |                                       |                                     |   | <b>Ashada*Adi</b>                   |   |                       |                   |  |

|          |  |                                      |   |                                    |  |                                    |                    |  |
|----------|--|--------------------------------------|---|------------------------------------|--|------------------------------------|--------------------|--|
| <b>3</b> | <b>Sunday, July 24, 2022</b>           |                                      | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam |                                    |  |                                    | Pyinmana, Myanmar  |  |
|          | Vrishabha Rasi: 15.01    Tithi 26 – 27 |                                      | Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau                |                                    |  |                                    | Sun 10    Sutra 98 |  |
|          | Creative Work    Siddha Yoga           | 439755472                            | <b>Gulika</b> 3:14PM – 4:51PM   | <b>Rohini</b> <b>Until 10:50PM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:32AM | Subhakrit 5124                     |                    |  |
|          |  |                                      | Yama    12:00PM – 1:37PM  | Vriddhi <b>Until 2:50PM</b>        | <b>Muruqa:</b> Green <i>Sunset:</i> 6:28PM   | Moon 7 - Phase 14 - 10             |                    |  |
|          |  | <b>Rahu</b> 4:51PM – 6:28PM          | Kaulava <b>Until 3:52AM</b> Mon   | <b>Nataraja:</b> White             | 2nd Phase                                    |                                    |                    |  |
|          |  | <b>Ekadashi*</b> <b>Until 2:36PM</b> |   | Moon – Yellow                      | <b>Bhuloka Day</b>                           |                                    |                    |  |
|          |  |                                      |   | <b>Ashada*Adi</b>                  |  | <b>Devaloka Time: 9:AM to12:PM</b> |                    |  |

|   |   |                                      |  |   |  |                                    |                    |  |
|---|---|--------------------------------------|--|---|--|------------------------------------|--------------------|--|
| <b>4</b>  | <b>Monday, July 25, 2022</b>                        |                                      | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam |   |  |                                    | Pyinmana, Myanmar  |  |
|   | Vrishabha Rasi: 26.51    Tithi 27 – 28              |                                      | Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Taillita/Gara Karana Dvadoshi/Trayodashyam Titau        |   |  |                                    | Sun 11    Sutra 99 |  |
|   | Family Home Evening<br>Creative Work    Amrita Yoga | 439755472                            | <b>Gulika</b> 1:37PM – 3:14PM  | <b>Mrigashira</b> <b>Until 1:55AM</b> Tue | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:32AM | Subhakrit 5124                     |                    |  |
|   |   |                                      | Yama    10:23AM – 12:00PM  | Dhruva <b>Until 3:52PM</b>                | <b>Muruqa:</b> Green <i>Sunset:</i> 6:28PM   | Moon 7 - Phase 14 - 11             |                    |  |
| Until 1:55AM Tue<br>Then Routine Work - Marana Yoga |   | <b>Rahu</b> 7:09AM – 8:46AM          | Gara <b>Until 6:24AM</b> Tue   | <b>Nataraja:</b> White                    | 2nd Phase                                    |                                    |                    |  |
|   |   | <b>Dvadoshi*</b> <b>Until 5:07PM</b> |  | Moon – Yellow                             | <b>Bhuloka Day</b>                           |                                    |                    |  |
|   |   |                                      |  | <b>Ashada*Adi</b>                         |  | <b>Devaloka Time: 9:AM to12:PM</b> |                    |  |
|   |   |                                      |  | <i>Pradosha Vrata (Fasting)</i>           |  |                                    |                    |  |

|          |   |  |   |                                      |  |                                    |                     |  |
|----------|---|--|---|--------------------------------------|--|------------------------------------|---------------------|--|
| <b>5</b> | <b>Tuesday, July 26, 2022</b>   |  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam |                                      |  |                                    | Pyinmana, Myanmar   |  |
|          | Mithuna Rasi: 8.4    Tithi 28   |  | Ardra Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Trayodashyam Titau                         |                                      |  |                                    | Sun 12    Sutra 100 |  |
|          | Routine Work    Marana Yoga<br>Until 4:48AM Wed<br>Then Creative Work - Siddha Yoga | 439755472                              | <b>Gulika</b> 12:00PM – 1:37PM  | <b>Ardra</b> <b>Until 4:48AM</b> Wed | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:32AM | Subhakrit 5124                     |                     |  |
|          |   |  | Yama    8:46AM – 10:23AM  | Vyaghata* <b>Until 4:56PM</b>        | <b>Muruqa:</b> Green <i>Sunset:</i> 6:28PM   | Moon 7 - Phase 14 - 12             |                     |  |
|          |   | <b>Rahu</b> 3:14PM – 4:51PM            | Gara <b>Until 6:24AM</b>  | <b>Nataraja:</b> White               | 2nd Phase                                    |                                    |                     |  |
|          |   | <b>Trayodashi*</b> <b>Until 7:38PM</b> |   | Moon – Yellow                        | <b>Bhuloka Day</b>                           |                                    |                     |  |
|          |   |  |   | <b>Ashada*Adi</b>                    |  | <b>Devaloka Time: 9:AM to12:PM</b> |                     |  |

|          |  |  |   |  |   |                                    |                     |  |
|----------|--|--|---|--|---|------------------------------------|---------------------|--|
| <b>6</b> | <b>Wednesday, July 27, 2022</b>  |  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam |  |   |                                    | Pyinmana, Myanmar   |  |
|          | Mithuna Rasi: 20.29    Tithi 29  |  | Punarvasu Nakshatra Harshana/Vajra* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau                  |  |   |                                    | Sun 13    Sutra 101 |  |
|          | Creative Work    Siddha Yoga<br>Until 7:53AM Thu<br>Then Creative Work - Amrita Yoga | 441755472                                | <b>Gulika</b> 10:23AM – 12:00PM   | <b>Punarvasu</b> <b>Until 7:53AM</b> Thu | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:33AM | Subhakrit 5124                     |                     |  |
|          |  |  | Yama    7:09AM – 8:46AM   | Harshana <b>Until 5:55PM</b>             | <b>Muruqa:</b> Green <i>Sunset:</i> 6:27PM    | Moon 7 - Phase 14 - 13             |                     |  |
|          |  | <b>Rahu</b> 12:00PM – 1:37PM             | Visti <b>Until 8:52AM</b>   | <b>Nataraja:</b> White                   | 2nd Phase                                     |                                    |                     |  |
|          |  | <b>Chaturdashi*</b> <b>Until 10:02PM</b> |   | Moon – Blue                              | <b>Bhuloka Day</b>                            |                                    |                     |  |
|          |  |  |   | <b>Ashada*Adi</b>                        |   | <b>Devaloka Time: 9:AM to12:PM</b> |                     |  |

|   |   |   |  |                                      |   |                                    |                     |  |
|---|---|---|--|--------------------------------------|---|------------------------------------|---------------------|--|
|  | <b>Thursday, July 28, 2022</b>                                |   | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam |                                      |   |                                    | Pyinmana, Myanmar   |  |
|   | <b>Retreat Star</b>   |   | Punarvasu/Pushya Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau                   |                                      |   |                                    | Sun 14    Sutra 102 |  |
|   | Kataka Rasi: 2.23    Tithi 30<br>Creative Work    Amrita Yoga | 441755472                                 | <b>Gulika</b> 8:46AM – 10:23AM   | <b>Punarvasu</b> <b>Until 7:53AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:33AM | Subhakrit 5124                     |                     |  |
|   |   |   | Yama    5:33AM – 7:10AM  | Vajra* <b>Until 6:44PM</b>           | <b>Muruqa:</b> Green <i>Sunset:</i> 6:27PM    | Moon 7 - Phase 14 - 14             |                     |  |
|   |   | <b>Rahu</b> 1:37PM – 3:14PM               | Catuspada <b>Until 11:10AM</b>   | <b>Nataraja:</b> White               | Amavasya                                      |                                    |                     |  |
|   |   | <b>Amavasya*</b> <b>Until 12:13AM</b> Fri |  | Moon – Blue                          | <b>Bhuloka Day</b>                            |                                    |                     |  |
|   |   |   |  | <b>Ashada*Adi</b>                    |   | <b>Devaloka Time: 9:AM to12:PM</b> |                     |  |

|                     |                               |  |   |                                    |   |                                    |                     |  |
|---------------------|-------------------------------|--|---|------------------------------------|---|------------------------------------|---------------------|--|
| <b>Retreat Star</b> | <b>Friday, July 29, 2022</b>  |  | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam |                                    |   |                                    | Pyinmana, Myanmar   |  |
|                     | Kataka Rasi: 14.22    Tithi 1 |  | Pushya/Ashlesha* Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau                   |                                    |   |                                    | Sun 15    Sutra 103 |  |
|                     | Routine Work    Marana Yoga   | 441755472                                | <b>Gulika</b> 7:10AM – 8:47AM   | <b>Pushya</b> <b>Until 10:34AM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:33AM | Subhakrit 5124                     |                     |  |
|                     |                               |  | Yama    3:13PM – 4:50PM   | Siddhi <b>Until 7:22PM</b>         | <b>Muruqa:</b> Green <i>Sunset:</i> 6:27PM    | Moon 7 - Phase 14 - 15             |                     |  |
|                     |                               | <b>Rahu</b> 10:23AM – 12:00PM            | Kintughna <b>Until 1:15PM</b>   | <b>Nataraja:</b> White             | Prathama                                      |                                    |                     |  |
|                     |                               | <b>Prathama*</b> <b>Until 2:09AM</b> Sat |   | Moon – Blue                        | <b>Bhuloka Day</b>                            |                                    |                     |  |
|                     |                               |  |   | <b>Sravana*Adi</b>                 |   | <b>Devaloka Time: 9:AM to12:PM</b> |                     |  |

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

|                                  |             |  |                          |                 |                 |   |
|----------------------------------|-------------|--|--------------------------|-----------------|-----------------|---|
| <b>1</b> Saturday, July 30, 2022 |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Magha* Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau |                          |                 |                 | Pyinmana, Myanmar<br>Sun 16 Sutra 104<br>Subhakrit 5124 |
| Kataka Rasi: 26.27               | Tithi 2     | Gulika 5:33AM – 7:10AM   | Ashlesha* Until 12:49PM  | Ganesha: Yellow | Sunrise: 5:33AM |   |
|                                  |             | Yama 1:37PM – 3:13PM   | Vyatipata* Until 7:48PM  | Muruqa: Green   | Sunset: 6:26PM  | Moon 7 - Phase 15 - 16                                  |
|                                  |             | 441755472 Rahu 8:47AM – 10:23AM  | Balava Until 3:02PM      | Nataraja: White |                 | 3rd Phase   |
| Routine Work                     | Marana Yoga |  | Dvitiya Until 3:47AM Sun | Moon – Blue     |                 | <b>Bhuloka Day</b>                                      |
| Until 12:49PM                    |             |  |                          | Sravana*Adi     |                 | Devaloka Time: 9:AM to12:PM                             |
| Then Creative Work - Amrita Yoga |             |  |                          |                 |                 |   |

|                                  |             |   |                          |                 |                 |   |
|----------------------------------|-------------|---|--------------------------|-----------------|-----------------|---|
| <b>2</b> Sunday, July 31, 2022   |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Variyan Yoga Taitila/Gara Karana Tritiyayam Titau |                          |                 |                 | Pyinmana, Myanmar<br>Sun 17 Sutra 105<br>Subhakrit 5124 |
| Simha Rasi: 8.39                 | Tithi 3     | Gulika 3:13PM – 4:50PM  | Magha* Until 3:06PM      | Ganesha: Red    | Sunrise: 5:34AM |   |
|                                  |             | Yama 12:00PM – 1:36PM   | Variyan Until 7:57PM     | Muruqa: Green   | Sunset: 6:26PM  | Moon 7 - Phase 15 - 17                                  |
|                                  |             | 451755472 Rahu 4:50PM – 6:26PM  | Taitila Until 4:30PM     | Nataraja: White |                 | 3rd Phase   |
| Routine Work                     | Marana Yoga |   | Tritiya Until 5:05AM Mon | Moon – Red      |                 | <b>Bhuloka Day</b>                                      |
| Until 3:06PM                     |             |   |                          | Sravana*Adi     |                 | Devaloka Time: 9:AM to12:PM                             |
| Then Creative Work - Siddha Yoga |             |   |                          |                 |                 |   |

|                                 |             |   |                             |                 |                 |   |
|---------------------------------|-------------|---|-----------------------------|-----------------|-----------------|---|
| <b>3</b> Monday, August 1, 2022 |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Parigha* Yoga Vanija/Visti* Karana Chaturthyam Titau |                             |                 |                 | Pyinmana, Myanmar<br>Sun 18 Sutra 106<br>Subhakrit 5124 |
| Simha Rasi: 21                  | Tithi 4     | Gulika 1:36PM – 3:13PM  | Purvaphalguni Until 4:53PM  | Ganesha: Red    | Sunrise: 5:34AM |   |
| Family Home Evening             |             | Yama 10:23AM – 12:00PM  | Parigha* Until 7:50PM       | Muruqa: Green   | Sunset: 6:26PM  | Moon 7 - Phase 15 - 18                                  |
|                                 |             | 451755472 Rahu 7:11AM – 8:47AM  | Vanija Until 4:37PM         | Nataraja: White |                 | 3rd Phase   |
| Creative Work                   | Siddha Yoga |   | Chaturthi* Until 6:01AM Tue | Moon – Red      |                 | <b>Bhuloka Day</b>                                      |
|                                 |             |   |                             | Sravana*Adi     |                 | Devaloka Time: 9:AM to12:PM                             |

|                                  |             |  |                             |                 |                 |   |
|----------------------------------|-------------|--|-----------------------------|-----------------|-----------------|---|
| <b>4</b> Tuesday, August 2, 2022 |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                             |                 |                 | Pyinmana, Myanmar<br>Sun 19 Sutra 107<br>Subhakrit 5124 |
| Kanya Rasi: 3.31                 | Tithi 4 – 5 | Gulika 12:00PM – 1:36PM  | Uttaraphalguni Until 6:06PM | Ganesha: Red    | Sunrise: 5:34AM |   |
|                                  |             | Yama 8:47AM – 10:23AM  | Shiva Until 7:24PM          | Muruqa: Green   | Sunset: 6:25PM  | Moon 7 - Phase 15 - 19                                  |
|                                  |             | 451755472 Rahu 3:13PM – 4:49PM   | Bava Until 6:20PM           | Nataraja: White |                 | 3rd Phase   |
| Creative Work                    | Amrita Yoga |  | Chaturthi* Until 6:01AM     | Moon – Red      |                 | <b>Bhuloka Day</b>                                      |
| Until 6:06PM                     |             | Nag Panchami   |                             | Sravana*Adi     |                 | Devaloka Time: 9:AM to12:PM                             |
| Then Creative Work - Siddha Yoga |             |  |                             |                 |                 |   |

|                                    |             |  |                       |                 |                 |   |
|------------------------------------|-------------|--|-----------------------|-----------------|-----------------|---|
| <b>5</b> Wednesday, August 3, 2022 |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                       |                 |                 | Pyinmana, Myanmar<br>Sun 20 Sutra 108<br>Subhakrit 5124 |
| Kanya Rasi: 16.14                  | Tithi 5 – 6 | Gulika 10:23AM – 12:00PM   | Hasta Until 7:11PM    | Ganesha: Blue   | Sunrise: 5:35AM |   |
|                                    |             | Yama 7:11AM – 8:47AM   | Siddha Until 6:35PM   | Muruqa: Green   | Sunset: 6:25PM  | Moon 7 - Phase 15 - 20                                  |
|                                    |             | 461755472 Rahu 12:00PM – 1:36PM  | Kaulava Until 6:35PM  | Nataraja: White |                 | 3rd Phase   |
| Routine Work                       | Marana Yoga |  | Panchami Until 6:30AM | Moon – Green    |                 | <b>Devaloka Day</b>                                     |
| Until 7:11PM                       |             |  |                       | Sravana*Adi     |                 |   |
| Then Creative Work - Siddha Yoga   |             |  |                       |                 |                 |   |

|                                   |             |   |                        |                 |                 |   |
|-----------------------------------|-------------|---|------------------------|-----------------|-----------------|---|
| <b>6</b> Thursday, August 4, 2022 |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                        |                 |                 | Pyinmana, Myanmar<br>Sun 21 Sutra 109<br>Subhakrit 5124 |
| Kanya Rasi: 29.11                 | Tithi 6 – 7 | Gulika 8:47AM – 10:23AM   | Chitra Until 7:35PM    | Ganesha: Blue   | Sunrise: 5:35AM |   |
|                                   |             | Yama 5:35AM – 7:11AM  | Sadhya Until 5:21PM    | Muruqa: Green   | Sunset: 6:24PM  | Moon 7 - Phase 15 - 21                                  |
|                                   |             | 461755472 Rahu 1:36PM – 3:12PM  | Gara Until 6:18PM      | Nataraja: White |                 | 3rd Phase   |
| Creative Work                     | Siddha Yoga |   | Shashthi* Until 6:29AM | Moon – Green    |                 | <b>Devaloka Day</b>                                     |
| Until 7:35PM                      |             |   |                        | Sravana*Adi     |                 |   |
| Then Creative Work - Amrita Yoga  |             |   |                        |                 |                 |   |

|                               |             |  |                           |                 |                 |   |
|-------------------------------|-------------|--|---------------------------|-----------------|-----------------|---|
| <b>Friday, August 5, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau |                           |                 |                 | Pyinmana, Myanmar<br>Sun 22 Sutra 110<br>Subhakrit 5124 |
| <b>Retreat Star</b>           |             | Gulika 7:11AM – 8:47AM   | Svati Until 7:16PM        | Ganesha: Blue   | Sunrise: 5:35AM |   |
| Tula Rasi: 12.26              | Tithi 8     | Yama 3:12PM – 4:48PM   | Subha Until 3:40PM        | Muruqa: White   | Sunset: 6:24PM  | Moon 7 - Phase 15 - 22                                  |
|                               |             | 461765472 Rahu 10:23AM – 12:00PM   | Visti Until 5:25PM        | Nataraja: White |                 | Ashtami   |
| Creative Work                 | Siddha Yoga |  | Ashtami* Until 4:44AM Sat | Moon – Green    |                 | <b>Devaloka Day</b>                                     |
|                               |             | Varalakshmi Vratam   |                           | Sravana*Adi     |                 |   |

|                                 |             |  |                          |                 |                 |   |
|---------------------------------|-------------|--|--------------------------|-----------------|-----------------|---|
| <b>Saturday, August 6, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Vishakha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau |                          |                 |                 | Pyinmana, Myanmar<br>Sun 23 Sutra 111<br>Subhakrit 5124 |
| <b>Retreat Star</b>             |             | Gulika 5:35AM – 7:11AM   | Vishakha Until 6:37PM    | Ganesha: White  | Sunrise: 5:35AM |   |
| Tula Rasi: 26.02                | Tithi 9     | Yama 1:35PM – 3:12PM   | Sukla Until 1:27PM       | Muruqa: White   | Sunset: 6:24PM  | Moon 7 - Phase 15 - 23                                  |
|                                 |             | 472765472 Rahu 8:47AM – 10:23AM  | Balava Until 3:56PM      | Nataraja: White |                 | Navami  |
| Creative Work                   | Siddha Yoga |  | Navami* Until 2:56AM Sun | Moon – Orange   |                 | <b>Bhuloka Day</b>                                      |
|                                 |             |  |                          | Sravana*Adi     |                 |   |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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|                                 |             |  |                                  |                        |                        |  |
|---------------------------------|-------------|--|----------------------------------|------------------------|------------------------|--|
| <b>1 Sunday, August 7, 2022</b> |             | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dashamyam Titau |                                  |                        |                        | Pyinmana, Myanmar<br>Sun 24 Sutra 112<br>Subhakra 5124 |
| Vrischika Rasi: 9.59            | Tithi 10    | <b>Gulika</b> 3:11PM – 4:47PM  | <b>Anuradha</b> Until 5:14PM     | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:36AM |  |
|                                 |             | Yama 11:59AM – 1:35PM  | Brahma Until 10:46AM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:23PM  | Moon 7 - Phase 16 - 24                                 |
|                                 | 472865472   | <b>Rahu</b> 4:47PM – 6:23PM  | Taitila Until 1:50PM             | <b>Nataraja:</b> White |                        | 4th Phase  |
| Routine Work                    | Marana Yoga |  | <b>Dashami</b> Until 12:34AM Mon | Moon – Orange          |                        | <b>Bhuloka Day</b>                                     |
|                                 |             |  |                                  | Sravana*Adi            |                        | Devaloka Time: 9:AM to12:PM                            |

|                                 |             |  |                               |                        |                        |  |
|---------------------------------|-------------|--|-------------------------------|------------------------|------------------------|--|
| <b>2 Monday, August 8, 2022</b> |             | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Ekadashyam Titau |                               |                        |                        | Pyinmana, Myanmar<br>Sun 25 Sutra 113<br>Subhakra 5124 |
| Vrischika Rasi: 24.2            | Tithi 11    | <b>Gulika</b> 1:35PM – 3:11PM  | <b>Jyeshtha*</b> Until 3:11PM | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:36AM |  |
| <b>Family Home Evening</b>      |             | Yama 10:23AM – 11:59AM   | Indra Until 7:38AM            | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:23PM  | Moon 7 - Phase 16 - 25                                 |
|                                 | 472865472   | <b>Rahu</b> 7:12AM – 8:48AM  | Vanija Until 11:13AM          | <b>Nataraja:</b> White |                        | 4th Phase  |
| Creative Work                   | Siddha Yoga |  | <b>Ekadashi</b> Until 9:43PM  | Moon – Orange          |                        | <b>Bhuloka Day</b>                                     |
|                                 |             |  |                               | Sravana*Adi            |                        | Devaloka Time: 9:AM to12:PM                            |

|                                  |             |  |                               |                        |                        |  |
|----------------------------------|-------------|--|-------------------------------|------------------------|------------------------|--|
| <b>3 Tuesday, August 9, 2022</b> |             | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvadashtyam Titau |                               |                        |                        | Pyinmana, Myanmar<br>Sun 26 Sutra 114<br>Subhakra 5124 |
| Dhanus Rasi: 9                   | Tithi 12    | <b>Gulika</b> 11:59AM – 1:35PM   | <b>Mula*</b> Until 12:59PM    | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:36AM |  |
|                                  |             | Yama 8:48AM – 10:23AM  | Vishkambha* Until 12:17AM Wed | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:23PM  | Moon 7 - Phase 16 - 26                                 |
|                                  | 482865472   | <b>Rahu</b> 3:11PM – 4:46PM  | Bava Until 8:09AM             | <b>Nataraja:</b> White |                        | 4th Phase  |
| Creative Work                    | Amrita Yoga |  | <b>Dvadashi</b> Until 6:28PM  | Moon – Light Blue      |                        | <b>Devaloka Day</b>                                    |
| Until 12:59PM                    |             |  |                               | Sravana*Adi            |                        |  |
| Then Creative Work - Siddha Yoga |             |  |                               |                        |                        |  |

|                                     |               |   |                                   |                        |                        |  |
|-------------------------------------|---------------|---|-----------------------------------|------------------------|------------------------|--|
| <b>4 Wednesday, August 10, 2022</b> |               | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Priti Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau |                                   |                        |                        | Pyinmana, Myanmar<br>Sun 27 Sutra 115<br>Subhakra 5124 |
| Dhanus Rasi: 23.55                  | Tithi 13 – 14 | <b>Gulika</b> 10:23AM – 11:59AM   | <b>Purvashadha*</b> Until 10:22AM | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:36AM |  |
|                                     |               | Yama 7:12AM – 8:48AM  | Priti Until 8:19PM                | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:23PM  | Moon 7 - Phase 16 - 27                                 |
|                                     | 482865472     | <b>Rahu</b> 11:59AM – 1:35PM  | Gara Until 1:13AM Thu             | <b>Nataraja:</b> White |                        | 4th Phase  |
| Creative Work                       | Amrita Yoga   |   | <b>Trayodashi</b> Until 2:59PM    | Moon – Light Blue      |                        | <b>Devaloka Day</b>                                    |
|                                     |               |   |                                   | Sravana*Adi            |                        |  |
|                                     |               |   |                                   |                        |                        |  |

*Pradosha Vrata*

|                                  |               |   |                                   |                        |                        |   |
|----------------------------------|---------------|---|-----------------------------------|------------------------|------------------------|---|
| <b>Thursday, August 11, 2022</b> |               | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttarashadha*/Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |                                   |                        |                        | Pyinmana, Myanmar<br>Sutra 116<br>Subhakra 5124 |
| <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 8:48AM – 10:23AM  | <b>Uttarashadha</b> Until 7:29AM  | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:37AM |   |
| Makara Rasi: 8.58                | Tithi 14 – 15 | Yama 5:37AM – 7:12AM  | Ayushman Until 4:17PM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:21PM  | Moon 7 - Phase 16 -                             |
|                                  | 482865472     | <b>Rahu</b> 1:34PM – 3:10PM   | Visti Until 9:38PM                | <b>Nataraja:</b> White |                        | Purnima   |
| Routine Work                     | Marana Yoga   |   | <b>Chaturdashi*</b> Until 11:24AM | Moon – Light Blue      |                        | <b>Devaloka Day</b>                             |
| Until 7:29AM                     |               | <b>Raksha Bandhan</b>   |                                   | Sravana*Adi            |                        |   |
| Then Creative Work - Siddha Yoga |               |   |                                   |                        |                        |   |

|                                  |               |  |                                    |                        |                        |   |
|----------------------------------|---------------|--|------------------------------------|------------------------|------------------------|---|
| <b>Friday, August 12, 2022</b>   |               | Subhakra Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                    |                        |                        | Pyinmana, Myanmar<br>Sutra 117<br>Subhakra 5124 |
| <b>Silver Retreat Star</b>       |               | <b>Gulika</b> 7:12AM – 8:48AM  | <b>Dhanishtha</b> Until 2:24AM Sat | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:37AM |   |
| Makara Rasi: 24                  | Tithi 15 – 16 | Yama 3:10PM – 4:45PM   | Saubhagya Until 12:20PM            | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:20PM  | Moon 7 - Phase 16 -                             |
|                                  | 492865472     | <b>Rahu</b> 10:23AM – 11:59AM  | Balava Until 6:13PM                | <b>Nataraja:</b> White |                        | Prathama  |
| Creative Work                    | Siddha Yoga   |  | <b>Purnima*</b> Until 7:53AM       | Moon – Purple          |                        | <b>Bhuloka Day</b>                              |
| Until 2:24AM Sat                 |               |  |                                    | Sravana*Adi            |                        | Devaloka Time: 9:AM to12:PM                     |
| Then Creative Work - Amrita Yoga |               |  |                                    |                        |                        |   |

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





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

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

Pyinmana, Myanmar  
Sutra 118

Kumbha Rasi: 8.52      Tithi 17

**Gulika** 5:37AM – 7:12AM  
Yama 1:34PM – 3:09PM  
**Rahu** 8:48AM – 10:23AM

**Shatabhishak Until 12:09AM Sun**  
Sobhana Until 8:38AM  
Taitila Until 3:08PM  
**Dvitiya Until 1:44AM Sun**

**Ganesha:** Clear      *Sunrise:* 5:37AM  
**Muruqa:** White      *Sunset:* 6:20PM  
**Nataraja:** White  
Moon – Purple

Subhakit 5124  
Moon 8 - Phase 17 -  
1st Phase

Creative Work    Amrita Yoga  
Until 12:09AM Sun  
Then Creative Work - Siddha Yoga

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

**1**

**Sunday, August 14, 2022**

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

Pyinmana, Myanmar  
Sun 1      Sutra 119

Kumbha Rasi: 23.25      Tithi 18

**Gulika** 3:09PM – 4:44PM  
Yama 11:58AM – 1:34PM  
**Rahu** 4:44PM – 6:19PM

**Purvaproshtapada\* Until 10:45PM**  
Sukarma Until 2:26AM Mon  
Vanija Until 12:31PM  
**Tritiya Until 11:26PM**

**Ganesha:** Yellow      *Sunrise:* 5:37AM  
**Muruqa:** White      *Sunset:* 6:19PM  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga  
Until 10:45PM  
Then Creative Work - Amrita Yoga

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

**2**

**Monday, August 15, 2022**

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

Pyinmana, Myanmar  
Sun 2      Sutra 120

Meena Rasi: 7.32      Tithi 19

**Family Home Evening**      412865472

**Gulika** 1:33PM – 3:08PM  
Yama 10:23AM – 11:58AM  
**Rahu** 7:13AM – 8:48AM

**Uttaraproshtapada Until 9:55PM**  
Dhriti Until 12:11AM Tue  
Bava Until 10:34AM  
**Chaturthi\* Until 9:51PM**

**Ganesha:** Yellow      *Sunrise:* 5:37AM  
**Muruqa:** White      *Sunset:* 6:19PM  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga

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

**3**

**Tuesday, August 16, 2022**

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

Pyinmana, Myanmar  
Sun 3      Sutra 121

Meena Rasi: 21.12      Tithi 20

**Gulika** 11:58AM – 1:33PM  
Yama 8:48AM – 10:23AM  
**Rahu** 3:08PM – 4:43PM

**Revati Until 9:45PM**  
Shula\* Until 10:36PM  
Kaulava Until 9:23AM  
**Panchami Until 9:06PM**

**Ganesha:** Yellow      *Sunrise:* 5:38AM  
**Muruqa:** White      *Sunset:* 6:18PM  
**Nataraja:** White  
Moon – Clear

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

Creative Work    Siddha Yoga

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

**4**

**Wednesday, August 17, 2022**

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

Pyinmana, Myanmar  
Sun 4      Sutra 122

Mesha Rasi: 4.23      Tithi 21

**Gulika** 10:23AM – 11:58AM  
Yama 7:13AM – 8:48AM  
**Rahu** 11:58AM – 1:33PM

**Ashvini Until 10:45PM**  
Ganda\* Until 9:43PM  
Gara Until 9:04AM  
**Shashthi\* Until 9:13PM**

**Ganesha:** Blue      *Sunrise:* 5:38AM  
**Muruqa:** White      *Sunset:* 6:18PM  
**Nataraja:** White  
Moon – White

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

Routine Work    Marana Yoga  
Until 10:45PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**5**

**Thursday, August 18, 2022**

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

Pyinmana, Myanmar  
Sun 5      Sutra 123

Mesha Rasi: 17.08      Tithi 22

**Gulika** 8:48AM – 10:23AM  
Yama 5:38AM – 7:13AM  
**Rahu** 1:32PM – 3:07PM

**Bharani Until 12:24AM Fri**  
Vriddhi Until 9:30PM  
Visti Until 9:37AM  
**Saptami Until 10:11PM**

**Ganesha:** Yellow      *Sunrise:* 5:38AM  
**Muruqa:** White      *Sunset:* 6:17PM  
**Nataraja:** White  
Moon – White

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

Creative Work    Siddha Yoga

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

**D**

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

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

Pyinmana, Myanmar  
Sun 6      Sutra 124

Mesha Rasi: 29.31      Tithi 23

**Gulika** 7:13AM – 8:48AM  
Yama 3:07PM – 4:42PM  
**Rahu** 10:23AM – 11:57AM

**Krittika Until 2:34AM Sat**  
Dhruva Until 9:48PM  
Balava Until 10:58AM  
**Ashtami\* Until 11:51PM**

**Ganesha:** Yellow      *Sunrise:* 5:38AM  
**Muruqa:** White      *Sunset:* 6:16PM  
**Nataraja:** White  
Moon – White

Subhakit 5124  
Moon 8 - Phase 17 - 6  
Ashtami

Creative Work    Siddha Yoga  
Until 2:34AM Sat  
Then Creative Work - Amrita Yoga

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

**Saturday, August 20, 2022**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 7      Sutra 125

Vrishabha Rasi: 11.38      Tithi 24

**Gulika** 5:38AM – 7:13AM  
Yama 1:32PM – 3:06PM  
**Rahu** 8:48AM – 10:22AM

**Rohini Until 5:31AM Sun**  
Vyaghata\* Until 10:31PM  
Taitila Until 12:55PM  
**Navami\* Until 2:02AM Sun**

**Ganesha:** Yellow      *Sunrise:* 5:38AM  
**Muruqa:** White      *Sunset:* 6:16PM  
**Nataraja:** White  
Moon – Yellow

Subhakit 5124  
Moon 8 - Phase 17 - 7  
Navami

Creative Work    Amrita Yoga  
Until 5:31AM Sun  
Then Creative Work - Siddha Yoga

**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

|                                  |                             |   |                                    |                        |  |                             |
|----------------------------------|-----------------------------|---|------------------------------------|------------------------|--|-----------------------------|
| <b>1 Sunday, August 21, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam<br>Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau |                                    |                        | Pyinmana, Myanmar<br>Sun 8 Sutra 126<br>Subhakrit 5124 |                             |
| Wishabha Rasi: 23.34             | Tithi 25                    | <b>Gulika</b> 3:06PM – 4:40PM   | <b>Mrigashira</b> Until 8:32AM Mon | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:39AM                                 |                             |
|                                  |                             | Yama 11:57AM – 1:31PM   | Harshana Until 11:29PM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:15PM                                  | Moon 8 - Phase 18 - 8       |
| 533865472                        | <b>Rahu</b> 4:40PM – 6:15PM |   | Vanija Until 3:15PM                | <b>Nataraja:</b> White |  | 2nd Phase                   |
| Creative Work                    | Siddha Yoga                 |   | <b>Dashami</b> Until 4:28AM Mon    | Moon – Yellow          |  | <b>Bhuloka Day</b>          |
|                                  |                             |   |                                    | Sravana-Avani          |  | Devaloka Time: 6:AM to 9:AM |

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| <b>2 Monday, August 22, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam<br>Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau |                                   |                        | Pyinmana, Myanmar<br>Sun 9 Sutra 127<br>Subhakrit 5124 |                             |
| Mithuna Rasi: 5.25               | Tithi 26                    | <b>Gulika</b> 1:31PM – 3:05PM   | <b>Mrigashira</b> Until 8:32AM    | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:39AM                                 |                             |
| <b>Family Home Evening</b>       |                             | Yama 10:22AM – 11:57AM  | Vajra* Until 12:29AM Tue          | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:14PM                                  | Moon 8 - Phase 18 - 9       |
| 533865472                        | <b>Rahu</b> 7:13AM – 8:48AM |   | Bava Until 5:45PM                 | <b>Nataraja:</b> White |  | 2nd Phase                   |
| Creative Work                    | Amrita Yoga                 |   | <b>Ekadashi*</b> Until 6:58AM Tue | Moon – Yellow          |  | <b>Bhuloka Day</b>          |
| Until 8:32AM                     |                             |   |                                   | Sravana-Avani          |  | Devaloka Time: 6:AM to 9:AM |
| Then Creative Work - Siddha Yoga |                             |   |                                   |                        |  |                             |

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| <b>3 Tuesday, August 23, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam<br>Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                               |                        | Pyinmana, Myanmar<br>Sun 10 Sutra 128<br>Subhakrit 5124 |                             |
| Mithuna Rasi: 17.14               | Tithi 26 – 27               | <b>Gulika</b> 11:56AM – 1:31PM  | <b>Ardra</b> Until 11:23AM    | <b>Ganesha:</b> Yellow | <i>Sunrise:</i> 5:39AM                                  |                             |
|                                   |                             | Yama 8:48AM – 10:22AM   | Siddhi Until 1:25AM Wed       | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:14PM                                   | Moon 8 - Phase 18 - 10      |
| 533865472                         | <b>Rahu</b> 3:05PM – 4:39PM |   | Kaulava Until 8:12PM          | <b>Nataraja:</b> White |   | 2nd Phase                   |
| Routine Work                      | Marana Yoga                 |   | <b>Ekadashi*</b> Until 6:58AM | Moon – Yellow          |   | <b>Bhuloka Day</b>          |
| Until 11:23AM                     |                             |   |                               | Sravana-Avani          |   | Devaloka Time: 6:AM to 9:AM |
| Then Creative Work - Siddha Yoga  |                             |   |                               |                        |   |                             |

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| <b>4 Wednesday, August 24, 2022</b> |                              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam<br>Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau |                               |                        | Pyinmana, Myanmar<br>Sun 11 Sutra 129<br>Subhakrit 5124 |                                 |
| Mithuna Rasi: 29.07                 | Tithi 27 – 28                | <b>Gulika</b> 10:22AM – 11:56AM   | <b>Punarvasu</b> Until 2:26PM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:39AM                                  |                                 |
|                                     |                              | Yama 7:13AM – 8:48AM  | Vyatipata* Until 2:12AM Thu   | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:13PM                                   | Moon 8 - Phase 18 - 11          |
| 533865472                           | <b>Rahu</b> 11:56AM – 1:30PM |   | Gara Until 10:26PM            | <b>Nataraja:</b> White |   | 2nd Phase                       |
| Creative Work                       | Siddha Yoga                  |   | <b>Dvadashi*</b> Until 9:20AM | Moon – Blue            |   | <b>Bhuloka Day</b>              |
|                                     |                              |   |                               | Sravana-Avani          |   |                                 |
|                                     |                              |   |                               |                        |   | <i>Pradosha Vrata (Fasting)</i> |

|                                    |                             |  |                                  |                        |   |                        |
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| <b>5 Thursday, August 25, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam<br>Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |                                  |                        | Pyinmana, Myanmar<br>Sun 12 Sutra 130<br>Subhakrit 5124 |                        |
| Kataka Rasi: 11.06                 | Tithi 28 – 29               | <b>Gulika</b> 8:48AM – 10:22AM   | <b>Pushya</b> Until 5:03PM       | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:39AM                                  |                        |
|                                    |                             | Yama 5:39AM – 7:13AM   | Variyan Until 2:42AM Fri         | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:12PM                                   | Moon 8 - Phase 18 - 12 |
| 533865472                          | <b>Rahu</b> 1:30PM – 3:04PM |  | Visti Until 12:22AM Fri          | <b>Nataraja:</b> White |   | 2nd Phase              |
| Creative Work                      | Amrita Yoga                 |  | <b>Trayodashi*</b> Until 11:26AM | Moon – Blue            |   | <b>Bhuloka Day</b>     |
| Until 5:03PM                       |                             |  |                                  | Sravana-Avani          |   |                        |
| Then Creative Work - Siddha Yoga   |                             |  |                                  |                        |   |                        |

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| <b>Friday, August 26, 2022</b> |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam<br>Ashlesha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                                  |                        | Pyinmana, Myanmar<br>Sun 13 Sutra 131<br>Subhakrit 5124 |                        |
| <b>Retreat Star</b>            |                               | <b>Gulika</b> 7:13AM – 8:47AM   | <b>Ashlesha*</b> Until 7:09PM    | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:39AM                                  |                        |
| Kataka Rasi: 23.13             | Tithi 29 – 30                 | Yama 3:04PM – 4:38PM  | Parigha* Until 2:56AM Sat        | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:12PM                                   | Moon 8 - Phase 18 - 13 |
| 533865472                      | <b>Rahu</b> 10:21AM – 11:55AM |   | Catuspada Until 1:56AM Sat       | <b>Nataraja:</b> White |   | Amavasya               |
| Routine Work                   | Marana Yoga                   |   | <b>Chaturdashi*</b> Until 1:11PM | Moon – Blue            |   | <b>Bhuloka Day</b>     |
|                                |                               |   |                                  | Sravana-Avani          |   |                        |

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| <b>Saturday, August 27, 2022</b> |                              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam<br>Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                               |                        | Pyinmana, Myanmar<br>Sun 14 Sutra 132<br>Subhakrit 5124 |                        |
| <b>Retreat Star</b>              |                              | <b>Gulika</b> 5:40AM – 7:13AM  | <b>Magha*</b> Until 9:12PM    | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:40AM                                  |                        |
| Simha Rasi: 5.28                 | Tithi 30 – 1                 | Yama 1:29PM – 3:03PM   | Shiva Until 2:53AM Sun        | <b>Muruqa:</b> White   | <i>Sunset:</i> 6:11PM                                   | Moon 8 - Phase 18 - 14 |
| 533865472                        | <b>Rahu</b> 8:47AM – 10:21AM |  | Kintughna Until 3:07AM Sun    | <b>Nataraja:</b> White |   | Prathama               |
| Creative Work                    | Amrita Yoga                  |  | <b>Amavasya*</b> Until 2:33PM | Moon – Red             |   | <b>Bhuloka Day</b>     |
| Until 9:12PM                     |                              |  |                               | Bhadrapada-Avani       |   |                        |
| Then Creative Work - Siddha Yoga |                              |  |                               |                        |   |                        |

The knower, the author of time, the possessor of qualities and all knowledge, it is He who envelops the universe. Controlled by Him, this work of creation unfolds itself —that which is regarded as earth, water, fire, air and ether. Krishna Yajur Veda

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

www.gurudeva.org/panchang

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| <b>1</b> | <b>Sunday, August 28, 2022</b>   |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |                                      |   |  | Pyinmana, Myanmar<br>Sun 15 Sutra 133<br>Subhakrit 5124 |
|          | Simha Rasi: 17.54  | Tithi 1 – 2                 | <b>Gulika</b> 3:02PM – 4:36PM   | <b>Purvaphalguni Until 10:42PM</b>   | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:40AM       | <b>Muruqa:</b> White <i>Sunset:</i> 6:10PM | Moon 8 - Phase 19 - 15<br>3rd Phase                     |
|          | 553865473  | <b>Rahu</b> 4:36PM – 6:10PM | Siddha Until 2:29AM Mon<br>Balava Until 3:54AM Mon  | <b>Nataraja:</b> Clear<br>Moon – Red | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |  |   |
|          | Creative Work Siddha Yoga<br>Until 10:42PM<br>Then Creative Work - Amrita Yoga |                             | <b>Prathama* Until 3:32PM</b>   |                                      | <b>Bhadrapada*Avani</b>                           |  |   |

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| <b>2</b> | <b>Monday, August 29, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                                      |   |  | Pyinmana, Myanmar<br>Sun 16 Sutra 134<br>Subhakrit 5124 |
|          | Kanya Rasi: 0.31               | Tithi 2 – 3                 | <b>Gulika</b> 1:28PM – 3:02PM  | <b>Uttaraphalguni Until 11:40PM</b>  | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:40AM       | <b>Muruqa:</b> White <i>Sunset:</i> 6:09PM | Moon 8 - Phase 19 - 16<br>3rd Phase                     |
|          | 553865473                      | <b>Rahu</b> 7:14AM – 8:47AM | Sadhya Until 1:48AM Tue<br>Taitila Until 4:17AM Tue  | <b>Nataraja:</b> Clear<br>Moon – Red | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |  |   |
|          | Creative Work Siddha Yoga      |                             | <b>Dvitiya Until 4:07PM</b>  |                                      | <b>Bhadrapada*Avani</b>                           |  |   |

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| <b>3</b> | <b>Tuesday, August 30, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |  |   |  | Pyinmana, Myanmar<br>Sun 17 Sutra 135<br>Subhakrit 5124 |
|          | Kanya Rasi: 13.17               | Tithi 3 – 4                 | <b>Gulika</b> 11:54AM – 1:28PM   | <b>Hasta Until 12:35AM Wed</b>         | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:40AM       | <b>Muruqa:</b> White <i>Sunset:</i> 6:09PM | Moon 8 - Phase 19 - 17<br>3rd Phase                     |
|          | 563865473                       | <b>Rahu</b> 3:01PM – 4:35PM | Subha Until 12:50AM Wed<br>Vanija Until 4:18AM Wed   | <b>Nataraja:</b> Clear<br>Moon – Green | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |  |   |
|          | Creative Work Siddha Yoga       |                             | <b>Tritiya Until 4:19PM</b>  |  | <b>Bhadrapada*Avani</b>                           |  |   |

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| <b>4</b> | <b>Wednesday, August 31, 2022</b>  |                              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |  |   |  | Pyinmana, Myanmar<br>Sun 18 Sutra 136<br>Subhakrit 5124 |
|          | Kanya Rasi: 26.16  | Tithi 4 – 5                  | <b>Gulika</b> 10:21AM – 11:54AM  | <b>Chitra Until 12:57AM Thu</b>        | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:40AM       | <b>Muruqa:</b> White <i>Sunset:</i> 6:08PM | Moon 8 - Phase 19 - 18<br>3rd Phase                     |
|          | 563865473  | <b>Rahu</b> 11:54AM – 1:27PM | Sukla Until 11:32PM<br>Bava Until 3:56AM Thu   | <b>Nataraja:</b> Clear<br>Moon – Green | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |  |   |
|          | Creative Work Siddha Yoga<br>Until 12:57AM Thu<br>Then Creative Work - Amrita Yoga |                              | <b>Ganesha Chaturthi</b><br><b>Chaturthi* Until 4:09PM</b>   |  | <b>Bhadrapada*Avani</b>                           |  |   |

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| <b>5</b> | <b>Thursday, September 1, 2022</b>   |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |  |  |  | Pyinmana, Myanmar<br>Sun 19 Sutra 137<br>Subhakrit 5124 |
|          | Tula Rasi: 9.26  | Tithi 5 – 6                 | <b>Gulika</b> 8:47AM – 10:20AM  | <b>Svati Until 12:48AM Fri</b>         | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:40AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:07PM | Moon 8 - Phase 19 - 19<br>3rd Phase                     |
|          | 563965473  | <b>Rahu</b> 1:27PM – 3:00PM | Brahma Until 9:56PM<br>Kaulava Until 3:10AM Fri   | <b>Nataraja:</b> Clear<br>Moon – Green | <b>Devaloka Day</b>                        |  |   |
|          | Creative Work Amrita Yoga<br>Until 12:48AM Fri<br>Then Creative Work - Siddha Yoga |                             | <b>Panchami Until 3:35PM</b>  |  | <b>Bhadrapada*Avani</b>                    |  |   |

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| <b>6</b> | <b>Friday, September 2, 2022</b> |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Vishakha Nakshatra Indra Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |   |   |  | Pyinmana, Myanmar<br>Sun 20 Sutra 138<br>Subhakrit 5124 |
|          | Tula Rasi: 22.5                  | Tithi 6 – 7                   | <b>Gulika</b> 7:14AM – 8:47AM   | <b>Vishakha Until 12:32AM Sat</b>       | <b>Ganesha:</b> Blue <i>Sunrise:</i> 5:40AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:06PM | Moon 8 - Phase 19 - 20<br>3rd Phase                     |
|          | 573965473                        | <b>Rahu</b> 10:20AM – 11:53AM | Indra Until 8:01PM<br>Gara Until 1:59AM Sat   | <b>Nataraja:</b> Clear<br>Moon – Orange | <b>Sivaloka Day</b>                         |  |   |
|          | Creative Work Siddha Yoga        |                               | <b>Shashthi* Until 2:36PM</b>   |   | <b>Bhadrapada*Avani</b>                     |  |   |

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| <b>☾</b> | <b>Saturday, September 3, 2022</b> |                              | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                               |   |  | Pyinmana, Myanmar<br>Sun 21 Sutra 139<br>Subhakrit 5124 |
|          | <b>Retreat Star</b>                |                              | <b>Gulika</b> 5:40AM – 7:14AM  | <b>Anuradha Until 11:42PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:40AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:06PM | Moon 8 - Phase 19 - 21<br>Ashtami                       |
|          | Vrischika Rasi: 6.27               | Tithi 7 – 8                  | Yama 1:26PM – 2:59PM   | Vaidhriti* Until 5:44PM       | <b>Nataraja:</b> Clear<br>Moon – Orange       | <b>Devaloka Day</b>                        |   |
|          | 574965473                          | <b>Rahu</b> 8:47AM – 10:20AM | Visti Until 12:23AM Sun  | <b>Saptami Until 1:13PM</b>   | <b>Bhadrapada*Avani</b>                       |  |   |

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| <b>☾</b> | <b>Sunday, September 4, 2022</b> |                             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                                |   |  | Pyinmana, Myanmar<br>Sun 22 Sutra 140<br>Subhakrit 5124 |
|          | <b>Retreat Star</b>              |                             | <b>Gulika</b> 2:59PM – 4:32PM   | <b>Jyeshtha* Until 10:19PM</b> | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:05PM | Moon 8 - Phase 19 - 22<br>Navami                        |
|          | Vrischika Rasi: 20.2             | Tithi 8 – 9                 | Yama 11:53AM – 1:26PM   | Vishkambha* Until 3:07PM       | <b>Nataraja:</b> Clear<br>Moon – Orange       | <b>Devaloka Day</b>                        |   |
|          | 574965473                        | <b>Rahu</b> 4:32PM – 6:05PM | Balava Until 10:23PM  | <b>Ashtami* Until 11:25AM</b>  | <b>Bhadrapada*Avani</b>                       |  |   |

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

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| <b>Monday, September 5, 2022</b>     |                                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                             |  |  | Pyinmana, Myanmar<br>Sun 23 Sutra 141<br>Subhakrit 5124 |  |
| <b>1</b>                             | Dhanus Rasi: 4.28    Tilthi 9 – 10 | <b>Gulika</b> 1:25PM – 2:58PM   | <b>Mula* Until 8:50PM</b>   | <b>Ganesha:</b> White <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:04PM | Moon 8 - Phase 20 - 23<br>4th Phase                     |  |
| <b>Family Home Evening</b> 584965473 |                                    | <b>Rahu</b> 7:14AM – 8:47AM   | Priti Until 12:13PM         | <b>Nataraja:</b> Clear                       |  | <b>Bhuloka Day</b>                                      |  |
| Creative Work    Siddha Yoga         |                                    |   | Taitila Until 8:00PM        | Moon – Light Blue                            |  | Devaloka Time: 6:PM to 9:PM                             |  |
| Until 8:50PM                         |                                    |   | <b>Navami* Until 9:13AM</b> | <b>Bhadrapada*Avani</b>                      |  |   |  |
| Then Routine Work - Marana Yoga      |                                    |   |                             |  |  |   |  |

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| <b>Tuesday, September 6, 2022</b>      |                                     | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Visti* Karana Dashami/Ekadashyam Titau |                                  |  |  | Pyinmana, Myanmar<br>Sun 24 Sutra 142<br>Subhakrit 5124 |  |
| <b>2</b>                               | Dhanus Rasi: 18.5    Tilthi 10 – 11 | <b>Gulika</b> 11:52AM – 1:25PM  | <b>Purvashadha* Until 6:54PM</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:03PM | Moon 8 - Phase 20 - 24<br>4th Phase                     |  |
| 584965473                              |                                     | <b>Rahu</b> 2:58PM – 4:30PM   | Ayushman Until 9:00AM            | <b>Nataraja:</b> Clear                       |  | <b>Bhuloka Day</b>                                      |  |
| Creative Work    Siddha Yoga           |                                     |   | Visti Until 3:51AM Wed           | Moon – Light Blue                            |  | Devaloka Time: 6:PM to 9:PM                             |  |
| Until 6:54PM                           |                                     |   | <b>Dashami Until 6:40AM</b>      | <b>Bhadrapada*Avani</b>                      |  |   |  |
| Then Routine Work - Prabararishta Yoga |                                     |   |                                  |  |  |   |  |

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| <b>Wednesday, September 7, 2022</b> |                                | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau |                                   |  |  | Pyinmana, Myanmar<br>Sun 25 Sutra 143<br>Subhakrit 5124 |  |
| <b>3</b>                            | Makara Rasi: 3.25    Tilthi 12 | <b>Gulika</b> 10:19AM – 11:52AM   | <b>Uttarashadha Until 4:38PM</b>  | <b>Ganesha:</b> White <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:02PM | Moon 8 - Phase 20 - 25<br>4th Phase                     |  |
| 584965473                           |                                | <b>Rahu</b> 11:52AM – 1:24PM  | Sobhana Until 2:02AM Thu          | <b>Nataraja:</b> Clear                       |  | <b>Bhuloka Day</b>                                      |  |
| Creative Work    Amrita Yoga        |                                |   | Bava Until 2:23PM                 | Moon – Light Blue                            |  | Devaloka Time: 6:PM to 9:PM                             |  |
| Until 4:38PM                        |                                |   | <b>Dvadashi Until 12:52AM Thu</b> | <b>Bhadrapada*Avani</b>                      |  |   |  |
| Then Creative Work - Siddha Yoga    |                                |   |                                   |  |  |   |  |

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| <b>Thursday, September 8, 2022</b> |                                 | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau |                                |  |  | Pyinmana, Myanmar<br>Sun 26 Sutra 144<br>Subhakrit 5124 |  |
| <b>4</b>                           | Makara Rasi: 18.05    Tilthi 13 | <b>Gulika</b> 8:46AM – 10:19AM  | <b>Shravana Until 2:33PM</b>   | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:02PM | Moon 8 - Phase 20 - 26<br>4th Phase                     |  |
| 594965473                          |                                 | <b>Rahu</b> 1:24PM – 2:57PM   | Athiganda* Until 10:27PM       | <b>Nataraja:</b> Clear                       |  | <b>Devaloka Day</b>                                     |  |
| Creative Work    Siddha Yoga       |                                 |   | Kaulava Until 11:22AM          | Moon – Purple                                |  |   |  |
|                                    |                                 | <b>Avani Avittam</b>  | <b>Trayodashi Until 9:51PM</b> | <b>Bhadrapada*Avani</b>                      |  |   |  |
|                                    |                                 |   | <i>Pradosha Vrata</i>          |  |  |   |  |

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| <b>Friday, September 9, 2022</b> |                                | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau |                                  |  |  | Pyinmana, Myanmar<br>Sun 27 Sutra 145<br>Subhakrit 5124 |  |
| <b>5</b>                         | Kumbha Rasi: 2.46    Tilthi 14 | <b>Gulika</b> 7:14AM – 8:46AM  | <b>Dhanishtha Until 12:22PM</b>  | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:01PM | Moon 8 - Phase 20 - 27<br>4th Phase                     |  |
| 594965473                        |                                | <b>Rahu</b> 10:19AM – 11:51AM  | Sukarma Until 6:58PM             | <b>Nataraja:</b> Clear                       |  | <b>Devaloka Day</b>                                     |  |
| Creative Work    Siddha Yoga     |                                |  | Gara Until 8:23AM                | Moon – Purple                                |  |   |  |
|                                  |                                | <b>Chidambaram Abhishekam</b>  | <b>Chaturdashi* Until 6:56PM</b> | <b>Bhadrapada*Avani</b>                      |  |   |  |

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| <b>Saturday, September 10, 2022</b> |                            | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shalabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                   |  |  | Pyinmana, Myanmar<br>Sutra 146<br>Subhakrit 5124 |  |
| <b>○</b>                            | <b>Copper Retreat Star</b> | <b>Gulika</b> 5:41AM – 7:14AM   | <b>Shatabhishak Until 10:16AM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 6:00PM | Moon 8 - Phase 20 -<br>Purnima                   |  |
| Kumbha Rasi: 17.2    Tilthi 15 – 16 |                            | <b>Rahu</b> 8:46AM – 10:18AM  | Dhriti Until 3:43PM               | <b>Nataraja:</b> Clear                       |  | <b>Devaloka Day</b>                              |  |
| 594965473                           |                            |   | Balava Until 3:07AM Sun           | Moon – Purple                                |  |  |  |
| Creative Work    Amrita Yoga        |                            |   | <b>Purnima* Until 4:17PM</b>      | <b>Bhadrapada*Avani</b>                      |  |  |  |
| Until 10:16AM                       |                            |   |                                   |  |  |  |  |
| Then Routine Work - Marana Yoga     |                            |   |                                   |  |  |  |  |

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| <b>Sunday, September 11, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Purvaprosarthapada*/Uttarproarthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau |   |  |  | Pyinmana, Myanmar<br>Sutra 147<br>Subhakrit 5124 |  |
| <b>Silver Retreat Star</b>        |  | <b>Gulika</b> 2:55PM – 4:27PM   | <b>Purvaprosarthapada* Until 8:49AM</b> | <b>Ganesha:</b> Clear <i>Sunrise:</i> 5:41AM | <b>Muruqa:</b> White <i>Sunset:</i> 5:59PM | Moon 8 - Phase 20 -<br>Prathama                  |  |
| Meena Rasi: 1.4    Tilthi 16 – 17 |  | <b>Rahu</b> 4:27PM – 5:59PM   | Shula* Until 12:46PM                    | <b>Nataraja:</b> Clear                       |  | <b>Devaloka Day</b>                              |  |
| 514965473                         |  |   | Taitila Until 1:09AM Mon                | Moon – Clear                                 |  |  |  |
| Creative Work    Siddha Yoga      |  |   | <b>Prathama* Until 2:03PM</b>           | <b>Bhadrapada*Avani</b>                      |  |  |  |
| Until 8:49AM                      |  | <b>Grandparent's Day</b>  |   |  |  |  |  |
| Then Creative Work - Amrita Yoga  |  |   |   |  |  |  |  |

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



Monday, September 12, 2022

Gold Retreat Star

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

Pyinmana, Myanmar

Sun 1 Sutra 148

Subhakrit 5124

Moon 9 - Phase 21 - 1

1st Phase

Meena Rasi: 15.39 Tithi 17 - 18

Family Home Evening

514965473

Gulika 1:22PM - 2:54PM

Yama 10:18AM - 11:50AM

Rahu 7:14AM - 8:46AM

Uttaraproshtapada Until 7:45AM

Ganda\* Until 10:17AM

Vanija Until 11:49PM

Dvitiya Until 12:23PM

Ganesha: Clear

Sunrise: 5:41AM

Muruqa: White

Sunset: 5:58PM

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Devaloka Day

Creative Work Siddha Yoga

Tuesday, September 13, 2022

1

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

Pyinmana, Myanmar

Sun 2 Sutra 149

Subhakrit 5124

Moon 9 - Phase 21 - 2

1st Phase

Meena Rasi: 29.14 Tithi 18 - 19

Creative Work Siddha Yoga

514965473

Gulika 11:50AM - 1:22PM

Yama 8:46AM - 10:18AM

Rahu 2:54PM - 4:26PM

Revati Until 7:13AM

Vridhi Until 8:22AM

Bava Until 11:14PM

Tritiya Until 11:24AM

Ganesha: Clear

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:58PM

Nataraja: Clear

Moon - Clear

Bhadrapada-Avani

Devaloka Day

Wednesday, September 14, 2022

2

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

Pyinmana, Myanmar

Sun 3 Sutra 150

Subhakrit 5124

Moon 9 - Phase 21 - 3

1st Phase

Mesha Rasi: 12.23 Tithi 19 - 20

Routine Work Marana Yoga

Until 7:43AM

Then Creative Work - Siddha Yoga

524965473

Gulika 10:17AM - 11:49AM

Yama 7:14AM - 8:45AM

Rahu 11:49AM - 1:21PM

Ashvini Until 7:43AM

Dhruva Until 7:02AM

Kaulava Until 11:27PM

Chaturthi\* Until 11:13AM

Ganesha: White

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:57PM

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Thursday, September 15, 2022

3

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Bharani/Krittika Nakshatra Vyaghata\*/Harshana Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

Pyinmana, Myanmar

Sun 4 Sutra 151

Subhakrit 5124

Moon 9 - Phase 21 - 4

1st Phase

Mesha Rasi: 25.09 Tithi 20 - 21

Creative Work Siddha Yoga

Until 8:52AM

Then Routine Work - Marana Yoga

525965473

Gulika 8:45AM - 10:17AM

Yama 5:42AM - 7:14AM

Rahu 1:21PM - 2:52PM

Bharani Until 8:52AM

Vyaghata\* Until 6:21AM

Gara Until 12:26AM Fri

Panchami Until 11:50AM

Ganesha: Clear

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:56PM

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Devaloka Day

Friday, September 16, 2022

4

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

Pyinmana, Myanmar

Sun 5 Sutra 152

Subhakrit 5124

Moon 9 - Phase 21 - 5

1st Phase

Vrishabha Rasi: 7.34 Tithi 21 - 22

Creative Work Siddha Yoga

Until 10:35AM

Then Routine Work - Marana Yoga

525965473

Gulika 7:14AM - 8:45AM

Yama 2:52PM - 4:24PM

Rahu 10:17AM - 11:49AM

Krittika Until 10:35AM

Harshana Until 6:17AM

Visti Until 2:07AM Sat

Shashthi\* Until 1:11PM

Ganesha: Clear

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:55PM

Nataraja: Clear

Moon - White

Bhadrapada-Avani

Devaloka Day

Saturday, September 17, 2022

5

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

Pyinmana, Myanmar

Sun 6 Sutra 153

Subhakrit 5124

Moon 9 - Phase 21 - 6

1st Phase

Vrishabha Rasi: 19.43 Tithi 22 - 23

Creative Work Amrita Yoga

Until 1:13PM

Then Creative Work - Siddha Yoga

535965473

Gulika 5:42AM - 7:14AM

Yama 1:20PM - 2:51PM

Rahu 8:45AM - 10:17AM

Rohini Until 1:13PM

Vajra\* Until 6:40AM

Balava Until 4:16AM Sun

Saptami Until 3:08PM

Ganesha: White

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:54PM

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sivaloka Day

Sunday, September 18, 2022

D

Retreat Star

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

Pyinmana, Myanmar

Sun 7 Sutra 154

Subhakrit 5124

Moon 9 - Phase 21 - 7

Ashtami

Mithuna Rasi: 1.41 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika 2:51PM - 4:22PM

Yama 11:48AM - 1:19PM

Rahu 4:22PM - 5:54PM

Mrigashira Until 4:02PM

Siddhi Until 7:24AM

Taitila Until 6:41AM Mon

Ashtami\* Until 5:27PM

Ganesha: White

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:54PM

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sivaloka Day

Monday, September 19, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra Nakshatra Vyatipata\*/Variyan Yoga Taitila/Gara Karana Navamyam Titau

Pyinmana, Myanmar

Sun 8 Sutra 155

Subhakrit 5124

Moon 9 - Phase 21 - 8

Navami

Mithuna Rasi: 13.34 Tithi 24

Family Home Evening

535965473

Gulika 1:19PM - 2:50PM

Yama 10:16AM - 11:47AM

Rahu 7:14AM - 8:45AM

Ardra Until 6:51PM

Vyatipata\* Until 8:19AM

Taitila Until 6:41AM

Navami\* Until 7:54PM

Ganesha: White

Sunrise: 5:42AM

Muruqa: White

Sunset: 5:53PM

Nataraja: Clear

Moon - Yellow

Bhadrapada-Puratasi

Sivaloka Day

Creative Work Siddha Yoga

Until 6:51PM

Then Creative Work - Amrita Yoga

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

www.gurudeva.org/panchang

|   |                                    |             |   |                         |                               |                            |   |
|---|------------------------------------|-------------|---|-------------------------|-------------------------------|----------------------------|---|
| 1 | <b>Tuesday, September 20, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau |                         |                               |                            | Pyinmana, Myanmar<br>Sun 9 Sutra 156    |
|   | Mithuna Rasi: 25.26                | Tithi 25    | <b>Gulika</b>   | <b>11:47AM – 1:18PM</b> | <b>Punarvasu Until 9:54PM</b> | <b>Ganesha: Yellow</b>     | Sunrise: 5:42AM<br>Subhakrit 5124       |
|   |                                    |             | Yama  | 8:45AM – 10:16AM        | Variyan Until 9:12AM          | <b>Muruqa: White</b>       | Sunset: 5:52PM<br>Moon 9 - Phase 22 - 9 |
|   | Creative Work                      | Siddha Yoga | 545965473 <b>Rahu</b>   | <b>2:50PM – 4:21PM</b>  | Vanija Until 9:07AM           | <b>Nataraja: Clear</b>     | 2nd Phase                               |
|   |                                    |             | <b>Dashami Until 10:16PM</b>  |                         | <b>Moon – Blue</b>            | <b>Devaloka Day</b>        |   |
|   |                                    |             |   |                         |                               | <b>Bhadrapada-Puratasi</b> |   |

|   |                                      |             |   |                          |                                 |                            |  |
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| 2 | <b>Wednesday, September 21, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam<br>Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau |                          |                                 |                            | Pyinmana, Myanmar<br>Sun 10 Sutra 157    |
|   | Kataka Rasi: 7.21                    | Tithi 26    | <b>Gulika</b>   | <b>10:16AM – 11:47AM</b> | <b>Pushya Until 12:33AM Thu</b> | <b>Ganesha: Yellow</b>     | Sunrise: 5:42AM<br>Subhakrit 5124        |
|   |                                      |             | Yama  | 7:14AM – 8:45AM          | Parigha* Until 9:58AM           | <b>Muruqa: White</b>       | Sunset: 5:51PM<br>Moon 9 - Phase 22 - 10 |
|   | Creative Work                        | Siddha Yoga | 545965473 <b>Rahu</b>   | <b>11:47AM – 1:18PM</b>  | Bava Until 11:23AM              | <b>Nataraja: Clear</b>     | 2nd Phase                                |
|   |                                      |             | <b>Ekadashi* Until 12:22AM Thu</b>  |                          | <b>Moon – Blue</b>              | <b>Devaloka Day</b>        |  |
|   |                                      |             |   |                          |                                 | <b>Bhadrapada-Puratasi</b> |  |

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| 3   | <b>Thursday, September 22, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau |                         |                                   |                            | Pyinmana, Myanmar<br>Sun 11 Sutra 158    |
|   | Kataka Rasi: 19.25                  | Tithi 27    | <b>Gulika</b>   | <b>8:44AM – 10:15AM</b> | <b>Ashlesha* Until 2:38AM Fri</b> | <b>Ganesha: Yellow</b>     | Sunrise: 5:43AM<br>Subhakrit 5124        |
|   |                                     |             | Yama  | 5:43AM – 7:13AM         | Shiva Until 10:30AM               | <b>Muruqa: White</b>       | Sunset: 5:50PM<br>Moon 9 - Phase 22 - 11 |
|   | Creative Work                       | Siddha Yoga | 545965473 <b>Rahu</b>   | <b>1:17PM – 2:48PM</b>  | Kaulava Until 1:17PM              | <b>Nataraja: Clear</b>     | 2nd Phase                                |
| Until 2:38AM Fri<br>Then Routine Work - Marana Yoga |                                     |             | <b>Dvadashi* Until 2:04AM Fri</b>   |                         | <b>Moon – Blue</b>                | <b>Devaloka Day</b>        |  |
|   |                                     |             |   |                         |                                   | <b>Bhadrapada-Puratasi</b> |  |

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|--|-----------------------------------|-------------|--|--------------------------|--------------------------------|----------------------------|--|
| 4  | <b>Friday, September 23, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau |                          |                                |                            | Pyinmana, Myanmar<br>Sun 12 Sutra 159    |
|  | Simha Rasi: 1.38                  | Tithi 28    | <b>Gulika</b>  | <b>7:13AM – 8:44AM</b>   | <b>Magha* Until 4:36AM Sat</b> | <b>Ganesha: Red</b>        | Sunrise: 5:43AM<br>Subhakrit 5124        |
|  |                                   |             | Yama   | 2:48PM – 4:19PM          | Siddha Until 10:39AM           | <b>Muruqa: White</b>       | Sunset: 5:50PM<br>Moon 9 - Phase 22 - 12 |
|  | Routine Work                      | Marana Yoga | 555965473 <b>Rahu</b>  | <b>10:15AM – 11:46AM</b> | Gara Until 2:45PM              | <b>Nataraja: Clear</b>     | 2nd Phase                                |
| Until 4:36AM Sat<br>Then Creative Work - Siddha Yoga |                                   |             | <b>Trayodashi* Until 3:17AM Sat</b>  |                          | <b>Moon – Red</b>              | <b>Devaloka Day</b>        |  |
|  |                                   |             |  |                          |                                | <b>Bhadrapada-Puratasi</b> |  |
| <i>Pradosha Vrata (Fasting)</i>                      |                                   |             |  |                          |                                |                            |  |

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| 5  | <b>Saturday, September 24, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                         |                                       |                            | Pyinmana, Myanmar<br>Sun 13 Sutra 160    |
|  | Simha Rasi: 14.03                   | Tithi 29    | <b>Gulika</b>  | <b>5:43AM – 7:13AM</b>  | <b>Purvaphalguni Until 5:54AM Sun</b> | <b>Ganesha: Red</b>        | Sunrise: 5:43AM<br>Subhakrit 5124        |
|  |                                     |             | Yama   | 1:16PM – 2:47PM         | Sadhya Until 10:27AM                  | <b>Muruqa: White</b>       | Sunset: 5:49PM<br>Moon 9 - Phase 22 - 13 |
|  | Creative Work                       | Siddha Yoga | 555965473 <b>Rahu</b>  | <b>8:44AM – 10:15AM</b> | Visti Until 3:44PM                    | <b>Nataraja: Clear</b>     | 2nd Phase                                |
| Until 5:54AM Sun<br>Then Creative Work - Amrita Yoga |                                     |             | <b>Chaturdashi* Until 4:00AM Sun</b>   |                         | <b>Moon – Red</b>                     | <b>Devaloka Day</b>        |  |
|  |                                     |             |  |                         |                                       | <b>Bhadrapada-Puratasi</b> |  |

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| ●  | <b>Sunday, September 25, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                        |  |                            | Pyinmana, Myanmar<br>Sun 14 Sutra 161    |
|  | <b>Retreat Star</b>               |             | <b>Gulika</b>  | <b>2:47PM – 4:17PM</b> | <b>Uttaraphalguni Until 6:33AM Mon</b> | <b>Ganesha: Blue</b>       | Sunrise: 5:43AM<br>Subhakrit 5124        |
|  | Simha Rasi: 26.43                 | Tithi 30    | Yama   | 11:45AM – 1:16PM       | Subha Until 9:52AM                     | <b>Muruqa: White</b>       | Sunset: 5:48PM<br>Moon 9 - Phase 22 - 14 |
|  | Creative Work                     | Amrita Yoga | 556165473 <b>Rahu</b>  | <b>4:17PM – 5:48PM</b> | Catuspada Until 4:11PM                 | <b>Nataraja: Clear</b>     | Amavasya                                 |
| Until 6:33AM Mon<br>Then Creative Work - Siddha Yoga |                                   |             | <b>Mahalaya Amavasai (Tamil Nadu)</b>  |                        | <b>Moon – Red</b>                      | <b>Bhuloka Day</b>         |  |
|  |                                   |             |  |                        |  | <b>Bhadrapada-Puratasi</b> | Devaloka Time: 6:PM to 9:PM              |

|                           |                                   |         |   |                        |                                    |                         |  |
|---------------------------|-----------------------------------|---------|---|------------------------|------------------------------------|-------------------------|--|
| ●                         | <b>Monday, September 26, 2022</b> |         | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau |                        |                                    |                         | Pyinmana, Myanmar<br>Sun 15 Sutra 162    |
|                           | <b>Retreat Star</b>               |         | <b>Gulika</b>   | <b>1:16PM – 2:46PM</b> | <b>Uttaraphalguni Until 6:33AM</b> | <b>Ganesha: Blue</b>    | Sunrise: 5:43AM<br>Subhakrit 5124        |
|                           | Kanya Rasi: 9.37                  | Tithi 1 | Yama  | 10:15AM – 11:45AM      | Sukla Until 8:51AM                 | <b>Muruqa: White</b>    | Sunset: 5:47PM<br>Moon 9 - Phase 22 - 15 |
|                           | <b>Family Home Evening</b>        |         | 556165473 <b>Rahu</b>   | <b>7:13AM – 8:44AM</b> | Kintughna Until 4:08PM             | <b>Nataraja: Clear</b>  | Prathama                                 |
| Creative Work Siddha Yoga |                                   |         | <b>Navaratri Begins</b>   |                        | <b>Moon – Red</b>                  | <b>Bhuloka Day</b>      |  |
|                           |                                   |         |   |                        |                                    | <b>Ashvina-Puratasi</b> | Devaloka Time: 6:PM to 9:PM              |

|   |                                    |             |  |                           |                        |   |   |
|---|------------------------------------|-------------|--|---------------------------|------------------------|---|---|
| 1 | <b>Tuesday, September 27, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Hasta/Chitra Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau |                           |                        |   | Pyinmana, Myanmar<br>Sun 16 Sutra 163<br>Subhakrit 5124 |
|   | Kanya Rasi: 22.44                  | Tithi 2     | <b>Gulika</b> 11:45AM – 1:15PM   | <b>Hasta</b> Until 7:03AM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:43AM                            |   |
|   |                                    |             | Yama 8:44AM – 10:14AM  | Brahma Until 7:29AM       | <b>Muruqa:</b> White   | <i>Sunset:</i> 5:46PM                             | Moon 9 - Phase 23 - 16                                  |
|   | Creative Work                      | Siddha Yoga | 666165473 <b>Rahu</b> 2:45PM – 4:16PM  | Balava Until 3:39PM       | <b>Nataraja:</b> Clear |   | 3rd Phase   |
|   |                                    |             | <b>Dvitiya</b> Until 3:15AM Wed  | Moon – Green              |                        | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |   |

|   |                                      |             |  |                             |                        |   |   |
|---|--------------------------------------|-------------|--|-----------------------------|------------------------|---|---|
| 2 | <b>Wednesday, September 28, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Chitra/Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau |                             |                        |   | Pyinmana, Myanmar<br>Sun 17 Sutra 164<br>Subhakrit 5124 |
|   | Tula Rasi: 6.06                      | Tithi 3     | <b>Gulika</b> 10:14AM – 11:44AM  | <b>Chitra</b> Until 6:59AM  | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:43AM                            |   |
|   |                                      |             | Yama 7:13AM – 8:44AM   | Vaidhriti* Until 3:50AM Thu | <b>Muruqa:</b> White   | <i>Sunset:</i> 5:46PM                             | Moon 9 - Phase 23 - 17                                  |
|   | Creative Work                        | Siddha Yoga | 666165473 <b>Rahu</b> 11:44AM – 1:15PM   | Taitila Until 2:47PM        | <b>Nataraja:</b> Clear |   | 3rd Phase   |
|   |                                      |             | <b>Tritiya</b> Until 2:12AM Thu  | Moon – Green                |                        | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |   |

|   |                                     |             |  |                             |                        |   |   |
|---|-------------------------------------|-------------|--|-----------------------------|------------------------|---|---|
| 3 | <b>Thursday, September 29, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Svati/Vishakha Nakshatra Vishkamba* Yoga Vanija/Visiti* Karana Chaturthyam Titau |                             |                        |   | Pyinmana, Myanmar<br>Sun 18 Sutra 165<br>Subhakrit 5124 |
|   | Tula Rasi: 19.39                    | Tithi 4     | <b>Gulika</b> 8:44AM – 10:14AM   | <b>Svati</b> Until 6:27AM   | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:43AM                            |   |
|   |                                     |             | Yama 5:43AM – 7:14AM   | Vishkamba* Until 1:37AM Fri | <b>Muruqa:</b> White   | <i>Sunset:</i> 5:45PM                             | Moon 9 - Phase 23 - 18                                  |
|   | Creative Work                       | Amrita Yoga | 666165473 <b>Rahu</b> 1:14PM – 2:44PM  | Vanija Until 1:35PM         | <b>Nataraja:</b> Clear |   | 3rd Phase   |
|   |                                     |             | <b>Chaturthi*</b> Until 12:52AM Fri  | Moon – Green                |                        | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |   |

|   |                                   |             |  |                                  |                        |   |   |
|---|-----------------------------------|-------------|--|----------------------------------|------------------------|---|---|
| 4 | <b>Friday, September 30, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau |                                  |                        |   | Pyinmana, Myanmar<br>Sun 19 Sutra 166<br>Subhakrit 5124 |
|   | Vrischika Rasi: 3.22              | Tithi 5     | <b>Gulika</b> 7:14AM – 8:44AM  | <b>Anuradha</b> Until 4:59AM Sat | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:43AM                            |   |
|   |                                   |             | Yama 2:44PM – 4:14PM   | Priti Until 11:14PM              | <b>Muruqa:</b> White   | <i>Sunset:</i> 5:44PM                             | Moon 9 - Phase 23 - 19                                  |
|   | Creative Work                     | Siddha Yoga | 666165473 <b>Rahu</b> 10:14AM – 11:44AM  | Bava Until 12:07PM               | <b>Nataraja:</b> Clear |   | 3rd Phase   |
|   |                                   |             | <b>Panchami</b> Until 11:16PM  | Moon – Orange                    |                        | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |   |

|   |                                  |             |  |                                   |                        |   |   |
|---|----------------------------------|-------------|--|-----------------------------------|------------------------|---|---|
| 5 | <b>Saturday, October 1, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam<br>Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau |                                   |                        |   | Pyinmana, Myanmar<br>Sun 20 Sutra 167<br>Subhakrit 5124 |
|   | Vrischika Rasi: 17.14            | Tithi 6     | <b>Gulika</b> 5:44AM – 7:14AM  | <b>Jyeshtha*</b> Until 3:44AM Sun | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:44AM                            |   |
|   |                                  |             | Yama 1:13PM – 2:43PM   | Ayushman Until 8:39PM             | <b>Muruqa:</b> White   | <i>Sunset:</i> 5:43PM                             | Moon 9 - Phase 23 - 20                                  |
|   | Creative Work                    | Siddha Yoga | 666165473 <b>Rahu</b> 8:43AM – 10:13AM   | Kaulava Until 10:25AM             | <b>Nataraja:</b> Clear |   | 3rd Phase   |
|   |                                  |             | <b>Shashthi*</b> Until 9:28PM  | Moon – Orange                     |                        | <b>Bhuloka Day</b><br>Devaloka Time: 6:PM to 9:PM |   |

|   |                                |             |  |                               |                        |                        |   |
|---|--------------------------------|-------------|--|-------------------------------|------------------------|------------------------|---|
| 6 | <b>Sunday, October 2, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Saptamyam Titau |                               |                        |                        | Pyinmana, Myanmar<br>Sun 21 Sutra 168<br>Subhakrit 5124 |
|   | Dhanus Rasi: 1.14              | Tithi 7     | <b>Gulika</b> 2:43PM – 4:13PM  | <b>Mula*</b> Until 2:35AM Mon | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:44AM |   |
|   |                                |             | Yama 11:43AM – 1:13PM  | Saubhagya Until 5:56PM        | <b>Muruqa:</b> Green   | <i>Sunset:</i> 5:42PM  | Moon 9 - Phase 23 - 21                                  |
|   | Creative Work                  | Amrita Yoga | 687166473 <b>Rahu</b> 4:13PM – 5:42PM  | Gara Until 8:31AM             | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|   |                                |             | <b>Saptami</b> Until 7:30PM  | Moon – Light Blue             |                        | <b>Sivaloka Day</b>    |   |

|   |                                |             |   |                                      |                        |                        |   |
|---|--------------------------------|-------------|---|--------------------------------------|------------------------|------------------------|---|
| D | <b>Monday, October 3, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visiti*/Balava Karana Ashtami/Navamyam Titau |                                      |                        |                        | Pyinmana, Myanmar<br>Sun 22 Sutra 169<br>Subhakrit 5124 |
|   | <b>Retreat Star</b>            |             | <b>Gulika</b> 1:12PM – 2:42PM   | <b>Purvashadha*</b> Until 1:10AM Tue | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:44AM |   |
|   | Dhanus Rasi: 15.2              | Tithi 8 – 9 | Yama 10:13AM – 11:43AM  | Sobhana Until 3:06PM                 | <b>Muruqa:</b> Green   | <i>Sunset:</i> 5:42PM  | Moon 9 - Phase 23 - 22                                  |
|   | <b>Family Home Evening</b>     |             | 687166473 <b>Rahu</b> 7:14AM – 8:43AM   | Visiti Until 6:28AM                  | <b>Nataraja:</b> Clear |                        | Ashtami   |
|   |                                |             | <b>Ashtami*</b> Until 5:23PM  | Moon – Light Blue                    |                        | <b>Sivaloka Day</b>    |   |

|   |                                 |                    |   |                                   |                        |                        |   |
|---|---------------------------------|--------------------|---|-----------------------------------|------------------------|------------------------|---|
| D | <b>Tuesday, October 4, 2022</b> |                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |                                   |                        |                        | Pyinmana, Myanmar<br>Sun 23 Sutra 170<br>Subhakrit 5124 |
|   | <b>Retreat Star</b>             |                    | <b>Gulika</b> 11:42AM – 1:12PM  | <b>Uttarashadha</b> Until 11:30PM | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:44AM |   |
|   | Dhanus Rasi: 29.31              | Tithi 9 – 10       | Yama 8:43AM – 10:13AM   | Athiganda* Until 12:09PM          | <b>Muruqa:</b> Green   | <i>Sunset:</i> 5:41PM  | Moon 9 - Phase 23 - 23                                  |
|   | Routine Work                    | Prabalarishta Yoga | 687166473 <b>Rahu</b> 2:42PM – 4:11PM   | Taitila Until 2:01AM Wed          | <b>Nataraja:</b> Clear |                        | Navami  |
|   |                                 |                    | <b>Navami*</b> Until 3:08PM   | Moon – Light Blue                 |                        | <b>Sivaloka Day</b>    |   |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/


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|  |                                   |                      |   |                               |   |  |   |
|--|-----------------------------------|----------------------|---|-------------------------------|---|--|---|
| <b>1</b>   | <b>Wednesday, October 5, 2022</b> |                      | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |                               |   |  | Pyinmana, Myanmar<br>Sun 24 Sutra 171<br>Subhakrit 5124 |
|  | Makara Rasi: 13.46                | Tithi 10 - 11        | <b>Gulika</b> 10:13AM - 11:42AM   | <b>Shravana</b> Until 10:04PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:44AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:40PM | Moon 9 - Phase 24 - 24<br>4th Phase                     |
|  |                                   |                      | Yama 7:14AM - 8:43AM  | Sukarma Until 9:08AM          |   |  |   |
|  |                                   | 697166473            | <b>Rahu</b> 11:42AM - 1:12PM  | Vanija Until 11:42PM          | <b>Nataraja:</b> Clear                        |  |   |
| Creative Work Siddha Yoga<br>Until 10:04PM<br>Then Routine Work - Prabalarishta Yoga |                                   | <b>Vijaya Dasami</b> | <b>Dashami</b> Until 12:50PM  | <b>Ashvina+Puratasi</b>       | <b>Devaloka Day</b>                           |  |   |

|                           |                                  |               |  |                                |   |  |   |
|---------------------------|----------------------------------|---------------|--|--------------------------------|---|--|---|
| <b>2</b>                  | <b>Thursday, October 6, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Dhanishtha Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                                |   |  | Pyinmana, Myanmar<br>Sun 25 Sutra 172<br>Subhakrit 5124 |
|                           | Makara Rasi: 28.02               | Tithi 11 - 12 | <b>Gulika</b> 8:43AM - 10:12AM   | <b>Dhanishtha</b> Until 8:32PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:44AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:39PM | Moon 9 - Phase 24 - 25<br>4th Phase                     |
|                           |                                  |               | Yama 5:44AM - 7:14AM   | Dhriti Until 6:08AM            |   |  |   |
|                           |                                  | 697166473     | <b>Rahu</b> 1:11PM - 2:41PM  | Bava Until 9:25PM              | <b>Nataraja:</b> Clear                        |  |   |
| Creative Work Siddha Yoga |                                  |               | <b>Ekadashi</b> Until 10:32AM  | <b>Ashvina+Puratasi</b>        | <b>Devaloka Day</b>                           |  |   |

|                           |                                |                                |   |                                  |   |  |   |
|---------------------------|--------------------------------|--------------------------------|---|----------------------------------|---|--|---|
| <b>3</b>                  | <b>Friday, October 7, 2022</b> |                                | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |                                  |   |  | Pyinmana, Myanmar<br>Sun 26 Sutra 173<br>Subhakrit 5124 |
|                           | Kumbha Rasi: 12.15             | Tithi 12 - 13                  | <b>Gulika</b> 7:14AM - 8:43AM   | <b>Shatabhishak</b> Until 6:59PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:44AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:39PM | Moon 9 - Phase 24 - 26<br>4th Phase                     |
|                           |                                |                                | Yama 2:40PM - 4:09PM  | Ganda* Until 12:19AM Sat         |   |  |   |
|                           |                                | 697166473                      | <b>Rahu</b> 10:12AM - 11:42AM   | Kaulava Until 7:16PM             | <b>Nataraja:</b> Clear                        |  |   |
| Creative Work Siddha Yoga |                                | <b>Kadaitswami Mahasamadhi</b> | <b>Dvadashi</b> Until 8:18AM  | <b>Ashvina+Puratasi</b>          | <b>Devaloka Day</b>                           |  |   |
| <i>Pradosha Vrata</i>     |                                |                                |   |                                  |   |  |   |

|  |                                  |                               |   |                                       |  |  |   |
|--|----------------------------------|-------------------------------|---|---------------------------------------|--|--|---|
| <b>4</b>   | <b>Saturday, October 8, 2022</b> |                               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Taitila/Vanija Karana Trayodashi/Chaturdashyam Titau |                                       |  |  | Pyinmana, Myanmar<br>Sun 27 Sutra 174<br>Subhakrit 5124 |
|  | Kumbha Rasi: 26.22               | Tithi 13 - 14                 | <b>Gulika</b> 5:45AM - 7:14AM   | <b>Purvaproshtapada*</b> Until 5:57PM | <b>Ganesha:</b> White <i>Sunrise:</i> 5:45AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:38PM | Moon 9 - Phase 24 - 27<br>4th Phase                     |
|  |                                  |                               | Yama 1:10PM - 2:40PM  | Vriddhi Until 9:43PM                  |  |  |   |
|  |                                  | 618166474                     | <b>Rahu</b> 8:43AM - 10:12AM  | Vanija Until 4:31AM Sun               | <b>Nataraja:</b> Purple                      |  |   |
| Routine Work Marana Yoga<br>Until 5:57PM<br>Then Creative Work - Siddha Yoga |                                  | <b>Chidambaram Abhishekam</b> | <b>Trayodashi</b> Until 6:16AM  | <b>Ashvina+Puratasi</b>               | <b>Bhuloka Day</b>                           |  |   |

|   |                                |           |   |                                       |  |  |  |
|---|--------------------------------|-----------|---|---------------------------------------|--|--|--|
|  | <b>Sunday, October 9, 2022</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau |                                       |  |  | Pyinmana, Myanmar<br>Sutra 175<br>Subhakrit 5124 |
|   | <b>Copper Retreat Star</b>     |           | <b>Gulika</b> 2:39PM - 4:08PM   | <b>Uttaraproshtapada</b> Until 5:08PM | <b>Ganesha:</b> White <i>Sunrise:</i> 5:45AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:37PM | Moon 9 - Phase 24 -<br>Purnima                   |
|   | Meena Rasi: 10.17              | Tithi 15  | Yama 11:41AM - 1:10PM   | Dhruva Until 7:23PM                   |  |  |  |
|   |                                | 618166474 | <b>Rahu</b> 4:08PM - 5:37PM   | Visti Until 3:49PM                    | <b>Nataraja:</b> Purple                      |  |  |
| Creative Work Amrita Yoga   |                                |           | <b>Purnima*</b> Until 3:12AM Mon  | <b>Ashvina+Puratasi</b>               | <b>Bhuloka Day</b>                           |  |  |

|                                 |                            |           |  |                            |  |  |  |
|---------------------------------|----------------------------|-----------|--|----------------------------|--|--|--|
| <b>Monday, October 10, 2022</b> | <b>Silver Retreat Star</b> |           | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau |                            |  |  | Pyinmana, Myanmar<br>Sutra 176<br>Subhakrit 5124 |
|                                 | Meena Rasi: 23.56          | Tithi 16  | <b>Gulika</b> 1:10PM - 2:39PM  | <b>Revati</b> Until 4:39PM | <b>Ganesha:</b> White <i>Sunrise:</i> 5:45AM | <b>Muruqa:</b> Green <i>Sunset:</i> 5:36PM | Moon 9 - Phase 24 -<br>Prathama                  |
|                                 | <b>Family Home Evening</b> |           | Yama 10:12AM - 11:41AM   | Vyaghata* Until 5:28PM     |  |  |  |
|                                 |                            | 618166474 | <b>Rahu</b> 7:14AM - 8:43AM  | Balava Until 2:46PM        | <b>Nataraja:</b> Purple                      |  |  |
| Creative Work Siddha Yoga       |                            |           | <b>Prathama*</b> Until 2:25AM Tue  | <b>Ashvina+Puratasi</b>    | <b>Bhuloka Day</b>                           |  |  |





Tuesday, October 11, 2022

Gold Retreat Star

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

Pyinmana, Myanmar

Sutra 177

Mesha Rasi: 7.17 Tithi 17

628176474

Gulika

11:40AM – 1:09PM

Yama

8:43AM – 10:12AM

Rahu

2:38PM – 4:07PM

Ashvini Until 5:03PM

Harshana Until 4:02PM

Taitila Until 2:17PM

Dvitiya Until 2:16AM Wed

Ganesha: Yellow

Sunrise: 5:45AM

Muruqa: White

Sunset: 5:36PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

1

Wednesday, October 12, 2022

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

Pyinmana, Myanmar

Sun 1 Sutra 178

Mesha Rasi: 20.19 Tithi 18

628176474

Gulika

10:11AM – 11:40AM

Yama

7:14AM – 8:43AM

Rahu

11:40AM – 1:09PM

Bharani Until 5:56PM

Vajra\* Until 3:05PM

Vanija Until 2:28PM

Tritiya Until 2:48AM Thu

Ganesha: Yellow

Sunrise: 5:45AM

Muruqa: White

Sunset: 5:35PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 5:56PM

Then Creative Work - Amrita Yoga

2

Thursday, October 13, 2022

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

Pyinmana, Myanmar

Sun 2 Sutra 179

Wrishabha Rasi: 2.59 Tithi 19

628176474

Gulika

8:43AM – 10:11AM

Yama

5:46AM – 7:14AM

Rahu

1:08PM – 2:37PM

Krittika Until 7:19PM

Siddhi Until 2:41PM

Bava Until 3:20PM

Chaturthi\* Until 3:59AM Fri

Ganesha: Yellow

Sunrise: 5:46AM

Muruqa: White

Sunset: 5:34PM

Nataraja: Purple

Moon – White

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

3

Friday, October 14, 2022

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

Pyinmana, Myanmar

Sun 3 Sutra 180

Wrishabha Rasi: 15.23 Tithi 20

638176474

Gulika

7:14AM – 8:43AM

Yama

2:37PM – 4:06PM

Rahu

10:11AM – 11:40AM

Rohini Until 9:37PM

Vyatipata\* Until 2:46PM

Kaulava Until 4:50PM

Panchami Until 5:45AM Sat

Ganesha: Blue

Sunrise: 5:46AM

Muruqa: White

Sunset: 5:34PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Routine Work Marana Yoga

Until 9:37PM

Then Creative Work - Siddha Yoga

4

Saturday, October 15, 2022

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

Pyinmana, Myanmar

Sun 4 Sutra 181

Wrishabha Rasi: 27.32 Tithi 21

639176474

Gulika

5:46AM – 7:14AM

Yama

1:08PM – 2:36PM

Rahu

8:43AM – 10:11AM

Mrigashira Until 12:13AM Sun

Variyan Until 3:14PM

Gara Until 6:50PM

Shashthi\* Until 7:57AM Sun

Ganesha: Red

Sunrise: 5:46AM

Muruqa: White

Sunset: 5:33PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

5

Sunday, October 16, 2022

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

Pyinmana, Myanmar

Sun 5 Sutra 182

Mithuna Rasi: 9.32 Tithi 21 – 22

639176474

Gulika

2:36PM – 4:04PM

Yama

11:39AM – 1:07PM

Rahu

4:04PM – 5:32PM

Ardra Until 2:55AM Mon

Parigha\* Until 3:58PM

Visti Until 9:10PM

Shashthi\* Until 7:57AM

Ganesha: Red

Sunrise: 5:46AM

Muruqa: White

Sunset: 5:32PM

Nataraja: Purple

Moon – Yellow

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 2:55AM Mon

Then Creative Work - Amrita Yoga

Retreat Star

Monday, October 17, 2022

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

Pyinmana, Myanmar

Sun 6 Sutra 183

Mithuna Rasi: 21.26 Tithi 22 – 23

649176474

Gulika

1:07PM – 2:35PM

Yama

10:11AM – 11:39AM

Rahu

7:15AM – 8:43AM

Punarvasu Until 6:00AM Tue

Shiva Until 4:50PM

Balava Until 11:36PM

Saptami Until 10:22AM

Ganesha: Green

Sunrise: 5:46AM

Muruqa: White

Sunset: 5:32PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

Devaloka Day

Creative Work Amrita Yoga

Until 6:00AM Tue

Then Creative Work - Siddha Yoga

Tuesday, October 18, 2022

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

Pyinmana, Myanmar

Sun 7 Sutra 184

Kataka Rasi: 3.19 Tithi 23 – 24

649176474

Gulika

11:39AM – 1:07PM

Yama

8:43AM – 10:11AM

Rahu

2:35PM – 4:03PM

Punarvasu Until 6:00AM

Siddha Until 5:38PM

Taitila Until 1:57AM Wed

Ashtami\* Until 12:47PM

Ganesha: Green

Sunrise: 5:47AM

Muruqa: White

Sunset: 5:31PM

Nataraja: Purple

Moon – Blue

Ashvina+Puratasi

Devaloka Day

Creative Work Siddha Yoga

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

www.gurudeva.org/panchang

|                    |               |                                    |   |   |   |   |                                     |
|--------------------|---------------|------------------------------------|---|---|---|---|-------------------------------------|
| <b>1</b>           |               | <b>Wednesday, October 19, 2022</b> |   | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Sadhya Yoga Gara/Vanija Karana Navami/Dashamyam Titau |   | Pyinmana, Myanmar<br>Sun 8 Sutra 185<br>Subhakarit 5124 |                                     |
| Kataka Rasi: 15.16 | Tithi 24 – 25 | 649176474                          | <b>Gulika</b> 10:11AM – 11:39AM<br>Yama 7:15AM – 8:43AM<br><b>Rahu</b> 11:39AM – 1:07PM | <b>Pushya</b> <b>Until 8:47AM</b><br>Sadhya <b>Until 6:16PM</b><br>Vanija <b>Until 4:00AM Thu</b><br><b>Navami* Until 3:00PM</b>  | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Blue | <b>Sunrise:</b> 5:47AM<br><b>Sunset:</b> 5:30PM         | Moon 10 - Phase 26 - 8<br>2nd Phase |
| Creative Work      | Siddha Yoga   |                                    |   |   |   |   | <b>Devaloka Day</b>                 |

|                   |               |                                   |   |   |   |   |   |
|-------------------|---------------|-----------------------------------|---|---|---|---|---|
| <b>2</b>          |               | <b>Thursday, October 20, 2022</b> |   | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau |   | Pyinmana, Myanmar<br>Sun 9 Sutra 186<br>Subhakarit 5124 |   |
| Kataka Rasi: 27.2 | Tithi 25 – 26 | 649276474                         | <b>Gulika</b> 8:43AM – 10:11AM<br>Yama 5:47AM – 7:15AM<br><b>Rahu</b> 1:06PM – 2:34PM | <b>Ashlesha*</b> <b>Until 11:05AM</b><br>Subha <b>Until 6:37PM</b><br>Bava <b>Until 5:35AM Fri</b><br><b>Dashami Until 4:50PM</b>   | <b>Ganesha:</b> Red<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Blue | <b>Sunrise:</b> 5:47AM<br><b>Sunset:</b> 5:30PM         | Moon 10 - Phase 26 - 9<br>2nd Phase               |
| Creative Work     | Siddha Yoga   |                                   |   |   |   |   | <b>Bhuloka Day</b><br>Devaloka Time: 6:AM to 9:AM |

|                  |             |                                 |  |   |  |  |                                      |
|------------------|-------------|---------------------------------|--|---|--|--|--------------------------------------|
| <b>3</b>         |             | <b>Friday, October 21, 2022</b> |  | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Sukla Yoga Balava Karana Ekadashyam Titau |  | Pyinmana, Myanmar<br>Sun 10 Sutra 187<br>Subhakarit 5124 |                                      |
| Simha Rasi: 9.35 | Tithi 26    | 659276474                       | <b>Gulika</b> 7:15AM – 8:43AM<br>Yama 2:34PM – 4:01PM<br><b>Rahu</b> 10:11AM – 11:38AM | <b>Magha*</b> <b>Until 1:13PM</b><br>Sukla <b>Until 6:31PM</b><br>Balava <b>Until 6:09PM</b><br><b>Ekadashi* Until 6:09PM</b>   | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:47AM<br><b>Sunset:</b> 5:29PM          | Moon 10 - Phase 26 - 10<br>2nd Phase |
| Routine Work     | Marana Yoga |                                 |  |   |  |  | <b>Bhuloka Day</b>                   |

|                   |             |                                   |   |  |  |  |                                      |
|-------------------|-------------|-----------------------------------|---|--|--|--|--------------------------------------|
| <b>4</b>          |             | <b>Saturday, October 22, 2022</b> |   | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantla Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Kaulava/Tailita Karana Dvadashyam Titau |  | Pyinmana, Myanmar<br>Sun 11 Sutra 188<br>Subhakarit 5124 |                                      |
| Simha Rasi: 22.06 | Tithi 27    | 659276474                         | <b>Gulika</b> 5:48AM – 7:15AM<br>Yama 1:06PM – 2:33PM<br><b>Rahu</b> 8:43AM – 10:11AM | <b>Purvaphalguni Until 2:36PM</b><br>Brahma <b>Until 5:57PM</b><br>Kaulava <b>Until 6:36AM</b><br><b>Dvadashi* Until 6:51PM</b>  | <b>Ganesha:</b> Green<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:48AM<br><b>Sunset:</b> 5:29PM          | Moon 10 - Phase 26 - 11<br>2nd Phase |
| Creative Work     | Siddha Yoga |                                   |   |  |  |  | <b>Bhuloka Day</b>                   |

|                  |             |                                 |   |   |   |  |   |
|------------------|-------------|---------------------------------|---|---|---|--|---|
| <b>5</b>         |             | <b>Sunday, October 23, 2022</b> |   | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau |   | Pyinmana, Myanmar<br>Sun 12 Sutra 189<br>Subhakarit 5124 |   |
| Kanya Rasi: 4.54 | Tithi 28    | 651276474                       | <b>Gulika</b> 2:33PM – 4:00PM<br>Yama 11:38AM – 1:05PM<br><b>Rahu</b> 4:00PM – 5:28PM | <b>Uttaraphalguni Until 3:13PM</b><br>Indra <b>Until 4:55PM</b><br>Gara <b>Until 6:58AM</b><br><b>Trayodashi* Until 6:53PM</b>  | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:48AM<br><b>Sunset:</b> 5:28PM          | Moon 10 - Phase 26 - 12<br>2nd Phase                  |
| Creative Work    | Amrita Yoga |                                 |   |   |   |  | <b>Bhuloka Day</b><br><i>Pradosha Vrata (Fasting)</i> |

|                     |             |                                 |  |  |   |  |                                      |
|---------------------|-------------|---------------------------------|--|--|---|--|--------------------------------------|
| <b>6</b>            |             | <b>Monday, October 24, 2022</b> |  | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |   | Pyinmana, Myanmar<br>Sun 13 Sutra 190<br>Subhakarit 5124 |                                      |
| Kanya Rasi: 18.02   | Tithi 29    | 661276474                       | <b>Gulika</b> 1:05PM – 2:33PM<br>Yama 10:10AM – 11:38AM<br><b>Rahu</b> 7:16AM – 8:43AM | <b>Hasta Until 3:31PM</b><br>Vaidhriti* <b>Until 3:20PM</b><br>Visti <b>Until 6:41AM</b><br><b>Chaturdashi* Until 6:18PM</b>   | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 5:48AM<br><b>Sunset:</b> 5:27PM          | Moon 10 - Phase 26 - 13<br>2nd Phase |
| Family Home Evening | Siddha Yoga |                                 |  |  |   |  | <b>Bhuloka Day</b>                   |

|                     |              |                                  |  |   |   |  |                                     |
|---------------------|--------------|----------------------------------|--|---|---|--|-------------------------------------|
| <b>Retreat Star</b> |              | <b>Tuesday, October 25, 2022</b> |  | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |   | Pyinmana, Myanmar<br>Sun 14 Sutra 191<br>Subhakarit 5124 |                                     |
| Tula Rasi: 1.29     | Tithi 30 – 1 | 661276474                        | <b>Gulika</b> 11:38AM – 1:05PM<br>Yama 8:43AM – 10:10AM<br><b>Rahu</b> 2:32PM – 4:00PM | <b>Chitra Until 3:05PM</b><br>Vishkambha* <b>Until 1:19PM</b><br>Kintughna <b>Until 4:24AM Wed</b><br><b>Amavasya* Until 5:08PM</b>   | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 5:49AM<br><b>Sunset:</b> 5:27PM          | Moon 10 - Phase 26 - 14<br>Amavasya |
| Creative Work       | Siddha Yoga  |                                  |  |   |   |  | <b>Bhuloka Day</b>                  |

|                     |             |                                    |   |  |   |  |                                     |
|---------------------|-------------|------------------------------------|---|--|---|--|-------------------------------------|
| <b>Retreat Star</b> |             | <b>Wednesday, October 26, 2022</b> |   | Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |   | Pyinmana, Myanmar<br>Sun 15 Sutra 192<br>Subhakarit 5124 |                                     |
| Tula Rasi: 15.14    | Tithi 1 – 2 | 661276474                          | <b>Gulika</b> 10:10AM – 11:38AM<br>Yama 7:16AM – 8:43AM<br><b>Rahu</b> 11:38AM – 1:05PM | <b>Svati Until 2:03PM</b><br>Priti <b>Until 10:55AM</b><br>Balava <b>Until 2:34AM Thu</b><br><b>Prathama* Until 3:31PM</b>   | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 5:49AM<br><b>Sunset:</b> 5:26PM          | Moon 10 - Phase 26 - 15<br>Prathama |
| Creative Work       | Siddha Yoga |                                    |   |  |   |  | <b>Bhuloka Day</b>                  |

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

|          |                                   |             |  |                               |                        |                             |   |  |
|----------|-----------------------------------|-------------|--|-------------------------------|------------------------|-----------------------------|---|--|
| <b>1</b> | <b>Thursday, October 27, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dviliya/Tritiyayam Titau |                               |                        |                             | Pinyinmana, Myanmar<br>Sun 16 Sutra 193 |  |
|          | Tula Rasi: 29.14                  | Tithi 2 - 3 | <b>Gulika</b> 8:43AM - 10:10AM   | <b>Vishakha</b> Until 12:56PM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:49AM      | Subhakrit 5124                          |  |
|          |                                   |             | Yama 5:49AM - 7:16AM   | Ayushman Until 8:12AM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:26PM       | Moon 10 - Phase 27 - 16                 |  |
|          | Creative Work                     | Siddha Yoga | 671276574 <b>Rahu</b> 1:05PM - 2:32PM  | Taitila Until 12:27AM Fri     | <b>Nataraja:</b> Clear |                             | 3rd Phase                               |  |
|          |                                   |             | <b>Dvitiya</b> Until 1:31PM  | Moon - Orange                 |                        | <b>Bhuloka Day</b>          |   |  |
|          |                                   |             |  | Karttika-Aipasi               |                        | Devaloka Time: 3:PM to 6:PM |   |  |

|          |                                 |             |   |                               |                        |                             |   |  |
|----------|---------------------------------|-------------|---|-------------------------------|------------------------|-----------------------------|---|--|
| <b>2</b> | <b>Friday, October 28, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                               |                        |                             | Pinyinmana, Myanmar<br>Sun 17 Sutra 194 |  |
|          | Vrischika Rasi: 13.26           | Tithi 3 - 4 | <b>Gulika</b> 7:16AM - 8:43AM   | <b>Anuradha</b> Until 11:25AM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:50AM      | Subhakrit 5124                          |  |
|          |                                 |             | Yama 2:31PM - 3:58PM  | Sobhana Until 2:12AM Sat      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:25PM       | Moon 10 - Phase 27 - 17                 |  |
|          | Creative Work                   | Siddha Yoga | 671276574 <b>Rahu</b> 10:10AM - 11:37AM   | Vanija Until 10:08PM          | <b>Nataraja:</b> Clear |                             | 3rd Phase                               |  |
|          |                                 |             | <b>Tritiya</b> Until 11:18AM  | Moon - Orange                 |                        | <b>Bhuloka Day</b>          |   |  |
|          |                                 |             |   | Karttika-Aipasi               |                        | Devaloka Time: 3:PM to 6:PM |   |  |

|          |                                   |             |   |                               |                        |                             |   |  |
|----------|-----------------------------------|-------------|---|-------------------------------|------------------------|-----------------------------|---|--|
| <b>3</b> | <b>Saturday, October 29, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Jyeshtha/Mula Nakshatra Athiganda Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau |                               |                        |                             | Pinyinmana, Myanmar<br>Sun 18 Sutra 195 |  |
|          | Vrischika Rasi: 27.44             | Tithi 4 - 5 | <b>Gulika</b> 5:50AM - 7:17AM   | <b>Jyeshtha*</b> Until 9:39AM | <b>Ganesha:</b> Purple | <i>Sunrise:</i> 5:50AM      | Subhakrit 5124                          |  |
|          |                                   |             | Yama 1:04PM - 2:31PM  | Athiganda* Until 11:03PM      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:25PM       | Moon 10 - Phase 27 - 18                 |  |
|          | Creative Work                     | Siddha Yoga | 671276574 <b>Rahu</b> 8:44AM - 10:10AM  | Bava Until 7:45PM             | <b>Nataraja:</b> Clear |                             | 3rd Phase                               |  |
|          |                                   |             | <b>Chaturthi*</b> Until 8:56AM  | Moon - Orange                 |                        | <b>Bhuloka Day</b>          |   |  |
|          |                                   |             |   | Karttika-Aipasi               |                        | Devaloka Time: 3:PM to 6:PM |   |  |

|          |                                 |             |   |                           |                        |                        |   |  |
|----------|---------------------------------|-------------|---|---------------------------|------------------------|------------------------|---|--|
| <b>4</b> | <b>Sunday, October 30, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Mula/Purvashadha Nakshatra Sukarma Yoga Balava/Taitila Karana Panchami/Shashthyam Titau |                           |                        |                        | Pinyinmana, Myanmar<br>Sun 19 Sutra 196 |  |
|          | Dhanus Rasi: 12.04              | Tithi 5 - 6 | <b>Gulika</b> 2:31PM - 3:58PM   | <b>Mula*</b> Until 8:07AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:50AM | Subhakrit 5124                          |  |
|          |                                 |             | Yama 11:37AM - 1:04PM   | Sukarma Until 7:57PM      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:24PM  | Moon 10 - Phase 27 - 19                 |  |
|          | Creative Work                   | Amrita Yoga | 681276574 <b>Rahu</b> 3:58PM - 5:24PM   | Taitila Until 4:10AM Mon  | <b>Nataraja:</b> Clear |                        | 3rd Phase                               |  |
|          |                                 |             | <b>Panchami</b> Until 6:32AM  | Moon - Light Blue         |                        | <b>Devaloka Day</b>    |   |  |
|          |                                 |             | Skanda Shasthi  | Karttika-Aipasi           |                        |                        |   |  |

|          |                                 |             |  |                                  |                        |                        |   |  |
|----------|---------------------------------|-------------|--|----------------------------------|------------------------|------------------------|---|--|
| <b>5</b> | <b>Monday, October 31, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvashadha/Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saplamyam Titau |                                  |                        |                        | Pinyinmana, Myanmar<br>Sun 20 Sutra 197 |  |
|          | Dhanus Rasi: 26.22              | Tithi 7     | <b>Gulika</b> 1:04PM - 2:31PM  | <b>Purvashadha*</b> Until 6:29AM | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:51AM | Subhakrit 5124                          |  |
|          | <b>Family Home Evening</b>      |             | Yama 10:11AM - 11:37AM   | Dhriti Until 4:55PM              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:24PM  | Moon 10 - Phase 27 - 20                 |  |
|          | Routine Work                    | Marana Yoga | 681276574 <b>Rahu</b> 7:17AM - 8:44AM  | Gara Until 3:03PM                | <b>Nataraja:</b> Clear |                        | 3rd Phase                               |  |
|          |                                 |             | <b>Saptami</b> Until 1:56AM Tue  | Moon - Light Blue                |                        | <b>Devaloka Day</b>    |   |  |
|          |                                 |             |  | Karttika-Aipasi                  |                        |                        |   |  |

|                     |                                  |             |   |                                  |                        |                             |   |  |
|---------------------|----------------------------------|-------------|---|----------------------------------|------------------------|-----------------------------|---|--|
| <b>Retreat Star</b> | <b>Tuesday, November 1, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau |                                  |                        |                             | Pinyinmana, Myanmar<br>Sun 21 Sutra 198 |  |
|                     | Makara Rasi: 10.35               | Tithi 8     | <b>Gulika</b> 11:37AM - 1:04PM  | <b>Shravana</b> Until 3:39AM Wed | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:51AM      | Subhakrit 5124                          |  |
|                     |                                  |             | Yama 8:44AM - 10:11AM   | Shula* Until 1:59PM              | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:23PM       | Moon 10 - Phase 27 - 21                 |  |
|                     | Creative Work                    | Siddha Yoga | 691276574 <b>Rahu</b> 2:30PM - 3:57PM   | Visti Until 12:53PM              | <b>Nataraja:</b> Clear |                             | Ashtami                                 |  |
|                     |                                  |             | <b>Ashtami*</b> Until 11:51PM   | Moon - Purple                    |                        | <b>Bhuloka Day</b>          |   |  |
|                     |                                  |             |   | Karttika-Aipasi                  |                        | Devaloka Time: 3:PM to 6:PM |   |  |

|                     |                                    |                    |  |                                    |                        |                             |   |  |
|---------------------|------------------------------------|--------------------|--|------------------------------------|------------------------|-----------------------------|---|--|
| <b>Retreat Star</b> | <b>Wednesday, November 2, 2022</b> |                    | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha Nakshatra Ganda/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau |                                    |                        |                             | Pinyinmana, Myanmar<br>Sun 22 Sutra 199 |  |
|                     | Makara Rasi: 24.41                 | Tithi 9            | <b>Gulika</b> 10:11AM - 11:37AM  | <b>Dhanishtha</b> Until 2:32AM Thu | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:51AM      | Subhakrit 5124                          |  |
|                     |                                    |                    | Yama 7:18AM - 8:44AM   | Ganda* Until 11:13AM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:23PM       | Moon 10 - Phase 27 - 22                 |  |
|                     | Routine Work                       | Prabalarishta Yoga | 692276574 <b>Rahu</b> 11:37AM - 1:04PM   | Balava Until 10:55AM               | <b>Nataraja:</b> Clear |                             | Navami                                  |  |
|                     |                                    |                    | <b>Navami*</b> Until 9:59PM  | Moon - Purple                      |                        | <b>Bhuloka Day</b>          |   |  |
|                     |                                    |                    |  | Karttika-Aipasi                    |                        | Devaloka Time: 3:PM to 6:PM |   |  |

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

|               |                                   |          |   |                                      |                        |   |   |
|---------------|-----------------------------------|----------|---|--------------------------------------|------------------------|---|---|
| <b>1</b>      | <b>Thursday, November 3, 2022</b> |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau |                                      |                        |   | Pyinmana, Myanmar<br>Sun 23 Sutra 200<br>Subhakrit 5124 |
|               | Kumbha Rasi: 8.4                  | Tithi 10 | <b>Gulika</b> 8:44AM – 10:11AM  | <b>Shatabhishak</b> Until 1:30AM Fri | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:52AM                            |   |
|               |                                   |          | Yama 5:52AM – 7:18AM  | Vriddhi Until 8:38AM                 | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:23PM                             | Moon 10 - Phase 28 - 23                                 |
|               | 692276574                         |          | <b>Rahu</b> 1:04PM – 2:30PM   | Taitila Until 9:09AM                 | <b>Nataraja:</b> Clear |   | 4th Phase   |
| Creative Work | Siddha Yoga                       |          | <b>Dashami</b> Until 8:21PM   | Moon – Purple                        |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
|               |                                   |          |   | Karttika-Aipasi                      |                        |   |   |

|               |                                 |          |   |   |                        |   |   |
|---------------|---------------------------------|----------|---|---|------------------------|---|---|
| <b>2</b>      | <b>Friday, November 4, 2022</b> |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau |   |                        |   | Pyinmana, Myanmar<br>Sun 24 Sutra 201<br>Subhakrit 5124 |
|               | Kumbha Rasi: 22.29              | Tithi 11 | <b>Gulika</b> 7:18AM – 8:45AM   | <b>Purvaproshtapada*</b> Until 1:02AM Sat | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:52AM                            |   |
|               |                                 |          | Yama 2:30PM – 3:56PM  | Dhruva Until 6:14AM                       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:22PM                             | Moon 10 - Phase 28 - 24                                 |
|               | 612276574                       |          | <b>Rahu</b> 10:11AM – 11:37AM   | Vanija Until 7:40AM                       | <b>Nataraja:</b> Clear |   | 4th Phase   |
| Creative Work | Siddha Yoga                     |          | <b>Ekadashi</b> Until 7:00PM  | Moon – Clear                              |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
|               |                                 |          |   | Karttika-Aipasi                           |                        |   |   |

|                                  |                                   |               |   |  |                        |   |   |
|----------------------------------|-----------------------------------|---------------|---|--|------------------------|---|---|
| <b>3</b>                         | <b>Saturday, November 5, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Harshana Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |                        |   | Pyinmana, Myanmar<br>Sun 25 Sutra 202<br>Subhakrit 5124 |
|                                  | Meena Rasi: 6.07                  | Tithi 12 – 13 | <b>Gulika</b> 5:52AM – 7:19AM   | <b>Uttaraproshtapada</b> Until 12:46AM Sun | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:52AM                            |   |
|                                  |                                   |               | Yama 1:03PM – 2:30PM  | Harshana Until 2:12AM Sun                  | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:22PM                             | Moon 10 - Phase 28 - 25                                 |
|                                  | 612276574                         |               | <b>Rahu</b> 8:45AM – 10:11AM  | Bava Until 6:28AM                          | <b>Nataraja:</b> Clear |   | 4th Phase   |
| Creative Work                    | Siddha Yoga                       |               | <b>Dvadashi</b> Until 5:58PM  | Moon – Clear                               |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
| Until 12:46AM Sun                |                                   |               |   | Karttika-Aipasi                            |                        |   |   |
| Then Creative Work - Amrita Yoga |                                   |               |   | <i>Pradosha Vrata</i>                      |                        |   |   |

|                                  |                                 |               |   |                                 |                        |   |   |
|----------------------------------|---------------------------------|---------------|---|---------------------------------|------------------------|---|---|
| <b>4</b>                         | <b>Sunday, November 6, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                                 |                        |   | Pyinmana, Myanmar<br>Sun 26 Sutra 203<br>Subhakrit 5124 |
|                                  | Meena Rasi: 19.34               | Tithi 13 – 14 | <b>Gulika</b> 2:29PM – 3:55PM   | <b>Revati</b> Until 12:43AM Mon | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:53AM                            |   |
|                                  |                                 |               | Yama 11:37AM – 1:03PM   | Vajra* Until 12:36AM Mon        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:22PM                             | Moon 10 - Phase 28 - 26                                 |
|                                  | 612276574                       |               | <b>Rahu</b> 3:55PM – 5:22PM   | Gara Until 5:10AM Mon           | <b>Nataraja:</b> Clear |   | 4th Phase   |
| Creative Work                    | Amrita Yoga                     |               | <b>Trayodashi</b> Until 5:19PM  | Moon – Clear                    |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
| Until 12:43AM Mon                |                                 |               |   | Karttika-Aipasi                 |                        |   |   |
| Then Creative Work - Siddha Yoga |                                 |               |   |                                 |                        |   |   |

|                     |                                 |               |  |                                 |                        |   |   |
|---------------------|---------------------------------|---------------|--|---------------------------------|------------------------|---|---|
| <b>5</b>            | <b>Monday, November 7, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashy/Purnimayam Titau |                                 |                        |   | Pyinmana, Myanmar<br>Sun 27 Sutra 204<br>Subhakrit 5124 |
|                     | Mesha Rasi: 2.47                | Tithi 14 – 15 | <b>Gulika</b> 1:03PM – 2:29PM  | <b>Ashvini</b> Until 1:25AM Tue | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:53AM                            |   |
|                     |                                 |               | Yama 10:11AM – 11:37AM   | Siddhi Until 11:23PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:21PM                             | Moon 10 - Phase 28 - 27                                 |
|                     | 722276574                       |               | <b>Rahu</b> 7:19AM – 8:45AM  | Visti Until 5:10AM Tue          | <b>Nataraja:</b> Clear |   | 4th Phase   |
| Family Home Evening |                                 |               | <b>Chaturdashy*</b> Until 5:05PM   | Moon – White                    |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |   |
| Creative Work       | Siddha Yoga                     |               |  | Karttika-Aipasi                 |                        |   |   |

|                                  |                                  |               |  |                                 |                        |   |  |
|----------------------------------|----------------------------------|---------------|--|---------------------------------|------------------------|---|--|
|                                  | <b>Tuesday, November 8, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                 |                        |   | Pyinmana, Myanmar<br>Sutra 205<br>Subhakrit 5124 |
|                                  | <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 11:37AM – 1:03PM   | <b>Bharani</b> Until 2:26AM Wed | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:54AM                            |  |
|                                  | Mesha Rasi: 15.47                | Tithi 15 – 16 | Yama 8:45AM – 10:11AM  | Vyatipata* Until 10:32PM        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:21PM                             | Moon 10 - Phase 28 - Purnima                     |
|                                  | 722276574                        |               | <b>Rahu</b> 2:29PM – 3:55PM  | Balava Until 5:41AM Wed         | <b>Nataraja:</b> Clear |   |  |
| Creative Work                    | Siddha Yoga                      |               | <b>Purnima*</b> Until 5:20PM   | Moon – White                    |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |  |
| Until 2:26AM Wed                 |                                  |               |  | Karttika-Aipasi                 |                        |   |  |
| Then Creative Work - Amrita Yoga |                                  |               |  |                                 |                        |   |  |

|                                 |                                    |          |  |                                  |                        |   |  |
|---------------------------------|------------------------------------|----------|--|----------------------------------|------------------------|---|--|
|                                 | <b>Wednesday, November 9, 2022</b> |          | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam<br>Krittika Nakshatra Variyan Yoga Kaulava Karana Prathamayam Titau |                                  |                        |   | Pyinmana, Myanmar<br>Sutra 206<br>Subhakrit 5124 |
|                                 | <b>Silver Retreat Star</b>         |          | <b>Gulika</b> 10:12AM – 11:37AM  | <b>Krittika</b> Until 3:47AM Thu | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 5:54AM                            |  |
|                                 | Mesha Rasi: 28.32                  | Tithi 16 | Yama 7:20AM – 8:46AM   | Variyan Until 10:04PM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 5:21PM                             | Moon 10 - Phase 28 - Prathama                    |
|                                 | 722276574                          |          | <b>Rahu</b> 11:37AM – 1:03PM   | Kaulava Until 6:07PM             | <b>Nataraja:</b> Clear |   |  |
| Creative Work                   | Amrita Yoga                        |          | <b>Prathama*</b> Until 6:07PM  | Moon – White                     |                        | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM |  |
| Until 3:47AM Thu                |                                    |          |  | Karttika-Aipasi                  |                        |   |  |
| Then Routine Work - Marana Yoga |                                    |          |  |                                  |                        |   |  |

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



Thursday, November 10, 2022

Gold Retreat Star

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

Pyinmana, Myanmar

Sun 1 Sutra 207

Subhakit 5124

Virshabha Rasi: 11.03 Tithi 17

732276574

**Gulika** 8:46AM – 10:12AM  
**Yama** 5:55AM – 7:20AM  
**Rahu** 1:03PM – 2:29PM

**Rohini Until 5:57AM Fri**  
Parigha\* Until 10:00PM  
Taitila Until 6:43AM  
**Dvitiya Until 7:24PM**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Yellow  
Kartika-Aipasi

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

Moon 11 - Phase 29 - 1  
1st Phase

**Devaloka Day**

Routine Work Marana Yoga

Until 5:57AM Fri

Then Creative Work - Siddha Yoga

1

Friday, November 11, 2022

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

Pyinmana, Myanmar

Sun 2 Sutra 208

Subhakit 5124

Virshabha Rasi: 23.2 Tithi 18

732276574

**Gulika** 7:21AM – 8:46AM  
**Yama** 2:29PM – 3:54PM  
**Rahu** 10:12AM – 11:38AM

**Mrigashira Until 8:23AM Sat**  
Shiva Until 10:18PM  
Vanija Until 8:14AM  
**Tritiya Until 9:09PM**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Yellow  
Kartika-Aipasi

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

Moon 11 - Phase 29 - 2  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

2

Saturday, November 12, 2022

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

Pyinmana, Myanmar

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 5.28 Tithi 19

732276574

**Gulika** 5:55AM – 7:21AM  
**Yama** 1:03PM – 2:29PM  
**Rahu** 8:47AM – 10:12AM

**Mrigashira Until 8:23AM**  
Siddha Until 10:52PM  
Bava Until 10:13AM  
**Chaturthi\* Until 11:18PM**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Yellow  
Kartika-Aipasi

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

Moon 11 - Phase 29 - 3  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

3

Sunday, November 13, 2022

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

Pyinmana, Myanmar

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 17.26 Tithi 20

732276574

**Gulika** 2:29PM – 3:54PM  
**Yama** 11:38AM – 1:03PM  
**Rahu** 3:54PM – 5:20PM

**Ardra Until 10:57AM**  
Sadhya Until 11:37PM  
Kaulava Until 12:30PM  
**Panchami Until 1:42AM Mon**

**Ganesha:** Red  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Yellow  
Kartika-Aipasi

**Sunrise:** 5:56AM  
**Sunset:** 5:20PM

Moon 11 - Phase 29 - 4  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

4

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

Pyinmana, Myanmar

Sun 5 Sutra 211

Subhakit 5124

Mithuna Rasi: 29.2 Tithi 21

742376574

**Gulika** 1:03PM – 2:29PM  
**Yama** 10:13AM – 11:38AM  
**Rahu** 7:22AM – 8:47AM

**Punarvasu Until 2:03PM**  
Subha Until 12:29AM Tue  
Gara Until 2:59PM  
**Shashthi\* Until 4:12AM Tue**

**Ganesha:** White  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Blue  
Kartika-Aipasi

**Sunrise:** 5:56AM  
**Sunset:** 5:19PM

Moon 11 - Phase 29 - 5  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga

Until 2:03PM

Then Creative Work - Siddha Yoga

5

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

Pyinmana, Myanmar

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 11.13 Tithi 22

743376574

**Gulika** 11:38AM – 1:03PM  
**Yama** 8:48AM – 10:13AM  
**Rahu** 2:29PM – 3:54PM

**Pushya Until 4:58PM**  
Sukla Until 1:15AM Wed  
Visti Until 5:27PM  
**Saptami Until 6:36AM Wed**

**Ganesha:** Green  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Blue  
Kartika-Aipasi

**Sunrise:** 5:57AM  
**Sunset:** 5:19PM

Moon 11 - Phase 29 - 6  
1st Phase

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Pyinmana, Myanmar

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 23.08 Tithi 22 – 23

743376574

**Gulika** 10:13AM – 11:38AM  
**Yama** 7:23AM – 8:48AM  
**Rahu** 11:38AM – 1:03PM

**Ashlesha\* Until 7:33PM**  
Brahma Until 1:51AM Thu  
Balava Until 7:44PM  
**Saptami Until 6:36AM**

**Ganesha:** Green  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon – Blue  
Kartika-Kartikai

**Sunrise:** 5:57AM  
**Sunset:** 5:19PM

Moon 11 - Phase 29 - 7  
Ashtami

**Bhuloka Day**

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Pyinmana, Myanmar

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 5.1 Tithi 23 – 24

753376575

**Gulika** 8:48AM – 10:13AM  
**Yama** 5:58AM – 7:23AM  
**Rahu** 1:04PM – 2:29PM

**Magha\* Until 10:05PM**  
Indra Until 2:07AM Fri  
Taitila Until 9:37PM  
**Ashtami\* Until 8:42AM**

**Ganesha:** Orange  
**Muruqa:** Clear  
**Nataraja:** Purple  
Moon – Red  
Kartika-Kartikai

**Sunrise:** 5:58AM  
**Sunset:** 5:19PM

Moon 11 - Phase 29 - 8  
Navami

**Sivaloka Day**

Creative Work Amrita Yoga

Until 10:05PM

Then Creative Work - Siddha Yoga

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


|                           |               |                                  |   |   |   |   |  |
|---------------------------|---------------|----------------------------------|---|---|---|---|--|
| <b>1</b>                  |               | <b>Friday, November 18, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau |   | Pyinmana, Myanmar<br>Sun 9 Sutra 215            |  |
| Simha Rasi: 17.23         | Tithi 24 – 25 | 753376575                        | <b>Gulika</b> 7:24AM – 8:49AM<br><b>Yama</b> 2:29PM – 3:54PM<br><b>Rahu</b> 10:14AM – 11:39AM | <b>Purvaphalguni</b> Until 11:53PM<br>Vaidhrili* Until 1:55AM Sat<br>Vanija Until 10:55PM<br>Navami* Until 10:19AM  | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:58AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 9<br>2nd Phase<br><b>Sivaloka Day</b><br>Karttika-Karttikai |
| Creative Work Siddha Yoga |               |                                  |   |   |   |   |  |

|   |               |                                    |  |  |   |   |   |
|---|---------------|------------------------------------|--|--|---|---|---|
| <b>2</b>  |               | <b>Saturday, November 19, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |   | Pyinmana, Myanmar<br>Sun 10 Sutra 216           |   |
| Simha Rasi: 29.52   | Tithi 25 – 26 | 753376575                          | <b>Gulika</b> 5:59AM – 7:24AM<br><b>Yama</b> 1:04PM – 2:29PM<br><b>Rahu</b> 8:49AM – 10:14AM | <b>Uttaraphalguni</b> Until 12:52AM Sun<br>Vishkambha* Until 1:11AM Sun<br>Bava Until 11:31PM<br>Dashami Until 11:18AM   | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Red | <b>Sunrise:</b> 5:59AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 10<br>2nd Phase<br><b>Sivaloka Day</b><br>Karttika-Karttikai |
| Routine Work Marana Yoga<br>Until 12:52AM Sun<br>Then Creative Work - Amrita Yoga |               |                                    |  |  |   |   |   |

|   |               |                                  |  |   |   |   |   |
|---|---------------|----------------------------------|--|---|---|---|---|
| <b>3</b>  |               | <b>Sunday, November 20, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |   | Pyinmana, Myanmar<br>Sun 11 Sutra 217           |   |
| Kanya Rasi: 12.4  | Tithi 26 – 27 | 763376575                        | <b>Gulika</b> 2:29PM – 3:54PM<br><b>Yama</b> 11:39AM – 1:04PM<br><b>Rahu</b> 3:54PM – 5:19PM | <b>Hasta</b> Until 1:25AM Mon<br>Priti Until 11:51PM<br>Kaulava Until 11:21PM<br>Ekadashi* Until 11:31AM  | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:00AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 11<br>2nd Phase<br><b>Devaloka Day</b><br>Karttika-Karttikai |
| Creative Work Amrita Yoga<br>Until 1:25AM Mon<br>Then Routine Work - Prabalarishta Yoga |               |                                  |  |   |   |   |   |

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| <b>4</b>   |               | <b>Monday, November 21, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam<br>Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau |   | Pyinmana, Myanmar<br>Sun 12 Sutra 218           |   |
| Kanya Rasi: 25.53  | Tithi 27 – 28 | 763376575                        | <b>Gulika</b> 1:04PM – 2:29PM<br><b>Yama</b> 10:15AM – 11:39AM<br><b>Rahu</b> 7:25AM – 8:50AM | <b>Chitra</b> Until 1:03AM Tue<br>Ayushman Until 9:54PM<br>Gara Until 10:25PM<br>Dvadashi* Until 10:58AM   | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:00AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 12<br>2nd Phase<br><b>Devaloka Day</b><br>Karttika-Karttikai |
| Family Home Evening<br>Routine Work Prabalarishta Yoga<br>Until 1:03AM Tue<br>Then Creative Work - Siddha Yoga |               | <i>Pradosha Vrata (Fasting)</i>  |   |  |   |   |   |

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| <b>5</b>  |               | <b>Tuesday, November 22, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |   | Pyinmana, Myanmar<br>Sun 13 Sutra 219           |   |
| Tula Rasi: 9.3  | Tithi 28 – 29 | 763376575                         | <b>Gulika</b> 11:40AM – 1:04PM<br><b>Yama</b> 8:50AM – 10:15AM<br><b>Rahu</b> 2:29PM – 3:54PM | <b>Svati</b> Until 11:52PM<br>Saubhagya Until 7:25PM<br>Visti Until 8:48PM<br>Trayodashi* Until 9:40AM  | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sunrise:</b> 6:01AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 13<br>2nd Phase<br><b>Devaloka Day</b><br>Karttika-Karttikai |
| Creative Work Siddha Yoga<br>Until 11:52PM<br>Then Routine Work - Marana Yoga |               |                                   |   |   |   |   |   |

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|  |  | <b>Wednesday, November 23, 2022</b> |               | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam<br>Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |  | Pyinmana, Myanmar<br>Sun 14 Sutra 220  |  |   |  |
| <b>Retreat Star</b>   |  | Tula Rasi: 23.31                    | Tithi 29 – 30 | 773376575   | <b>Gulika</b> 10:15AM – 11:40AM<br><b>Yama</b> 7:26AM – 8:50AM<br><b>Rahu</b> 11:40AM – 1:05PM | <b>Vishakha</b> Until 10:25PM<br>Sobhana Until 4:27PM<br>Catuspada Until 6:34PM<br>Chaturdashi* Until 7:44AM | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:01AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 14<br>Amavasya<br><b>Devaloka Day</b><br>Karttika-Karttikai |
| Creative Work Siddha Yoga   |  |                                     |               |   |  |  |  |   |  |

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| <b>Thursdays, November 24, 2022</b>   |         | <b>Retreat Star</b> |  | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam<br>Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau |  | Pyinmana, Myanmar<br>Sun 15 Sutra 221           |   |
| Vrischika Rasi: 7.53  | Tithi 1 | 773376575           | <b>Gulika</b> 8:51AM – 10:16AM<br><b>Yama</b> 6:02AM – 7:26AM<br><b>Rahu</b> 1:05PM – 2:29PM | <b>Anuradha</b> Until 8:24PM<br>Athiganda* Until 1:06PM<br>Kintughna Until 3:54PM<br>Prathama* Until 2:26AM Fri   | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sunrise:</b> 6:02AM<br><b>Sunset:</b> 5:19PM | Moon 11 - Phase 30 - 15<br>Prathama<br><b>Devaloka Day</b><br>Margasira-Karttikai |
| Creative Work Siddha Yoga<br>Until 8:24PM<br>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

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| <b>1</b>   | <b>Friday, November 25, 2022</b> |         | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 16 Sutra 222<br>Subhakrit 5124     |
|  | Vrischika Rasi: 22.32            | Tithi 2 | <b>Gulika</b> 7:27AM – 8:51AM<br>Yama 2:30PM – 3:54PM<br>773376575 <b>Rahu</b> 10:16AM – 11:40AM   | <b>Jyeshtha* Until 5:59PM</b><br>Sukarma Until 9:29AM<br>Balava Until 12:57PM<br>Dvitiya Until 11:23PM | <b>Ganesha:</b> Purple<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Orange<br>Margasira-Karttikai | <i>Sunrise:</i> 6:02AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 16<br>3rd Phase<br><b>Devaloka Day</b> |
| Routine Work Marana Yoga<br>Until 5:59PM<br>Then Creative Work - Amrita Yoga |                                  |         |  |  |   |   |   |

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| <b>2</b>                  | <b>Saturday, November 26, 2022</b> |         | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Shula* Yoga Taitila/Gara Karana Tritiyayam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 17 Sutra 223<br>Subhakrit 5124     |
|                           | Dhanus Rasi: 7.19                  | Tithi 3 | <b>Gulika</b> 6:03AM – 7:27AM<br>Yama 1:05PM – 2:30PM<br>783376575 <b>Rahu</b> 8:52AM – 10:16AM   | <b>Mula* Until 3:44PM</b><br>Shula* Until 1:59AM Sun<br>Taitila Until 9:50AM<br>Tritiya Until 8:15PM | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Light Blue<br>Margasira-Karttikai | <i>Sunrise:</i> 6:03AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 17<br>3rd Phase<br><b>Devaloka Day</b> |
| Creative Work Siddha Yoga |                                    |         |   |  |   |   |   |

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| <b>3</b>  | <b>Sunday, November 27, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 18 Sutra 224<br>Subhakrit 5124     |
|   | Dhanus Rasi: 22.07               | Tithi 4 – 5 | <b>Gulika</b> 2:30PM – 3:54PM<br>Yama 11:41AM – 1:05PM<br>783376575 <b>Rahu</b> 3:54PM – 5:19PM   | <b>Purvashadha* Until 1:24PM</b><br>Ganda* Until 10:18PM<br>Vanija Until 6:44AM<br>Chaturthi* Until 5:13PM | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Light Blue<br>Margasira-Karttikai | <i>Sunrise:</i> 6:03AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 18<br>3rd Phase<br><b>Devaloka Day</b> |
| Creative Work Siddha Yoga<br>Until 1:24PM<br>Then Creative Work - Amrita Yoga |                                  |             |   |  |   |   |   |

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| <b>4</b>   | <b>Monday, November 28, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Uttarashadha*/Shravana Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 19 Sutra 225<br>Subhakrit 5124     |
|  | Makara Rasi: 6.48                | Tithi 5 – 6 | <b>Gulika</b> 1:06PM – 2:30PM<br>Yama 10:17AM – 11:41AM<br>783376575 <b>Rahu</b> 7:28AM – 8:53AM   | <b>Uttarashadha Until 11:07AM</b><br>Vriddhi Until 6:50PM<br>Kaulava Until 1:05AM Tue<br>Panchami Until 2:22PM | <b>Ganesha:</b> Light Blue<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Light Blue<br>Margasira-Karttikai | <i>Sunrise:</i> 6:04AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 19<br>3rd Phase<br><b>Devaloka Day</b> |
| Family Home Evening<br>Routine Work Marana Yoga<br>Until 11:07AM<br>Then Creative Work - Amrita Yoga |                                  |             |  |  |   |   |   |

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| <b>5</b>                  | <b>Tuesday, November 29, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 20 Sutra 226<br>Subhakrit 5124     |
|                           | Makara Rasi: 21.17                | Tithi 6 – 7 | <b>Gulika</b> 11:42AM – 1:06PM<br>Yama 8:53AM – 10:17AM<br>793376575 <b>Rahu</b> 2:30PM – 3:55PM   | <b>Shravana Until 9:24AM</b><br>Dhruva Until 3:38PM<br>Gara Until 10:46PM<br>Shashthi* Until 11:52AM | <b>Ganesha:</b> Orange<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Purple<br>Margasira-Karttikai | <i>Sunrise:</i> 6:05AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 20<br>3rd Phase<br><b>Sivaloka Day</b> |
| Creative Work Siddha Yoga |                                   |             |  |  |   |   |   |

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| <b>Retreat Star</b>   | <b>Wednesday, November 30, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Dhanishtha*/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |   |  |   | Pyinmana, Myanmar<br>Sun 21 Sutra 227<br>Subhakrit 5124   |
|   | Kumbha Rasi: 5.31                   | Tithi 7 – 8 | <b>Gulika</b> 10:18AM – 11:42AM<br>Yama 7:29AM – 8:54AM<br>794376575 <b>Rahu</b> 11:42AM – 1:06PM   | <b>Dhanishtha Until 7:57AM</b><br>Vyaghata* Until 12:47PM<br>Visti Until 8:55PM<br>Saptami Until 9:46AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Purple<br>Margasira-Karttikai | <i>Sunrise:</i> 6:05AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 21<br>Ashtami<br><b>Sivaloka Day</b> |
| Routine Work Prabalarishta Yoga<br>Until 7:57AM<br>Then Creative Work - Siddha Yoga |                                     |             |   |   |  |   |   |

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| <b>Retreat Star</b>       | <b>Thursday, December 1, 2022</b> |             | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam<br>Shatabhishak*/Purvaprosithapada* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 22 Sutra 228<br>Subhakrit 5124  |
|                           | Kumbha Rasi: 19.26                | Tithi 8 – 9 | <b>Gulika</b> 8:54AM – 10:18AM<br>Yama 6:06AM – 7:30AM<br>794376575 <b>Rahu</b> 1:07PM – 2:31PM  | <b>Shatabhishak Until 6:50AM</b><br>Harshana Until 10:20AM<br>Balava Until 7:33PM<br>Ashtami* Until 8:09AM | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon – Purple<br>Margasira-Karttikai | <i>Sunrise:</i> 6:06AM<br><i>Sunset:</i> 5:19PM | Moon 11 - Phase 31 - 22<br>Navami<br><b>Sivaloka Day</b> |
| 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

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| <b>1</b>         |              | <b>Friday, December 2, 2022</b>         |   |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaprosarthapada/Uttaraprosarthapada Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |  | Pyinmana, Myanmar<br>Sun 23 Sutra 229 |                         |
| Meena Rasi: 3.02 | Tithi 9 – 10 | <b>Gulika</b> 7:30AM – 8:55AM           | <b>Purvaprosarthapada* Until 6:30AM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:06AM |  |  |                                       | Subhakrit 5124          |
|                  |              | Yama 2:31PM – 3:55PM                    | Vajra* Until 8:15AM                     | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:19PM  |  |  |                                       | Moon 11 - Phase 32 - 23 |
|                  |              | 714376575 <b>Rahu</b> 10:19AM – 11:43AM | Taitila Until 6:43PM                    | <b>Nataraja:</b> Purple |                        |  |  |                                       | 4th Phase               |
| Creative Work    | Siddha Yoga  |   | <b>Navami* Until 7:03AM</b>             | Moon – Clear            |                        |  |  | <b>Sivaloka Day</b>                   |                         |
|                  |              |   |   | Margasira-Karttikai     |                        |  |  |                                       |                         |

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| <b>2</b>                               |               | <b>Saturday, December 3, 2022</b>      |   |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraprosarthapada/Revati Nakshatra Siddhi/Vyatiyata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |  | Pyinmana, Myanmar<br>Sun 24 Sutra 230 |                         |
| Meena Rasi: 16.22                      | Tithi 10 – 11 | <b>Gulika</b> 6:07AM – 7:31AM          | <b>Uttaraprosarthapada Until 6:32AM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:07AM |   |  |                                       | Subhakrit 5124          |
|  |               | Yama 1:07PM – 2:31PM                   | Siddhi Until 6:36AM                     | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:20PM  |   |  |                                       | Moon 11 - Phase 32 - 24 |
|  |               | 714376575 <b>Rahu</b> 8:55AM – 10:19AM | Vanija Until 6:23PM                     | <b>Nataraja:</b> Purple |                        |   |  |                                       | 4th Phase               |
| Creative Work                          | Siddha Yoga   |  | <b>Dashami Until 6:28AM</b>             | Moon – Clear            |                        |   |  | <b>Sivaloka Day</b>                   |                         |
| Until 6:32AM                           |               | <b>Gita Jayanthi</b>                   |   | Margasira-Karttikai     |                        |   |  |                                       |                         |
| Then Routine Work - Prabararishta Yoga |               |  |   |                         |                        |   |  |                                       |                         |

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| <b>3</b>                         |               | <b>Sunday, December 4, 2022</b>       |                              |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Varyan Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |  | Pyinmana, Myanmar<br>Sun 25 Sutra 231 |                         |
| Meena Rasi: 29.25                | Tithi 11 – 12 | <b>Gulika</b> 2:32PM – 3:56PM         | <b>Revati Until 6:55AM</b>   | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 6:07AM |   |  |                                       | Subhakrit 5124          |
|                                  |               | Yama 11:44AM – 1:08PM                 | Variyan Until 4:28AM Mon     | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:20PM  |   |  |                                       | Moon 11 - Phase 32 - 25 |
|                                  |               | 714376575 <b>Rahu</b> 3:56PM – 5:20PM | Bava Until 6:33PM            | <b>Nataraja:</b> Purple |                        |   |  |                                       | 4th Phase               |
| Creative Work                    | Amrita Yoga   |                                       | <b>Ekadashi Until 6:24AM</b> | Moon – Clear            |                        |   |  | <b>Sivaloka Day</b>                   |                         |
| Until 6:55AM                     |               |                                       |                              | Margasira-Karttikai     |                        |   |  |                                       |                         |
| Then Creative Work - Siddha Yoga |               |                                       |                              |                         |                        |   |  |                                       |                         |

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| <b>4</b>                   |               | <b>Monday, December 5, 2022</b>       |                              |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |  | Pyinmana, Myanmar<br>Sun 26 Sutra 232 |                         |
| Mesha Rasi: 12.14          | Tithi 12 – 13 | <b>Gulika</b> 1:08PM – 2:32PM         | <b>Ashvini Until 8:03AM</b>  | <b>Ganesha:</b> Blue    | <i>Sunrise:</i> 6:08AM |  |  |                                       | Subhakrit 5124          |
| <b>Family Home Evening</b> |               | Yama 10:20AM – 11:44AM                | Parigha* Until 3:55AM Tue    | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:20PM  |  |  |                                       | Moon 11 - Phase 32 - 26 |
|                            |               | 724376575 <b>Rahu</b> 7:32AM – 8:56AM | Kaulava Until 7:11PM         | <b>Nataraja:</b> Purple |                        |  |  |                                       | 4th Phase               |
| Creative Work              | Siddha Yoga   |                                       | <b>Dvadashi Until 6:48AM</b> | Moon – White            |                        |  |  | <b>Devaloka Day</b>                   |                         |
|                            |               |                                       |                              | Margasira-Karttikai     |                        |  |  |                                       |                         |
|                            |               |                                       |                              | <i>Pradosha Vrata</i>   |                        |  |  |                                       |                         |

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| <b>5</b>          |               | <b>Tuesday, December 6, 2022</b>      |                                |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Bharani/Krittika Nakshatra Shiva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |  | Pyinmana, Myanmar<br>Sun 27 Sutra 233 |                         |
| Mesha Rasi: 24.51 | Tithi 13 – 14 | <b>Gulika</b> 11:44AM – 1:08PM        | <b>Bharani Until 9:27AM</b>    | <b>Ganesha:</b> Blue    | <i>Sunrise:</i> 6:09AM |  |  |                                       | Subhakrit 5124          |
|                   |               | Yama 8:57AM – 10:20AM                 | Shiva Until 3:41AM Wed         | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:20PM  |  |  |                                       | Moon 11 - Phase 32 - 27 |
|                   |               | 724376575 <b>Rahu</b> 2:32PM – 3:56PM | Gara Until 8:14PM              | <b>Nataraja:</b> Purple |                        |  |  |                                       | 4th Phase               |
| Creative Work     | Siddha Yoga   |                                       | <b>Trayodashi Until 7:38AM</b> | Moon – White            |                        |  |  | <b>Devaloka Day</b>                   |                         |
|                   |               | <b>Krittika Deepam</b>                |                                | Margasira-Karttikai     |                        |  |  |                                       |                         |

|                                  |               |  |                                  |                         |                        |   |  |                                |                              |
|----------------------------------|---------------|--|----------------------------------|-------------------------|------------------------|---|--|--------------------------------|------------------------------|
| <b>○</b>                         |               | <b>Wednesday, December 7, 2022</b>     |                                  |                         |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam<br>Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |  | Pyinmana, Myanmar<br>Sutra 234 |                              |
| <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 10:21AM – 11:45AM        | <b>Krittika Until 11:05AM</b>    | <b>Ganesha:</b> Blue    | <i>Sunrise:</i> 6:09AM |   |  |                                | Subhakrit 5124               |
| Vrishabha Rasi: 7.17             | Tithi 14 – 15 | Yama 7:33AM – 8:57AM                   | Siddha Until 3:43AM Thu          | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 5:21PM  |   |  |                                | Moon 11 - Phase 32 - Purnima |
|                                  |               | 724376575 <b>Rahu</b> 11:45AM – 1:09PM | Visti Until 9:40PM               | <b>Nataraja:</b> Purple |                        |   |  |                                |                              |
| Creative Work                    | Amrita Yoga   |  | <b>Chaturdashi* Until 8:53AM</b> | Moon – White            |                        |   |  | <b>Devaloka Day</b>            |                              |
| Until 11:05AM                    |               |  |                                  | Margasira-Karttikai     |                        |   |  |                                |                              |
| Then Creative Work - Siddha Yoga |               |  |                                  |                         |                        |   |  |                                |                              |

|                            |               |                                       |                               |                                |                        |   |  |                                |                               |
|----------------------------|---------------|---------------------------------------|-------------------------------|--------------------------------|------------------------|---|--|--------------------------------|-------------------------------|
| <b>○</b>                   |               | <b>Thursday, December 8, 2022</b>     |                               |                                |                        | Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  | Pyinmana, Myanmar<br>Sutra 235 |                               |
| <b>Silver Retreat Star</b> |               | <b>Gulika</b> 8:58AM – 10:21AM        | <b>Rohini Until 1:23PM</b>    | <b>Ganesha:</b> Yellow         | <i>Sunrise:</i> 6:10AM |   |  |                                | Subhakrit 5124                |
| Vrishabha Rasi: 19.34      | Tithi 15 – 16 | Yama 6:10AM – 7:34AM                  | Sadhya Until 4:01AM Fri       | <b>Muruqa:</b> Clear           | <i>Sunset:</i> 5:21PM  |   |  |                                | Moon 11 - Phase 32 - Prathama |
|                            |               | 734376575 <b>Rahu</b> 1:09PM – 2:33PM | Balava Until 11:28PM          | <b>Nataraja:</b> Purple        |                        |   |  |                                |                               |
| Routine Work               | Marana Yoga   |                                       | <b>Purnima* Until 10:30AM</b> | Moon – Yellow                  |                        |   |  | <b>Sivaloka Day</b>            |                               |
|                            |               |                                       |                               | Margasira-Karttikai            |                        |   |  |                                |                               |
|                            |               |                                       |                               | <i>Vinayaga Viratam Begins</i> |                        |   |  |                                |                               |

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





Friday, December 9, 2022

Gold Retreat Star

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

Pyinmana, Myanmar  
Sutra 236

Mithuna Rasi: 1.43 Tithi 16 - 17

Gulika 7:34AM - 8:58AM  
Yama 2:33PM - 3:57PM  
Rahu 10:22AM - 11:46AM

Mrigashira Until 3:50PM  
Subha Until 4:32AM Sat  
Taitila Until 1:33AM Sat  
Prathama\* Until 12:27PM

Ganesha: Red Sunrise: 6:10AM  
Muruqa: Clear Sunset: 5:21PM  
Nataraja: Purple  
Moon - Yellow  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 -  
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

1

Saturday, December 10, 2022

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

Pyinmana, Myanmar  
Sun 1 Sutra 237

Mithuna Rasi: 13.45 Tithi 17 - 18

Gulika 6:11AM - 7:35AM  
Yama 1:10PM - 2:34PM  
Rahu 8:59AM - 10:22AM

Ardra Until 6:21PM  
Sukla Until 5:12AM Sun  
Vanija Until 3:53AM Sun  
Dvitiya Until 2:40PM

Ganesha: Red Sunrise: 6:11AM  
Muruqa: Clear Sunset: 5:21PM  
Nataraja: Purple  
Moon - Yellow  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 1  
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

2

Sunday, December 11, 2022

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

Pyinmana, Myanmar  
Sun 2 Sutra 238

Mithuna Rasi: 25.41 Tithi 18 - 19

Gulika 2:34PM - 3:58PM  
Yama 11:47AM - 1:10PM  
Rahu 3:58PM - 5:22PM

Punarvasu Until 9:24PM  
Brahma Until 6:00AM Mon  
Bava Until 6:22AM Mon  
Tritiya Until 5:05PM

Ganesha: Green Sunrise: 6:12AM  
Muruqa: Clear Sunset: 5:22PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 2  
1st Phase

Creative Work Siddha Yoga

Devaloka Day

3

Monday, December 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Indu Vasara Yuktayam  
Pushya Nakshatra Brahma/Indra Yoga Bava/Balava Karana Chaturthyam Titau

Pyinmana, Myanmar  
Sun 3 Sutra 239

Kataka Rasi: 7.35 Tithi 19

Family Home Evening

745476575

Gulika 1:11PM - 2:35PM  
Yama 10:23AM - 11:47AM  
Rahu 7:36AM - 9:00AM

Pushya Until 12:21AM Tue  
Brahma Until 6:00AM  
Bava Until 6:22AM  
Chaturthi\* Until 7:37PM

Ganesha: White Sunrise: 6:12AM  
Muruqa: Clear Sunset: 5:22PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 3  
1st Phase

Creative Work Siddha Yoga

Devaloka Day

4

Tuesday, December 13, 2022

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

Pyinmana, Myanmar  
Sun 4 Sutra 240

Kataka Rasi: 19.27 Tithi 20

745476575

Gulika 11:48AM - 1:11PM  
Yama 9:00AM - 10:24AM  
Rahu 2:35PM - 3:59PM

Ashlesha\* Until 3:06AM Wed  
Indra Until 6:51AM  
Kaulava Until 8:54AM  
Panchami Until 10:07PM

Ganesha: White Sunrise: 6:13AM  
Muruqa: Clear Sunset: 5:23PM  
Nataraja: Purple  
Moon - Blue  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 4  
1st Phase

Creative Work Siddha Yoga

Devaloka Day

5

Wednesday, December 14, 2022

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

Pyinmana, Myanmar  
Sun 5 Sutra 241

Simha Rasi: 1.2 Tithi 21

755476575

Gulika 10:24AM - 11:48AM  
Yama 7:37AM - 9:01AM  
Rahu 11:48AM - 1:12PM

Magha\* Until 6:00AM Thu  
Vaidhriti\* Until 7:37AM  
Gara Until 11:21AM  
Shashthi\* Until 12:28AM Thu

Ganesha: Clear Sunrise: 6:13AM  
Muruqa: Clear Sunset: 5:23PM  
Nataraja: Purple  
Moon - Red  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 5  
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

6

Thursday, December 15, 2022

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

Pyinmana, Myanmar  
Sun 6 Sutra 242

Simha Rasi: 13.19 Tithi 22

755476575

Gulika 9:01AM - 10:25AM  
Yama 6:14AM - 7:37AM  
Rahu 1:12PM - 2:36PM

Magha\* Until 6:00AM  
Vishkambha\* Until 8:13AM  
Visti Until 1:32PM  
Saptami Until 2:26AM Fri

Ganesha: Clear Sunrise: 6:14AM  
Muruqa: Clear Sunset: 5:23PM  
Nataraja: Purple  
Moon - Red  
Margasira-Karttikai

Subhakrit 5124  
Moon 12 - Phase 33 - 6  
1st Phase

Creative Work Amrita Yoga

Sivaloka Day

Until 6:00AM

Then Creative Work - Siddha Yoga

☾

Friday, December 16, 2022

Retreat Star

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

Pyinmana, Myanmar  
Sun 7 Sutra 243

Simha Rasi: 25.28 Tithi 23

755476575

Gulika 7:38AM - 9:02AM  
Yama 2:36PM - 4:00PM  
Rahu 10:25AM - 11:49AM

Purvaphalguni Until 8:20AM  
Priti Until 8:31AM  
Balava Until 3:15PM  
Ashtami\* Until 3:51AM Sat

Ganesha: Clear Sunrise: 6:14AM  
Muruqa: Clear Sunset: 5:24PM  
Nataraja: Purple  
Moon - Red  
Margasira-Markali

Subhakrit 5124  
Moon 12 - Phase 33 - 7  
Ashtami

Creative Work Siddha Yoga

Sivaloka Day

Markali Pillaiyar

Saturday, December 17, 2022

Retreat Star

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

Pyinmana, Myanmar  
Sun 8 Sutra 244

Kanya Rasi: 7.51 Tithi 24

855476575

Gulika 6:15AM - 7:39AM  
Yama 1:13PM - 2:37PM  
Rahu 9:02AM - 10:26AM

Uttaraphalguni Until 9:56AM  
Ayushman Until 8:20AM  
Taitila Until 4:19PM  
Navami\* Until 4:32AM Sun

Ganesha: White Sunrise: 6:15AM  
Muruqa: Clear Sunset: 5:24PM  
Nataraja: Purple  
Moon - Red  
Margasira-Markali

Subhakrit 5124  
Moon 12 - Phase 33 - 8  
Navami

Routine Work Marana Yoga

Devaloka Day

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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|  |          |                                  |  |  |   |  |                                      |  |
|--|----------|----------------------------------|--|--|---|--|--------------------------------------|--|
| <b>1</b>   |          | <b>Sunday, December 18, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Hasla/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Dashamyam Titau |   |  | Pyinmana, Myanmar<br>Sun 9 Sutra 245 |  |
| Kanya Rasi: 20.34  | Tithi 25 | 865476575                        | <b>Gulika</b> 2:37PM – 4:01PM<br><b>Yama</b> 11:50AM – 1:14PM<br><b>Rahu</b> 4:01PM – 5:25PM | <b>Hasta</b> <b>Until 11:07AM</b><br>Saubhagya <b>Until 7:35AM</b><br>Vanija <b>Until 4:35PM</b><br><b>Dashami</b> <b>Until 4:23AM Mon</b>   | <b>Ganesha:</b> Clear <i>Sunrise: 6:15AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:25PM</i><br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sivaloka Day</b><br>Margasira*Markali |                                      |  |
| Creative Work Amrita Yoga<br>Until 11:07AM<br>Then Creative Work - Siddha Yoga |          |                                  |  |  |   |  |                                      |  |

|   |          |                                  |   |   |   |  |                                       |  |
|---|----------|----------------------------------|---|---|---|--|---------------------------------------|--|
| <b>2</b>  |          | <b>Monday, December 19, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam<br>Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau |   |  | Pyinmana, Myanmar<br>Sun 10 Sutra 246 |  |
| Tula Rasi: 3.41   | Tithi 26 | 865476575                        | <b>Gulika</b> 1:14PM – 2:38PM<br><b>Yama</b> 10:27AM – 11:50AM<br><b>Rahu</b> 7:40AM – 9:03AM | <b>Chitra</b> <b>Until 11:19AM</b><br>Sobhana <b>Until 6:12AM</b><br>Bava <b>Until 4:00PM</b><br><b>Ekadashi*</b> <b>Until 3:22AM Tue</b>   | <b>Ganesha:</b> Clear <i>Sunrise: 6:16AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:25PM</i><br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sivaloka Day</b><br>Margasira*Markali |                                       |  |
| Family Home Evening<br>Routine Work Prabalarishta Yoga<br>Until 11:19AM<br>Then Creative Work - Amrita Yoga |          |                                  |   |   |   |  |                                       |  |

|   |          |                                   |   |   |   |  |                                       |  |
|---|----------|-----------------------------------|---|---|---|--|---------------------------------------|--|
| <b>3</b>  |          | <b>Tuesday, December 20, 2022</b> |   | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau |   |  | Pyinmana, Myanmar<br>Sun 11 Sutra 247 |  |
| Tula Rasi: 17.16  | Tithi 27 | 865476575                         | <b>Gulika</b> 11:51AM – 1:15PM<br><b>Yama</b> 9:04AM – 10:27AM<br><b>Rahu</b> 2:38PM – 4:02PM | <b>Svati</b> <b>Until 10:33AM</b><br>Sukarma <b>Until 1:25AM Wed</b><br>Kaulava <b>Until 2:35PM</b><br><b>Dvadashi*</b> <b>Until 1:33AM Wed</b>                                       | <b>Ganesha:</b> Clear <i>Sunrise: 6:16AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:26PM</i><br><b>Nataraja:</b> Purple<br>Moon – Green | <b>Sivaloka Day</b><br>Margasira*Markali |                                       |  |
| Creative Work Siddha Yoga<br>Until 10:33AM<br>Then Routine Work - Marana Yoga |          |                                   |   |   |   |  |                                       |  |

|                           |          |                                     |  |   |   |  |                                       |  |
|---------------------------|----------|-------------------------------------|--|---|---|--|---------------------------------------|--|
| <b>4</b>                  |          | <b>Wednesday, December 21, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau |   |  | Pyinmana, Myanmar<br>Sun 12 Sutra 248 |  |
| Vrischika Rasi: 1.2       | Tithi 28 | 875476575                           | <b>Gulika</b> 10:28AM – 11:51AM<br><b>Yama</b> 7:41AM – 9:04AM<br><b>Rahu</b> 11:51AM – 1:15PM | <b>Vishakha</b> <b>Until 9:19AM</b><br>Dhriti <b>Until 10:10PM</b><br>Gara <b>Until 12:24PM</b><br><b>Trayodashi*</b> <b>Until 11:03PM</b>  | <b>Ganesha:</b> Purple <i>Sunrise: 6:17AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:26PM</i><br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Devaloka Day</b><br>Margasira*Markali |                                       |  |
| Creative Work Siddha Yoga |          | Day 1 of Pancha Ganapati            |  | <i>Pradosha Vrata (Fasting)</i>   |   |  |                                       |  |

|   |          |                                    |  |   |  |  |                                       |  |
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| <b>5</b>  |          | <b>Thursday, December 22, 2022</b> |  | Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Shula* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |  |  | Pyinmana, Myanmar<br>Sun 13 Sutra 249 |  |
| Vrischika Rasi: 15.52   | Tithi 29 | 876476575                          | <b>Gulika</b> 9:05AM – 10:28AM<br><b>Yama</b> 6:17AM – 7:41AM<br><b>Rahu</b> 1:16PM – 2:39PM | <b>Anuradha</b> <b>Until 7:18AM</b><br>Shula* <b>Until 6:27PM</b><br>Visti <b>Until 9:36AM</b><br><b>Chaturdashi*</b> <b>Until 8:00PM</b>   | <b>Ganesha:</b> Clear <i>Sunrise: 6:17AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:26PM</i><br><b>Nataraja:</b> Purple<br>Moon – Orange | <b>Sivaloka Day</b><br>Margasira*Markali |                                       |  |
| Creative Work Siddha Yoga<br>Until 7:18AM<br>Then Routine Work - Prabalarishta Yoga |          | Day 2 of Pancha Ganapati           |  |   |  |  |                                       |  |

|   |              |                                  |   |   |   |  |                                       |  |
|---|--------------|----------------------------------|---|---|---|--|---------------------------------------|--|
| <b>Retreat Star</b>   |              | <b>Friday, December 23, 2022</b> |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Mula* Nakshatra Ganda*/Vridhhi Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau |   |  | Pyinmana, Myanmar<br>Sun 14 Sutra 250 |  |
| Dhanus Rasi: 0.44   | Tithi 30 – 1 | 886476575                        | <b>Gulika</b> 7:42AM – 9:05AM<br><b>Yama</b> 2:40PM – 4:03PM<br><b>Rahu</b> 10:29AM – 11:52AM | <b>Mula*</b> <b>Until 2:00AM Sat</b><br>Ganda* <b>Until 2:26PM</b><br>Catuspada <b>Until 6:20AM</b><br><b>Amavasya*</b> <b>Until 4:34PM</b>   | <b>Ganesha:</b> Orange <i>Sunrise: 6:18AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:27PM</i><br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sivaloka Day</b><br>Margasira*Markali |                                       |  |
| Creative Work Amrita Yoga<br>Until 2:00AM Sat<br>Then Creative Work - Siddha Yoga |              | Day 3 of Pancha Ganapati         |   |   |   |  |                                       |  |

|   |             |                                    |  |   |   |                                       |                                       |  |
|---|-------------|------------------------------------|--|---|---|---------------------------------------|---------------------------------------|--|
| <b>Retreat Star</b>   |             | <b>Saturday, December 24, 2022</b> |  | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |   |                                       | Pyinmana, Myanmar<br>Sun 15 Sutra 251 |  |
| Dhanus Rasi: 15.51  | Tithi 1 – 2 | 886476575                          | <b>Gulika</b> 6:18AM – 7:42AM<br><b>Yama</b> 1:17PM – 2:40PM<br><b>Rahu</b> 9:06AM – 10:29AM | <b>Purvashadha*</b> <b>Until 11:04PM</b><br>Vridhhi <b>Until 10:14AM</b><br>Balava <b>Until 11:07PM</b><br><b>Prathama*</b> <b>Until 12:56PM</b>  | <b>Ganesha:</b> Orange <i>Sunrise: 6:18AM</i><br><b>Muruqa:</b> Clear <i>Sunset: 5:28PM</i><br><b>Nataraja:</b> Purple<br>Moon – Light Blue | <b>Sivaloka Day</b><br>Pausha*Markali |                                       |  |
| Creative Work Siddha Yoga<br>Until 11:04PM<br>Then Routine Work - Marana Yoga |             | Day 4 of Pancha Ganapati           |  |   |   |                                       |                                       |  |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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|                   |             |                                  |                  |  |                             |  |                           |
|-------------------|-------------|----------------------------------|------------------|--|-----------------------------|--|---------------------------|
| <b>1</b>          |             | <b>Sunday, December 25, 2022</b> |                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                             | Pynmana, Myanmar<br>Sun 16 Sutra 252<br>Subhakrit 5124 |                           |
| Makara Rasi: 1.02 | Tithi 2 - 3 | <b>Gulika</b>                    | 2:41PM - 4:04PM  | <b>Uttarashadha</b> Until 8:04PM   | <b>Ganesha:</b> Orange      | <i>Sunrise:</i> 6:19AM                                 |                           |
|                   |             | <b>Yama</b>                      | 11:53AM - 1:17PM | Vyaghata* Until 1:48AM Mon   | <b>Muruqa:</b> Purple       | <i>Sunset:</i> 5:28PM                                  | Moon 12 - Phase 35 - 16   |
|                   |             | <b>Rahu</b>                      | 4:04PM - 5:28PM  | Taitila Until 7:29PM   | <b>Nataraja:</b> Purple     |  | 3rd Phase                 |
| Creative Work     | Amrita Yoga |                                  |                  |  | Moon - Light Blue           |  |                           |
|                   |             |                                  |                  | <b>Day 5 of Pancha Ganapati</b>  | <b>Dvitiya</b> Until 9:16AM |  | <b>Subha Sivaloka Day</b> |
|                   |             |                                  |                  |  | <b>Pausha-Markali</b>       |  |                           |

|                                  |             |                                  |                   |  |                         |  |                           |
|----------------------------------|-------------|----------------------------------|-------------------|--|-------------------------|--|---------------------------|
| <b>2</b>                         |             | <b>Monday, December 26, 2022</b> |                   | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visli* Karana Chaturthyam Titau |                         | Pynmana, Myanmar<br>Sun 17 Sutra 253<br>Subhakrit 5124 |                           |
| Makara Rasi: 16.08               | Tithi 4     | <b>Gulika</b>                    | 1:18PM - 2:41PM   | <b>Shravana</b> Until 5:33PM   | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:19AM                                 |                           |
| <b>Family Home Evening</b>       |             | <b>Yama</b>                      | 10:30AM - 11:54AM | Harshana Until 9:53PM  | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 5:29PM                                  | Moon 12 - Phase 35 - 17   |
| Creative Work                    | Amrita Yoga | <b>Rahu</b>                      | 7:43AM - 9:07AM   | Vanija Until 4:06PM  | <b>Nataraja:</b> Purple |  | 3rd Phase                 |
| Until 5:33PM                     |             |                                  |                   | <b>Chaturthi*</b> Until 2:31AM Tue   | Moon - Purple           |  |                           |
| Then Creative Work - Siddha Yoga |             |                                  |                   |  | <b>Pausha-Markali</b>   |  | <b>Subha Sivaloka Day</b> |

|                                 |             |                                   |                  |  |                        |  |                         |
|---------------------------------|-------------|-----------------------------------|------------------|--|------------------------|--|-------------------------|
| <b>3</b>                        |             | <b>Tuesday, December 27, 2022</b> |                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Vajra* Yoga Bava/Balava Karana Panchamyam Titau |                        | Pynmana, Myanmar<br>Sun 18 Sutra 254<br>Subhakrit 5124 |                         |
| Kumbha Rasi: 0.59               | Tithi 5     | <b>Gulika</b>                     | 11:54AM - 1:18PM | <b>Dhanishtha</b> Until 3:18PM   | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:20AM                                 |                         |
|                                 |             | <b>Yama</b>                       | 9:07AM - 10:31AM | Vajra* Until 6:16PM  | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:29PM                                  | Moon 12 - Phase 35 - 18 |
|                                 |             | <b>Rahu</b>                       | 2:42PM - 4:05PM  | Bava Until 1:05PM  | <b>Nataraja:</b> Clear |  | 3rd Phase               |
| Creative Work                   | Siddha Yoga |                                   |                  | <b>Panchami</b> Until 11:45PM  | Moon - Purple          |  | <b>Sivaloka Day</b>     |
| Until 3:18PM                    |             |                                   |                  |  | <b>Pausha-Markali</b>  |  |                         |
| Then Routine Work - Marana Yoga |             |                                   |                  |  |                        |  |                         |

|                                  |             |                                     |                              |  |                        |  |                         |
|----------------------------------|-------------|-------------------------------------|------------------------------|--|------------------------|--|-------------------------|
| <b>4</b>                         |             | <b>Wednesday, December 28, 2022</b> |                              | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau |                        | Pynmana, Myanmar<br>Sun 19 Sutra 255<br>Subhakrit 5124 |                         |
| Kumbha Rasi: 15.29               | Tithi 6     | <b>Gulika</b>                       | 10:31AM - 11:55AM            | <b>Shatabhishak</b> Until 1:26PM   | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 6:20AM                                 |                         |
|                                  |             | <b>Yama</b>                         | 7:44AM - 9:08AM              | Siddhi Until 3:08PM  | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:30PM                                  | Moon 12 - Phase 35 - 19 |
|                                  |             | <b>Rahu</b>                         | 11:55AM - 1:19PM             | Kaulava Until 10:36AM  | <b>Nataraja:</b> Clear |  | 3rd Phase               |
| Creative Work                    | Siddha Yoga |                                     |                              | <b>Shashthi*</b> Until 9:34PM  | Moon - Purple          |  | <b>Sivaloka Day</b>     |
| Until 1:26PM                     |             |                                     |                              |  | <b>Pausha-Markali</b>  |  |                         |
| Then Creative Work - Amrita Yoga |             |                                     | <b>Vinayaga Viratam Ends</b> |  |                        |  |                         |

|                    |             |                                    |                  |  |                        |  |                         |
|--------------------|-------------|------------------------------------|------------------|--|------------------------|--|-------------------------|
| <b>5</b>           |             | <b>Thursday, December 29, 2022</b> |                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Gara/Vanija Karana Saptamyam Titau |                        | Pynmana, Myanmar<br>Sun 20 Sutra 256<br>Subhakrit 5124 |                         |
| Kumbha Rasi: 29.35 | Tithi 7     | <b>Gulika</b>                      | 9:08AM - 10:32AM | <b>Purvaproshtapada*</b> Until 12:30PM   | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:21AM                                 |                         |
|                    |             | <b>Yama</b>                        | 6:21AM - 7:44AM  | Vyalipata* Until 12:32PM   | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:30PM                                  | Moon 12 - Phase 35 - 20 |
|                    |             | <b>Rahu</b>                        | 1:19PM - 2:43PM  | Gara Until 8:45AM  | <b>Nataraja:</b> Clear |  | 3rd Phase               |
| Creative Work      | Siddha Yoga |                                    |                  | <b>Saptami</b> Until 8:05PM  | Moon - Clear           |  | <b>Devaloka Day</b>     |
|                    |             |                                    |                  |  | <b>Pausha-Markali</b>  |  |                         |

|                     |             |                                  |                   |   |                        |  |                         |
|---------------------|-------------|----------------------------------|-------------------|---|------------------------|--|-------------------------|
| <b>Retreat Star</b> |             | <b>Friday, December 30, 2022</b> |                   | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Visli*/Bava Karana Ashtamyam Titau |                        | Pynmana, Myanmar<br>Sun 21 Sutra 257<br>Subhakrit 5124 |                         |
| Meena Rasi: 13.14   | Tithi 8     | <b>Gulika</b>                    | 7:45AM - 9:09AM   | <b>Uttaraproshtapada</b> Until 12:09PM  | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:21AM                                 |                         |
|                     |             | <b>Yama</b>                      | 2:43PM - 4:07PM   | Variyan Until 10:29AM   | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:31PM                                  | Moon 12 - Phase 35 - 21 |
|                     |             | <b>Rahu</b>                      | 10:32AM - 11:56AM | Visli Until 7:38AM  | <b>Nataraja:</b> Clear |  | Ashtami                 |
| Creative Work       | Siddha Yoga |                                  |                   | <b>Ashtami*</b> Until 7:20PM  | Moon - Clear           |  | <b>Devaloka Day</b>     |
|                     |             |                                  |                   |   | <b>Pausha-Markali</b>  |  |                         |

|                                  |                    |                                    |                  |  |                        |  |                         |
|----------------------------------|--------------------|------------------------------------|------------------|--|------------------------|--|-------------------------|
| <b>Retreat Star</b>              |                    | <b>Saturday, December 31, 2022</b> |                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam<br>Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau |                        | Pynmana, Myanmar<br>Sun 22 Sutra 258<br>Subhakrit 5124 |                         |
| Meena Rasi: 26.28                | Tithi 9            | <b>Gulika</b>                      | 6:22AM - 7:45AM  | <b>Revati</b> Until 12:22PM  | <b>Ganesha:</b> Blue   | <i>Sunrise:</i> 6:22AM                                 |                         |
|                                  |                    | <b>Yama</b>                        | 1:20PM - 2:44PM  | Parigha* Until 9:02AM  | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 5:31PM                                  | Moon 12 - Phase 35 - 22 |
|                                  |                    | <b>Rahu</b>                        | 9:09AM - 10:33AM | Balava Until 7:15AM  | <b>Nataraja:</b> Clear |  | Navami                  |
| Routine Work                     | Prabalarishta Yoga |                                    |                  | <b>Navami*</b> Until 7:19PM  | Moon - Clear           |  | <b>Devaloka Day</b>     |
| Until 12:22PM                    |                    |                                    |                  |  | <b>Pausha-Markali</b>  |  |                         |
| Then Creative Work - Siddha Yoga |                    |                                    |                  |  |                        |  |                         |

|  |             |  |                             |   |   |
|--|-------------|--|-----------------------------|---|---|
| <b>1</b> Sunday, January 1, 2023       |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Shiva/Siddha Yoga Tailita/Gara Karana Dashamyam Titau |                             |   | Pyinmana, Myanmar<br>Sun 23 Sutra 259<br>Subhakrit 5124 |
| Mesha Rasi: 9.2                        | Tithi 10    | <b>Gulika</b> 2:44PM - 4:08PM  | <b>Ashvini</b> Until 1:34PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:22AM |   |
|  |             | Yama 11:57AM - 1:21PM  | Shiva Until 8:09AM          | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:32PM   | Moon 12 - Phase 36 - 23                                 |
|  | 827486576   | <b>Rahu</b> 4:08PM - 5:32PM  | Taitila Until 7:35AM        | <b>Nataraja:</b> Clear                        | 4th Phase   |
| Creative Work                          | Siddha Yoga |  | <b>Dashami</b> Until 7:59PM | Moon - White                                  | <b>Sivaloka Day</b>                                     |
| Until 1:34PM                           |             |  |                             | <b>Pausha-Markali</b>                         |   |
| Then Routine Work - Prabalarishta Yoga |             |  |                             |   |   |

|                                  |             |  |                              |   |   |
|----------------------------------|-------------|--|------------------------------|---|---|
| <b>2</b> Monday, January 2, 2023 |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Vanija/Visti Karana Ekadashyam Titau |                              |   | Pyinmana, Myanmar<br>Sun 24 Sutra 260<br>Subhakrit 5124 |
| Mesha Rasi: 21.55                | Tithi 11    | <b>Gulika</b> 1:21PM - 2:45PM  | <b>Bharani</b> Until 3:11PM  | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:22AM |   |
| <b>Family Home Evening</b>       |             | Yama 10:34AM - 11:57AM   | Siddha Until 7:42AM          | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:33PM   | Moon 12 - Phase 36 - 24                                 |
|                                  | 827486576   | <b>Rahu</b> 7:46AM - 9:10AM  | Vanija Until 8:34AM          | <b>Nataraja:</b> Clear                        | 4th Phase   |
| Creative Work                    | Siddha Yoga |  | <b>Ekadashi</b> Until 9:13PM | Moon - White                                  | <b>Sivaloka Day</b>                                     |
| Until 3:11PM                     |             | <b>Vaikuntha Ekadasi</b>   |                              | <b>Pausha-Markali</b>                         |   |
| Then Routine Work - Marana Yoga  |             |  |                              |   |   |

|                                   |             |  |                               |   |   |
|-----------------------------------|-------------|--|-------------------------------|---|---|
| <b>3</b> Tuesday, January 3, 2023 |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Krittika/Rohini Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Dvodashyam Titau |                               |   | Pyinmana, Myanmar<br>Sun 25 Sutra 261<br>Subhakrit 5124 |
| Vrishabha Rasi: 4.16              | Tithi 12    | <b>Gulika</b> 11:58AM - 1:22PM   | <b>Krittika</b> Until 5:05PM  | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:23AM |   |
|                                   |             | Yama 9:10AM - 10:34AM  | Sadhya Until 7:40AM           | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:33PM   | Moon 12 - Phase 36 - 25                                 |
|                                   | 827486576   | <b>Rahu</b> 2:46PM - 4:09PM  | Bava Until 10:02AM            | <b>Nataraja:</b> Clear                        | 4th Phase   |
| Creative Work                     | Siddha Yoga |  | <b>Dvadashi</b> Until 10:54PM | Moon - White                                  | <b>Sivaloka Day</b>                                     |
| Until 5:05PM                      |             |  |                               | <b>Pausha-Markali</b>                         |   |
| Then Creative Work - Amrita Yoga  |             |  |                               |   |   |

|                                     |             |  |                                     |  |   |
|-------------------------------------|-------------|--|-------------------------------------|--|---|
| <b>4</b> Wednesday, January 4, 2023 |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam<br>Rohini Nakshatra Subha/Sukla Yoga Kaulava/Tailita Karana Trayodashyam Titau |                                     |  | Pyinmana, Myanmar<br>Sun 26 Sutra 262<br>Subhakrit 5124 |
| Vrishabha Rasi: 16.26               | Tithi 13    | <b>Gulika</b> 10:34AM - 11:58AM  | <b>Rohini</b> Until 7:39PM          | <b>Ganesha:</b> White <i>Sunrise:</i> 6:23AM |   |
|                                     |             | Yama 7:47AM - 9:11AM   | Subha Until 7:56AM                  | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:34PM  | Moon 12 - Phase 36 - 26                                 |
|                                     | 838586576   | <b>Rahu</b> 11:58AM - 1:22PM   | Kaulava Until 11:53AM               | <b>Nataraja:</b> Clear                       | 4th Phase   |
| Creative Work                       | Siddha Yoga |  | <b>Trayodashi</b> Until 12:54AM Thu | Moon - Yellow                                | <b>Devaloka Day</b>                                     |
|                                     |             |  |                                     | <b>Pausha-Markali</b>                        |   |
| <i>Pradosha Vrata</i>               |             |  |                                     |  |   |

|                                    |             |   |                                      |  |   |
|------------------------------------|-------------|---|--------------------------------------|--|---|
| <b>5</b> Thursday, January 5, 2023 |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam<br>Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau |                                      |  | Pyinmana, Myanmar<br>Sun 27 Sutra 263<br>Subhakrit 5124 |
| Vrishabha Rasi: 28.31              | Tithi 14    | <b>Gulika</b> 9:11AM - 10:35AM  | <b>Mrigashira</b> Until 10:17PM      | <b>Ganesha:</b> White <i>Sunrise:</i> 6:23AM |   |
|                                    |             | Yama 6:23AM - 7:47AM  | Sukla Until 8:23AM                   | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:34PM  | Moon 12 - Phase 36 - 27                                 |
|                                    | 838586576   | <b>Rahu</b> 1:23PM - 2:47PM   | Gara Until 2:01PM                    | <b>Nataraja:</b> Clear                       | 4th Phase   |
| Routine Work                       | Marana Yoga |   | <b>Chaturdashi*</b> Until 3:08AM Fri | Moon - Yellow                                | <b>Devaloka Day</b>                                     |
|                                    |             | <b>Subramuniyaswami Jayanti</b>   |                                      | <b>Pausha-Markali</b>                        |   |

|  |             |   |                                  |  |  |
|--|-------------|---|----------------------------------|--|--|
| <b>○</b> Friday, January 6, 2023<br><b>Copper Retreat Star</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ardra Nakshatra Brahma/Indra Yoga Visti/Bava Karana Purnimayam Titau |                                  |  | Pyinmana, Myanmar<br>Sutra 264<br>Subhakrit 5124 |
| Mithuna Rasi: 10.3   | Tithi 15    | <b>Gulika</b> 7:47AM - 9:11AM   | <b>Ardra</b> Until 12:54AM Sat   | <b>Ganesha:</b> White <i>Sunrise:</i> 6:24AM |  |
|  |             | Yama 2:47PM - 4:11PM  | Brahma Until 9:00AM              | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:35PM  | Moon 12 - Phase 36 - Purnima                     |
|  | 838586576   | <b>Rahu</b> 10:35AM - 11:59AM   | Visti Until 4:19PM               | <b>Nataraja:</b> Clear                       |  |
| Creative Work  | Siddha Yoga |   | <b>Purnima*</b> Until 5:30AM Sat | Moon - Yellow                                | <b>Devaloka Day</b>                              |
|  |             |   |                                  | <b>Pausha-Markali</b>                        |  |
| <b>Ardra Darshanam</b>   |             |   |                                  |  |  |

|  |             |  |                                   |  |  |
|--|-------------|--|-----------------------------------|--|--|
| <b>Saturday, January 7, 2023</b><br><b>Silver Retreat Star</b> |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam<br>Punarvasu Nakshatra Indra/Vaidhriti Yoga Balava Karana Prathamayam Titau |                                   |  | Pyinmana, Myanmar<br>Sutra 265<br>Subhakrit 5124 |
| Mithuna Rasi: 22.26  | Tithi 16    | <b>Gulika</b> 6:24AM - 7:48AM  | <b>Punarvasu</b> Until 3:56AM Sun | <b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM |  |
|  |             | Yama 1:24PM - 2:48PM   | Indra Until 9:43AM                | <b>Muruqa:</b> Purple <i>Sunset:</i> 5:36PM  | Moon 12 - Phase 36 - Prathama                    |
|  | 848586576   | <b>Rahu</b> 9:12AM - 10:36AM   | Balava Until 6:44PM               | <b>Nataraja:</b> Clear                       |  |
| Creative Work  | Siddha Yoga |  | <b>Prathama*</b> Until 7:57AM Sun | Moon - Blue                                  | <b>Sivaloka Day</b>                              |
|  |             |  |                                   | <b>Pausha-Markali</b>                        |  |

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: 4.21 Tithi 16 – 17

848586576

Creative Work Siddha Yoga

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

**Gulika** 2:48PM – 4:12PM  
**Yama** 12:00PM – 1:24PM  
**Rahu** 4:12PM – 5:36PM  
**Pushya Until 6:51AM**  
**Vaidhriti\* Until 10:28AM**  
**Taitila Until 9:13PM**  
**Prathama\* Until 7:57AM**

**Ganesha:** Clear **Sunrise:** 6:24AM  
**Muruqa:** Purple **Sunset:** 5:36PM  
**Nataraja:** Clear  
Moon – Blue  
Pausa-Markali  
Pinyinmana, Myanmar  
Sutra 266  
Subhakrit 5124  
Moon 1 - Phase 37 -  
1st Phase  
**Sivaloka Day**

**1**

**Monday, January 9, 2023**

Kataka Rasi: 16.14 Tithi 17 – 18

848586576

Creative Work Siddha Yoga

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

**Gulika** 1:25PM – 2:49PM  
**Yama** 10:36AM – 12:01PM  
**Rahu** 7:48AM – 9:12AM  
**Pushya Until 6:51AM**  
**Vishkambha\* Until 11:15AM**  
**Vanija Until 11:43PM**  
**Dvitiya Until 10:27AM**

**Ganesha:** Clear **Sunrise:** 6:24AM  
**Muruqa:** Purple **Sunset:** 5:37PM  
**Nataraja:** Clear  
Moon – Blue  
Pausa-Markali  
Pinyinmana, Myanmar  
Sun 1 Sutra 267  
Subhakrit 5124  
Moon 1 - Phase 37 - 1  
1st Phase  
**Sivaloka Day**

**2**

**Tuesday, January 10, 2023**

Kataka Rasi: 28.08 Tithi 18 – 19

848586576

Creative Work Siddha Yoga

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

**Gulika** 12:01PM – 1:25PM  
**Yama** 9:13AM – 10:37AM  
**Rahu** 2:49PM – 4:13PM  
**Ashlesha\* Until 9:35AM**  
**Priti Until 12:03PM**  
**Bava Until 2:09AM Wed**  
**Tritiya Until 12:55PM**

**Ganesha:** Clear **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:37PM  
**Nataraja:** Clear  
Moon – Blue  
Pausa-Markali  
Pinyinmana, Myanmar  
Sun 2 Sutra 268  
Subhakrit 5124  
Moon 1 - Phase 37 - 2  
1st Phase  
**Sivaloka Day**

**3**

**Wednesday, January 11, 2023**

Simha Rasi: 10.03 Tithi 19 – 20

859586576

Creative Work Siddha Yoga

Until 12:34PM  
Then Creative Work - Amrita Yoga

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

**Gulika** 10:37AM – 12:01PM  
**Yama** 7:49AM – 9:13AM  
**Rahu** 12:01PM – 1:26PM  
**Magha\* Until 12:34PM**  
**Ayushman Until 12:44PM**  
**Kaulava Until 4:25AM Thu**  
**Chaturthi\* Until 3:17PM**

**Ganesha:** Clear **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:38PM  
**Nataraja:** Clear  
Moon – Red  
Pausa-Markali  
Pinyinmana, Myanmar  
Sun 3 Sutra 269  
Subhakrit 5124  
Moon 1 - Phase 37 - 3  
1st Phase  
**Sivaloka Day**

**4**

**Thursday, January 12, 2023**

Simha Rasi: 22.03 Tithi 20 – 21

859586576

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** 9:13AM – 10:38AM  
**Yama** 6:25AM – 7:49AM  
**Rahu** 1:26PM – 2:50PM  
**Purvaphalguni Until 3:09PM**  
**Saubhagya Until 1:16PM**  
**Gara Until 6:21AM Fri**  
**Panchami Until 5:25PM**

**Ganesha:** Clear **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:39PM  
**Nataraja:** Clear  
Moon – Red  
Pausa-Markali  
Pinyinmana, Myanmar  
Sun 4 Sutra 270  
Subhakrit 5124  
Moon 1 - Phase 37 - 4  
1st Phase  
**Sivaloka Day**

**5**

**Friday, January 13, 2023**

Kanya Rasi: 4.1 Tithi 21

859586576

Creative Work Siddha Yoga

Until 5:13PM  
Then Creative Work - Amrita Yoga

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

**Gulika** 7:49AM – 9:14AM  
**Yama** 2:51PM – 4:15PM  
**Rahu** 10:38AM – 12:02PM  
**Uttaraphalguni Until 5:13PM**  
**Sobhana Until 1:31PM**  
**Gara Until 6:21AM**  
**Shashthi\* Until 7:08PM**

**Ganesha:** Clear **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:39PM  
**Nataraja:** Clear  
Moon – Red  
Pausa-Markali  
Pinyinmana, Myanmar  
Sun 5 Sutra 271  
Subhakrit 5124  
Moon 1 - Phase 37 - 5  
1st Phase  
**Sivaloka Day**

**6**

**Saturday, January 14, 2023**

Kanya Rasi: 16.29 Tithi 22

869586576

Routine Work Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta Nakshatra Athiganda\*/Sukarma Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika** 6:25AM – 7:50AM  
**Yama** 1:27PM – 2:51PM  
**Rahu** 9:14AM – 10:38AM  
**Hasta Until 7:04PM**  
**Athiganda\* Until 1:21PM**  
**Visti Until 7:48AM**  
**Saptami Until 8:16PM**

**Ganesha:** White **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:40PM  
**Nataraja:** Clear  
Moon – Green  
Pausa-Thai  
Pinyinmana, Myanmar  
Sun 6 Sutra 272  
Subhakrit 5124  
Moon 1 - Phase 37 - 6  
1st Phase  
**Subha Sivaloka Day**

**Retreat Star**

**Sunday, January 15, 2023**

Kanya Rasi: 29.07 Tithi 23

869586576

Creative Work Siddha Yoga

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

**Gulika** 2:52PM – 4:16PM  
**Yama** 12:03PM – 1:27PM  
**Rahu** 4:16PM – 5:40PM  
**Chitra Until 8:03PM**  
**Sukarma Until 12:39PM**  
**Balava Until 8:35AM**  
**Ashtami\* Until 8:39PM**

**Ganesha:** White **Sunrise:** 6:25AM  
**Muruqa:** Purple **Sunset:** 5:40PM  
**Nataraja:** Clear  
Moon – Green  
Pausa-Thai  
Pinyinmana, Myanmar  
Sun 7 Sutra 273  
Subhakrit 5124  
Moon 1 - Phase 37 - 7  
Ashtami  
**Subha Sivaloka Day**

**Monday, January 16, 2023**

**Retreat Star**

Tula Rasi: 12.05 Tithi 24

869586576

Creative Work Amrita Yoga

Until 8:04PM  
Then Routine Work - Marana Yoga

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

**Gulika** 1:28PM – 2:52PM  
**Yama** 10:39AM – 12:03PM  
**Rahu** 7:50AM – 9:14AM  
**Svati Until 8:04PM**  
**Dhriti Until 11:21AM**  
**Taitila Until 8:33AM**  
**Navami\* Until 8:12PM**

**Ganesha:** White **Sunrise:** 6:26AM  
**Muruqa:** Purple **Sunset:** 5:41PM  
**Nataraja:** Clear  
Moon – Green  
Pausa-Thai  
Pinyinmana, Myanmar  
Sun 8 Sutra 274  
Subhakrit 5124  
Moon 1 - Phase 37 - 8  
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

imes are standard time. Calculated for Pinyinmana, Myanmar on 5/


www.gurudeva.org/panchang


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|----------|--|-------------|---|---|---|---|---|---|
| <b>1</b> | <b>Tuesday, January 17, 2023</b>   |             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau |   |   |   | Pynmana, Myanmar<br>Sun 9 Sutra 275             |   |
|          | Tula Rasi: 25.31   | Tithi 25    | <b>Gulika</b><br>Yama   | <b>12:04PM – 1:28PM</b><br>9:15AM – 10:39AM | <b>Vishakha Until 7:33PM</b><br>Shula* Until 9:21AM | <b>Ganesha: Yellow</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:42PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 9 |
|          | 879586576  | <b>Rahu</b> | <b>2:53PM – 4:17PM</b>  | Vanija Until 7:41AM                         | <b>Nataraja: Clear</b><br>Moon – Orange             | <b>Sivaloka Day</b>                             |   |   |
|          | Routine Work Marana Yoga<br>Until 7:33PM<br>Then Creative Work - Siddha Yoga |             |   |   | <b>Dashami Until 6:54PM</b>                         | Pausha*Thai                                     |   |   |

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|----------|------------------------------------|---------------|--|---|---|---|---|--|
| <b>2</b> | <b>Wednesday, January 18, 2023</b> |               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam<br>Anuradha Nakshatra Ganda*/Vridhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |   |   |   | Pynmana, Myanmar<br>Sun 10 Sutra 276            |  |
|          | Vischika Rasi: 9.27                | Tithi 26 – 27 | <b>Gulika</b><br>Yama  | <b>10:39AM – 12:04PM</b><br>7:50AM – 9:15AM | <b>Anuradha Until 6:06PM</b><br>Ganda* Until 6:42AM | <b>Ganesha: Yellow</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:42PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 10 |
|          | 879586576                          | <b>Rahu</b>   | <b>12:04PM – 1:28PM</b>  | Kaulava Until 3:31AM Thu                    | <b>Nataraja: Clear</b><br>Moon – Orange             | <b>Sivaloka Day</b>                             |   |  |
|          | Creative Work Siddha Yoga          |               |  |   | <b>Ekadashi* Until 4:48PM</b>                       | Pausha*Thai                                     |   |  |

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| <b>3</b> | <b>Thursday, January 19, 2023</b>   |               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Dhruva Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau |  |   |   | Pynmana, Myanmar<br>Sun 11 Sutra 277            |  |
|          | Vischika Rasi: 23.52  | Tithi 27 – 28 | <b>Gulika</b><br>Yama   | <b>9:15AM – 10:40AM</b><br>6:26AM – 7:50AM | <b>Jyeshtha* Until 3:51PM</b><br>Dhruva Until 11:44PM | <b>Ganesha: Yellow</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:43PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 11 |
|          | 871586576   | <b>Rahu</b>   | <b>1:29PM – 2:54PM</b>  | Gara Until 12:27AM Fri                     | <b>Nataraja: Clear</b><br>Moon – Orange               | <b>Sivaloka Day</b>                             |   |  |
|          | Routine Work Prabalarishta Yoga<br>Until 3:51PM<br>Then Creative Work - Siddha Yoga |               |   |  | <b>Dvadashi* Until 2:02PM</b>                         | Pausha*Thai                                     |   |  |

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| <b>4</b> | <b>Friday, January 20, 2023</b>   |               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |   |   |  | Pynmana, Myanmar<br>Sun 12 Sutra 278            |  |
|          | Dhanus Rasi: 8.42   | Tithi 28 – 29 | <b>Gulika</b><br>Yama  | <b>7:50AM – 9:15AM</b><br>2:54PM – 4:19PM | <b>Mula* Until 1:22PM</b><br>Vyaghata* Until 7:38PM | <b>Ganesha: Red</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:43PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 12 |
|          | 881586576   | <b>Rahu</b>   | <b>10:40AM – 12:05PM</b>   | Visti Until 8:56PM                        | <b>Nataraja: Clear</b><br>Moon – Light Blue         | <b>Sivaloka Day</b>                          |   |  |
|          | Creative Work Amrita Yoga<br>Until 1:22PM<br>Then Routine Work - Prabalarishta Yoga |               |  |   | <b>Trayodashi* Until 10:43AM</b>                    | Pausha*Thai                                  |   |  |

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|---|---|---------------|--|---|--|--|---|--|--|
|  | <b>Saturday, January 21, 2023</b>   |               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau |   |  |  | Pynmana, Myanmar<br>Sun 13 Sutra 279            |  |  |
|   | <b>Retreat Star</b>   |               | <b>Gulika</b><br>Yama  | <b>6:26AM – 7:51AM</b><br>1:30PM – 2:54PM | <b>Purvashadha* Until 10:24AM</b><br>Harshana Until 3:19PM | <b>Ganesha: Red</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:44PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 13 |  |
|   | Dhanus Rasi: 23.51  | Tithi 29 – 30 | 881586576  | <b>Rahu</b>                               | <b>9:15AM – 10:40AM</b>                                    | <b>Nataraja: Clear</b><br>Moon – Light Blue  | <b>Sivaloka Day</b>                             |  |  |
|   | Creative Work Siddha Yoga<br>Until 10:24AM<br>Then Routine Work - Marana Yoga |               |  |   | <b>Chaturdashi* Until 7:02AM</b>                           | Pausha*Thai                                  |   |  |  |

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|  | <b>Sunday, January 22, 2023</b> |         | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau |  |  |  | Pynmana, Myanmar<br>Sun 14 Sutra 280            |  |  |
|   | <b>Retreat Star</b>             |         | <b>Gulika</b><br>Yama  | <b>2:55PM – 4:20PM</b><br>12:05PM – 1:30PM | <b>Uttarashadha Until 7:09AM</b><br>Vajra* Until 10:52AM | <b>Ganesha: Red</b><br><b>Muruqa: Purple</b> | <i>Sunrise: 6:26AM</i><br><i>Sunset: 5:44PM</i> | Subhakrit 5124<br>Moon 1 - Phase 38 - 14 |  |
|   | Makara Rasi: 9.1                | Tithi 1 | 881586576  | <b>Rahu</b>                                | <b>4:20PM – 5:44PM</b>                                   | <b>Nataraja: Clear</b><br>Moon – Light Blue  | <b>Sivaloka Day</b>                             |  |  |
|   | Creative Work Amrita Yoga       |         |  |  | <b>Prathama* Until 11:19PM</b>                           | Magha*Thai                                   |   |  |  |

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| <b>1</b> | <b>Monday, January 23, 2023</b>   | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau |  |   | Pyinmana, Myanmar<br>Sun 15 Sutra 281<br>Subhakrit 5124    |
|          | Makara Rasi: 24.29 Tithi 2<br>Family Home Evening 891586576<br>Creative Work Siddha Yoga<br>Until 1:18AM Tue<br>Then Routine Work - Marana Yoga | <b>Gulika</b> 1:30PM – 2:55PM<br>Yama 10:40AM – 12:05PM<br><b>Rahu</b> 7:51AM – 9:16AM   | <b>Dhanishtha</b> Until 1:18AM Tue<br>Siddhi Until 6:29AM<br>Balava Until 9:27AM<br>Dvitiya Until 7:37PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:26AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:45PM<br><b>Nataraja:</b> Clear<br>Moon – Purple<br>Magha*Thai | Moon 1 - Phase 39 - 15<br>3rd Phase<br><b>Sivaloka Day</b> |

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| <b>2</b> | <b>Tuesday, January 24, 2023</b>                          | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |   |   | Pyinmana, Myanmar<br>Sun 16 Sutra 282<br>Subhakrit 5124    |
|          | Kumbha Rasi: 9.35 Tithi 3 – 4<br>Routine Work Marana Yoga | <b>Gulika</b> 12:06PM – 1:31PM<br>Yama 9:16AM – 10:41AM<br><b>Rahu</b> 2:56PM – 4:21PM  | <b>Shatabhishak</b> Until 10:42PM<br>Variyan Until 10:27PM<br>Vanija Until 2:49AM Wed<br>Tritiya Until 4:17PM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:26AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:46PM<br><b>Nataraja:</b> Clear<br>Moon – Purple<br>Magha*Thai | Moon 1 - Phase 39 - 16<br>3rd Phase<br><b>Sivaloka Day</b> |

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| <b>3</b> | <b>Wednesday, January 25, 2023</b>  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaprossthapada* Nakshatra Parigha* Yoga Visti*/Bava Karana Chalurthi/Panchamyam Titau |  |  | Pyinmana, Myanmar<br>Sun 17 Sutra 283<br>Subhakrit 5124          |
|          | Kumbha Rasi: 24.21 Tithi 4 – 5<br>Creative Work Amrita Yoga<br>Until 8:56PM<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 10:41AM – 12:06PM<br>Yama 7:51AM – 9:16AM<br><b>Rahu</b> 12:06PM – 1:31PM   | <b>Purvaprossthapada*</b> Until 8:56PM<br>Parigha* Until 7:04PM<br>Bava Until 12:19AM Thu<br>Chaturthi* Until 1:27PM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:26AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:46PM<br><b>Nataraja:</b> Clear<br>Moon – Clear<br>Magha*Thai | Moon 1 - Phase 39 - 17<br>3rd Phase<br><b>Subha Sivaloka Day</b> |

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| <b>4</b> | <b>Thursday, January 26, 2023</b>                         | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Uttaraprossthapada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |   |  | Pyinmana, Myanmar<br>Sun 18 Sutra 284<br>Subhakrit 5124          |
|          | Meena Rasi: 8.41 Tithi 5 – 6<br>Creative Work Siddha Yoga | <b>Gulika</b> 9:16AM – 10:41AM<br>Yama 6:26AM – 7:51AM<br><b>Rahu</b> 1:31PM – 2:56PM  | <b>Uttaraprossthapada</b> Until 7:44PM<br>Shiva Until 4:17PM<br>Kaulava Until 10:33PM<br>Panchami Until 11:19AM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:26AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:47PM<br><b>Nataraja:</b> Clear<br>Moon – Clear<br>Magha*Thai | Moon 1 - Phase 39 - 18<br>3rd Phase<br><b>Subha Sivaloka Day</b> |

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| <b>5</b> | <b>Friday, January 27, 2023</b>   | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Revati Nakshatra Siddha/Sadhya Yoga Tailita/Gara Karana Shashthi/Saptamyam Titau |  |  | Pyinmana, Myanmar<br>Sun 19 Sutra 285<br>Subhakrit 5124          |
|          | Meena Rasi: 22.3 Tithi 6 – 7<br>Creative Work Siddha Yoga<br>Until 7:13PM<br>Then Creative Work - Amrita Yoga | <b>Gulika</b> 7:51AM – 9:16AM<br>Yama 2:57PM – 4:22PM<br><b>Rahu</b> 10:41AM – 12:06PM  | <b>Revati</b> Until 7:13PM<br>Siddha Until 2:06PM<br>Gara Until 9:38PM<br>Shashthi* Until 9:58AM | <b>Ganesha:</b> Blue <i>Sunrise:</i> 6:25AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:47PM<br><b>Nataraja:</b> Clear<br>Moon – Clear<br>Magha*Thai | Moon 1 - Phase 39 - 19<br>3rd Phase<br><b>Subha Sivaloka Day</b> |

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| <b>6</b> | <b>Saturday, January 28, 2023</b>                        | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Ashvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |   |  | Pyinmana, Myanmar<br>Sun 20 Sutra 286<br>Subhakrit 5124  |
|          | Mesha Rasi: 5.5 Tithi 7 – 8<br>Creative Work Siddha Yoga | <b>Gulika</b> 6:25AM – 7:51AM<br>Yama 1:32PM – 2:57PM<br><b>Rahu</b> 9:16AM – 10:41AM  | <b>Ashvini</b> Until 7:50PM<br>Sadhya Until 12:38PM<br>Visti Until 9:36PM<br>Saptami Until 9:29AM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:25AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:48PM<br><b>Nataraja:</b> Clear<br>Moon – White<br>Magha*Thai | Moon 1 - Phase 39 - 20<br>Ashtami<br><b>Sivaloka Day</b> |

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| <b>7</b> | <b>Sunday, January 29, 2023</b>  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau |   |  | Pyinmana, Myanmar<br>Sun 21 Sutra 287<br>Subhakrit 5124 |
|          | Mesha Rasi: 18.44 Tithi 8 – 9<br>Routine Work Prabalarishta Yoga<br>Until 9:06PM<br>Then Creative Work - Siddha Yoga | <b>Gulika</b> 2:58PM – 4:23PM<br>Yama 12:07PM – 1:32PM<br><b>Rahu</b> 4:23PM – 5:48PM   | <b>Bharani</b> Until 9:06PM<br>Subha Until 11:49AM<br>Balava Until 10:22PM<br>Ashtami* Until 9:52AM | <b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:25AM<br><b>Muruqa:</b> Purple <i>Sunset:</i> 5:48PM<br><b>Nataraja:</b> Clear<br>Moon – White<br>Magha*Thai | Moon 1 - Phase 39 - 21<br>Navami<br><b>Sivaloka Day</b> |

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

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| <b>Monday, January 30, 2023</b>   |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam<br>Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 22 Sutra 288<br>Subhakarit 5124   |
| <b>1</b>  | 932686576 | <b>Gulika</b> 1:32PM – 2:58PM<br>Yama 10:41AM – 12:07PM<br><b>Rahu</b> 7:50AM – 9:16AM   | <b>Krittika Until 10:53PM</b><br>Sukla Until 11:34AM<br>Taitila Until 11:50PM<br><b>Navami* Until 11:00AM</b> | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – White<br>Magha-Thai | <b>Sunrise:</b> 6:25AM<br><b>Sunset:</b> 5:49PM | Moon 1 - Phase 40 - 22<br>4th Phase<br><b>Sivaloka Day</b> |
| Vrishabha Rasi: 1.16 Tithi 9 – 10<br>Family Home Evening<br>Routine Work Marana Yoga<br>Until 10:53PM<br>Then Creative Work - Amrita Yoga |           |  |   |   |   |  |

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| <b>Tuesday, January 31, 2023</b>   |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 23 Sutra 289<br>Subhakarit 5124         |
| <b>2</b>   | 932686576 | <b>Gulika</b> 12:07PM – 1:33PM<br>Yama 9:16AM – 10:42AM<br><b>Rahu</b> 2:58PM – 4:24PM  | <b>Rohini Until 1:29AM Wed</b><br>Brahma Until 11:46AM<br>Vanija Until 1:49AM Wed<br><b>Dashami Until 12:45PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Magha-Thai | <b>Sunrise:</b> 6:25AM<br><b>Sunset:</b> 5:49PM | Moon 1 - Phase 40 - 23<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Vrishabha Rasi: 13.31 Tithi 10 – 11<br>Creative Work Amrita Yoga<br>Until 1:29AM Wed<br>Then Creative Work - Siddha Yoga |           |   |   |   |   |  |

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| <b>Wednesday, February 1, 2023</b>  |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 24 Sutra 290<br>Subhakarit 5124         |
| <b>3</b>  | 932686576 | <b>Gulika</b> 10:42AM – 12:07PM<br>Yama 7:50AM – 9:16AM<br><b>Rahu</b> 12:07PM – 1:33PM  | <b>Mrigashira Until 4:14AM Thu</b><br>Indra Until 12:19PM<br>Bava Until 4:08AM Thu<br><b>Ekadashi Until 2:55PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Magha-Thai | <b>Sunrise:</b> 6:25AM<br><b>Sunset:</b> 5:49PM | Moon 1 - Phase 40 - 24<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Vrishabha Rasi: 25.35 Tithi 11 – 12<br>Creative Work Siddha Yoga<br>Until 4:14AM Thu<br>Then Routine Work - Marana Yoga |           |  |  |   |   |  |

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|---|-----------|---|--|---|---|--|
| <b>Thursday, February 2, 2023</b>   |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |   |   | Pyinmana, Myanmar<br>Sun 25 Sutra 291<br>Subhakarit 5124         |
| <b>4</b>  | 932686576 | <b>Gulika</b> 9:16AM – 10:42AM<br>Yama 6:25AM – 7:50AM<br><b>Rahu</b> 1:33PM – 2:59PM   | <b>Ardra Until 6:58AM Fri</b><br>Vaidhriti* Until 1:01PM<br>Kaulava Until 6:36AM Fri<br><b>Dvadashi Until 5:20PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Magha-Thai | <b>Sunrise:</b> 6:25AM<br><b>Sunset:</b> 5:50PM | Moon 1 - Phase 40 - 25<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Mithuna Rasi: 7.32 Tithi 12 – 13<br>Routine Work Marana Yoga<br>Until 6:58AM Fri<br>Then Creative Work - Siddha Yoga<br><i>Pradosha Vrata</i> |           |   |  |   |   |  |

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|---|-----------|---|---|---|---|--|
| <b>Friday, February 3, 2023</b>                           |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau |   |   |   | Pyinmana, Myanmar<br>Sun 26 Sutra 292<br>Subhakarit 5124         |
| <b>5</b>  | 932686576 | <b>Gulika</b> 7:50AM – 9:16AM<br>Yama 2:59PM – 4:25PM<br><b>Rahu</b> 10:42AM – 12:07PM  | <b>Ardra Until 6:58AM</b><br>Vishkambha* Until 1:50PM<br>Kaulava Until 6:36AM<br><b>Trayodashi Until 7:50PM</b> | <b>Ganesha:</b> White<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Clear<br>Moon – Yellow<br>Magha-Thai | <b>Sunrise:</b> 6:24AM<br><b>Sunset:</b> 5:50PM | Moon 1 - Phase 40 - 26<br>4th Phase<br><b>Subha Sivaloka Day</b> |
| Mithuna Rasi: 19.25 Tithi 13<br>Creative Work Siddha Yoga |           |   |   |   |   |  |

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| <b>Saturday, February 4, 2023</b>                                     |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau |  |  |   | Pyinmana, Myanmar<br>Sun 27 Sutra 293<br>Subhakarit 5124   |
| <b>6</b>  | 942686577 | <b>Gulika</b> 6:24AM – 7:50AM<br>Yama 1:33PM – 2:59PM<br><b>Rahu</b> 9:16AM – 10:42AM   | <b>Punarvasu Until 10:05AM</b><br>Priti Until 2:40PM<br>Gara Until 9:07AM<br><b>Chaturdashi* Until 10:20PM</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br>Magha-Thai | <b>Sunrise:</b> 6:24AM<br><b>Sunset:</b> 5:51PM | Moon 1 - Phase 40 - 27<br>4th Phase<br><b>Sivaloka Day</b> |
| Kataka Rasi: 1.18 Tithi 14<br>Creative Work Siddha Yoga<br>Thai Pusam |           |   |  |  |   |  |

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| <b>Sunday, February 5, 2023</b>                          |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau |  |  |   | Pyinmana, Myanmar<br>Sutra 294<br>Subhakarit 5124     |
| <b>○</b>   | 942686577 | <b>Gulika</b> 2:59PM – 4:25PM<br>Yama 12:08PM – 1:34PM<br><b>Rahu</b> 4:25PM – 5:51PM   | <b>Pushya Until 12:59PM</b><br>Ayushman Until 3:26PM<br>Visti Until 11:35AM<br><b>Purnima* Until 12:45AM Mon</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br>Magha-Thai | <b>Sunrise:</b> 6:24AM<br><b>Sunset:</b> 5:51PM | Moon 1 - Phase 40 -<br>Purnima<br><b>Sivaloka Day</b> |
| Kataka Rasi: 13.11 Tithi 15<br>Creative Work Siddha Yoga |           |   |  |  |   |   |

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| <b>Monday, February 6, 2023</b>  |           | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau |   |  |   | Pyinmana, Myanmar<br>Sutra 295<br>Subhakarit 5124      |
| <b>○</b>   | 942686577 | <b>Gulika</b> 1:34PM – 3:00PM<br>Yama 10:42AM – 12:08PM<br><b>Rahu</b> 7:50AM – 9:16AM  | <b>Ashlesha* Until 3:37PM</b><br>Saubhagya Until 4:08PM<br>Balava Until 1:57PM<br><b>Prathama* Until 3:04AM Tue</b> | <b>Ganesha:</b> Clear<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon – Blue<br>Magha-Thai | <b>Sunrise:</b> 6:24AM<br><b>Sunset:</b> 5:52PM | Moon 1 - Phase 40 -<br>Prathama<br><b>Sivaloka Day</b> |
| Kataka Rasi: 25.07 Tithi 16<br>Family Home Evening<br>Creative Work Siddha Yoga<br>Until 3:37PM<br>Then Routine Work - Marana Yoga |           |   |   |  |   |  |





**Tuesday, February 7, 2023**  
**Gold Retreat Star**

Simha Rasi: 7.05 Tithi 17  
952686577  
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Mangala Vasara Yuktayam  
Magha\* Nakshatra Sobhana/Athiganda\* Yoga Tailila/Gara Karana Dvitiyayam Titau

**Gulika** 12:08PM – 1:34PM  
**Yama** 9:16AM – 10:42AM  
**Rahu** 3:00PM – 4:26PM  
**Magha\* Until 6:28PM**  
Sobhana Until 4:45PM  
Tailila Until 4:12PM  
**Dvitiya Until 5:13AM Wed**

**Ganesha:** Purple *Sunrise: 6:23AM*  
**Muruqa:** Purple *Sunset: 5:52PM*  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

Pyinmana, Myanmar  
Sutra 296  
Subhakrit 5124  
Moon 2 - Phase 41 -  
1st Phase

**Subha Sivaloka Day**

**1**

**Wednesday, February 8, 2023**

Simha Rasi: 19.07 Tithi 18  
952686577  
Creative Work Amrita Yoga

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

**Gulika** 10:42AM – 12:08PM  
**Yama** 7:49AM – 9:15AM  
**Rahu** 12:08PM – 1:34PM  
**Purvaphalguni Until 8:58PM**  
Athiganda\* Until 5:12PM  
Vanija Until 6:15PM  
**Tritiya Until 7:10AM Thu**

**Ganesha:** Purple *Sunrise: 6:23AM*  
**Muruqa:** Purple *Sunset: 5:53PM*  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

Pyinmana, Myanmar  
Sun 1 Sutra 297  
Subhakrit 5124  
Moon 2 - Phase 41 - 1  
1st Phase

**Subha Sivaloka Day**

**2**

**Thursday, February 9, 2023**

Kanya Rasi: 1.14 Tithi 18 – 19  
952686577  
Amrita Yoga  
Until 11:03PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Guru Vasara Yuktayam  
Uttaraphalguni Nakshatra Sukarma/Dhriti\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

**Gulika** 9:15AM – 10:42AM  
**Yama** 6:23AM – 7:49AM  
**Rahu** 1:34PM – 3:01PM  
**Uttaraphalguni Until 11:03PM**  
Sukarma Until 5:29PM  
Bava Until 8:02PM  
**Tritiya Until 7:10AM**

**Ganesha:** Purple *Sunrise: 6:23AM*  
**Muruqa:** Purple *Sunset: 5:53PM*  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Thai**

Pyinmana, Myanmar  
Sun 2 Sutra 298  
Subhakrit 5124  
Moon 2 - Phase 41 - 2  
1st Phase

**Subha Sivaloka Day**

**3**

**Friday, February 10, 2023**

Kanya Rasi: 13.28 Tithi 19 – 20  
962686577  
Creative Work Amrita Yoga  
Until 1:06AM Sat  
Then Routine Work - Marana Yoga

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

**Gulika** 7:49AM – 9:15AM  
**Yama** 3:01PM – 4:27PM  
**Rahu** 10:42AM – 12:08PM  
**Hasta Until 1:06AM Sat**  
Dhriti Until 5:31PM  
Kaulava Until 9:29PM  
**Chaturthi\* Until 8:47AM**

**Ganesha:** Clear *Sunrise: 6:22AM*  
**Muruqa:** Purple *Sunset: 5:54PM*  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

Pyinmana, Myanmar  
Sun 3 Sutra 299  
Subhakrit 5124  
Moon 2 - Phase 41 - 3  
1st Phase

**Sivaloka Day**

**4**

**Saturday, February 11, 2023**

Kanya Rasi: 25.52 Tithi 20 – 21  
963686577  
Routine Work Marana Yoga  
Until 2:31AM Sun  
Then Creative Work - Siddha Yoga

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

**Gulika** 6:22AM – 7:48AM  
**Yama** 1:34PM – 3:01PM  
**Rahu** 9:15AM – 10:41AM  
**Chitra Until 2:31AM Sun**  
Shula\* Until 5:10PM  
Gara Until 10:26PM  
**Panchami Until 10:00AM**

**Ganesha:** Purple *Sunrise: 6:22AM*  
**Muruqa:** Purple *Sunset: 5:54PM*  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

Pyinmana, Myanmar  
Sun 4 Sutra 300  
Subhakrit 5124  
Moon 2 - Phase 41 - 4  
1st Phase

**Devaloka Day**

**5**

**Sunday, February 12, 2023**

Tula Rasi: 8.31 Tithi 21 – 22  
963686577  
Creative Work Siddha Yoga  
Until 3:10AM Mon  
Then Routine Work - Marana Yoga

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

**Gulika** 3:01PM – 4:28PM  
**Yama** 12:08PM – 1:35PM  
**Rahu** 4:28PM – 5:54PM  
**Svati Until 3:10AM Mon**  
Ganda\* Until 4:24PM  
Visti Until 10:47PM  
**Shashthi\* Until 10:40AM**

**Ganesha:** Purple *Sunrise: 6:22AM*  
**Muruqa:** Purple *Sunset: 5:54PM*  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Thai**

Pyinmana, Myanmar  
Sun 5 Sutra 301  
Subhakrit 5124  
Moon 2 - Phase 41 - 5  
1st Phase

**Devaloka Day**

**D**

**Monday, February 13, 2023**  
**Retreat Star**

Tula Rasi: 21.27 Tithi 22 – 23  
973686577  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 3:26AM Tue  
Then Creative Work - Siddha Yoga

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

**Gulika** 1:35PM – 3:01PM  
**Yama** 10:41AM – 12:08PM  
**Rahu** 7:48AM – 9:15AM  
**Vishakha Until 3:26AM Tue**  
Vridhhi Until 3:07PM  
Balava Until 10:25PM  
**Saptami Until 10:40AM**

**Ganesha:** Clear *Sunrise: 6:21AM*  
**Muruqa:** Purple *Sunset: 5:55PM*  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

Pyinmana, Myanmar  
Sun 6 Sutra 302  
Subhakrit 5124  
Moon 2 - Phase 41 - 6  
Ashtami

**Sivaloka Day**

**Tuesday, February 14, 2023**

**Retreat Star**

Vrischika Rasi: 4.46 Tithi 23 – 24  
973686577  
Creative Work Siddha Yoga

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

**Gulika** 12:08PM – 1:35PM  
**Yama** 9:14AM – 10:41AM  
**Rahu** 3:02PM – 4:28PM  
**Anuradha Until 2:50AM Wed**  
Dhruva Until 1:14PM  
Tailila Until 9:20PM  
**Ashtami\* Until 9:57AM**

**Ganesha:** Clear *Sunrise: 6:21AM*  
**Muruqa:** Purple *Sunset: 5:55PM*  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

Pyinmana, Myanmar  
Sun 7 Sutra 303  
Subhakrit 5124  
Moon 2 - Phase 41 - 7  
Navami

**Sivaloka Day**

|   |                                     |               |   |                        |  |  |   |  |
|---|-------------------------------------|---------------|---|------------------------|--|--|---|--|
| 1 | <b>Wednesday, February 15, 2023</b> |               | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                        |  |  | Pinyinmana, Myanmar<br>Sun 8 Sutra 304<br>Subhakarit 5124                           |  |
|   | Wrischika Rasi: 18.29               | Tithi 24 – 25 | 973686577   | Gulika<br>Yama<br>Rahu | 10:41AM – 12:08PM<br>7:47AM – 9:14AM<br>12:08PM – 1:35PM | Jyeshtha* Until 1:23AM Thu<br>Vyaghata* Until 10:47AM<br>Vanija Until 7:31PM<br>Navami* Until 8:29AM | Ganesha: Clear<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Orange<br>Magha-Masi | Sunrise: 6:20AM<br>Sunset: 5:56PM<br><br>Moon 2 - Phase 42 - 8<br>2nd Phase<br><br><b>Sivaloka Day</b> |
|   | Creative Work Siddha Yoga           |               |   |                        |  |  |   |  |
|   |                                     |               |   |                        |  |  |   |  |

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| 2 | <b>Thursday, February 16, 2023</b> |               | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam<br>Mula* Nakshatra Harshana/Vajra* Yoga Visti/Balava Karana Dashami/Ekadashyam Titau |                        |  |   | Pinyinmana, Myanmar<br>Sun 9 Sutra 305<br>Subhakarit 5124                               |  |
|   | Dhanus Rasi: 2.4                   | Tithi 25 – 26 | 983686577   | Gulika<br>Yama<br>Rahu | 9:14AM – 10:41AM<br>6:20AM – 7:47AM<br>1:35PM – 3:02PM | Mula* Until 11:36PM<br>Harshana Until 7:47AM<br>Balava Until 3:34AM Fri<br>Dashami Until 6:20AM | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:20AM<br>Sunset: 5:56PM<br><br>Moon 2 - Phase 42 - 9<br>2nd Phase<br><br><b>Devaloka Day</b> |
|   | Creative Work Siddha Yoga          |               |   |                        |  |   |   |  |
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| 3 | <b>Friday, February 17, 2023</b>   |          | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvodashyam Titau |                        |   |  | Pinyinmana, Myanmar<br>Sun 10 Sutra 306<br>Subhakarit 5124                              |   |
|   | Dhanus Rasi: 17.15   | Tithi 27 | 983686577   | Gulika<br>Yama<br>Rahu | 7:47AM – 9:14AM<br>3:02PM – 4:29PM<br>10:41AM – 12:08PM | Purvashadha* Until 9:11PM<br>Siddhi Until 12:26AM Sat<br>Kaulava Until 2:01PM<br>Dvadashi* Until 12:20AM Sat | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:19AM<br>Sunset: 5:56PM<br><br>Moon 2 - Phase 42 - 10<br>2nd Phase<br><br><b>Devaloka Day</b> |
|   | Routine Work Prabalarishta Yoga<br>Until 9:11PM<br>Then Routine Work - Marana Yoga |          |   |                        |   |  |   |   |
|   |  |          |   |                        |   |  |   |   |

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| 4 | <b>Saturday, February 18, 2023</b>   |          | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Uttarashadha Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau |                        |  |  | Pinyinmana, Myanmar<br>Sun 11 Sutra 307<br>Subhakarit 5124                              |   |
|   | Makara Rasi: 2.1   | Tithi 28 | 983686577   | Gulika<br>Yama<br>Rahu | 6:19AM – 7:46AM<br>1:35PM – 3:02PM<br>9:13AM – 10:41AM | Uttarashadha Until 6:17PM<br>Vyatipata* Until 8:19PM<br>Gara Until 10:37AM<br>Trayodashi* Until 8:47PM | Ganesha: White<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Light Blue<br>Magha-Masi | Sunrise: 6:19AM<br>Sunset: 5:57PM<br><br>Moon 2 - Phase 42 - 11<br>2nd Phase<br><br><b>Devaloka Day</b> |
|   | Routine Work Marana Yoga<br>Until 6:17PM<br>Then Creative Work - Siddha Yoga |          |   |                        |  |  |   |   |
|   |  |          | <i>Pradosha Vrata (Fasting)</i>   |                        |  |  |   |   |

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| 5 | <b>Sunday, February 19, 2023</b>   |               | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Varyani/Parigha* Yoga Visti/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                        |  |  | Pinyinmana, Myanmar<br>Sun 12 Sutra 308<br>Subhakarit 5124                          |   |
|   | Makara Rasi: 17.19   | Tithi 29 – 30 | 993686577  | Gulika<br>Yama<br>Rahu | 3:02PM – 4:30PM<br>12:08PM – 1:35PM<br>4:30PM – 5:57PM | Shravana Until 3:29PM<br>Variyan Until 4:03PM<br>Visti Until 6:58AM<br>Chaturdashi* Until 5:05PM | Ganesha: Green<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Purple<br>Magha-Masi | Sunrise: 6:18AM<br>Sunset: 5:57PM<br><br>Moon 2 - Phase 42 - 12<br>2nd Phase<br><br><b>Devaloka Day</b> |
|   | Creative Work Amrita Yoga<br>Until 3:29PM<br>Then Routine Work - Marana Yoga |               |  |                        |  |  |   |   |
|   |  |               |  |                        |  |  |   |   |

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|---|--|--|--|--------------|-----------|------------------------|--|---|---|--|
| ● | <b>Monday, February 20, 2023</b>                 |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |              |           |                        | Pinyinmana, Myanmar<br>Sun 13 Sutra 309<br>Subhakarit 5124 |   |   |  |
|   | <b>Retreat Star</b>                              |  | Kumbha Rasi: 2.31  | Tithi 30 – 1 | 993686577 | Gulika<br>Yama<br>Rahu | 1:35PM – 3:03PM<br>10:40AM – 12:08PM<br>7:45AM – 9:13AM    | Dhanishtha Until 12:34PM<br>Parigha* Until 11:49AM<br>Kintughna Until 11:39PM<br>Amavasya* Until 1:25PM | Ganesha: Green<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Purple<br>Magha-Masi | Sunrise: 6:18AM<br>Sunset: 5:57PM<br><br>Moon 2 - Phase 42 - 13<br>Amavasya<br><br><b>Devaloka Day</b> |
|   | Family Home Evening<br>Creative Work Siddha Yoga |  |  |              |           |                        |  |   |   |  |
|   |  |  |  |              |           |                        |  |   |   |  |

|   |                                   |  |   |             |           |                        |  |  |   |  |
|---|-----------------------------------|--|---|-------------|-----------|------------------------|--|--|---|--|
| ● | <b>Tuesday, February 21, 2023</b> |  | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Shatabhishak/Purvaprosithpada* Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathama/Dvityayam Titau |             |           |                        | Pinyinmana, Myanmar<br>Sun 14 Sutra 310<br>Subhakarit 5124 |  |   |  |
|   | <b>Retreat Star</b>               |  | Kumbha Rasi: 17.36  | Tithi 1 – 2 | 993686577 | Gulika<br>Yama<br>Rahu | 12:08PM – 1:35PM<br>9:12AM – 10:40AM<br>3:03PM – 4:30PM    | Shatabhishak Until 9:41AM<br>Shiva Until 7:45AM<br>Balava Until 8:20PM<br>Prathama* Until 9:56AM | Ganesha: Green<br>Muruqa: Purple<br>Nataraja: Orange<br>Moon – Purple<br>Phalgun-Masi | Sunrise: 6:17AM<br>Sunset: 5:58PM<br><br>Moon 2 - Phase 42 - 14<br>Prathama<br><br><b>Devaloka Day</b> |
|   | Routine Work Marana 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

imes are standard time. Calculated for Pinyinmana, Myanmar on 5/

www.gurudeva.org/panchang

|  |             |   |   |   |  |   |   |                           |
|--|-------------|---|---|---|--|---|---|---------------------------|
| <b>1</b>   |             | <b>Wednesday, February 22, 2023</b>     |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Purvaproshtapada/Uttaraproshtapada Nakshatra Sadya Yoga Kaulava/Gara Karana Dviliya/Trityayam Titau |  |   | Pyinmana, Myanmar<br>Sun 15 Sutra 311<br>Subhakrit 5124 |                           |
| Meena Rasi: 2.26   | Tithi 2 - 3 | 913686577                               | <b>Gulika</b> 10:40AM - 12:07PM<br>Yama 7:44AM - 9:12AM<br><b>Rahu</b> 12:07PM - 1:35PM | <b>Purvaproshtapada* Until 7:28AM</b><br>Sadya Until 12:34AM Thu<br>Gara Until 4:15AM Thu<br><b>Dvitiya Until 6:49AM</b>  | <b>Ganesha:</b> Red<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - Clear<br>Phalguna-Masi     | <i>Sunrise:</i> 6:17AM<br><i>Sunset:</i> 5:58PM | Moon 2 - Phase 43 - 15<br>3rd Phase                     | <b>Sivaloka Day</b>       |
| Creative Work Amrita Yoga<br>Until 7:28AM<br>Then Creative Work - Siddha Yoga                            |             |   |   |   |  |   |   |                           |
| <b>2</b>   |             | <b>Thursday, February 23, 2023</b>      |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau                                   |  |   | Pyinmana, Myanmar<br>Sun 16 Sutra 312<br>Subhakrit 5124 |                           |
| Meena Rasi: 16.52  | Tithi 4     | 913786577                               | <b>Gulika</b> 9:12AM - 10:40AM<br>Yama 6:16AM - 7:44AM<br><b>Rahu</b> 1:35PM - 3:03PM   | <b>Revati Until 4:23AM Fri</b><br>Subha Until 9:45PM<br>Vanija Until 3:15PM<br><b>Chaturthi* Until 2:23AM Fri</b>   | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - Clear<br>Phalguna-Masi    | <i>Sunrise:</i> 6:16AM<br><i>Sunset:</i> 5:59PM | Moon 2 - Phase 43 - 16<br>3rd Phase                     | <b>Subha Sivaloka Day</b> |
| Creative Work Siddha Yoga<br>Until 4:23AM Fri<br>Then Creative Work - Amrita Yoga                        |             | <b>Subramuniyaswami Siva Vision Day</b> |   |   |  |   |   |                           |
| <b>3</b>   |             | <b>Friday, February 24, 2023</b>        |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini Nakshatra Sukla Yoga Bava/Balava Karana Panchamyam Titau                                    |  |   | Pyinmana, Myanmar<br>Sun 17 Sutra 313<br>Subhakrit 5124 |                           |
| Mesha Rasi: 0.5  | Tithi 5     | 923786577                               | <b>Gulika</b> 7:44AM - 9:11AM<br>Yama 3:03PM - 4:31PM<br><b>Rahu</b> 10:39AM - 12:07PM  | <b>Ashvini Until 4:13AM Sat</b><br>Sukla Until 7:33PM<br>Bava Until 1:46PM<br><b>Panchami Until 1:20AM Sat</b>  | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - White<br>Phalguna-Masi  | <i>Sunrise:</i> 6:16AM<br><i>Sunset:</i> 5:59PM | Moon 2 - Phase 43 - 17<br>3rd Phase                     | <b>Sivaloka Day</b>       |
| Creative Work Amrita Yoga<br>Until 4:13AM Sat<br>Then Creative Work - Siddha Yoga                        |             |   |   |   |  |   |   |                           |
| <b>4</b>   |             | <b>Saturday, February 25, 2023</b>      |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani Nakshatra Brahma Yoga Kaulava/Taitila Karana Shashthyam Titau                               |  |   | Pyinmana, Myanmar<br>Sun 18 Sutra 314<br>Subhakrit 5124 |                           |
| Mesha Rasi: 14.19  | Tithi 6     | 923786577                               | <b>Gulika</b> 6:15AM - 7:43AM<br>Yama 1:35PM - 3:03PM<br><b>Rahu</b> 9:11AM - 10:39AM   | <b>Bharani Until 4:45AM Sun</b><br>Brahma Until 6:02PM<br>Kaulava Until 1:09PM<br><b>Shashthi* Until 1:08AM Sun</b>   | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - White<br>Phalguna-Masi  | <i>Sunrise:</i> 6:15AM<br><i>Sunset:</i> 5:59PM | Moon 2 - Phase 43 - 18<br>3rd Phase                     | <b>Sivaloka Day</b>       |
| Creative Work Siddha Yoga  |             |   |   |   |  |   |   |                           |
| <b>5</b>   |             | <b>Sunday, February 26, 2023</b>        |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau                         |  |   | Pyinmana, Myanmar<br>Sun 19 Sutra 315<br>Subhakrit 5124 |                           |
| Mesha Rasi: 27.19  | Tithi 7     | 924786577                               | <b>Gulika</b> 3:03PM - 4:31PM<br>Yama 12:07PM - 1:35PM<br><b>Rahu</b> 4:31PM - 5:59PM   | <b>Krittika Until 5:57AM Mon</b><br>Indra Until 5:13PM<br>Gara Until 1:23PM<br><b>Saptami Until 1:48AM Mon</b>  | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - White<br>Phalguna-Masi    | <i>Sunrise:</i> 6:15AM<br><i>Sunset:</i> 5:59PM | Moon 2 - Phase 43 - 19<br>3rd Phase                     | <b>Devaloka Day</b>       |
| Creative Work Siddha Yoga<br>Until 5:57AM Mon<br>Then Creative Work - Amrita Yoga                        |             |   |   |   |  |   |   |                           |
| <b>Monday, February 27, 2023</b>   |             | <b>Retreat Star</b>                     |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau                      |  |   | Pyinmana, Myanmar<br>Sun 20 Sutra 316<br>Subhakrit 5124 |                           |
| Vrishabha Rasi: 9.56   | Tithi 8     | 924786577                               | <b>Gulika</b> 1:35PM - 3:03PM<br>Yama 10:39AM - 12:07PM<br><b>Rahu</b> 7:42AM - 9:10AM  | <b>Rohini Until 8:09AM Tue</b><br>Vaidhriti* Until 4:59PM<br>Visti Until 2:27PM<br><b>Ashtami* Until 3:13AM Tue</b>   | <b>Ganesha:</b> Blue<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - White<br>Phalguna-Masi    | <i>Sunrise:</i> 6:14AM<br><i>Sunset:</i> 6:00PM | Moon 2 - Phase 43 - 20<br>Ashtami                       | <b>Devaloka Day</b>       |
| Family Home Evening<br>Creative Work Amrita Yoga<br>Until 8:09AM Tue<br>Then Creative Work - Siddha Yoga |             |   |   |   |  |   |   |                           |
| <b>Tuesday, February 28, 2023</b>  |             | <b>Retreat Star</b>                     |   | Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau           |  |   | Pyinmana, Myanmar<br>Sun 21 Sutra 317<br>Subhakrit 5124 |                           |
| Vrishabha Rasi: 22.14  | Tithi 9     | 934786577                               | <b>Gulika</b> 12:07PM - 1:35PM<br>Yama 9:10AM - 10:38AM<br><b>Rahu</b> 3:03PM - 4:32PM  | <b>Rohini Until 8:09AM</b><br>Vishkambha* Until 5:15PM<br>Balava Until 4:10PM<br><b>Navami* Until 5:12AM Wed</b>  | <b>Ganesha:</b> Yellow<br><b>Muruqa:</b> Purple<br><b>Nataraja:</b> Orange<br>Moon - Yellow<br>Phalguna-Masi | <i>Sunrise:</i> 6:13AM<br><i>Sunset:</i> 6:00PM | Moon 2 - Phase 43 - 21<br>Navami                        | <b>Sivaloka Day</b>       |
| Creative Work Amrita Yoga<br>Until 8:09AM<br>Then Creative Work - Siddha Yoga                            |             |   |   |   |  |   |   |                           |

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

|                                  |                               |                                 |  |   |                        |   |  |
|----------------------------------|-------------------------------|---------------------------------|--|---|------------------------|---|--|
| <b>1</b>                         |                               | <b>Wednesday, March 1, 2023</b> |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila Karana Dashamyam Titau          |                        | Pyinmana, Myanmar<br>Sun 22 Sutra 318<br>Subhakrit 5124 |  |
| Mithuna Rasi: 4.18               | Tithi 10                      | <b>Gulika</b> 10:38AM – 12:06PM | <b>Mrigashira</b> Until 10:42AM        | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:12AM | Moon 2 - Phase 44 - 22<br>4th Phase                     |  |
| 934786577                        | <b>Rahu</b> 12:06PM – 1:35PM  | Yama 7:41AM – 9:09AM            | Priti Until 5:52PM                     | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:00PM  | Sivaloka Day  |  |
| Creative Work                    | Siddha Yoga                   |                                 | Taitila Until 6:22PM                   | <b>Nataraja:</b> Orange   |                        |   |  |
|                                  |                               |                                 | <b>Dashami</b> Until 7:33AM Thu        | Moon – Yellow   |                        | Phalguna-Masi   |  |
| <b>2</b>                         |                               | <b>Thursday, March 2, 2023</b>  |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Ayushman Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau     |                        | Pyinmana, Myanmar<br>Sun 23 Sutra 319<br>Subhakrit 5124 |  |
| Mithuna Rasi: 16.14              | Tithi 10 – 11                 | <b>Gulika</b> 9:09AM – 10:37AM  | <b>Ardra</b> Until 1:24PM              | <b>Ganesha:</b> Yellow  | <i>Sunrise:</i> 6:11AM | Moon 2 - Phase 44 - 23<br>4th Phase                     |  |
| 934786577                        | <b>Rahu</b> 1:35PM – 3:03PM   | Yama 6:11AM – 7:40AM            | Ayushman Until 6:40PM                  | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:01PM  | Sivaloka Day  |  |
| Routine Work                     | Marana Yoga                   |                                 | Vanija Until 8:49PM                    | <b>Nataraja:</b> Orange   |                        |   |  |
| Until 1:24PM                     |                               |                                 | <b>Dashami</b> Until 7:33AM            | Moon – Yellow   |                        | Phalguna-Masi   |  |
| Then Creative Work - Amrita Yoga |                               |                                 |  |   |                        |   |  |
| <b>3</b>                         |                               | <b>Friday, March 3, 2023</b>    |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Saubhagya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau |                        | Pyinmana, Myanmar<br>Sun 24 Sutra 320<br>Subhakrit 5124 |  |
| Mithuna Rasi: 28.07              | Tithi 11 – 12                 | <b>Gulika</b> 7:40AM – 9:08AM   | <b>Punarvasu</b> Until 4:32PM          | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:11AM | Moon 2 - Phase 44 - 24<br>4th Phase                     |  |
| 944786577                        | <b>Rahu</b> 10:37AM – 12:06PM | Yama 3:03PM – 4:32PM            | Saubhagya Until 7:32PM                 | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:01PM  | Devaloka Day  |  |
| Creative Work                    | Siddha Yoga                   |                                 | Bava Until 11:20PM                     | <b>Nataraja:</b> Orange   |                        |   |  |
| Until 4:32PM                     |                               |                                 | <b>Ekadashi</b> Until 10:03AM          | Moon – Blue   |                        | Phalguna-Masi   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |  |   |                        |   |  |
| <b>4</b>                         |                               | <b>Saturday, March 4, 2023</b>  |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau        |                        | Pyinmana, Myanmar<br>Sun 25 Sutra 321<br>Subhakrit 5124 |  |
| Kataka Rasi: 9.59                | Tithi 12 – 13                 | <b>Gulika</b> 6:10AM – 7:39AM   | <b>Pushya</b> Until 7:28PM             | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:10AM | Moon 2 - Phase 44 - 25<br>4th Phase                     |  |
| 944786577                        | <b>Rahu</b> 9:08AM – 10:37AM  | Yama 1:35PM – 3:03PM            | Sobhana Until 8:23PM                   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:01PM  | Devaloka Day  |  |
| Creative Work                    | Siddha Yoga                   |                                 | Kaulava Until 1:46AM Sun               | <b>Nataraja:</b> Orange   |                        |   |  |
| Until 7:28PM                     |                               |                                 | <b>Dvadashi</b> Until 12:33PM          | Moon – Blue   |                        | Phalguna-Masi   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |  |   |                        | Pradosha Vrata  |  |
| <b>5</b>                         |                               | <b>Sunday, March 5, 2023</b>    |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |                        | Pyinmana, Myanmar<br>Sun 26 Sutra 322<br>Subhakrit 5124 |  |
| Kataka Rasi: 21.53               | Tithi 13 – 14                 | <b>Gulika</b> 3:03PM – 4:32PM   | <b>Ashlesha*</b> Until 10:05PM         | <b>Ganesha:</b> White   | <i>Sunrise:</i> 6:09AM | Moon 2 - Phase 44 - 26<br>4th Phase                     |  |
| 944786577                        | <b>Rahu</b> 4:32PM – 6:01PM   | Yama 12:05PM – 1:34PM           | Athiganda* Until 9:05PM                | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:01PM  | Devaloka Day  |  |
| Creative Work                    | Siddha Yoga                   |                                 | Gara Until 4:02AM Mon                  | <b>Nataraja:</b> Orange   |                        |   |  |
| Until 10:05PM                    |                               |                                 | <b>Trayodashi</b> Until 2:55PM         | Moon – Blue   |                        | Phalguna-Masi   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |  |   |                        |   |  |
| <b>6</b>                         |                               | <b>Monday, March 6, 2023</b>    |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau         |                        | Pyinmana, Myanmar<br>Sun 27 Sutra 323<br>Subhakrit 5124 |  |
| Simha Rasi: 3.52                 | Tithi 14 – 15                 | <b>Gulika</b> 1:34PM – 3:03PM   | <b>Magha*</b> Until 12:49AM Tue        | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:09AM | Moon 2 - Phase 44 - 27<br>4th Phase                     |  |
| 154786577                        | <b>Rahu</b> 7:38AM – 9:07AM   | Yama 10:36AM – 12:05PM          | Sukarma Until 9:37PM                   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:02PM  | Sivaloka Day  |  |
| Family Home Evening              | Marana Yoga                   |                                 | Visti Until 6:03AM Tue                 | <b>Nataraja:</b> Orange   |                        |   |  |
| Routine Work                     |                               |                                 | <b>Chaturdashi*</b> Until 5:03PM       | Moon – Red  |                        | Phalguna-Masi   |  |
| Until 12:49AM Tue                |                               |                                 |  |   |                        |   |  |
| Then Creative Work - Siddha Yoga |                               |                                 |  |   |                        | Chidambaram Abhishekam                                  |  |
| <b>○</b>                         |                               | <b>Tuesday, March 7, 2023</b>   |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhriti Yoga Visti*/Bava Karana Purnimayam Titau              |                        | Pyinmana, Myanmar<br>Sutra 324<br>Subhakrit 5124        |  |
| <b>Copper Retreat Star</b>       |                               | <b>Gulika</b> 12:05PM – 1:34PM  | <b>Purvaphalguni</b> Until 3:06AM Wed  | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:08AM | Moon 2 - Phase 44 -<br>Purnima                          |  |
| Simha Rasi: 15.56                | Tithi 15                      | Yama 9:07AM – 10:36AM           | Dhriti Until 9:58PM                    | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:02PM  | Sivaloka Day  |  |
| 154786577                        | <b>Rahu</b> 3:03PM – 4:33PM   |                                 | Visti Until 6:03AM                     | <b>Nataraja:</b> Orange   |                        |   |  |
| Creative Work                    | Siddha Yoga                   |                                 | <b>Purnima*</b> Until 6:56PM           | Moon – Red  |                        | Phalguna-Masi   |  |
| Until 3:06AM Wed                 |                               |                                 |  |   |                        |   |  |
| Then Creative Work - Amrita Yoga |                               |                                 |  |   |                        | Holi  |  |
| <b>○</b>                         |                               | <b>Wednesday, March 8, 2023</b> |  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau         |                        | Pyinmana, Myanmar<br>Sutra 325<br>Subhakrit 5124        |  |
| <b>Silver Retreat Star</b>       |                               | <b>Gulika</b> 10:35AM – 12:05PM | <b>Uttaraphalguni</b> Until 4:55AM Thu | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 6:07AM | Moon 2 - Phase 44 -<br>Prathama                         |  |
| Simha Rasi: 28.08                | Tithi 16                      | Yama 7:37AM – 9:06AM            | Shula* Until 10:02PM                   | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:02PM  | Sivaloka Day  |  |
| 154786577                        | <b>Rahu</b> 12:05PM – 1:34PM  |                                 | Balava Until 7:46AM                    | <b>Nataraja:</b> Orange   |                        |   |  |
| Creative Work                    | Amrita Yoga                   |                                 | <b>Prathama*</b> Until 8:29PM          | Moon – Red  |                        | Phalguna-Masi   |  |
| Until 4:55AM Thu                 |                               |                                 |  |   |                        |   |  |
| Then Routine Work - Marana Yoga  |                               |                                 |  |   |                        |   |  |

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



**Thursday, March 9, 2023**  
**Gold Retreat Star**

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

Pyinmana, Myanmar  
Sun 1 Sutra 326

Kanya Rasi: 10.28 Tithi 17

**Gulika** 9:06AM – 10:35AM  
Yama 6:07AM – 7:36AM  
164786577 **Rahu** 1:34PM – 3:03PM

**Hasta Until 6:43AM Fri**  
Ganda\* Until 9:52PM  
Taitila Until 9:10AM  
**Dvitiya Until 9:42PM**

**Ganesha:** White *Sunrise:* 6:07AM  
**Muruqa:** Purple *Sunset:* 6:02PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 1  
1st Phase

Routine Work Marana Yoga  
Until 6:43AM Fri  
Then Creative Work - Siddha Yoga

**Devaloka Day**

**1**

**Friday, March 10, 2023**

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

Pyinmana, Myanmar  
Sun 2 Sutra 327

Kanya Rasi: 22.57 Tithi 18

**Gulika** 7:36AM – 9:05AM  
Yama 3:03PM – 4:33PM  
165786577 **Rahu** 10:35AM – 12:04PM

**Hasta Until 6:43AM**  
Vriddhi Until 9:25PM  
Vanija Until 10:11AM  
**Tritiya Until 10:31PM**

**Ganesha:** Yellow *Sunrise:* 6:06AM  
**Muruqa:** Purple *Sunset:* 6:03PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 2  
1st Phase

Creative Work Amrita Yoga  
Until 6:43AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**2**

**Saturday, March 11, 2023**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Chitra/Svati Nakshatra Dhruva Yoga Bava/Balava Karana Chaturthyam Titau

Pyinmana, Myanmar  
Sun 3 Sutra 328

Tula Rasi: 5.37 Tithi 19

**Gulika** 6:05AM – 7:35AM  
Yama 1:34PM – 3:03PM  
165786577 **Rahu** 9:05AM – 10:34AM

**Chitra Until 7:58AM**  
Dhruva Until 8:37PM  
Bava Until 10:48AM  
**Chaturthi\* Until 10:56PM**

**Ganesha:** Yellow *Sunrise:* 6:05AM  
**Muruqa:** Purple *Sunset:* 6:03PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 3  
1st Phase

Routine Work Marana Yoga  
Until 7:58AM  
Then Creative Work - Siddha Yoga

**Sivaloka Day**

**3**

**Sunday, March 12, 2023**

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

Pyinmana, Myanmar  
Sun 4 Sutra 329

Tula Rasi: 18.28 Tithi 20

**Gulika** 3:03PM – 4:33PM  
Yama 12:04PM – 1:34PM  
165786577 **Rahu** 4:33PM – 6:03PM

**Svati Until 8:39AM**  
Vyaghata\* Until 7:29PM  
Kaulava Until 10:59AM  
**Panchami Until 10:52PM**

**Ganesha:** Yellow *Sunrise:* 6:05AM  
**Muruqa:** Purple *Sunset:* 6:03PM  
**Nataraja:** Orange  
Moon – Green  
Phalguna-Masi

Moon 3 - Phase 45 - 4  
1st Phase

Creative Work Siddha Yoga  
Until 8:39AM  
Then Routine Work - Marana Yoga

**Sivaloka Day**

**4**

**Monday, March 13, 2023**

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

Pyinmana, Myanmar  
Sun 5 Sutra 330

Vrischika Rasi: 1.34 Tithi 21

**Gulika** 1:33PM – 3:03PM  
Yama 10:34AM – 12:03PM  
175786577 **Rahu** 7:34AM – 9:04AM

**Vishakha Until 9:10AM**  
Harshana Until 5:58PM  
Gara Until 10:41AM  
**Shashthi\* Until 10:19PM**

**Ganesha:** Blue *Sunrise:* 6:04AM  
**Muruqa:** Purple *Sunset:* 6:03PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

Moon 3 - Phase 45 - 5  
1st Phase

**Family Home Evening**  
Routine Work Marana Yoga  
Until 9:10AM  
Then Creative Work - Siddha Yoga

**Subha Sivaloka Day**

**5**

**Tuesday, March 14, 2023**

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

Pyinmana, Myanmar  
Sun 6 Sutra 331

Vrischika Rasi: 14.56 Tithi 22

**Gulika** 12:03PM – 1:33PM  
Yama 9:03AM – 10:33AM  
175786577 **Rahu** 3:03PM – 4:33PM

**Anuradha Until 9:02AM**  
Vajra\* Until 4:01PM  
Visti Until 9:51AM  
**Saptami Until 9:14PM**

**Ganesha:** Blue *Sunrise:* 6:03AM  
**Muruqa:** Purple *Sunset:* 6:03PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Masi

Moon 3 - Phase 45 - 6  
1st Phase

Creative Work Siddha Yoga  
Until 9:02AM  
Then Routine Work - Marana Yoga

**Subha Sivaloka Day**

**D**

**Wednesday, March 15, 2023**

**Retreat Star**

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Siddhi/Vyatipata\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Pyinmana, Myanmar  
Sun 7 Sutra 332

Vrischika Rasi: 28.37 Tithi 23

**Gulika** 10:33AM – 12:03PM  
Yama 7:32AM – 9:03AM  
175786577 **Rahu** 12:03PM – 1:33PM

**Jyeshtha\* Until 8:14AM**  
Siddhi Until 1:40PM  
Balava Until 8:30AM  
**Ashtami\* Until 7:37PM**

**Ganesha:** Blue *Sunrise:* 6:02AM  
**Muruqa:** Purple *Sunset:* 6:04PM  
**Nataraja:** Orange  
Moon – Orange  
Phalguna-Panguni

Moon 3 - Phase 45 - 7  
Ashtami

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

**Subha Sivaloka Day**

**Thursday, March 16, 2023**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 8 Sutra 333

Dhanus Rasi: 13 Tithi 24 – 25

**Gulika** 9:02AM – 10:32AM  
Yama 6:02AM – 7:32AM  
185786578 **Rahu** 1:33PM – 3:03PM

**Mula\* Until 7:13AM**  
Vyatipata\* Until 10:55AM  
Taitila Until 6:38AM  
**Navami\* Until 5:30PM**

**Ganesha:** Red *Sunrise:* 6:02AM  
**Muruqa:** Purple *Sunset:* 6:04PM  
**Nataraja:** Clear  
Moon – Light Blue  
Phalguna-Panguni

Moon 3 - Phase 45 - 8  
Navami

Creative Work Siddha Yoga


**Sivaloka Day**

|                                  |               |   |                                      |  |                        |                                      |                       |
|----------------------------------|---------------|---|--------------------------------------|--|------------------------|--------------------------------------|-----------------------|
| <b>1</b>                         |               | <b>Friday, March 17, 2023</b>           |                                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam<br>Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau |                        | Pyinmana, Myanmar<br>Sun 9 Sutra 334 |                       |
| Dhanus Rasi: 26.54               | Tithi 25 - 26 | <b>Gulika</b> 7:31AM - 9:02AM           | <b>Uttarashadha</b> Until 3:26AM Sat | <b>Ganesha:</b> Red  | <i>Sunrise:</i> 6:01AM |                                      | Subhakrit 5124        |
|                                  |               | Yama 3:03PM - 4:34PM                    | Variyan Until 7:46AM                 | <b>Muruqa:</b> Purple  | <i>Sunset:</i> 6:04PM  |                                      | Moon 3 - Phase 46 - 9 |
|                                  |               | 185786578 <b>Rahu</b> 10:32AM - 12:02PM | Bava Until 1:34AM Sat                | <b>Nataraja:</b> Clear   |                        |                                      | 2nd Phase             |
| Routine Work                     | Marana Yoga   |   | <b>Dashami</b> Until 2:57PM          | Moon - Light Blue  |                        | <b>Sivaloka Day</b>                  |                       |
| Until 3:26AM Sat                 |               |   |                                      | Phalgun-Panguni  |                        |                                      |                       |
| Then Creative Work - Siddha Yoga |               |   |                                      |  |                        |                                      |                       |

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|---------------------------------|---------------|--|----------------------------------|---|------------------------|---------------------------------------|------------------------|
| <b>2</b>                        |               | <b>Saturday, March 18, 2023</b>        |                                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau |                        | Pyinmana, Myanmar<br>Sun 10 Sutra 335 |                        |
| Makara Rasi: 11.28              | Tithi 26 - 27 | <b>Gulika</b> 6:00AM - 7:31AM          | <b>Shravana</b> Until 1:17AM Sun | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 6:00AM |                                       | Subhakrit 5124         |
|                                 |               | Yama 1:33PM - 3:03PM                   | Shiva Until 12:41AM Sun          | <b>Muruqa:</b> Purple   | <i>Sunset:</i> 6:04PM  |                                       | Moon 3 - Phase 46 - 10 |
|                                 |               | 195786578 <b>Rahu</b> 9:01AM - 10:32AM | Kaulava Until 10:33PM            | <b>Nataraja:</b> Clear  |                        |                                       | 2nd Phase              |
| Creative Work                   | Siddha Yoga   |  | <b>Ekadashi*</b> Until 12:04PM   | Moon - Purple   |                        | <b>Subha Sivaloka Day</b>             |                        |
| Until 1:17AM Sun                |               |  |                                  | Phalgun-Panguni   |                        |                                       |                        |
| Then Routine Work - Marana Yoga |               |  |                                  |   |                        |                                       |                        |

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|----------------------------------|---------------|---------------------------------------|---------------------------------|--|------------------------|---------------------------------------|------------------------|
| <b>3</b>                         |               | <b>Sunday, March 19, 2023</b>         |                                 | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha Nakshatra Siddha Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau |                        | Pyinmana, Myanmar<br>Sun 11 Sutra 336 |                        |
| Makara Rasi: 26.14               | Tithi 27 - 28 | <b>Gulika</b> 3:03PM - 4:34PM         | <b>Dhanishtha</b> Until 10:52PM | <b>Ganesha:</b> Green  | <i>Sunrise:</i> 5:59AM |                                       | Subhakrit 5124         |
|                                  |               | Yama 12:02PM - 1:32PM                 | Siddha Until 8:53PM             | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:04PM  |                                       | Moon 3 - Phase 46 - 11 |
|                                  |               | 195796578 <b>Rahu</b> 4:34PM - 6:04PM | Gara Until 7:22PM               | <b>Nataraja:</b> Clear   |                        |                                       | 2nd Phase              |
| Routine Work                     | Marana Yoga   |                                       | <b>Dvadashi*</b> Until 8:57AM   | Moon - Purple  |                        | <b>Sivaloka Day</b>                   |                        |
| Until 10:52PM                    |               |                                       |                                 | Phalgun-Panguni  |                        |                                       |                        |
| Then Creative Work - Siddha Yoga |               |                                       |                                 |  |                        |                                       |                        |
|                                  |               |                                       |                                 |  |                        |                                       |                        |

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|---------------------------------|-------------|---------------------------------------|--------------------------------------|---|------------------------|---------------------------------------|------------------------|
| <b>4</b>                        |             | <b>Monday, March 20, 2023</b>         |                                      | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam<br>Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau |                        | Pyinmana, Myanmar<br>Sun 12 Sutra 337 |                        |
| Kumbha Rasi: 11.04              | Tithi 29    | <b>Gulika</b> 1:32PM - 3:03PM         | <b>Shatabhishak</b> Until 8:19PM     | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 5:59AM |                                       | Subhakrit 5124         |
| <b>Family Home Evening</b>      |             | Yama 10:31AM - 12:01PM                | Sadhya Until 5:07PM                  | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:04PM  |                                       | Moon 3 - Phase 46 - 12 |
| Creative Work                   | Siddha Yoga | 196896578 <b>Rahu</b> 7:29AM - 9:00AM | Visti Until 4:11PM                   | <b>Nataraja:</b> Clear  |                        |                                       | 2nd Phase              |
| Until 8:19PM                    |             |                                       | <b>Chaturdashi*</b> Until 2:37AM Tue | Moon - Purple   |                        | <b>Sivaloka Day</b>                   |                        |
| Then Routine Work - Marana Yoga |             |                                       |                                      | Phalgun-Panguni   |                        |                                       |                        |
|                                 |             |                                       |                                      |   |                        |                                       |                        |

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|---|-------------|---------------------------------------|---------------------------------------|--|------------------------|---------------------------------------|------------------------|
|  |             | <b>Tuesday, March 21, 2023</b>        |                                       | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau |                        | Pyinmana, Myanmar<br>Sun 13 Sutra 338 |                        |
| <b>Retreat Star</b>   |             | <b>Gulika</b> 12:01PM - 1:32PM        | <b>Purvaproshtapada*</b> Until 6:13PM | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 5:58AM |                                       | Subhakrit 5124         |
| Kumbha Rasi: 25.51  | Tithi 30    | Yama 8:59AM - 10:30AM                 | Subha Until 1:29PM                    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  |                                       | Moon 3 - Phase 46 - 13 |
|   |             | 116896578 <b>Rahu</b> 3:03PM - 4:34PM | Catuspada Until 1:08PM                | <b>Nataraja:</b> Clear   |                        |                                       | Amavasya               |
| Routine Work  | Marana Yoga |                                       | <b>Amavasya*</b> Until 11:42PM        | Moon - Clear   |                        | <b>Devaloka Day</b>                   |                        |
| Until 6:13PM  |             |                                       |                                       | Phalgun-Panguni  |                        |                                       |                        |
| Then Creative Work - Amrita Yoga  |             |                                       |                                       |  |                        |                                       |                        |

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|---------------------------------|-------------|--|---------------------------------------|---|------------------------|---------------------------------------|------------------------|
| <b>Retreat Star</b>             |             | <b>Wednesday, March 22, 2023</b>       |                                       | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau |                        | Pyinmana, Myanmar<br>Sun 14 Sutra 339 |                        |
| <b>Retreat Star</b>             |             | <b>Gulika</b> 10:30AM - 12:01PM        | <b>Uttaraproshtapada</b> Until 4:19PM | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 5:57AM |                                       | Subhakrit 5124         |
| Meena Rasi: 10.28               | Tithi 1     | Yama 7:28AM - 8:59AM                   | Sukla Until 10:03AM                   | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:05PM  |                                       | Moon 3 - Phase 46 - 14 |
|                                 |             | 116896578 <b>Rahu</b> 12:01PM - 1:32PM | Kintughna Until 10:24AM               | <b>Nataraja:</b> Clear  |                        |                                       | Prathama               |
| Creative Work                   | Siddha Yoga |  | <b>Prathama*</b> Until 9:10PM         | Moon - Clear  |                        | <b>Devaloka Day</b>                   |                        |
| Until 4:19PM                    |             | <b>Yugadhi</b>                         |                                       | Chaitra-Panguni   |                        |                                       |                        |
| Then Routine Work - Marana Yoga |             |  |                                       |   |                        |                                       |                        |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

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|                                  |         |                                       |                             |  |                        |                                       |  |
|----------------------------------|---------|---------------------------------------|-----------------------------|--|------------------------|---------------------------------------|--|
| <b>1</b>                         |         | <b>Thursday, March 23, 2023</b>       |                             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Revati/Ashvini Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau |                        | Pyinmana, Myanmar<br>Sun 15 Sutra 340 |  |
| Meena Rasi: 24.46                | Tithi 2 | <b>Gulika</b> 8:58AM – 10:29AM        | <b>Revati Until 2:46PM</b>  | <b>Ganesha:</b> Orange   | <i>Sunrise:</i> 5:56AM | Subhakrit 5124                        |  |
|                                  |         | Yama 5:56AM – 7:27AM                  | Brahma Until 7:01AM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  | Moon 3 - Phase 47 - 15                |  |
|                                  |         | 116896578 <b>Rahu</b> 1:32PM – 3:03PM | Balava Until 8:06AM         | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Siddha Yoga        |         |                                       | <b>Dvitiya Until 7:09PM</b> | Moon – Clear   |                        | <b>Devaloka Day</b>                   |  |
| Until 2:46PM                     |         | Chellappaswami Mahasamadhi            |                             | Chaitra•Panguni  |                        |                                       |  |
| Then Creative Work - Amrita Yoga |         |                                       |                             |  |                        |                                       |  |

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|----------------------------------|-------------|---|-----------------------------|--|------------------------|---------------------------------------|--|
| <b>2</b>                         |             | <b>Friday, March 24, 2023</b>           |                             | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Vaidhriti* Yoga Taitila/Vanija Karana Tritiya/Chaturthayam Titau |                        | Pyinmana, Myanmar<br>Sun 16 Sutra 341 |  |
| Mesha Rasi: 8.41                 | Tithi 3 – 4 | <b>Gulika</b> 7:27AM – 8:58AM           | <b>Ashvini Until 2:08PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:55AM | Subhakrit 5124                        |  |
|                                  |             | Yama 3:03PM – 4:34PM                    | Vaidhriti* Until 2:28AM Sat | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  | Moon 3 - Phase 47 - 16                |  |
|                                  |             | 126896578 <b>Rahu</b> 10:29AM – 12:00PM | Taitila Until 6:24AM        | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Amrita Yoga        |             |   | <b>Tritiya Until 5:48PM</b> | Moon – White   |                        | <b>Devaloka Day</b>                   |  |
| Until 2:08PM                     |             |   |                             | Chaitra•Panguni  |                        |                                       |  |
| Then Creative Work - Siddha Yoga |             |   |                             |  |                        |                                       |  |

|                                  |             |  |                                |  |                        |                                       |  |
|----------------------------------|-------------|--|--------------------------------|--|------------------------|---------------------------------------|--|
| <b>3</b>                         |             | <b>Saturday, March 25, 2023</b>        |                                | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                        | Pyinmana, Myanmar<br>Sun 17 Sutra 342 |  |
| Mesha Rasi: 22.11                | Tithi 4 – 5 | <b>Gulika</b> 5:55AM – 7:26AM          | <b>Bharani Until 2:06PM</b>    | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:55AM | Subhakrit 5124                        |  |
|                                  |             | Yama 1:31PM – 3:03PM                   | Vishkamba* Until 1:06AM Sun    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  | Moon 3 - Phase 47 - 17                |  |
|                                  |             | 126896578 <b>Rahu</b> 8:57AM – 10:29AM | Bava Until 5:13AM Sun          | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Siddha Yoga        |             |  | <b>Chaturthi* Until 5:12PM</b> | Moon – White   |                        | <b>Devaloka Day</b>                   |  |
| Until 2:06PM                     |             |  |                                | Chaitra•Panguni  |                        |                                       |  |
| Then Creative Work - Amrita Yoga |             |  |                                |  |                        |                                       |  |

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|---------------------------|-------------|---------------------------------------|------------------------------|--|------------------------|---------------------------------------|--|
| <b>4</b>                  |             | <b>Sunday, March 26, 2023</b>         |                              | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtayam Titau |                        | Pyinmana, Myanmar<br>Sun 18 Sutra 343 |  |
| Vrishabha Rasi: 5.17      | Tithi 5 – 6 | <b>Gulika</b> 3:03PM – 4:34PM         | <b>Krittika Until 2:40PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:54AM | Subhakrit 5124                        |  |
|                           |             | Yama 12:00PM – 1:31PM                 | Priti Until 12:21AM Mon      | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:05PM  | Moon 3 - Phase 47 - 18                |  |
|                           |             | 126896578 <b>Rahu</b> 4:34PM – 6:05PM | Kaulava Until 5:48AM Mon     | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Siddha Yoga |             |                                       | <b>Panchami Until 5:23PM</b> | Moon – White   |                        | <b>Devaloka Day</b>                   |  |
|                           |             |                                       |                              | Chaitra•Panguni  |                        |                                       |  |

|                            |         |                                       |                               |  |                        |                                       |  |
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| <b>5</b>                   |         | <b>Monday, March 27, 2023</b>         |                               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Ayushman Yoga Taitila Karana Shashtayam Titau |                        | Pyinmana, Myanmar<br>Sun 19 Sutra 344 |  |
| Vrishabha Rasi: 17.59      | Tithi 6 | <b>Gulika</b> 1:31PM – 3:02PM         | <b>Rohini Until 4:17PM</b>    | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:53AM | Subhakrit 5124                        |  |
| <b>Family Home Evening</b> |         | Yama 10:28AM – 11:59AM                | Ayushman Until 12:08AM Tue    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:06PM  | Moon 3 - Phase 47 - 19                |  |
|                            |         | 137896578 <b>Rahu</b> 7:25AM – 8:56AM | Taitila Until 6:20PM          | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Amrita Yoga  |         |                                       | <b>Shashthi* Until 6:20PM</b> | Moon – Yellow  |                        | <b>Devaloka Day</b>                   |  |
|                            |         |                                       |                               | Chaitra•Panguni  |                        |                                       |  |

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|---------------------------------|---------|---------------------------------------|--------------------------------|--|------------------------|---------------------------------------|--|
| <b>6</b>                        |         | <b>Tuesday, March 28, 2023</b>        |                                | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau |                        | Pyinmana, Myanmar<br>Sun 20 Sutra 345 |  |
| Mithuna Rasi: 0.22              | Tithi 7 | <b>Gulika</b> 11:59AM – 1:31PM        | <b>Mrigashira Until 6:23PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:52AM | Subhakrit 5124                        |  |
|                                 |         | Yama 8:56AM – 10:27AM                 | Saubhagya Until 12:25AM Wed    | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:06PM  | Moon 3 - Phase 47 - 20                |  |
|                                 |         | 137896578 <b>Rahu</b> 3:02PM – 4:34PM | Gara Until 7:05AM              | <b>Nataraja:</b> Clear   |                        | 3rd Phase                             |  |
| Creative Work Siddha Yoga       |         |                                       | <b>Saptami Until 7:56PM</b>    | Moon – Yellow  |                        | <b>Devaloka Day</b>                   |  |
| Until 6:23PM                    |         |                                       |                                | Chaitra•Panguni  |                        |                                       |  |
| Then Routine Work - Marana Yoga |         |                                       |                                |  |                        |                                       |  |

|                           |         |  |                               |   |                        |                                       |  |
|---------------------------|---------|--|-------------------------------|---|------------------------|---------------------------------------|--|
| <b>Retreat Star</b>       |         | <b>Wednesday, March 29, 2023</b>       |                               | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau |                        | Pyinmana, Myanmar<br>Sun 21 Sutra 346 |  |
| Mithuna Rasi: 12.3        | Tithi 8 | <b>Gulika</b> 10:27AM – 11:59AM        | <b>Ardra Until 8:48PM</b>     | <b>Ganesha:</b> Clear   | <i>Sunrise:</i> 5:52AM | Subhakrit 5124                        |  |
|                           |         | Yama 7:23AM – 8:55AM                   | Sobhana Until 1:03AM Thu      | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:06PM  | Moon 3 - Phase 47 - 21                |  |
|                           |         | 137896578 <b>Rahu</b> 11:59AM – 1:31PM | Visti Until 8:57AM            | <b>Nataraja:</b> Clear  |                        | Ashtami                               |  |
| Creative Work Siddha Yoga |         |  | <b>Ashtami* Until 10:00PM</b> | Moon – Yellow   |                        | <b>Devaloka Day</b>                   |  |
|                           |         |  |                               | Chaitra•Panguni   |                        |                                       |  |

|                           |         |                                       |                                  |   |                        |                                       |  |
|---------------------------|---------|---------------------------------------|----------------------------------|---|------------------------|---------------------------------------|--|
| <b>Retreat Star</b>       |         | <b>Thursday, March 30, 2023</b>       |                                  | Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau |                        | Pyinmana, Myanmar<br>Sun 22 Sutra 347 |  |
| Mithuna Rasi: 24.29       | Tithi 9 | <b>Gulika</b> 8:55AM – 10:27AM        | <b>Punarvasu Until 11:48PM</b>   | <b>Ganesha:</b> White   | <i>Sunrise:</i> 5:51AM | Subhakrit 5124                        |  |
|                           |         | Yama 5:51AM – 7:23AM                  | Athiganda* Until 1:50AM Fri      | <b>Muruqa:</b> Clear  | <i>Sunset:</i> 6:06PM  | Moon 3 - Phase 47 - 22                |  |
|                           |         | 147896578 <b>Rahu</b> 1:30PM – 3:02PM | Balava Until 11:11AM             | <b>Nataraja:</b> Clear  |                        | Navami                                |  |
| Creative Work Amrita Yoga |         |                                       | <b>Navami* Until 12:21AM Fri</b> | Moon – Blue   |                        | <b>Bhuloka Day</b>                    |  |
|                           |         | Sri Rama Navami                       |                                  | Chaitra•Panguni   |                        | Devaloka Time: 3:PM to 6:PM           |  |

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

imes are standard time. Calculated for Pyinmana, Myanmar on 5/

www.gurudeva.org/panchang

|   |                               |   |  |   |  |
|---|-------------------------------|---|--|---|--|
| 1 | <b>Friday, March 31, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya Nakshatra Sukarna Yoga Taitila/Gara Karana Dashamyam Titau |  |   | Pyinmana, Myanmar<br>Sun 23 Sutra 348<br>Subhakarit 5124   |
|   | Kataka Rasi: 6.23             | Tithi 10  | <b>Gulika</b> 7:22AM – 8:54AM<br>Yama 3:02PM – 4:34PM<br>147896578 <b>Rahu</b> 10:26AM – 11:58AM | <b>Pushya Until 2:44AM Sat</b><br>Sukarna Until 2:41AM Sat<br>Taitila Until 1:35PM<br><b>Dashami Until 2:47AM Sat</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:50AM<br><b>Muruqa:</b> Clear <i>Sunset:</i> 6:06PM<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Chaitra•Panguni |
|   | Routine Work                  | Marana Yoga   |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM  |
|   |                               |   |  |   |  |

|   |                                |   |   |   |  |
|---|--------------------------------|---|---|---|--|
| 2 | <b>Saturday, April 1, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau |   |   | Pyinmana, Myanmar<br>Sun 24 Sutra 349<br>Subhakarit 5124   |
|   | Kataka Rasi: 18.17             | Tithi 11  | <b>Gulika</b> 5:50AM – 7:22AM<br>Yama 1:30PM – 3:02PM<br>147896578 <b>Rahu</b> 8:54AM – 10:26AM | <b>Ashlesha* Until 5:23AM Sun</b><br>Dhriti Until 3:29AM Sun<br>Vanija Until 3:59PM<br><b>Ekadashi Until 5:06AM Sun</b> | <b>Ganesha:</b> White <i>Sunrise:</i> 5:50AM<br><b>Muruqa:</b> Clear <i>Sunset:</i> 6:06PM<br><b>Nataraja:</b> Clear<br>Moon – Blue<br>Chaitra•Panguni |
|   | Routine Work                   | Marana Yoga   | Yogaswami Mahasamadhi   |   | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM  |
|   |                                |   |   |   |  |

|   |                              |   |   |  |   |
|---|------------------------------|---|---|--|---|
| 3 | <b>Sunday, April 2, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha* Nakshatra Shula* Yoga Bava Karana Dvadashyam Titau |   |  | Pyinmana, Myanmar<br>Sun 25 Sutra 350<br>Subhakarit 5124  |
|   | Simha Rasi: 0.13             | Tithi 12  | <b>Gulika</b> 3:02PM – 4:34PM<br>Yama 11:58AM – 1:30PM<br>158896578 <b>Rahu</b> 4:34PM – 6:06PM | <b>Magha* Until 8:08AM Mon</b><br>Shula* Until 4:04AM Mon<br>Bava Until 6:12PM<br><b>Dvadashi Until 7:10AM Mon</b> | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:49AM<br><b>Muruqa:</b> Clear <i>Sunset:</i> 6:06PM<br><b>Nataraja:</b> Clear<br>Moon – Red<br>Chaitra•Panguni |
|   | Routine Work                 | Marana Yoga   |   |  | <b>Devaloka Day</b>   |
|   | Until 8:08AM Mon             | Then Creative Work - Siddha Yoga  |   |  |   |

|   |                              |   |  |   |   |
|---|------------------------------|---|--|---|---|
| 4 | <b>Monday, April 3, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |   | Pyinmana, Myanmar<br>Sun 26 Sutra 351<br>Subhakarit 5124  |
|   | Simha Rasi: 12.14            | Tithi 12 – 13   | <b>Gulika</b> 1:30PM – 3:02PM<br>Yama 10:25AM – 11:58AM<br>158896578 <b>Rahu</b> 7:21AM – 8:53AM | <b>Magha* Until 8:08AM</b><br>Ganda* Until 4:24AM Tue<br>Kaulava Until 8:06PM<br><b>Dvadashi Until 7:10AM</b> | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:49AM<br><b>Muruqa:</b> Clear <i>Sunset:</i> 6:07PM<br><b>Nataraja:</b> Clear<br>Moon – Red<br>Chaitra•Panguni |
|   | <b>Family Home Evening</b>   | Marana Yoga   |  |   | <b>Devaloka Day</b>   |
|   | Until 8:08AM                 | Then Creative Work - Siddha Yoga  |  | <i>Pradosha Vrata</i>   |   |

|   |                               |  |  |   |   |
|---|-------------------------------|--|--|---|---|
| 5 | <b>Tuesday, April 4, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau |  |   | Pyinmana, Myanmar<br>Sun 27 Sutra 352<br>Subhakarit 5124  |
|   | Simha Rasi: 24.25             | Tithi 13 – 14  | <b>Gulika</b> 11:57AM – 1:30PM<br>Yama 8:53AM – 10:25AM<br>158896578 <b>Rahu</b> 3:02PM – 4:34PM | <b>Purvaphalguni Until 10:22AM</b><br>Vriddhi Until 4:25AM Wed<br>Gara Until 9:35PM<br><b>Trayodashi Until 8:52AM</b> | <b>Ganesha:</b> Red <i>Sunrise:</i> 5:48AM<br><b>Muruqa:</b> Clear <i>Sunset:</i> 6:07PM<br><b>Nataraja:</b> Clear<br>Moon – Red<br>Chaitra•Panguni |
|   | Creative Work                 | Siddha Yoga  |  |   | <b>Devaloka Day</b>   |
|   | Until 10:22AM                 | Then Creative Work - Amrita Yoga   |  |   |   |

|   |                                 |  |  |   |  |
|---|---------------------------------|--|--|---|--|
| ○ | <b>Wednesday, April 5, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau |  |   | Pyinmana, Myanmar<br>Sutra 353<br>Subhakarit 5124  |
|   | <b>Copper Retreat Star</b>      | Kanya Rasi: 6.47   | Tithi 14 – 15                                    | <b>Gulika</b> 10:24AM – 11:57AM<br>Yama 7:20AM – 8:52AM<br>158896578 <b>Rahu</b> 11:57AM – 1:29PM | <b>Uttaraphalguni Until 12:00PM</b><br>Dhruva Until 4:02AM Thu<br>Visti Until 10:35PM<br><b>Chaturdashi* Until 10:08AM</b> |
|   | Creative Work                   | Amrita Yoga  |  |   | <b>Devaloka Day</b>  |
|   | Until 12:00PM                   | Then Routine Work - Marana Yoga  | <b>Panguni Uttiram</b><br><b>Hanuman Jayanti</b> |   |  |

|   |                                |   |               |   |  |
|---|--------------------------------|---|---------------|---|--|
| ○ | <b>Thursday, April 6, 2023</b> | Subhakar Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |               |   | Pyinmana, Myanmar<br>Sutra 354<br>Subhakarit 5124  |
|   | <b>Silver Retreat Star</b>     | Kanya Rasi: 19.21   | Tithi 15 – 16 | <b>Gulika</b> 8:51AM – 10:24AM<br>Yama 5:46AM – 7:19AM<br>168896578 <b>Rahu</b> 1:29PM – 3:02PM | <b>Hasta Until 1:29PM</b><br>Vyaghata* Until 3:18AM Fri<br>Balava Until 11:07PM<br><b>Purnima* Until 10:54AM</b> |
|   | Routine Work                   | Marana Yoga   |               |   | <b>Bhuloka Day</b><br>Devaloka Time: 3:PM to 6:PM  |
|   | Until 1:29PM                   | Then Creative Work - Siddha Yoga  |               |   |  |





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

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

Pyinmana, Myanmar  
Sutra 355

Tula Rasi: 2.09      Tithi 16 – 17

**Gulika** 7:18AM – 8:51AM  
Yama 3:02PM – 4:35PM  
168896578 **Rahu** 10:24AM – 11:56AM

**Chitra** Until 2:21PM  
Harshana Until 2:12AM Sat  
Taitila Until 11:09PM  
Prathama\* Until 11:10AM

**Ganesha:** Blue      *Sunrise:* 5:46AM  
**Muruqa:** Clear      *Sunset:* 6:07PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

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

Creative Work      Siddha Yoga

**1**

**Saturday, April 8, 2023**

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

Pyinmana, Myanmar  
Sun 1      Sutra 356

Tula Rasi: 15.11      Tithi 17 – 18

**Gulika** 5:45AM – 7:18AM  
Yama 1:29PM – 3:02PM  
168896578 **Rahu** 8:50AM – 10:23AM

**Svati** Until 2:36PM  
Vajra\* Until 12:44AM Sun  
Vanija Until 10:45PM  
Dvitiya Until 10:59AM

**Ganesha:** Blue      *Sunrise:* 5:45AM  
**Muruqa:** Clear      *Sunset:* 6:07PM  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

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

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

Creative Work      Siddha Yoga

**2**

**Sunday, April 9, 2023**

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

Pyinmana, Myanmar  
Sun 2      Sutra 357

Tula Rasi: 28.26      Tithi 18 – 19

**Gulika** 3:02PM – 4:35PM  
Yama 11:56AM – 1:29PM  
179896578 **Rahu** 4:35PM – 6:08PM

**Vishakha** Until 2:46PM  
Siddhi Until 10:58PM  
Bava Until 9:58PM  
Tritiya Until 10:23AM

**Ganesha:** Red      *Sunrise:* 5:44AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

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

**Devaloka Day**

Routine Work      Marana Yoga

**3**

**Monday, April 10, 2023**

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

Pyinmana, Myanmar  
Sun 3      Sutra 358

Vrischika Rasi: 11.53      Tithi 19 – 20

**Gulika** 1:29PM – 3:02PM  
Yama 10:22AM – 11:56AM  
179896578 **Rahu** 7:16AM – 8:49AM

**Anuradha** Until 2:25PM  
Vyatipata\* Until 8:56PM  
Kaulava Until 8:48PM  
Chaturthi\* Until 9:24AM

**Ganesha:** Red      *Sunrise:* 5:43AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

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

**Devaloka Day**

Family Home Evening  
Creative Work      Siddha Yoga

**4**

**Tuesday, April 11, 2023**

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

Pyinmana, Myanmar  
Sun 4      Sutra 359

Vrischika Rasi: 25.33      Tithi 20 – 21

**Gulika** 11:55AM – 1:28PM  
Yama 8:49AM – 10:22AM  
179896578 **Rahu** 3:02PM – 4:35PM

**Jyeshtha\*** Until 1:35PM  
Variyan Until 6:37PM  
Gara Until 7:20PM  
Panchami Until 8:05AM

**Ganesha:** Red      *Sunrise:* 5:43AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

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

**Devaloka Day**

Routine Work      Marana Yoga  
Until 1:35PM  
Then Creative Work - Amrita Yoga

**5**

**Wednesday, April 12, 2023**

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

Pyinmana, Myanmar  
Sun 5      Sutra 360

Dhanus Rasi: 9.23      Tithi 21 – 22

**Gulika** 10:22AM – 11:55AM  
Yama 7:15AM – 8:48AM  
189896578 **Rahu** 11:55AM – 1:28PM

**Mula\*** Until 12:46PM  
Parigha\* Until 4:05PM  
Bava Until 4:34AM Thu  
Shashthi\* Until 6:28AM

**Ganesha:** Green      *Sunrise:* 5:42AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

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

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

Routine Work      Marana Yoga  
Until 12:46PM  
Then Creative Work - Amrita Yoga

**D**

**Thursday, April 13, 2023**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 6      Sutra 361

Dhanus Rasi: 23.24      Tithi 23

**Gulika** 8:48AM – 10:21AM  
Yama 5:41AM – 7:15AM  
189996578 **Rahu** 1:28PM – 3:01PM

**Purvashadha\*** Until 11:32AM  
Shiva Until 1:22PM  
Balava Until 3:33PM  
Ashtami\* Until 2:27AM Fri

**Ganesha:** White      *Sunrise:* 5:41AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

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

Creative Work      Siddha Yoga  
Until 11:32AM  
Then Routine Work - Marana Yoga

**Friday, April 14, 2023**

**Retreat Star**

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

Pyinmana, Myanmar  
Sun 7      Sutra 362

Makara Rasi: 7.34      Tithi 24

**Gulika** 7:14AM – 8:47AM  
Yama 3:01PM – 4:35PM  
189996578 **Rahu** 10:21AM – 11:54AM

**Uttarashadha** Until 9:57AM  
Siddha Until 10:26AM  
Taitila Until 1:19PM  
Navami\* Until 12:07AM Sat

**Ganesha:** White      *Sunrise:* 5:40AM  
**Muruqa:** Clear      *Sunset:* 6:08PM  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Chaitra

Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami

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

Routine Work      Marana Yoga


Chidambaram Abhishekam  
Tamil New Year

|          |                                 |             |   |                              |                        |                             |                                      |
|----------|---------------------------------|-------------|---|------------------------------|------------------------|-----------------------------|--------------------------------------|
| <b>1</b> | <b>Saturday, April 15, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau |                              |                        |                             | Pyinmana, Myanmar<br>Sun 8 Sutra 363 |
|          | Makara Rasi: 21.51              | Tithi 25    | <b>Gulika</b> 5:40AM – 7:13AM   | <b>Shravana Until 8:28AM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:40AM      | Sobhana 5125                         |
|          |                                 |             | Yama 1:28PM – 3:01PM  | Sadhya Until 7:23AM          | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:09PM       | Moon 4 - Phase 1 - 8                 |
|          | Creative Work                   | Siddha Yoga | 299996578 <b>Rahu</b> 8:47AM – 10:21AM  | Vanija Until 10:56AM         | <b>Nataraja:</b> Clear |                             | 2nd Phase                            |
|          |                                 |             | <b>Dashami Until 9:40PM</b>   | Moon – Purple                |                        | <b>Bhuloka Day</b>          |                                      |
|          |                                 |             |   | Chaitra*Chaitra              |                        | Devaloka Time: 3:PM to 6:PM |                                      |

|          |                               |             |   |                                |                        |                             |                                      |
|----------|-------------------------------|-------------|---|--------------------------------|------------------------|-----------------------------|--------------------------------------|
| <b>2</b> | <b>Sunday, April 16, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau |                                |                        |                             | Pyinmana, Myanmar<br>Sun 9 Sutra 364 |
|          | Kumbha Rasi: 6.13             | Tithi 26    | <b>Gulika</b> 3:01PM – 4:35PM   | <b>Dhanishtha Until 6:44AM</b> | <b>Ganesha:</b> White  | <i>Sunrise:</i> 5:39AM      | Sobhana 5125                         |
|          |                               |             | Yama 11:54AM – 1:28PM   | Sukla Until 1:04AM Mon         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:09PM       | Moon 4 - Phase 1 - 9                 |
|          | Routine Work                  | Marana Yoga | 299996578 <b>Rahu</b> 4:35PM – 6:09PM   | Bava Until 8:26AM              | <b>Nataraja:</b> Clear |                             | 2nd Phase                            |
|          |                               |             | <b>Ekadashi* Until 7:09PM</b>   | Moon – Purple                  |                        | <b>Bhuloka Day</b>          |                                      |
|          |                               |             |   | Chaitra*Chaitra                |                        | Devaloka Time: 3:PM to 6:PM |                                      |

|          |                               |               |  |   |                        |                        |                                     |
|----------|-------------------------------|---------------|--|---|------------------------|------------------------|-------------------------------------|
| <b>3</b> | <b>Monday, April 17, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam<br>Purvaproshtapada* Nakshatra Brahma Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau |   |                        |                        | Pyinmana, Myanmar<br>Sun 10 Sutra 1 |
|          | Kumbha Rasi: 20.35            | Tithi 27 – 28 | <b>Gulika</b> 1:28PM – 3:01PM  | <b>Purvaproshtapada* Until 3:19AM Tue</b> | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:38AM | Sobhana 5125                        |
|          | <b>Family Home Evening</b>    |               | Yama 10:20AM – 11:54AM   | Brahma Until 9:57PM                       | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:09PM  | Moon 4 - Phase 1 - 10               |
|          | Routine Work                  | Marana Yoga   | 211996578 <b>Rahu</b> 7:12AM – 8:46AM  | Gara Until 3:29AM Tue                     | <b>Nataraja:</b> Clear |                        | 2nd Phase                           |
|          |                               |               | <b>Dvadashi* Until 4:40PM</b>  | Moon – Clear                              |                        | <b>Devaloka Day</b>    |                                     |
|          |                               |               |  | Chaitra*Chaitra                           |                        |                        |                                     |
|          |                               |               |  | <i>Pradosha Vrata (Fasting)</i>           |                        |                        |                                     |

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| <b>4</b> | <b>Tuesday, April 18, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam<br>Uttaraproshtapada Nakshatra Indra Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau |   |                        |                        | Pyinmana, Myanmar<br>Sun 11 Sutra 2 |
|          | Meena Rasi: 4.55               | Tithi 28 – 29 | <b>Gulika</b> 11:53AM – 1:27PM  | <b>Uttaraproshtapada Until 1:50AM Wed</b> | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:38AM | Sobhana 5125                        |
|          |                                |               | Yama 8:46AM – 10:20AM   | Indra Until 6:58PM                        | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:09PM  | Moon 4 - Phase 1 - 11               |
|          | Creative Work                  | Amrita Yoga   | 211996578 <b>Rahu</b> 3:01PM – 4:35PM   | Visti Until 1:15AM Wed                    | <b>Nataraja:</b> Clear |                        | 2nd Phase                           |
|          |                                |               | <b>Trayodashi* Until 2:19PM</b>   | Moon – Clear                              |                        | <b>Devaloka Day</b>    |                                     |
|          |                                |               |   | Chaitra*Chaitra                           |                        |                        |                                     |

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|  | <b>Wednesday, April 19, 2023</b> |               | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam<br>Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau |                                 |                        |                        | Pyinmana, Myanmar<br>Sun 12 Sutra 3 |
|   | <b>Retreat Star</b>              |               | <b>Gulika</b> 10:19AM – 11:53AM   | <b>Revati Until 12:32AM Thu</b> | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:37AM | Sobhana 5125                        |
|   | Meena Rasi: 19.06                | Tithi 29 – 30 | Yama 7:11AM – 8:45AM  | Vaidhriti* Until 4:12PM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:09PM  | Moon 4 - Phase 1 - 12               |
|   | Routine Work                     | Marana Yoga   | 211996578 <b>Rahu</b> 11:53AM – 1:27PM  | Catuspada Until 11:20PM         | <b>Nataraja:</b> Clear |                        | Amavasya                            |
|   |                                  |               | <b>Chaturdashi* Until 12:13PM</b>   | Moon – Clear                    |                        | <b>Devaloka Day</b>    |                                     |
|   |                                  |               |   | Chaitra*Chaitra                 |                        |                        |                                     |

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| <b>Retreat Star</b> | <b>Thursday, April 20, 2023</b> |              | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                              |                        |                        | Pyinmana, Myanmar<br>Sun 13 Sutra 4 |
|                     | Mesha Rasi: 3.04                | Tithi 30 – 1 | <b>Gulika</b> 8:45AM – 10:19AM  | <b>Ashvini Until 11:57PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:36AM | Sobhana 5125                        |
|                     |                                 |              | Yama 5:36AM – 7:11AM  | Vishkambha* Until 1:46PM     | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:10PM  | Moon 4 - Phase 1 - 13               |
|                     | Creative Work                   | Amrita Yoga  | 221996578 <b>Rahu</b> 1:27PM – 3:01PM   | Kintughna Until 9:50PM       | <b>Nataraja:</b> Clear |                        | Prathama                            |
|                     |                                 |              | <b>Amavasya* Until 10:30AM</b>  | Moon – White                 |                        | <b>Devaloka Day</b>    |                                     |
|                     |                                 |              |   | Vaisaka*Chaitra              |                        |                        |                                     |

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| <b>1</b> | <b>Friday, April 21, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau |                              |                        |                        | Pyinmana, Myanmar<br>Sun 14 Sutra 5<br>Sobhana 5125 |
|          | Mesha Rasi: 16.44             | Tithi 1 – 2 | <b>Gulika</b> 7:10AM – 8:44AM   | <b>Bharani Until 11:46PM</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:36AM |   |
|          |                               |             | Yama 3:01PM – 4:36PM  | Priti Until 11:45AM          | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:10PM  | Moon 4 - Phase 2 - 14                               |
|          | Creative Work                 | Siddha Yoga | 221996578 <b>Rahu</b> 10:19AM – 11:53AM   | Balava Until 8:53PM          | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                               |             | <b>Prathama* Until 9:16AM</b>   | Moon – White                 |                        | <b>Devaloka Day</b>    |   |
|          |                               |             |   | <b>Vaisaka-Chaitra</b>       |                        |                        |   |

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| <b>2</b> | <b>Saturday, April 22, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau |                                   |                        |                        | Pyinmana, Myanmar<br>Sun 15 Sutra 6<br>Sobhana 5125 |
|          | Vrishabha Rasi: 0.05            | Tithi 2 – 3 | <b>Gulika</b> 5:35AM – 7:09AM   | <b>Krittika Until 12:02AM Sun</b> | <b>Ganesha:</b> Clear  | <i>Sunrise:</i> 5:35AM |   |
|          |                                 |             | Yama 1:27PM – 3:01PM  | Ayushman Until 10:11AM            | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:10PM  | Moon 4 - Phase 2 - 15                               |
|          | Creative Work                   | Amrita Yoga | 221996578 <b>Rahu</b> 8:44AM – 10:18AM  | Taitila Until 8:33PM              | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                                 |             | <b>Dvitiya Until 8:37AM</b>   | Moon – White                      |                        | <b>Devaloka Day</b>    |   |
|          |                                 |             |   | <b>Vaisaka-Chaitra</b>            |                        |                        |   |

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| <b>3</b> | <b>Sunday, April 23, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau |                                |                        |                        | Pyinmana, Myanmar<br>Sun 16 Sutra 7<br>Sobhana 5125 |
|          | Vrishabha Rasi: 13.07         | Tithi 3 – 4 | <b>Gulika</b> 3:01PM – 4:36PM   | <b>Rohini Until 1:16AM Mon</b> | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:34AM |   |
|          |                               |             | Yama 11:52AM – 1:27PM   | Saubhagya Until 9:09AM         | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:10PM  | Moon 4 - Phase 2 - 16                               |
|          | Creative Work                 | Siddha Yoga | 231996578 <b>Rahu</b> 4:36PM – 6:10PM   | Vanija Until 8:53PM            | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                               |             | <b>Tritiya Until 8:37AM</b>   | Moon – Yellow                  |                        | <b>Devaloka Day</b>    |   |
|          |                               |             | <b>Akshaya Tritiya</b>  | <b>Vaisaka-Chaitra</b>         |                        |                        |   |

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| <b>4</b> | <b>Monday, April 24, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau |                                    |                        |                        | Pyinmana, Myanmar<br>Sun 17 Sutra 8<br>Sobhana 5125 |
|          | Vrishabha Rasi: 25.48         | Tithi 4 – 5 | <b>Gulika</b> 1:27PM – 3:01PM  | <b>Mrigashira Until 2:58AM Tue</b> | <b>Ganesha:</b> Orange | <i>Sunrise:</i> 5:34AM |   |
|          | <b>Family Home Evening</b>    |             | Yama 10:18AM – 11:52AM   | Sobhana Until 8:38AM               | <b>Muruqa:</b> Clear   | <i>Sunset:</i> 6:11PM  | Moon 4 - Phase 2 - 17                               |
|          | Creative Work                 | Amrita Yoga | 231996578 <b>Rahu</b> 7:08AM – 8:43AM  | Bava Until 9:52PM                  | <b>Nataraja:</b> Clear |                        | 3rd Phase   |
|          |                               |             | <b>Chaturthi* Until 9:17AM</b>   | Moon – Yellow                      |                        | <b>Devaloka Day</b>    |   |
|          |                               |             | <b>Adi Sankara Jayanthi</b>  | <b>Vaisaka-Chaitra</b>             |                        |                        |   |

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| <b>5</b> | <b>Tuesday, April 25, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau |                               |                         |                        | Pyinmana, Myanmar<br>Sun 18 Sutra 9<br>Sobhana 5125 |
|          | Mithuna Rasi: 8.13             | Tithi 5 – 6 | <b>Gulika</b> 11:52AM – 1:27PM   | <b>Ardra Until 5:02AM Wed</b> | <b>Ganesha:</b> Orange  | <i>Sunrise:</i> 5:33AM |   |
|          |                                |             | Yama 8:43AM – 10:17AM  | Athiganda* Until 8:35AM       | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 6:11PM  | Moon 4 - Phase 2 - 18                               |
|          | Routine Work                   | Marana Yoga | 231996579 <b>Rahu</b> 3:01PM – 4:36PM  | Kaulava Until 11:25PM         | <b>Nataraja:</b> Purple |                        | 3rd Phase   |
|          |                                |             | <b>Panchami Until 10:33AM</b>  | Moon – Yellow                 |                         | <b>Sivaloka Day</b>    |   |
|          |                                |             |  | <b>Vaisaka-Chaitra</b>        |                         |                        |   |

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| <b>6</b> | <b>Wednesday, April 26, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau |                                   |                         |                           | Pyinmana, Myanmar<br>Sun 19 Sutra 10<br>Sobhana 5125 |
|          | Mithuna Rasi: 20.23              | Tithi 6 – 7 | <b>Gulika</b> 10:17AM – 11:52AM   | <b>Punarvasu Until 7:49AM Thu</b> | <b>Ganesha:</b> Green   | <i>Sunrise:</i> 5:33AM    |  |
|          |                                  |             | Yama 7:07AM – 8:42AM  | Sukarma Until 8:56AM              | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 6:11PM     | Moon 4 - Phase 2 - 19                                |
|          | Creative Work                    | Siddha Yoga | 241996579 <b>Rahu</b> 11:52AM – 1:27PM  | Gara Until 1:24AM Thu             | <b>Nataraja:</b> Purple |                           | 3rd Phase  |
|          |                                  |             | <b>Shashthi* Until 12:20PM</b>  | Moon – Blue                       |                         | <b>Subha Sivaloka Day</b> |  |
|          |                                  |             |   | <b>Vaisaka-Chaitra</b>            |                         |                           |  |

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| <b>D</b> | <b>Thursday, April 27, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau |                               |                         |                        | Pyinmana, Myanmar<br>Sun 20 Sutra 11<br>Sobhana 5125 |
|          | <b>Retreat Star</b>             |             | <b>Gulika</b> 8:42AM – 10:17AM   | <b>Punarvasu Until 7:49AM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 5:32AM |  |
|          | Kataka Rasi: 2.25               | Tithi 7 – 8 | Yama 5:32AM – 7:07AM   | Dhriti Until 9:36AM           | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 6:11PM  | Moon 4 - Phase 2 - 20                                |
|          | Creative Work                   | Amrita Yoga | 242996579 <b>Rahu</b> 1:27PM – 3:01PM  | Visti Until 3:39AM Fri        | <b>Nataraja:</b> Purple |                        | Ashtami  |
|          |                                 |             | <b>Saptami Until 2:29PM</b>  | Moon – Blue                   |                         | <b>Sivaloka Day</b>    |  |
|          |                                 |             |  | <b>Vaisaka-Chaitra</b>        |                         |                        |  |

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| <b>D</b> | <b>Friday, April 28, 2023</b> |             | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau |                             |                         |                        | Pyinmana, Myanmar<br>Sun 21 Sutra 12<br>Sobhana 5125 |
|          | <b>Retreat Star</b>           |             | <b>Gulika</b> 7:06AM – 8:41AM  | <b>Pushya Until 10:39AM</b> | <b>Ganesha:</b> Red     | <i>Sunrise:</i> 5:31AM |  |
|          | Kataka Rasi: 14.21            | Tithi 8 – 9 | Yama 3:01PM – 4:36PM   | Shula* Until 10:24AM        | <b>Muruqa:</b> Clear    | <i>Sunset:</i> 6:11PM  | Moon 4 - Phase 2 - 21                                |
|          | Routine Work                  | Marana Yoga | 242996579 <b>Rahu</b> 10:16AM – 11:51AM  | Balava Until 6:00AM Sat     | <b>Nataraja:</b> Purple |                        | Navami   |
|          |                               |             | <b>Ashtami* Until 4:48PM</b>   | Moon – Blue                 |                         | <b>Sivaloka Day</b>    |  |
|          |                               |             |  | <b>Vaisaka-Chaitra</b>      |                         |                        |  |

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

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| <b>1</b>  | <b>Saturday, April 29, 2023</b> |         | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam<br>Ashlesha*/Magha* Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 22    Sutra 13            |                     |
|   | Kataka Rasi: 26.15              | Tithi 9 | Gulika 5:31AM – 7:06AM<br>Yama 1:26PM – 3:02PM<br>Rahu 8:41AM – 10:16AM  | <b>Ashlesha* Until 1:21PM</b><br>Ganda* Until 11:15AM<br>Kaulava Until 6:00AM<br>Navami* Until 7:07PM | Ganesha: Red<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Blue | Sunrise: 5:31AM<br>Sunset: 6:12PM | Sobhana 5125<br>Moon 4 - Phase 3 - 22<br>4th Phase | <b>Sivaloka Day</b> |
| Routine Work    Marana Yoga<br>Until 1:21PM<br>Then Creative Work - Amrita Yoga |                                 |         |  |   |  |                                   |  |                     |


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| <b>2</b>  | <b>Sunday, April 30, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam<br>Magha*/Purvaphalguni Nakshatra Vridhhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 23    Sutra 14            |                     |
|   | Simha Rasi: 8.12              | Tithi 10 | Gulika 3:02PM – 4:37PM<br>Yama 11:51AM – 1:26PM<br>Rahu 4:37PM – 6:12PM   | <b>Magha* Until 4:14PM</b><br>Vridhhi Until 12:00PM<br>Taitila Until 8:13AM<br>Dashami Until 9:13PM | Ganesha: Blue<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Red | Sunrise: 5:30AM<br>Sunset: 6:12PM | Sobhana 5125<br>Moon 4 - Phase 3 - 23<br>4th Phase | <b>Devaloka Day</b> |
| Routine Work    Marana Yoga<br>Until 4:14PM<br>Then Creative Work - Siddha Yoga |                               |          |   |   |  |                                   |  |                     |


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| <b>3</b>  | <b>Monday, May 1, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 24    Sutra 15            |                     |
|   | Simha Rasi: 20.16          | Tithi 11 | Gulika 1:26PM – 3:02PM<br>Yama 10:15AM – 11:51AM<br>Rahu 7:05AM – 8:40AM  | <b>Purvaphalguni Until 6:35PM</b><br>Dhruva Until 12:28PM<br>Vanija Until 10:09AM<br>Ekadashi Until 10:56PM | Ganesha: Blue<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Red | Sunrise: 5:29AM<br>Sunset: 6:12PM | Sobhana 5125<br>Moon 4 - Phase 3 - 24<br>4th Phase | <b>Devaloka Day</b> |
| Family Home Evening<br>Creative Work    Siddha Yoga |                            |          |   |   |  |                                   |  |                     |

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| <b>4</b>   | <b>Tuesday, May 2, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 25    Sutra 16            |                     |
|  | Kanya Rasi: 2.3             | Tithi 12 | Gulika 11:51AM – 1:26PM<br>Yama 8:40AM – 10:15AM<br>Rahu 3:02PM – 4:37PM  | <b>Uttaraphalguni Until 8:18PM</b><br>Vyaghata* Until 12:35PM<br>Bava Until 11:37AM<br>Dvadashi Until 12:06AM Wed | Ganesha: Blue<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Red | Sunrise: 5:29AM<br>Sunset: 6:13PM | Sobhana 5125<br>Moon 4 - Phase 3 - 25<br>4th Phase | <b>Devaloka Day</b> |
| Creative Work    Amrita Yoga<br>Until 8:18PM<br>Then Creative Work - Siddha Yoga |                             |          |   |   |  |                                   |  |                     |

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| <b>5</b>  | <b>Wednesday, May 3, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 26    Sutra 17            |                     |
|   | Kanya Rasi: 14.59             | Tithi 13 | Gulika 10:15AM – 11:51AM<br>Yama 7:04AM – 8:39AM<br>Rahu 11:51AM – 1:26PM   | <b>Hasta Until 9:45PM</b><br>Harshana Until 12:16PM<br>Kaulava Until 12:29PM<br>Trayodashi Until 12:40AM Thu<br><i>Pradosha Vrata</i> | Ganesha: Yellow<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Green | Sunrise: 5:28AM<br>Sunset: 6:13PM | Sobhana 5125<br>Moon 4 - Phase 3 - 26<br>4th Phase | <b>Sivaloka Day</b> |
| Routine Work    Marana Yoga<br>Until 9:45PM<br>Then Creative Work - Siddha Yoga |                               |          |   |   |  |                                   |  |                     |

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| <b>6</b>  | <b>Thursday, May 4, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 27    Sutra 18            |                     |
|   | Kanya Rasi: 27.44            | Tithi 14 | Gulika 8:39AM – 10:15AM<br>Yama 5:28AM – 7:03AM<br>Rahu 1:26PM – 3:02PM  | <b>Chitra Until 10:25PM</b><br>Vajra* Until 11:25AM<br>Gara Until 12:44PM<br>Chaturdashi* Until 12:36AM Fri | Ganesha: Yellow<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Green | Sunrise: 5:28AM<br>Sunset: 6:13PM | Sobhana 5125<br>Moon 4 - Phase 3 - 27<br>4th Phase | <b>Sivaloka Day</b> |
| Creative Work    Siddha Yoga<br>Until 10:25PM<br>Then Creative Work - Amrita Yoga |                              |          |  |   |  |                                   |  |                     |

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|  | <b>Friday, May 5, 2023</b> |                            | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 28    Sutra 19       |                     |
|   | Tula Rasi: 10.49           | Tithi 15                   | Gulika 7:03AM – 8:39AM<br>Yama 3:02PM – 4:38PM<br>Rahu 10:15AM – 11:50AM  | <b>Svati Until 10:20PM</b><br>Siddhi Until 10:06AM<br>Visti Until 12:21PM<br>Purnima* Until 11:55PM | Ganesha: Yellow<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Green | Sunrise: 5:27AM<br>Sunset: 6:14PM | Sobhana 5125<br>Moon 4 - Phase 3 -<br>Purnima | <b>Sivaloka Day</b> |
| Creative Work    Siddha Yoga  |                            | Budha Purnima (Tamil Nadu) |   |   |  |                                   |   |                     |

|   |                              |          |   |   |  |                                   |  |                     |
|---|------------------------------|----------|---|---|--|-----------------------------------|--|---------------------|
|  | <b>Saturday, May 6, 2023</b> |          | Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam<br>Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau |   |  |                                   | Pyinmana, Myanmar<br>Sun 29    Sutra 20        |                     |
|   | Tula Rasi: 24.13             | Tithi 16 | Gulika 5:27AM – 7:03AM<br>Yama 1:26PM – 3:02PM<br>Rahu 8:39AM – 10:14AM   | <b>Vishakha Until 10:01PM</b><br>Vyatipata* Until 8:19AM<br>Balava Until 11:23AM<br>Prathama* Until 10:42PM | Ganesha: White<br>Muruqa: Clear<br>Nataraja: Purple<br>Moon – Orange | Sunrise: 5:27AM<br>Sunset: 6:14PM | Sobhana 5125<br>Moon 4 - Phase 3 -<br>Prathama | <b>Devaloka Day</b> |
| Creative Work    Siddha Yoga  |                              |          |   |   |  |                                   |  |                     |

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