



Monday, April 18, 2022
Gold Retreat Star

Tula Rasi: 21.28 Tithi 17 – 18
Family Home Evening 278345478
Routine Work Marana Yoga
Until 1:37AM Tue
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam
Vishakha Nakshatra Siddhi Yoga Taitila/Vanija Karana Dvitiya/Tritiyayam Titau

Tehran, Iran
Sutra 1
Subhakrit 5124

Gulika 1:43PM – 3:22PM
Yama 10:26AM – 12:05PM
Rahu 7:08AM – 8:47AM

Vishakha Until 1:37AM Tue
Siddhi Until 6:21PM
Taitila Until 6:46AM
Dvitiya Until 5:24PM

Ganesha: Purple *Sunrise:* 5:29AM
Muruqa: White *Sunset:* 6:40PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Bhuloka Day

Moon 4 - Phase 1 - 1st Phase

1

Tuesday, April 19, 2022

Virschika Rasi: 5.59 Tithi 18 – 19
278345478
Creative Work Siddha Yoga
Until 11:36PM
Then Routine Work - Marana Yoga

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

Tehran, Iran
Sun 1
Sutra 2
Subhakrit 5124

Gulika 12:04PM – 1:44PM
Yama 8:46AM – 10:25AM
Rahu 3:23PM – 5:02PM

Anuradha Until 11:36PM
Vyatipata* Until 2:59PM
Bava Until 1:15AM Wed
Tritiya Until 2:37PM

Ganesha: Purple *Sunrise:* 5:28AM
Muruqa: White *Sunset:* 6:41PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Bhuloka Day

Moon 4 - Phase 1 - 1st Phase

2

Wednesday, April 20, 2022

Virschika Rasi: 20.32 Tithi 19 – 20
278345478
Creative Work Siddha Yoga
Until 9:30PM
Then Routine Work - Marana Yoga

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

Tehran, Iran
Sun 2
Sutra 3
Subhakrit 5124

Gulika 10:25AM – 12:04PM
Yama 7:06AM – 8:46AM
Rahu 12:04PM – 1:44PM

Jyeshtha* Until 9:30PM
Variyan Until 11:35AM
Kaulava Until 10:31PM
Chaturthi* Until 11:51AM

Ganesha: Purple *Sunrise:* 5:27AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Bhuloka Day

Moon 4 - Phase 1 - 2nd Phase

3

Thursday, April 21, 2022

Dhanus Rasi: 5.02 Tithi 20 – 21
288345478
Creative Work Siddha Yoga

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

Tehran, Iran
Sun 3
Sutra 4
Subhakrit 5124

Gulika 8:45AM – 10:24AM
Yama 5:26AM – 7:05AM
Rahu 1:44PM – 3:23PM

Mula* Until 7:49PM
Parigha* Until 8:17AM
Gara Until 7:55PM
Panchami Until 9:10AM

Ganesha: Clear *Sunrise:* 5:26AM
Muruqa: White *Sunset:* 6:42PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

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

Moon 4 - Phase 1 - 3rd Phase

4

Friday, April 22, 2022

Dhanus Rasi: 19.24 Tithi 21 – 22
289345478
Routine Work Prabalarishta Yoga
Until 6:13PM
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam
Purvashadha* Nakshatra Siddha Yoga Vanija/Bava Karana Shashthi/Saptamyam Titau

Tehran, Iran
Sun 4
Sutra 5
Subhakrit 5124

Gulika 7:04AM – 8:44AM
Yama 3:24PM – 5:03PM
Rahu 10:24AM – 12:04PM

Purvashadha* Until 6:13PM
Siddha Until 2:12AM Sat
Bava Until 4:27AM Sat
Shashthi* Until 6:41AM

Ganesha: Purple *Sunrise:* 5:24AM
Muruqa: White *Sunset:* 6:43PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Devaloka Day

Moon 4 - Phase 1 - 4th Phase

5

Saturday, April 23, 2022
Retreat Star

Makara Rasi: 3.37 Tithi 23
289345478
Routine Work Marana Yoga
Until 4:45PM
Then Creative Work - Siddha Yoga

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

Tehran, Iran
Sun 5
Sutra 6
Subhakrit 5124

Gulika 5:23AM – 7:03AM
Yama 1:44PM – 3:24PM
Rahu 8:43AM – 10:24AM

Uttarashadha Until 4:45PM
Sadhya Until 11:30PM
Balava Until 3:28PM
Ashtami* Until 2:32AM Sun

Ganesha: Purple *Sunrise:* 5:23AM
Muruqa: White *Sunset:* 6:44PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Devaloka Day

Moon 4 - Phase 1 - 5th Phase

Sunday, April 24, 2022
Retreat Star

Makara Rasi: 17.37 Tithi 24
299345478
Creative Work Amrita Yoga
Until 3:54PM
Then Routine Work - Marana Yoga

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

Tehran, Iran
Sun 6
Sutra 7
Subhakrit 5124

Gulika 3:24PM – 5:04PM
Yama 12:03PM – 1:44PM
Rahu 5:04PM – 6:45PM

Shravana Until 3:54PM
Subha Until 9:05PM
Taitila Until 1:42PM
Navami* Until 12:56AM Mon

Ganesha: Clear *Sunrise:* 5:22AM
Muruqa: White *Sunset:* 6:45PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

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

Moon 4 - Phase 1 - 6th Phase

Navami


1	Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Vanija/Visti* Karana Dashamyam Titau				Tehran, Iran Sun 7 Sutra 8
	Kumbha Rasi: 1.24	Tithi 25	Gulika 1:44PM – 3:24PM	Dhanishtha Until 3:15PM	Ganesha: Clear	<i>Sunrise:</i> 5:21AM	Subhakrit 5124
	Family Home Evening	299345479	Yama 10:23AM – 12:03PM	Sukla Until 6:56PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 2 - 7
	Creative Work Siddha Yoga		Rahu 7:01AM – 8:42AM	Vanija Until 12:17PM	Nataraja: Clear		2nd Phase
			Dashami Until 11:42PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

2	Tuesday, April 26, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Tehran, Iran Sun 8 Sutra 9
	Kumbha Rasi: 14.58	Tithi 26	Gulika 12:03PM – 1:44PM	Shatabhishak Until 2:49PM	Ganesha: Clear	<i>Sunrise:</i> 5:20AM	Subhakrit 5124
		299345479	Yama 8:41AM – 10:22AM	Brahma Until 5:06PM	Muruqa: White	<i>Sunset:</i> 6:46PM	Moon 4 - Phase 2 - 8
	Routine Work Marana Yoga		Rahu 3:25PM – 5:06PM	Bava Until 11:15AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 10:51PM	Moon – Purple		Devaloka Day	
				Chaitra*Chaitra			

3	Wednesday, April 27, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Tehran, Iran Sun 9 Sutra 10
	Kumbha Rasi: 28.19	Tithi 27	Gulika 10:22AM – 12:03PM	Purvaproshtapada* Until 3:06PM	Ganesha: Red	<i>Sunrise:</i> 5:19AM	Subhakrit 5124
		219345479	Yama 7:00AM – 8:41AM	Indra Until 3:37PM	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 4 - Phase 2 - 9
	Creative Work Amrita Yoga		Rahu 12:03PM – 1:44PM	Kaulava Until 10:37AM	Nataraja: Clear		2nd Phase
Until 3:06PM			Dvadashi* Until 10:26PM	Moon – Clear		Devaloka Day	
Then Creative Work - Siddha Yoga				Chaitra*Chaitra			

4	Thursday, April 28, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Tehran, Iran Sun 10 Sutra 11
	Meena Rasi: 11.26	Tithi 28	Gulika 8:40AM – 10:21AM	Uttaraproshtapada Until 3:40PM	Ganesha: Red	<i>Sunrise:</i> 5:17AM	Subhakrit 5124
		219345479	Yama 5:17AM – 6:59AM	Vaidhriti* Until 2:27PM	Muruqa: White	<i>Sunset:</i> 6:48PM	Moon 4 - Phase 2 - 10
	Creative Work Siddha Yoga		Rahu 1:44PM – 3:25PM	Gara Until 10:24AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 10:27PM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

5	Friday, April 29, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Tehran, Iran Sun 11 Sutra 12
	Meena Rasi: 24.19	Tithi 29	Gulika 6:58AM – 8:39AM	Revati Until 4:32PM	Ganesha: Blue	<i>Sunrise:</i> 5:16AM	Subhakrit 5124
		219445479	Yama 3:26PM – 5:07PM	Vishkambha* Until 1:41PM	Muruqa: White	<i>Sunset:</i> 6:49PM	Moon 4 - Phase 2 - 11
	Creative Work Siddha Yoga		Rahu 10:21AM – 12:03PM	Visti Until 10:40AM	Nataraja: Clear		2nd Phase
Until 4:32PM			Chaturdashi* Until 10:57PM	Moon – Clear		Bhuloka Day	
Then Creative Work - Amrita Yoga				Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

	Saturday, April 30, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran Sun 12 Sutra 13
	Retreat Star		Gulika 5:15AM – 6:57AM	Ashvini Until 6:11PM	Ganesha: Green	<i>Sunrise:</i> 5:15AM	Subhakrit 5124
	Mesha Rasi: 6.59	Tithi 30	Yama 1:44PM – 3:26PM	Priti Until 1:18PM	Muruqa: White	<i>Sunset:</i> 6:50PM	Moon 4 - Phase 2 - 12
		221445479	Rahu 8:39AM – 10:21AM	Catuspada Until 11:25AM	Nataraja: Clear		Amavasya
Creative Work Siddha Yoga			Amavasya* Until 11:57PM	Moon – White		Bhuloka Day	
				Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

Retreat Star	Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran Sun 13 Sutra 14
	Mesha Rasi: 19.25	Tithi 1	Gulika 3:26PM – 5:09PM	Bharani Until 8:10PM	Ganesha: Green	<i>Sunrise:</i> 5:14AM	Subhakrit 5124
		221445479	Yama 12:02PM – 1:44PM	Ayushman Until 1:16PM	Muruqa: White	<i>Sunset:</i> 6:51PM	Moon 4 - Phase 2 - 13
	Routine Work Prabalarishta Yoga		Rahu 5:09PM – 6:51PM	Kintughna Until 12:40PM	Nataraja: Clear		Prathama
Until 8:10PM			Prathama* Until 1:26AM Mon	Moon – White		Bhuloka Day	
Then Creative Work - Siddha Yoga				Vaisaka*Chaitra		Devaloka Time: 6:PM to 9:PM	

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

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Tehran, Iran Sun 14 Sutra 15 Subhakrit 5124
1	Wrishabha Rasi: 1.38 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 10:25PM Then Creative Work - Amrita Yoga	Gulika 1:45PM – 3:27PM Yama 10:20AM – 12:02PM Rahu 6:55AM – 8:38AM	Krittika Until 10:25PM Saubhagya Until 1:37PM Balava Until 2:22PM Dvitiya Until 3:21AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:13AM Sunset: 6:51PM	Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Tehran, Iran Sun 15 Sutra 16 Subhakrit 5124
2	Wrishabha Rasi: 13.42 Tithi 3 Creative Work Amrita Yoga Until 1:20AM Wed Then Creative Work - Siddha Yoga	Gulika 12:02PM – 1:45PM Yama 8:37AM – 10:20AM Rahu 3:27PM – 5:10PM	Rohini Until 1:20AM Wed Sobhana Until 2:17PM Taitila Until 4:28PM Tritiya Until 5:36AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:12AM Sunset: 6:52PM	Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija Karana Chaturthyam Titau				Tehran, Iran Sun 16 Sutra 17 Subhakrit 5124
3	Wrishabha Rasi: 25.38 Tithi 4 Creative Work Siddha Yoga Until 4:18AM Thu Then Routine Work - Marana Yoga	Gulika 10:19AM – 12:02PM Yama 6:54AM – 8:36AM Rahu 12:02PM – 1:45PM	Mrigashira Until 4:18AM Thu Athiganda* Until 3:08PM Vanija Until 6:51PM Chaturthi* Until 8:04AM Thu	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:11AM Sunset: 6:53PM	Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 17 Sutra 18 Subhakrit 5124
4	Mithuna Rasi: 7.29 Tithi 4 – 5 Routine Work Marana Yoga Until 7:10AM Fri Then Creative Work - Siddha Yoga	Gulika 8:36AM – 10:19AM Yama 5:10AM – 6:53AM Rahu 1:45PM – 3:28PM	Ardra Until 7:10AM Fri Sukarma Until 4:07PM Bava Until 9:21PM Chaturthi* Until 8:04AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:10AM Sunset: 6:54PM	Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran Sun 18 Sutra 19 Subhakrit 5124
5	Mithuna Rasi: 19.2 Tithi 5 – 6 Creative Work Siddha Yoga	Gulika 6:52AM – 8:35AM Yama 3:28PM – 5:12PM Rahu 10:19AM – 12:02PM	Ardra Until 7:10AM Dhriti Until 5:06PM Kaulava Until 11:48PM Panchami Until 10:34AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:09AM Sunset: 6:55PM	Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran Sun 19 Sutra 20 Subhakrit 5124
6	Kataka Rasi: 1.12 Tithi 6 – 7 Creative Work Siddha Yoga	Gulika 5:08AM – 6:51AM Yama 1:45PM – 3:29PM Rahu 8:35AM – 10:18AM	Punarvasu Until 10:16AM Shula* Until 5:56PM Gara Until 2:01AM Sun Shashthi* Until 12:56PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:08AM Sunset: 6:56PM	Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran Sun 20 Sutra 21 Subhakrit 5124
Retreat Star		Gulika 3:29PM – 5:13PM Yama 12:02PM – 1:45PM Rahu 5:13PM – 6:56PM	Pushya Until 12:55PM Ganda* Until 6:30PM Visti Until 3:50AM Mon Saptami Until 2:58PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:07AM Sunset: 6:56PM	Moon 4 - Phase 3 - 20 3rd Phase Devaloka Day
		Mother's Day				

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 21 Sutra 22 Subhakrit 5124
Retreat Star		Gulika 1:46PM – 3:29PM Yama 10:18AM – 12:02PM Rahu 6:50AM – 8:34AM	Ashlesha* Until 2:55PM Vriddhi Until 6:41PM Balava Until 5:03AM Tue Ashtami* Until 4:30PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:06AM Sunset: 6:57PM	Moon 4 - Phase 3 - 21 Ashtami Devaloka Day

Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 22 Sutra 23 Subhakrit 5124
Retreat Star		Gulika 12:02PM – 1:46PM Yama 8:33AM – 10:17AM Rahu 3:30PM – 5:14PM	Magha* Until 4:38PM Dhruva Until 6:19PM Taitila Until 5:34AM Wed Navami* Until 5:23PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sunrise: 5:05AM Sunset: 6:58PM	Moon 4 - Phase 3 - 22 Navami Devaloka Day


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

<h1>1</h1>	Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Tehran, Iran
	Simha Rasi: 20.27	Tithi 10 – 11	Gulika 10:17AM – 12:02PM	Purvaphalguni Until 5:27PM	Ganesha: Clear	<i>Sunrise:</i> 5:04AM	Sun 23
			Yama 6:49AM – 8:33AM	Vyaghata* Until 5:23PM	Muruqa: White	<i>Sunset:</i> 6:59PM	Subhakrit 5124
	Creative Work	Amrita Yoga	252445479 Rahu 12:02PM – 1:46PM	Vanija Until 5:19AM Thu	Nataraja: Clear		Moon 4 - Phase 4 - 23
			Dashami Until 5:31PM	Moon – Red		4th Phase	
				Vaisaka-Chaitra		Devaloka Day	

<h1>2</h1>	Thursday, May 12, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran
	Kanya Rasi: 3.34	Tithi 11 – 12	Gulika 8:32AM – 10:17AM	Uttaraphalguni Until 5:21PM	Ganesha: Clear	<i>Sunrise:</i> 5:03AM	Sun 24
			Yama 5:03AM – 6:48AM	Harshana Until 3:51PM	Muruqa: White	<i>Sunset:</i> 7:00PM	Subhakrit 5124
		Amrita Yoga	252445479 Rahu 1:46PM – 3:31PM	Bava Until 4:17AM Fri	Nataraja: Clear		Moon 4 - Phase 4 - 24
Until 5:21PM			Ekadashi Until 4:53PM	Moon – Red		4th Phase	
Then Routine Work - Marana Yoga				Vaisaka-Chaitra		Devaloka Day	

<h1>3</h1>	Friday, May 13, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran
	Kanya Rasi: 17.05	Tithi 12 – 13	Gulika 6:47AM – 8:32AM	Hasta Until 4:49PM	Ganesha: White	<i>Sunrise:</i> 5:03AM	Sun 25
			Yama 3:31PM – 5:16PM	Vajra* Until 1:41PM	Muruqa: White	<i>Sunset:</i> 7:00PM	Subhakrit 5124
	Creative Work	Amrita Yoga	262445479 Rahu 10:17AM – 12:01PM	Kaulava Until 2:32AM Sat	Nataraja: Clear		Moon 4 - Phase 4 - 25
Until 4:49PM			Dvadashi Until 3:28PM	Moon – Green		4th Phase	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra		Sivaloka Day	
				<i>Pradosha Vrata</i>			

<h1>4</h1>	Saturday, May 14, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Tula Rasi: 1.02	Tithi 13 – 14	Gulika 5:02AM – 6:47AM	Chitra Until 3:28PM	Ganesha: White	<i>Sunrise:</i> 5:02AM	Sun 26
			Yama 1:46PM – 3:31PM	Siddhi Until 10:58AM	Muruqa: White	<i>Sunset:</i> 7:01PM	Subhakrit 5124
	Routine Work	Marana Yoga	262445479 Rahu 8:32AM – 10:17AM	Gara Until 12:10AM Sun	Nataraja: Clear		Moon 4 - Phase 4 - 26
Until 3:28PM			Trayodashi Until 1:24PM	Moon – Green		4th Phase	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra		Sivaloka Day	

	Sunday, May 15, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran
	Copper Retreat Star		Gulika 3:32PM – 5:17PM	Svati Until 1:26PM	Ganesha: White	<i>Sunrise:</i> 5:01AM	Sun 27
	Tula Rasi: 15.23	Tithi 14 – 15	Yama 12:01PM – 1:47PM	Vyatipata* Until 7:49AM	Muruqa: White	<i>Sunset:</i> 7:02PM	Subhakrit 5124
			262445479 Rahu 5:17PM – 7:02PM	Visti Until 9:19PM	Nataraja: Clear		Moon 4 - Phase 4 - 27
Creative Work	Siddha Yoga		Chaturdashi* Until 10:46AM	Moon – Green		Purnima	
Until 1:26PM				Vaisaka-Vaikasi		Sivaloka Day	
Then Routine Work - Marana Yoga							

<h1>5</h1>	Monday, May 16, 2022		Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran
	Silver Retreat Star		Gulika 1:47PM – 3:32PM	Vishakha Until 11:17AM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Sun 29
	Vrischika Rasi: 0.04	Tithi 15 – 16	Yama 10:16AM – 12:01PM	Parigha* Until 12:30AM Tue	Muruqa: White	<i>Sunset:</i> 7:03PM	Subhakrit 5124
	Family Home Evening		272445479 Rahu 6:46AM – 8:31AM	Balava Until 6:07PM	Nataraja: Clear		Moon 4 - Phase 4 - Prathama
Routine Work	Marana Yoga		Purnima* Until 7:44AM	Moon – Orange			
Until 11:17AM				Vaisaka-Vaikasi		Devaloka Day	
Then Creative Work - Siddha Yoga							



Tuesday, May 17, 2022
Gold Retreat Star

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

Tehran, Iran
Sutra 30

Vrischika Rasi: 14.56 Tithi 17

Gulika 12:02PM – 1:47PM
Yama 8:30AM – 10:16AM
272445479 **Rahu** 3:33PM – 5:18PM

Anuradha Until 8:45AM
Shiva Until 8:37PM
Taitila Until 2:44PM
Dvitiya Until 1:01AM Wed

Ganesha: Yellow *Sunrise: 4:59AM*
Muruqa: White *Sunset: 7:04PM*
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 8:45AM

Then Routine Work - Marana Yoga

Devaloka Day

1

Wednesday, May 18, 2022

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

Tehran, Iran
Sun 1 Sutra 31

Vrischika Rasi: 29.53 Tithi 18

Gulika 10:16AM – 12:02PM
Yama 6:44AM – 8:30AM
272445479 **Rahu** 12:02PM – 1:47PM

Jyeshtha* Until 6:01AM
Siddha Until 4:43PM
Vanija Until 11:19AM
Tritiya Until 9:38PM

Ganesha: Yellow *Sunrise: 4:59AM*
Muruqa: White *Sunset: 7:04PM*
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 6:01AM

Then Routine Work - Marana Yoga

Devaloka Day

2

Thursday, May 19, 2022

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

Tehran, Iran
Sun 2 Sutra 32

Dhanus Rasi: 14.48 Tithi 19

Gulika 8:30AM – 10:16AM
Yama 4:58AM – 6:44AM
282445479 **Rahu** 1:47PM – 3:33PM

Purvashadha* Until 1:17AM Fri
Sadhya Until 12:57PM
Bava Until 8:00AM
Chaturthi* Until 6:25PM

Ganesha: Blue *Sunrise: 4:58AM*
Muruqa: White *Sunset: 7:05PM*
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 1:17AM Fri

Then Routine Work - Marana Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Tehran, Iran
Sun 3 Sutra 33

Dhanus Rasi: 29.32 Tithi 20 – 21

Gulika 6:43AM – 8:29AM
Yama 3:34PM – 5:20PM
282445479 **Rahu** 10:16AM – 12:02PM

Uttarashadha Until 11:10PM
Subha Until 9:25AM
Gara Until 2:13AM Sat
Panchami Until 3:31PM

Ganesha: Blue *Sunrise: 4:57AM*
Muruqa: White *Sunset: 7:06PM*
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Tehran, Iran
Sun 4 Sutra 34

Makara Rasi: 13.59 Tithi 21 – 22

Gulika 4:57AM – 6:43AM
Yama 1:48PM – 3:34PM
292445479 **Rahu** 8:29AM – 10:15AM

Shravana Until 9:47PM
Sukla Until 6:11AM
Visti Until 11:58PM
Shashthi* Until 1:01PM

Ganesha: Red *Sunrise: 4:57AM*
Muruqa: White *Sunset: 7:07PM*
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Devaloka Day

5

Sunday, May 22, 2022
Retreat Star

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

Tehran, Iran
Sun 5 Sutra 35

Makara Rasi: 28.07 Tithi 22 – 23

Gulika 3:35PM – 5:21PM
Yama 12:02PM – 1:48PM
292445479 **Rahu** 5:21PM – 7:07PM

Dhanishtha Until 8:47PM
Indra Until 12:59AM Mon
Balava Until 10:15PM
Saptami Until 11:01AM

Ganesha: Red *Sunrise: 4:56AM*
Muruqa: White *Sunset: 7:07PM*
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga

Until 8:47PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022

Retreat Star

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

Tehran, Iran
Sun 6 Sutra 36

Kumbha Rasi: 11.54 Tithi 23 – 24

Gulika 1:48PM – 3:35PM
Yama 10:15AM – 12:02PM
293445479 **Rahu** 6:42AM – 8:29AM

Shatabhishak Until 8:13PM
Vaidhriti* Until 11:04PM
Taitila Until 9:08PM
Ashtami* Until 9:36AM

Ganesha: Green *Sunrise: 4:55AM*
Muruqa: White *Sunset: 7:08PM*
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 8:13PM

Then Routine Work - Marana Yoga

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Tehran, Iran
Kumbha Rasi: 25.2	Tithi 24 – 25	213545479	Gulika Yama Rahu	12:02PM – 1:49PM 8:28AM – 10:15AM 3:35PM – 5:22PM	Purvaproshtapada* Until 8:33PM Vishkambha* Until 9:39PM Vanija Until 8:36PM Navami* Until 8:46AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Clear Vaisaka-Vaikasi	Sunrise: 4:55AM Sunset: 7:09PM	Sun 7 Subhakrit 5124 Moon 5 - Phase 6 - 7 2nd Phase
Routine Work Marana Yoga Until 8:33PM Then Creative Work - Amrita Yoga		Devaloka Day						

2		Wednesday, May 25, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Tehran, Iran
Meena Rasi: 8.27	Tithi 25 – 26	213545479	Gulika Yama Rahu	10:15AM – 12:02PM 6:41AM – 8:28AM 12:02PM – 1:49PM	Uttaraproshtapada Until 9:18PM Priti Until 8:43PM Bava Until 8:40PM Dashami Until 8:32AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Clear Vaisaka-Vaikasi	Sunrise: 4:54AM Sunset: 7:10PM	Sun 8 Subhakrit 5124 Moon 5 - Phase 6 - 8 2nd Phase
Creative Work Siddha Yoga Until 9:18PM Then Routine Work - Marana Yoga		Devaloka Day						

3		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Tehran, Iran
Meena Rasi: 21.16	Tithi 26 – 27	313545479	Gulika Yama Rahu	8:28AM – 10:15AM 4:54AM – 6:41AM 1:49PM – 3:36PM	Revati Until 10:27PM Ayushman Until 8:12PM Kaulava Until 9:17PM Ekadashi* Until 8:53AM	Ganesha: Purple Muruqa: White Nataraja: Clear Moon – Clear Vaisaka-Vaikasi	Sunrise: 4:54AM Sunset: 7:10PM	Sun 9 Subhakrit 5124 Moon 5 - Phase 6 - 9 2nd Phase
Creative Work Siddha Yoga Until 10:27PM Then Creative Work - Amrita Yoga		Sivaloka Day						

4		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau		Tehran, Iran
Mesha Rasi: 3.5	Tithi 27 – 28	323545479	Gulika Yama Rahu	6:41AM – 8:28AM 3:37PM – 5:24PM 10:15AM – 12:02PM	Ashvini Until 12:24AM Sat Saubhagya Until 8:05PM Gara Until 10:25PM Dvadashi* Until 9:47AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White Vaisaka-Vaikasi	Sunrise: 4:53AM Sunset: 7:11PM	Sun 10 Subhakrit 5124 Moon 5 - Phase 6 - 10 2nd Phase
Creative Work Amrita Yoga Until 12:24AM Sat Then Creative Work - Siddha Yoga		Devaloka Day <i>Pradosha Vrata (Fasting)</i>						

5		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Tehran, Iran
Mesha Rasi: 16.11	Tithi 28 – 29	323545479	Gulika Yama Rahu	4:53AM – 6:40AM 1:50PM – 3:37PM 8:28AM – 10:15AM	Bharani Until 2:38AM Sun Sobhana Until 8:21PM Visti Until 12:00AM Sun Trayodashi* Until 11:09AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White Vaisaka-Vaikasi	Sunrise: 4:53AM Sunset: 7:12PM	Sun 11 Subhakrit 5124 Moon 5 - Phase 6 - 11 2nd Phase
Creative Work Siddha Yoga		Devaloka Day						

Retreat Star		Sunday, May 29, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Tehran, Iran
Mesha Rasi: 28.21	Tithi 29 – 30	323545479	Gulika Yama Rahu	3:37PM – 5:25PM 12:02PM – 1:50PM 5:25PM – 7:12PM	Krittika Until 5:02AM Mon Athiganda* Until 8:52PM Catuspada Until 1:58AM Mon Chaturdashi* Until 12:55PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – White Vaisaka-Vaikasi	Sunrise: 4:52AM Sunset: 7:12PM	Sun 12 Subhakrit 5124 Moon 5 - Phase 6 - 12 Amavasya
Creative Work Siddha Yoga Until 5:02AM Mon Then Creative Work - Amrita Yoga		Devaloka Day						

Retreat Star		Monday, May 30, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Tehran, Iran
Vrshabha Rasi: 10.23	Tithi 30 – 1	333545479	Gulika Yama Rahu	1:50PM – 3:38PM 10:15AM – 12:03PM 6:40AM – 8:27AM	Rohini Until 8:03AM Tue Sukarma Until 9:39PM Kintughna Until 4:12AM Tue Amavasya* Until 3:02PM	Ganesha: Orange Muruqa: White Nataraja: Clear Moon – Yellow Jyeshtha-Vaikasi	Sunrise: 4:52AM Sunset: 7:13PM	Sun 13 Subhakrit 5124 Moon 5 - Phase 6 - 13 Prathama
Family Home Evening Creative Work Amrita Yoga Until 8:03AM Tue Then Creative Work - Siddha Yoga		Devaloka Day						

1	Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam				Tehran, Iran
	Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau						Sun 14 Sutra 44
	333545479	Gulika 12:03PM – 1:50PM Yama 8:27AM – 10:15AM Rahu 3:38PM – 5:26PM	Rohini Until 8:03AM Dhriti Until 10:36PM Balava Until 6:37AM Wed Prathama* Until 5:22PM	Ganesha: Orange <i>Sunrise:</i> 4:52AM Muruqa: White <i>Sunset:</i> 7:14PM Nataraja: Clear Moon – Yellow	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 14 3rd Phase
	Creative Work Amrita Yoga Until 8:03AM Then Creative Work - Siddha Yoga						

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam				Tehran, Iran
	Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau						Sun 15 Sutra 45
	333545479	Gulika 10:15AM – 12:03PM Yama 6:39AM – 8:27AM Rahu 12:03PM – 1:51PM	Mrigashira Until 11:03AM Shula* Until 11:35PM Balava Until 6:37AM Dvitiya Until 7:50PM	Ganesha: Orange <i>Sunrise:</i> 4:51AM Muruqa: White <i>Sunset:</i> 7:14PM Nataraja: Clear Moon – Yellow	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 15 3rd Phase
	Creative Work Siddha Yoga						

3	Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam				Tehran, Iran
	Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau						Sun 16 Sutra 46
	333555479	Gulika 8:27AM – 10:15AM Yama 4:51AM – 6:39AM Rahu 1:51PM – 3:39PM	Ardra Until 1:55PM Ganda* Until 12:36AM Fri Taitila Until 9:06AM Tritiya Until 10:19PM	Ganesha: Orange <i>Sunrise:</i> 4:51AM Muruqa: Green <i>Sunset:</i> 7:15PM Nataraja: Clear Moon – Yellow	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 16 3rd Phase
	Routine Work Marana Yoga Until 1:55PM Then Creative Work - Amrita Yoga						

4	Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam				Tehran, Iran
	Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau						Sun 17 Sutra 47
	343555479	Gulika 6:39AM – 8:27AM Yama 3:39PM – 5:27PM Rahu 10:15AM – 12:03PM	Punarvasu Until 5:05PM Vriddhi Until 1:33AM Sat Vanija Until 11:33AM Chaturthi* Until 12:42AM Sat	Ganesha: Clear <i>Sunrise:</i> 4:51AM Muruqa: Green <i>Sunset:</i> 7:16PM Nataraja: Clear Moon – Blue	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 17 3rd Phase
	Creative Work Siddha Yoga Until 5:05PM Then Routine Work - Marana Yoga						

5	Saturday, June 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam				Tehran, Iran
	Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau						Sun 18 Sutra 48
	343555479	Gulika 4:50AM – 6:39AM Yama 1:51PM – 3:40PM Rahu 8:27AM – 10:15AM	Pushya Until 7:53PM Dhruva Until 2:17AM Sun Bava Until 1:50PM Panchami Until 2:51AM Sun	Ganesha: Clear <i>Sunrise:</i> 4:50AM Muruqa: Green <i>Sunset:</i> 7:16PM Nataraja: Clear Moon – Blue	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 18 3rd Phase
	Creative Work Siddha Yoga Until 7:53PM Then Routine Work - Marana Yoga						

6	Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Tehran, Iran
	Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau						Sun 19 Sutra 49
	343555471	Gulika 3:40PM – 5:28PM Yama 12:03PM – 1:52PM Rahu 5:28PM – 7:17PM	Ashlesha* Until 10:12PM Vyaghata* Until 2:45AM Mon Kaulava Until 3:49PM Shashthi* Until 4:38AM Mon	Ganesha: Clear <i>Sunrise:</i> 4:50AM Muruqa: Green <i>Sunset:</i> 7:17PM Nataraja: Yellow Moon – Blue	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 19 3rd Phase
	Creative Work Siddha Yoga Until 10:12PM Then Routine Work - Marana Yoga						

☾	Monday, June 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam				Tehran, Iran
	Retreat Star		Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Sun 20 Sutra 50
	353555471	Gulika 1:52PM – 3:40PM Yama 10:15AM – 12:04PM Rahu 6:38AM – 8:27AM	Magha* Until 12:23AM Tue Harshana Until 2:51AM Tue Gara Until 5:21PM Saptami Until 5:53AM Tue	Ganesha: Purple <i>Sunrise:</i> 4:50AM Muruqa: Green <i>Sunset:</i> 7:17PM Nataraja: Yellow Moon – Red	Sivaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 20 3rd Phase
	Simha Rasi: 3.52 Tithi 7 Family Home Evening Routine Work Marana Yoga Until 12:23AM Tue Then Creative Work - Siddha Yoga						

☽	Tuesday, June 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam				Tehran, Iran
	Retreat Star		Purvaphalguni Nakshatra Vajra* Yoga Visti* Karana Ashtamyam Titau				Sun 21 Sutra 51
	354555471	Gulika 12:04PM – 1:52PM Yama 8:27AM – 10:15AM Rahu 3:41PM – 5:29PM	Purvaphalguni Until 1:48AM Wed Vajra* Until 2:25AM Wed Visti Until 6:18PM Ashtami* Until 6:30AM Wed	Ganesha: Clear <i>Sunrise:</i> 4:50AM Muruqa: Green <i>Sunset:</i> 7:18PM Nataraja: Yellow Moon – Red	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 21 Ashtami
	Creative Work Siddha Yoga Until 1:48AM Wed Then Creative Work - Amrita Yoga						

☽	Wednesday, June 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam				Tehran, Iran
	Retreat Star		Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Sun 22 Sutra 52
	354555471	Gulika 10:15AM – 12:04PM Yama 6:38AM – 8:27AM Rahu 12:04PM – 1:53PM	Uttaraphalguni Until 2:21AM Thu Siddhi Until 1:25AM Thu Balava Until 6:33PM Ashtami* Until 6:30AM	Ganesha: Clear <i>Sunrise:</i> 4:50AM Muruqa: Green <i>Sunset:</i> 7:18PM Nataraja: Yellow Moon – Red	Devaloka Day		Subhakit 5124 Moon 5 - Phase 7 - 22 Navami
	Creative Work Amrita Yoga Until 2:21AM Thu Then Routine Work - Marana Yoga						

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


1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran
	Kanya Rasi: 11.55	Tithi 9 – 10	Gulika 8:27AM – 10:15AM	Hasta Until 2:25AM Fri	Ganesha: White	<i>Sunrise:</i> 4:50AM	Sun 23
			Yama 4:50AM – 6:38AM	Vyatipata* Until 11:49PM	Muruqa: Green	<i>Sunset:</i> 7:19PM	Subhakrit 5124
	364555471		Rahu 1:53PM – 3:41PM	Taitila Until 6:01PM	Nataraja: Yellow		Moon 5 - Phase 8 - 23
Routine Work	Marana Yoga		Navami* Until 6:21AM	Moon – Green		4th Phase	
	Until 2:25AM Fri			Jyeshtha-Vaikasi		Bhuloka Day	
	Then Creative Work - Siddha Yoga					Devaloka Time: 6:PM to 9:PM	

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Tehran, Iran
	Kanya Rasi: 25.21	Tithi 11	Gulika 6:38AM – 8:27AM	Chitra Until 1:35AM Sat	Ganesha: White	<i>Sunrise:</i> 4:49AM	Sun 24
			Yama 3:42PM – 5:31PM	Variyan Until 9:33PM	Muruqa: Green	<i>Sunset:</i> 7:19PM	Subhakrit 5124
	364555471		Rahu 10:16AM – 12:04PM	Vanija Until 4:42PM	Nataraja: Yellow		Moon 5 - Phase 8 - 24
Creative Work	Siddha Yoga		Ekadashi Until 3:44AM Sat	Moon – Green		4th Phase	
				Jyeshtha-Vaikasi		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Bava/Balava Karana Dvadashyam Titau				Tehran, Iran
	Tula Rasi: 9.15	Tithi 12	Gulika 4:49AM – 6:38AM	Svati Until 11:54PM	Ganesha: White	<i>Sunrise:</i> 4:49AM	Sun 25
			Yama 1:53PM – 3:42PM	Parigha* Until 6:43PM	Muruqa: Green	<i>Sunset:</i> 7:20PM	Subhakrit 5124
	364555471		Rahu 8:27AM – 10:16AM	Bava Until 2:38PM	Nataraja: Yellow		Moon 5 - Phase 8 - 25
Creative Work	Siddha Yoga		Dvadashi Until 1:21AM Sun	Moon – Green		4th Phase	
				Jyeshtha-Vaikasi		Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran
	Tula Rasi: 23.35	Tithi 13	Gulika 3:42PM – 5:31PM	Vishakha Until 9:54PM	Ganesha: Yellow	<i>Sunrise:</i> 4:49AM	Sun 26
			Yama 12:05PM – 1:54PM	Shiva Until 3:23PM	Muruqa: Green	<i>Sunset:</i> 7:20PM	Subhakrit 5124
	374555471		Rahu 5:31PM – 7:20PM	Kaulava Until 11:57AM	Nataraja: Yellow		Moon 5 - Phase 8 - 26
Routine Work	Marana Yoga		Trayodashi Until 10:23PM	Moon – Orange		4th Phase	
		Vaikasi Visakam		Jyeshtha-Vaikasi		Devaloka Day	
			<i>Pradosha Vrata</i>				

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran
	Vrischika Rasi: 8.2	Tithi 14	Gulika 1:54PM – 3:43PM	Anuradha Until 7:20PM	Ganesha: Yellow	<i>Sunrise:</i> 4:49AM	Sun 27
			Yama 10:16AM – 12:05PM	Siddha Until 11:38AM	Muruqa: Green	<i>Sunset:</i> 7:21PM	Subhakrit 5124
	374555471		Rahu 6:38AM – 8:27AM	Gara Until 8:45AM	Nataraja: Yellow		Moon 5 - Phase 8 - 27
Family Home Evening			Chaturdashi* Until 7:00PM	Moon – Orange		4th Phase	
Creative Work	Siddha Yoga			Jyeshtha-Vaikasi		Devaloka Day	

	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran
	Copper Retreat Star		Gulika 12:05PM – 1:54PM	Jyeshtha* Until 4:22PM	Ganesha: Yellow	<i>Sunrise:</i> 4:49AM	Sun 28
	Vrischika Rasi: 23.22	Tithi 15 – 16	Yama 8:27AM – 10:16AM	Sadhya Until 7:36AM	Muruqa: Green	<i>Sunset:</i> 7:21PM	Subhakrit 5124
	374555471		Rahu 3:43PM – 5:32PM	Balava Until 1:27AM Wed	Nataraja: Yellow		Moon 5 - Phase 8 - Purnima
Routine Work	Marana Yoga		Purnima* Until 3:19PM	Moon – Orange			
	Until 4:22PM			Jyeshtha-Vaikasi		Devaloka Day	
	Then Creative Work - Amrita Yoga						

○	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Tehran, Iran
	Silver Retreat Star		Gulika 10:16AM – 12:05PM	Mula* Until 1:32PM	Ganesha: Blue	<i>Sunrise:</i> 4:49AM	Sun 29
	Dhanus Rasi: 8.33	Tithi 16 – 17	Yama 6:38AM – 8:27AM	Sukla Until 11:14PM	Muruqa: Green	<i>Sunset:</i> 7:21PM	Subhakrit 5124
	384555471		Rahu 12:05PM – 1:54PM	Taitila Until 9:39PM	Nataraja: Yellow		Moon 5 - Phase 8 - Prathama
Routine Work	Marana Yoga		Prathama* Until 11:32AM	Moon – Light Blue			
	Until 1:32PM			Jyeshtha-Ani		Bhuloka Day	
	Then Creative Work - Amrita Yoga					Devaloka Time: 6:PM to 9:PM	



Thursday, June 16, 2022

Gold Retreat Star

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

Tehran, Iran

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 23.44 Tithi 17 - 18

384555471

Gulika 8:27AM - 10:17AM
Yama 4:49AM - 6:38AM
Rahu 1:55PM - 3:44PM

Purvashadha* Until 10:38AM

Brahma Until 7:10PM

Vanija Until 6:00PM

Dvitiya Until 7:47AM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue

Jyeshtha-Ani

Sunrise: 4:49AM

Sunset: 7:22PM

Moon 6 - Phase 9 - 1

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 10:38AM

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/Vaidhriti* Yoga Bava/Balava Karana Chaturthiyam Titau

Tehran, Iran

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 8.46 Tithi 19

384555471

Gulika 6:39AM - 8:28AM
Yama 3:44PM - 5:33PM
Rahu 10:17AM - 12:06PM

Uttarashadha Until 7:51AM

Indra Until 3:21PM

Bava Until 2:37PM

Chaturthi* Until 1:04AM Sat

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Light Blue

Jyeshtha-Ani

Sunrise: 4:49AM

Sunset: 7:22PM

Moon 6 - Phase 9 - 2

1st Phase

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
Dhanishtha Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Panchamyam Titau

Tehran, Iran

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 23.29 Tithi 20

394655471

Gulika 4:50AM - 6:39AM
Yama 1:55PM - 3:44PM
Rahu 8:28AM - 10:17AM

Dhanishtha Until 3:59AM Sun

Vaidhriti* Until 11:53AM

Kaulava Until 11:41AM

Panchami Until 10:24PM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon - Purple

Jyeshtha-Ani

Sunrise: 4:50AM

Sunset: 7:23PM

Moon 6 - Phase 9 - 3

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, June 19, 2022

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

Tehran, Iran

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 7.5 Tithi 21

395655471

Gulika 3:44PM - 5:34PM
Yama 12:06PM - 1:55PM
Rahu 5:34PM - 7:23PM

Shatabhishak Until 2:46AM Mon

Vishkambha* Until 8:54AM

Gara Until 9:19AM

Shashthi* Until 8:22PM

Ganesha: Red

Muruqa: Green

Nataraja: Yellow

Moon - Purple

Jyeshtha-Ani

Sunrise: 4:50AM

Sunset: 7:23PM

Moon 6 - Phase 9 - 4

1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 2:46AM Mon

Then Routine Work - Marana Yoga

4

Monday, June 20, 2022

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

Tehran, Iran

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 21.45 Tithi 22

315655471

Gulika 1:56PM - 3:45PM
Yama 10:17AM - 12:06PM
Rahu 6:39AM - 8:28AM

Purvaproshtapada* Until 2:35AM Tue

Priti Until 6:30AM

Visti Until 7:38AM

Saptami Until 7:03PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:50AM

Sunset: 7:23PM

Moon 6 - Phase 9 - 5

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 2:35AM Tue

Then Creative Work - Amrita Yoga

5

Tuesday, June 21, 2022

Retreat Star

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

Tehran, Iran

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 5.13 Tithi 23

315655471

Gulika 12:07PM - 1:56PM
Yama 8:28AM - 10:17AM
Rahu 3:45PM - 5:34PM

Uttaraproshtapada Until 3:02AM Wed

Saubhagya Until 3:29AM Wed

Balava Until 6:42AM

Ashtami* Until 6:31PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:50AM

Sunset: 7:23PM

Moon 6 - Phase 9 - 6

Ashtami

Devaloka Day

Creative Work Amrita Yoga

Until 3:02AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

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

Tehran, Iran

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 18.15 Tithi 24

315655471

Gulika 10:18AM - 12:07PM
Yama 6:39AM - 8:29AM
Rahu 12:07PM - 1:56PM

Revati Until 4:02AM Thu

Sobhana Until 2:54AM Thu

Taitila Until 6:33AM

Navami* Until 6:44PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon - Clear

Jyeshtha-Ani

Sunrise: 4:50AM

Sunset: 7:23PM

Moon 6 - Phase 9 - 7

Navami

Devaloka Day

Routine Work Marana Yoga

Until 4:02AM Thu

Then Creative Work - Amrita Yoga

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Tehran, Iran Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 0.56	Tithi 25	Gulika 8:29AM – 10:18AM	Ashvini Until 6:01AM Fri	Ganesha: Purple	Sunrise: 4:51AM	Moon 6 - Phase 10 - 8	2nd Phase
		Yama 4:51AM – 6:40AM	Athiganda* Until 2:49AM Fri	Muruqa: Green	Sunset: 7:24PM		
		325655471 Rahu 1:56PM – 3:45PM	Vanija Until 7:08AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Dashami Until 7:40PM	Moon – White			
Until 6:01AM Fri				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Tehran, Iran Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 13.19	Tithi 26	Gulika 6:40AM – 8:29AM	Ashvini Until 6:01AM	Ganesha: Purple	Sunrise: 4:51AM	Moon 6 - Phase 10 - 9	2nd Phase
		Yama 3:45PM – 5:35PM	Sukarma Until 3:11AM Sat	Muruqa: Green	Sunset: 7:24PM		
		325655471 Rahu 10:18AM – 12:07PM	Bava Until 8:23AM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Ekadashi* Until 9:11PM	Moon – White			
Until 6:01AM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Siddha Yoga							
3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvodashyam Titau		Tehran, Iran Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 25.28	Tithi 27	Gulika 4:51AM – 6:40AM	Bharani Until 8:22AM	Ganesha: Purple	Sunrise: 4:51AM	Moon 6 - Phase 10 - 10	2nd Phase
		Yama 1:57PM – 3:46PM	Dhriti Until 3:53AM Sun	Muruqa: Green	Sunset: 7:24PM		
		325655471 Rahu 8:29AM – 10:18AM	Kaulava Until 10:09AM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Dvodashi* Until 11:10PM	Moon – White			
Until 8:22AM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Tehran, Iran Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 7.28	Tithi 28	Gulika 3:46PM – 5:35PM	Krittika Until 10:55AM	Ganesha: Purple	Sunrise: 4:51AM	Moon 6 - Phase 10 - 11	2nd Phase
		Yama 12:08PM – 1:57PM	Shula* Until 4:47AM Mon	Muruqa: Green	Sunset: 7:24PM		
		325655471 Rahu 5:35PM – 7:24PM	Gara Until 12:18PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Trayodashi* Until 1:27AM Mon	Moon – White			
Until 8:22AM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga							
				<i>Pradosha Vrata (Fasting)</i>			
5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Tehran, Iran Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 19.21	Tithi 29	Gulika 1:57PM – 3:46PM	Rohini Until 2:03PM	Ganesha: Light Blue	Sunrise: 4:52AM	Moon 6 - Phase 10 - 12	2nd Phase
Family Home Evening		Yama 10:19AM – 12:08PM	Ganda* Until 5:48AM Tue	Muruqa: Green	Sunset: 7:24PM		
		335655471 Rahu 6:41AM – 8:30AM	Visti Until 2:41PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Chaturdashi* Until 3:55AM Tue	Moon – Yellow			
Until 5:07PM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Tehran, Iran Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 1.11	Tithi 30	Gulika 12:08PM – 1:57PM	Mrigashira Until 5:07PM	Ganesha: Light Blue	Sunrise: 4:52AM	Moon 6 - Phase 10 - 13	Amavasya
		Yama 8:30AM – 10:19AM	Vriddhi Until 6:52AM Wed	Muruqa: Green	Sunset: 7:24PM		
		335655471 Rahu 3:46PM – 5:35PM	Catuspada Until 5:11PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 6:25AM Wed	Moon – Yellow			
Until 5:07PM				Jyeshtha-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							
Retreat Star		Wednesday, June 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vriddhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Tehran, Iran Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 13	Tithi 30 – 1	Gulika 10:19AM – 12:08PM	Ardra Until 8:00PM	Ganesha: Purple	Sunrise: 4:52AM	Moon 6 - Phase 10 - 14	Prathama
		Yama 6:41AM – 8:30AM	Vriddhi Until 6:52AM	Muruqa: Green	Sunset: 7:24PM		
		336655471 Rahu 12:08PM – 1:57PM	Kintughna Until 7:40PM	Nataraja: Yellow			
Creative Work	Siddha Yoga		Amavasya* Until 6:25AM	Moon – Yellow			
Until 5:07PM				Ashada-Ani		Bhuloka Day	Devaloka Time: 6:PM to 9:PM
Then Routine Work - Marana Yoga							

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

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1	Thursday, June 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Tehran, Iran Sun 15 Sutra 74
	Mithuna Rasi: 24.5	Tithi 1 – 2	Gulika 8:31AM – 10:20AM	Punarvasu Until 11:08PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:53AM	Subhakrit 5124
			Yama 4:53AM – 6:42AM	Dhruva Until 7:52AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 15
	Creative Work	Amrita Yoga	346655471 Rahu 1:57PM – 3:46PM	Balava Until 10:04PM	Nataraja: Yellow		3rd Phase
			Prathama* Until 8:52AM	Ashada* Ani	Bhuloka Day Devaloka Time: 6:PM to 9:PM		

2	Friday, July 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Tehran, Iran Sun 16 Sutra 75
	Kataka Rasi: 6.44	Tithi 2 – 3	Gulika 6:42AM – 8:31AM	Pushya Until 1:56AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 4:53AM	Subhakrit 5124
			Yama 3:46PM – 5:35PM	Vyaghata* Until 8:46AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 16
	Routine Work	Marana Yoga	346655471 Rahu 10:20AM – 12:09PM	Taitila Until 12:17AM Sat	Nataraja: Yellow		3rd Phase
			Dvitiya Until 11:11AM	Ashada* Ani	Bhuloka Day Devaloka Time: 6:PM to 9:PM		

3	Saturday, July 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Tehran, Iran Sun 17 Sutra 76
	Kataka Rasi: 18.41	Tithi 3 – 4	Gulika 4:54AM – 6:42AM	Ashlesha* Until 4:19AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 4:54AM	Subhakrit 5124
			Yama 1:58PM – 3:46PM	Harshana Until 9:32AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 17
	Routine Work	Marana Yoga	346655471 Rahu 8:31AM – 10:20AM	Vanija Until 2:15AM Sun	Nataraja: Yellow		3rd Phase
			Tritiya Until 1:17PM	Ashada* Ani	Bhuloka Day Devaloka Time: 6:PM to 9:PM		

4	Sunday, July 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 18 Sutra 77
	Simha Rasi: 0.46	Tithi 4 – 5	Gulika 3:46PM – 5:35PM	Magha* Until 6:42AM Mon	Ganesha: Orange	<i>Sunrise:</i> 4:54AM	Subhakrit 5124
			Yama 12:09PM – 1:58PM	Vajra* Until 10:04AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 18
	Routine Work	Marana Yoga	356655471 Rahu 5:35PM – 7:24PM	Bava Until 3:53AM Mon	Nataraja: Yellow		3rd Phase
Until 6:42AM Mon Then Creative Work - Siddha Yoga			Chaturthi* Until 3:06PM	Ashada* Ani	Devaloka Day		

5	Monday, July 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyalipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran Sun 19 Sutra 78
	Simha Rasi: 12.58	Tithi 5 – 6	Gulika 1:58PM – 3:46PM	Magha* Until 6:42AM	Ganesha: Orange	<i>Sunrise:</i> 4:55AM	Subhakrit 5124
	Family Home Evening		Yama 10:21AM – 12:09PM	Siddhi Until 10:20AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 19
	Routine Work	Marana Yoga	356655471 Rahu 6:43AM – 8:32AM	Kaulava Until 5:05AM Tue	Nataraja: Yellow		3rd Phase
Until 6:42AM Then Creative Work - Siddha Yoga			Panchami Until 4:32PM	Ashada* Ani	Devaloka Day		

6	Tuesday, July 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran Sun 20 Sutra 79
	Simha Rasi: 25.22	Tithi 6 – 7	Gulika 12:09PM – 1:58PM	Purvaphalguni Until 8:29AM	Ganesha: Orange	<i>Sunrise:</i> 4:55AM	Subhakrit 5124
			Yama 8:32AM – 10:21AM	Vyatipata* Until 10:15AM	Muruqa: Green	<i>Sunset:</i> 7:24PM	Moon 6 - Phase 11 - 20
	Creative Work	Siddha Yoga	356655471 Rahu 3:46PM – 5:35PM	Gara Until 5:45AM Wed	Nataraja: Yellow		3rd Phase
Until 8:29AM Then Creative Work - Amrita Yoga			Shashthi* Until 5:28PM	Ashada* Ani	Devaloka Day		

7	Wednesday, July 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau				Tehran, Iran Sun 21 Sutra 80
	Retreat Star		Gulika 10:21AM – 12:10PM	Uttaraphalguni Until 9:34AM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Subhakrit 5124
	Kanya Rasi: 8	Tithi 7 – 8	Yama 6:44AM – 8:33AM	Variyan Until 9:42AM	Muruqa: Green	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 11 - 21
	Creative Work	Amrita Yoga	357655471 Rahu 12:10PM – 1:58PM	Visti Until 5:46AM Thu	Nataraja: Yellow		3rd Phase
Until 9:34AM Then Routine Work - Marana Yoga			Saptami Until 5:49PM	Ashada* Ani	Devaloka Day		

8	Thursday, July 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 22 Sutra 81
	Retreat Star		Gulika 8:33AM – 10:21AM	Hasta Until 10:20AM	Ganesha: Clear	<i>Sunrise:</i> 4:56AM	Subhakrit 5124
	Kanya Rasi: 20.57	Tithi 8 – 9	Yama 4:56AM – 6:45AM	Parigha* Until 8:38AM	Muruqa: Green	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 11 - 22
	Routine Work	Marana Yoga	467655471 Rahu 1:58PM – 3:46PM	Balava Until 5:03AM Fri	Nataraja: Yellow		Ashtami
Until 10:20AM Then Creative Work - Siddha Yoga			Ashtami* Until 5:29PM	Ashada* Ani	Devaloka Day		

9	Friday, July 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 23 Sutra 82
	Retreat Star		Gulika 6:45AM – 8:33AM	Chitra Until 10:13AM	Ganesha: Clear	<i>Sunrise:</i> 4:57AM	Subhakrit 5124
	Tula Rasi: 4.16	Tithi 9 – 10	Yama 3:46PM – 5:35PM	Shiva Until 7:01AM	Muruqa: Green	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 11 - 23
	Creative Work	Siddha Yoga	467655471 Rahu 10:22AM – 12:10PM	Taitila Until 3:37AM Sat	Nataraja: Yellow		Navami
			Navami* Until 4:25PM	Ashada* Ani	Devaloka Day		

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

<h1>1</h1>	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Tehran, Iran Sun 24 Sutra 83
	Tula Rasi: 18.01	Tithi 10 - 11	Gulika 4:57AM - 6:45AM	Svati Until 9:13AM	Ganesha: Clear	<i>Sunrise:</i> 4:57AM	Subhakrit 5124
			Yama 1:58PM - 3:46PM	Sadhya Until 1:57AM Sun	Muruqa: Green	<i>Sunset:</i> 7:23PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:34AM - 10:22AM	Vanija Until 1:28AM Sun	Nataraja: Yellow		4th Phase
			Dashami Until 2:37PM	Moon - Green	Devaloka Day		
			Ashada*Ani				

<h1>2</h1>	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran Sun 25 Sutra 84
	Vrischika Rasi: 2.13	Tithi 11 - 12	Gulika 3:46PM - 5:34PM	Vishakha Until 7:50AM	Ganesha: White	<i>Sunrise:</i> 4:58AM	Subhakrit 5124
			Yama 12:10PM - 1:58PM	Subha Until 10:39PM	Muruqa: Green	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 5:34PM - 7:22PM	Bava Until 10:43PM	Nataraja: Yellow		4th Phase
			Ekadashi Until 12:09PM	Moon - Orange	Bhuloka Day		
			Ashada*Ani		Devaloka Time: 6:PM to 9:PM		

<h1>3</h1>	Monday, July 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 85
	Vrischika Rasi: 16.5	Tithi 12 - 13	Gulika 1:58PM - 3:46PM	Jyeshtha* Until 3:01AM Tue	Ganesha: White	<i>Sunrise:</i> 4:58AM	Subhakrit 5124
	Family Home Evening		Yama 10:22AM - 12:10PM	Sukla Until 6:54PM	Muruqa: Green	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 6:46AM - 8:34AM	Kaulava Until 7:27PM	Nataraja: Yellow		4th Phase
			Dvadashi Until 9:07AM	Moon - Orange	Bhuloka Day		
			Pradosha Vrata		Devaloka Time: 6:PM to 9:PM		

<h1>4</h1>	Tuesday, July 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 86
	Dhanus Rasi: 1.47	Tithi 14	Gulika 12:10PM - 1:58PM	Mula* Until 12:16AM Wed	Ganesha: White	<i>Sunrise:</i> 4:59AM	Subhakrit 5124
			Yama 8:35AM - 10:23AM	Brahma Until 2:52PM	Muruqa: Green	<i>Sunset:</i> 7:22PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 3:46PM - 5:34PM	Gara Until 3:50PM	Nataraja: Yellow		4th Phase
			Chaturdashi* Until 1:56AM Wed	Moon - Light Blue	Sivaloka Day		
			Ashada*Ani				

	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Tehran, Iran Sutra 87
	Copper Retreat Star		Gulika 10:23AM - 12:10PM	Purvashadha* Until 9:16PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Subhakrit 5124
	Dhanus Rasi: 16.58	Tithi 15	Yama 6:47AM - 8:35AM	Indra Until 10:41AM	Muruqa: Green	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 12 - Purnima
	Creative Work	Amrita Yoga	488755471 Rahu 12:10PM - 1:58PM	Visti Until 12:02PM	Nataraja: Yellow		
			Satguru Purnima	Purnima* Until 10:05PM	Moon - Light Blue	Devaloka Day	
			Ashada*Ani				

<h1>5</h1>	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran Sutra 88
	Silver Retreat Star		Gulika 8:35AM - 10:23AM	Uttarashadha Until 6:10PM	Ganesha: Yellow	<i>Sunrise:</i> 5:00AM	Subhakrit 5124
	Makara Rasi: 2.12	Tithi 16	Yama 5:00AM - 6:48AM	Vaidhriti* Until 6:25AM	Muruqa: Green	<i>Sunset:</i> 7:21PM	Moon 6 - Phase 12 - Prathama
	Routine Work	Marana Yoga	488755471 Rahu 1:58PM - 3:46PM	Balava Until 8:11AM	Nataraja: Yellow		
			Prathama* Until 6:17PM	Moon - Light Blue	Devaloka Day		
			Ashada*Ani				

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



Friday, July 15, 2022
Gold Retreat Star

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

Tehran, Iran

Sun 1 Sutra 89

Subhakrit 5124

Makara Rasi: 17.21 Tithi 17 - 18

498755471

Gulika 6:48AM - 8:36AM
Yama 3:46PM - 5:33PM
Rahu 10:23AM - 12:11PM

Shravana Until 3:34PM
Priti Until 10:24PM
Vanija Until 1:05AM Sat
Dvitiya Until 2:43PM

Ganesha: Blue *Sunrise: 5:01AM*
Muruqa: Green *Sunset: 7:21PM*
Nataraja: Yellow
Moon - Purple
Ashada-Ani

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

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

1

Saturday, July 16, 2022

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

Tehran, Iran

Sun 2 Sutra 90

Subhakrit 5124

Kumbha Rasi: 2.14 Tithi 18 - 19

498755471

Gulika 5:02AM - 6:49AM
Yama 1:58PM - 3:45PM
Rahu 8:36AM - 10:23AM

Dhanishtha Until 1:14PM
Ayushman Until 6:52PM
Bava Until 10:10PM
Tritiya Until 11:32AM

Ganesha: Blue *Sunrise: 5:02AM*
Muruqa: Green *Sunset: 7:20PM*
Nataraja: Yellow
Moon - Purple
Ashada-Adi

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

Creative Work Siddha Yoga
Until 1:14PM
Then Creative Work - Amrita Yoga

2

Sunday, July 17, 2022

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

Tehran, Iran

Sun 3 Sutra 91

Subhakrit 5124

Kumbha Rasi: 16.44 Tithi 19 - 20

498755472

Gulika 3:45PM - 5:32PM
Yama 12:11PM - 1:58PM
Rahu 5:32PM - 7:20PM

Shatabhishak Until 11:20AM
Saubhagya Until 3:52PM
Kaulava Until 7:52PM
Chaturthi* Until 8:55AM

Ganesha: Blue *Sunrise: 5:02AM*
Muruqa: Green *Sunset: 7:20PM*
Nataraja: White
Moon - Purple
Ashada-Adi

Bhuloka Day

Creative Work Siddha Yoga

3

Monday, July 18, 2022

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yukhtayam
Purvaprossthapada/Uttaraprossthapada Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Tehran, Iran

Sun 4 Sutra 92

Subhakrit 5124

Meena Rasi: 0.47 Tithi 20 - 21

418755472

Gulika 1:58PM - 3:45PM
Yama 10:24AM - 12:11PM
Rahu 6:50AM - 8:37AM

Purvaprossthapada* Until 10:26AM
Sobhana Until 1:28PM
Gara Until 6:20PM
Panchami Until 6:59AM

Ganesha: White *Sunrise: 5:03AM*
Muruqa: Green *Sunset: 7:19PM*
Nataraja: White
Moon - Clear
Ashada-Adi

Bhuloka Day

Family Home Evening
Routine Work Marana Yoga
Until 10:26AM
Then Creative Work - Siddha Yoga

4

Tuesday, July 19, 2022

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

Tehran, Iran

Sun 5 Sutra 93

Subhakrit 5124

Meena Rasi: 14.2 Tithi 22

419755472

Gulika 12:11PM - 1:58PM
Yama 8:37AM - 10:24AM
Rahu 3:45PM - 5:32PM

Uttaraprossthapada Until 10:12AM
Athiganda* Until 11:43AM
Visti Until 5:39PM
Saptami Until 5:36AM Wed

Ganesha: Clear *Sunrise: 5:04AM*
Muruqa: Green *Sunset: 7:19PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

Creative Work Amrita Yoga
Until 10:12AM
Then Creative Work - Siddha Yoga

5

Wednesday, July 20, 2022

Retreat Star

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

Tehran, Iran

Sun 6 Sutra 94

Subhakrit 5124

Meena Rasi: 27.25 Tithi 23

419755472

Gulika 10:24AM - 12:11PM
Yama 6:51AM - 8:38AM
Rahu 12:11PM - 1:58PM

Revati Until 10:40AM
Sukarma Until 10:41AM
Balava Until 5:49PM
Ashtami* Until 6:12AM Thu

Ganesha: Clear *Sunrise: 5:04AM*
Muruqa: Green *Sunset: 7:18PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

Routine Work Marana Yoga

Thursday, July 21, 2022

Retreat Star

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

Tehran, Iran

Sun 7 Sutra 95

Subhakrit 5124

Mesha Rasi: 10.04 Tithi 23 - 24

429755472

Gulika 8:38AM - 10:25AM
Yama 5:05AM - 6:51AM
Rahu 1:58PM - 3:44PM

Ashvini Until 12:16PM
Dhriti Until 10:19AM
Taitila Until 6:49PM
Ashtami* Until 6:12AM

Ganesha: Purple *Sunrise: 5:05AM*
Muruqa: Green *Sunset: 7:17PM*
Nataraja: White
Moon - White
Ashada-Adi

Devaloka Day

Creative Work Amrita Yoga
Until 12:16PM
Then Creative Work - Siddha Yoga

1	Friday, July 22, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam			Tehran, Iran
		Bharani/Krittika Nakshatra Shula/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Sun 8 Sutra 96
	Mesha Rasi: 22.24 Tithi 24 – 25	Gulika 6:52AM – 8:38AM	Bharani Until 2:24PM	Ganesha: Purple <i>Sunrise:</i> 5:06AM	Subhakrit 5124
	429755472 Rahu 10:25AM – 12:11PM	Yama 3:44PM – 5:30PM	Shula* Until 10:29AM	Muruqa: Green <i>Sunset:</i> 7:17PM	Moon 7 - Phase 14 - 8
Creative Work Siddha Yoga		Vanija Until 8:29PM	Nataraja: White	2nd Phase	
		Navami* Until 7:33AM	Moon – White	Devaloka Day	
			Ashada*Adi		


2	Saturday, July 23, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam			Tehran, Iran
		Krittika/Rohini Nakshatra Ganda/Vridhi Yoga Visti/Bava Karana Dashami/Ekadashyam Titau			Sun 9 Sutra 97
	Vrishabha Rasi: 4.29 Tithi 25 – 26	Gulika 5:06AM – 6:53AM	Krittika Until 4:54PM	Ganesha: Purple <i>Sunrise:</i> 5:06AM	Subhakrit 5124
	429755472 Rahu 8:39AM – 10:25AM	Yama 1:57PM – 3:44PM	Ganda* Until 11:07AM	Muruqa: Green <i>Sunset:</i> 7:17PM	Moon 7 - Phase 14 - 9
Creative Work Amrita Yoga		Bava Until 10:38PM	Nataraja: White	2nd Phase	
		Dashami Until 9:29AM	Moon – White	Devaloka Day	
			Ashada*Adi		


3	Sunday, July 24, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam			Tehran, Iran
		Rohini Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Sun 10 Sutra 98
	Vrishabha Rasi: 16.24 Tithi 26 – 27	Gulika 3:43PM – 5:29PM	Rohini Until 8:02PM	Ganesha: Clear <i>Sunrise:</i> 5:07AM	Subhakrit 5124
	429755472 Rahu 5:29PM – 7:15PM	Yama 12:11PM – 1:57PM	Vridhi Until 12:02PM	Muruqa: Green <i>Sunset:</i> 7:15PM	Moon 7 - Phase 14 - 10
Creative Work Siddha Yoga		Kaulava Until 1:04AM Mon	Nataraja: White	2nd Phase	
		Ekadashi* Until 11:48AM	Moon – Yellow	Bhuloka Day	
			Ashada*Adi	Devaloka Time: 9:AM to 12:PM	

4	Monday, July 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam			Tehran, Iran
		Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau			Sun 11 Sutra 99
	Vrishabha Rasi: 28.14 Tithi 27 – 28	Gulika 1:57PM – 3:43PM	Mrigashira Until 11:07PM	Ganesha: Clear <i>Sunrise:</i> 5:08AM	Subhakrit 5124
	429755472 Rahu 6:54AM – 8:40AM	Yama 10:25AM – 12:11PM	Dhruva Until 1:04PM	Muruqa: Green <i>Sunset:</i> 7:15PM	Moon 7 - Phase 14 - 11
Family Home Evening		Gara Until 3:36AM Tue	Nataraja: White	2nd Phase	
Creative Work Amrita Yoga		Dvadashi* Until 2:19PM	Moon – Yellow	Bhuloka Day	
Until 11:07PM			Ashada*Adi	Devaloka Time: 9:AM to 12:PM	
Then Creative Work - Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, July 26, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam			Tehran, Iran
		Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Sun 12 Sutra 100
	Mithuna Rasi: 10.02 Tithi 28 – 29	Gulika 12:11PM – 1:57PM	Ardra Until 2:00AM Wed	Ganesha: Clear <i>Sunrise:</i> 5:09AM	Subhakrit 5124
	429755472 Rahu 3:43PM – 5:28PM	Yama 8:40AM – 10:26AM	Vyaghata* Until 2:08PM	Muruqa: Green <i>Sunset:</i> 7:14PM	Moon 7 - Phase 14 - 12
Routine Work Marana Yoga		Visti Until 6:04AM Wed	Nataraja: White	2nd Phase	
Until 2:00AM Wed		Trayodashi* Until 4:50PM	Moon – Yellow	Bhuloka Day	
Then Creative Work - Siddha Yoga			Ashada*Adi	Devaloka Time: 9:AM to 12:PM	

6	Wednesday, July 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam			Tehran, Iran
		Punarvasu Nakshatra Harshana/Vajra* Yoga Visti/Sakuni* Karana Chaturdashyam Titau			Sun 13 Sutra 101
	Mithuna Rasi: 21.53 Tithi 29	Gulika 10:26AM – 12:11PM	Punarvasu Until 5:05AM Thu	Ganesha: Yellow <i>Sunrise:</i> 5:09AM	Subhakrit 5124
	441755472 Rahu 12:11PM – 1:57PM	Yama 6:55AM – 8:40AM	Harshana Until 3:07PM	Muruqa: Green <i>Sunset:</i> 7:13PM	Moon 7 - Phase 14 - 13
Creative Work Siddha Yoga		Visti Until 6:04AM	Nataraja: White	2nd Phase	
Until 5:05AM Thu		Chaturdashi* Until 7:14PM	Moon – Blue	Bhuloka Day	
Then Creative Work - Amrita Yoga			Ashada*Adi	Devaloka Time: 9:AM to 12:PM	

	Thursday, July 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam			Tehran, Iran
	Retreat Star	Pushya Nakshatra Vajra/Siddhi Yoga Catuspada/Naga* Karana Amavasyayam Titau			Sun 14 Sutra 102
	Kataka Rasi: 3.47 Tithi 30	Gulika 8:41AM – 10:26AM	Pushya Until 7:46AM Fri	Ganesha: Yellow <i>Sunrise:</i> 5:10AM	Subhakrit 5124
	441755472 Rahu 1:57PM – 3:42PM	Yama 5:10AM – 6:55AM	Vajra* Until 3:56PM	Muruqa: Green <i>Sunset:</i> 7:12PM	Moon 7 - Phase 14 - 14
Creative Work Amrita Yoga		Catuspada Until 8:22AM	Nataraja: White	Amavasya	
Until 7:46AM Fri		Amavasya* Until 9:25PM	Moon – Blue	Bhuloka Day	
Then Routine Work - Marana Yoga			Ashada*Adi	Devaloka Time: 9:AM to 12:PM	

	Friday, July 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam			Tehran, Iran
	Retreat Star	Pushya/Ashlesha* Nakshatra Siddhi/Vyatipata* Yoga Kintughna*/Bava Karana Prathamayam Titau			Sun 15 Sutra 103
	Kataka Rasi: 15.46 Tithi 1	Gulika 6:56AM – 8:41AM	Pushya Until 7:46AM	Ganesha: Yellow <i>Sunrise:</i> 5:11AM	Subhakrit 5124
	441755472 Rahu 10:26AM – 12:11PM	Yama 3:41PM – 5:27PM	Siddhi Until 4:34PM	Muruqa: Green <i>Sunset:</i> 7:12PM	Moon 7 - Phase 14 - 15
Routine Work Marana Yoga		Kintughna Until 10:27AM	Nataraja: White	Prathama	
		Prathama* Until 11:21PM	Moon – Blue	Bhuloka Day	
			Sravana*Adi	Devaloka Time: 9:AM to 12:PM	

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

1	Saturday, July 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Tehran, Iran
	Kataka Rasi: 27.52	Tithi 2	Gulika 5:12AM – 6:56AM	Ashlesha* Until 10:01AM	Ganesha: Yellow	Sunrise: 5:12AM	Sun 16 Sutra 104
	441755472	Rahu 8:41AM – 10:26AM	Yama 1:56PM – 3:41PM	Vyatipata* Until 5:00PM	Muruqa: Green	Sunset: 7:11PM	Subhakrit 5124
Routine Work	Marana Yoga		Balava Until 12:14PM	Nataraja: White		Moon 7 - Phase 15 - 16	
Until 10:01AM			Dvitiya Until 12:59AM Sun	Moon – Blue		3rd Phase	
Then Creative Work - Amrita Yoga				Sravana*Adi		Bhuloka Day	
						Devaloka Time: 9:AM to12:PM	

2	Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Tehran, Iran
	Simha Rasi: 10.05	Tithi 3	Gulika 3:41PM – 5:25PM	Magha* Until 12:18PM	Ganesha: Red	Sunrise: 5:12AM	Sun 17 Sutra 105
	451755472	Rahu 5:25PM – 7:10PM	Yama 12:11PM – 1:56PM	Varyan Until 5:09PM	Muruqa: Green	Sunset: 7:10PM	Subhakrit 5124
Routine Work	Marana Yoga		Taitila Until 1:42PM	Nataraja: White		Moon 7 - Phase 15 - 17	
Until 12:18PM			Tritiya Until 2:17AM Mon	Moon – Red		3rd Phase	
Then Creative Work - Siddha Yoga				Sravana*Adi		Bhuloka Day	
						Devaloka Time: 9:AM to12:PM	

3	Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau				Tehran, Iran
	Simha Rasi: 22.28	Tithi 4	Gulika 1:56PM – 3:40PM	Purvaphalguni Until 2:05PM	Ganesha: Red	Sunrise: 5:13AM	Sun 18 Sutra 106
	451755472	Rahu 6:58AM – 8:42AM	Yama 10:27AM – 12:11PM	Parigha* Until 5:02PM	Muruqa: Green	Sunset: 7:09PM	Subhakrit 5124
Family Home Evening			Vanija Until 2:49PM	Nataraja: White		Moon 7 - Phase 15 - 18	
Creative Work	Siddha Yoga		Chaturthi* Until 3:13AM Tue	Moon – Red		3rd Phase	
				Sravana*Adi		Bhuloka Day	
						Devaloka Time: 9:AM to12:PM	

4	Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran
	Kanya Rasi: 4.59	Tithi 5	Gulika 12:11PM – 1:55PM	Uttaraphalguni Until 3:18PM	Ganesha: Red	Sunrise: 5:14AM	Sun 19 Sutra 107
	451755472	Rahu 3:40PM – 5:24PM	Yama 8:42AM – 10:27AM	Shiva Until 4:36PM	Muruqa: Green	Sunset: 7:08PM	Subhakrit 5124
Creative Work	Amrita Yoga		Bava Until 3:32PM	Nataraja: White		Moon 7 - Phase 15 - 19	
Until 3:18PM			Panchami Until 3:42AM Wed	Moon – Red		3rd Phase	
Then Creative Work - Siddha Yoga				Sravana*Adi		Bhuloka Day	
						Devaloka Time: 9:AM to12:PM	

5	Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Tehran, Iran
	Kanya Rasi: 17.44	Tithi 6	Gulika 10:27AM – 12:11PM	Hasta Until 4:23PM	Ganesha: Blue	Sunrise: 5:15AM	Sun 20 Sutra 108
	461755472	Rahu 12:11PM – 1:55PM	Yama 6:59AM – 8:43AM	Siddha Until 3:47PM	Muruqa: Green	Sunset: 7:07PM	Subhakrit 5124
Routine Work	Marana Yoga		Kaulava Until 3:47PM	Nataraja: White		Moon 7 - Phase 15 - 20	
Until 4:23PM			Shashthi* Until 3:41AM Thu	Moon – Green		3rd Phase	
Then Creative Work - Siddha Yoga				Sravana*Adi		Devaloka Day	

6	Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Tehran, Iran
	Tula Rasi: 0.43	Tithi 7	Gulika 8:43AM – 10:27AM	Chitra Until 4:47PM	Ganesha: Blue	Sunrise: 5:15AM	Sun 21 Sutra 109
	461755472	Rahu 1:55PM – 3:39PM	Yama 5:15AM – 6:59AM	Sadhya Until 2:33PM	Muruqa: Green	Sunset: 7:06PM	Subhakrit 5124
Creative Work	Siddha Yoga		Gara Until 3:30PM	Nataraja: White		Moon 7 - Phase 15 - 21	
Until 4:47PM			Saptami Until 3:07AM Fri	Moon – Green		3rd Phase	
Then Creative Work - Amrita Yoga				Sravana*Adi		Devaloka Day	

☾	Friday, August 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Tehran, Iran
	Tula Rasi: 14.01	Tithi 8	Gulika 7:00AM – 8:43AM	Svati Until 4:28PM	Ganesha: Blue	Sunrise: 5:16AM	Sun 22 Sutra 110
	461765472	Rahu 10:27AM – 12:11PM	Yama 3:38PM – 5:22PM	Subha Until 12:52PM	Muruqa: White	Sunset: 7:05PM	Subhakrit 5124
Creative Work	Siddha Yoga		Visti Until 2:37PM	Nataraja: White		Moon 7 - Phase 15 - 22	
			Ashtami* Until 1:56AM Sat	Moon – Green		Ashtami	
				Sravana*Adi		Devaloka Day	

☽	Saturday, August 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran
	Tula Rasi: 27.38	Tithi 9	Gulika 5:17AM – 7:00AM	Vishakha Until 3:49PM	Ganesha: White	Sunrise: 5:17AM	Sun 23 Sutra 111
	472765472	Rahu 8:44AM – 10:27AM	Yama 1:54PM – 3:38PM	Sukla Until 10:39AM	Muruqa: White	Sunset: 7:04PM	Subhakrit 5124
Creative Work	Siddha Yoga		Balava Until 1:08PM	Nataraja: White		Moon 7 - Phase 15 - 23	
			Navami* Until 12:08AM Sun	Moon – Orange		Navami	
				Sravana*Adi		Bhuloka Day	

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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<h1>1</h1>	Sunday, August 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Tilau				Tehran, Iran Sun 24 Sutra 112 Subhakrit 5124
	Vrischika Rasi: 11.39 Tithi 10	Gulika 3:37PM – 5:20PM	Anuradha Until 2:26PM	Ganesha: Yellow Sunrise: 5:18AM	Muruqa: White Sunset: 7:03PM	Moon 7 - Phase 16 - 24 4th Phase
	472865472 Rahu 5:20PM – 7:03PM	Yama 12:11PM – 1:54PM	Brahma Until 7:58AM	Nataraja: White		
	Routine Work Marana Yoga	Rahu 5:20PM – 7:03PM	Taitila Until 11:02AM	Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM	
		Dashami Until 9:46PM	Sravana*Adi			

<h1>2</h1>	Monday, August 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Visti* Karana Ekadashyam Tilau				Tehran, Iran Sun 25 Sutra 113 Subhakrit 5124
	Vrischika Rasi: 26.01 Tithi 11	Gulika 1:53PM – 3:36PM	Jyeshtha* Until 12:23PM	Ganesha: Yellow Sunrise: 5:18AM	Muruqa: White Sunset: 7:02PM	Moon 7 - Phase 16 - 25 4th Phase
	Family Home Evening 472865472 Rahu 7:01AM – 8:44AM	Yama 10:27AM – 12:10PM	Vaidhriti* Until 1:18AM Tue	Nataraja: White		
	Creative Work Siddha Yoga	Rahu 7:01AM – 8:44AM	Vanija Until 8:25AM	Moon – Orange	Bhuloka Day Devaloka Time: 9:AM to12:PM	
		Ekadashi Until 6:55PM	Sravana*Adi			

<h1>3</h1>	Tuesday, August 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Tilau				Tehran, Iran Sun 26 Sutra 114 Subhakrit 5124
	Dhanus Rasi: 10.44 Tithi 12 – 13	Gulika 12:10PM – 1:53PM	Mula* Until 10:11AM	Ganesha: White Sunrise: 5:19AM	Muruqa: White Sunset: 7:01PM	Moon 7 - Phase 16 - 26 4th Phase
	482865472 Rahu 3:36PM – 5:19PM	Yama 8:45AM – 10:27AM	Vishkambha* Until 9:29PM	Nataraja: White		
	Creative Work Amrita Yoga	Rahu 3:36PM – 5:19PM	Kaulava Until 1:58AM Wed	Moon – Light Blue	Devaloka Day	
		Dvadashi Until 3:40PM	Sravana*Adi			
		<i>Pradosha Vrata</i>				

<h1>4</h1>	Wednesday, August 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Prithi/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Tilau				Tehran, Iran Sun 27 Sutra 115 Subhakrit 5124
	Dhanus Rasi: 25.4 Tithi 13 – 14	Gulika 10:28AM – 12:10PM	Purvashadha* Until 7:34AM	Ganesha: White Sunrise: 5:20AM	Muruqa: White Sunset: 7:00PM	Moon 7 - Phase 16 - 27 4th Phase
	482865472 Rahu 12:10PM – 1:53PM	Yama 7:03AM – 8:45AM	Prithi Until 5:31PM	Nataraja: White		
	Creative Work Amrita Yoga	Rahu 12:10PM – 1:53PM	Gara Until 10:25PM	Moon – Light Blue	Devaloka Day	
		Trayodashi Until 12:11PM	Sravana*Adi			

	Thursday, August 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Tilau				Tehran, Iran Sutra 116 Subhakrit 5124
	Copper Retreat Star	Gulika 8:45AM – 10:28AM	Shravana Until 2:06AM Fri	Ganesha: Clear Sunrise: 5:21AM	Muruqa: White Sunset: 6:59PM	Moon 7 - Phase 16 - Purnima
	Makara Rasi: 10.44 Tithi 14 – 15	Yama 5:21AM – 7:03AM	Ayushman Until 1:29PM	Nataraja: White		
	492865472 Rahu 1:52PM – 3:35PM	Rahu 1:52PM – 3:35PM	Visti Until 6:50PM	Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM	
		Raksha Bandhan	Chaturdashi* Until 8:36AM	Sravana*Adi		

<h1>5</h1>	Friday, August 12, 2022	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Tilau				Tehran, Iran Sutra 117 Subhakrit 5124
	Silver Retreat Star	Gulika 7:04AM – 8:46AM	Dhanishtha Until 11:36PM	Ganesha: Clear Sunrise: 5:22AM	Muruqa: White Sunset: 6:58PM	Moon 7 - Phase 16 - Prathama
	Makara Rasi: 25.45 Tithi 16	Yama 3:34PM – 5:16PM	Saubhagya Until 9:32AM	Nataraja: White		
	492865472 Rahu 10:28AM – 12:10PM	Rahu 10:28AM – 12:10PM	Balava Until 3:25PM	Moon – Purple	Bhuloka Day Devaloka Time: 9:AM to12:PM	
		Prathama* Until 1:48AM Sat	Sravana*Adi			

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



Saturday, August 13, 2022

Gold Retreat Star

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

Tehran, Iran

Sutra 118

Subhakit 5124

Kumbha Rasi: 10.35 Tithi 17

Gulika 5:22AM – 7:04AM
Yama 1:51PM – 3:33PM
492865472 Rahu 8:46AM – 10:28AMShatabhishak Until 9:21PM
Athiganda* Until 2:29AM Sun
Taitila Until 12:20PM
Dvitiya Until 10:56PMGanesha: Clear Sunrise: 5:22AM
Muruga: White Sunset: 6:57PM
Nataraja: White
Moon – PurpleMoon 8 - Phase 17 -
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Amrita Yoga

Until 9:21PM

Then Routine Work - Marana Yoga

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 Trilyayam Titau

Tehran, Iran

Sun 1 Sutra 119

Subhakit 5124

Kumbha Rasi: 25.05 Tithi 18

Gulika 3:33PM – 5:14PM
Yama 12:09PM – 1:51PM
412865472 Rahu 5:14PM – 6:56PMPurvaproshtapada* Until 7:57PM
Sukarma Until 11:38PM
Vanija Until 9:43AM
Tritiya Until 8:38PMGanesha: Yellow Sunrise: 5:23AM
Muruga: White Sunset: 6:56PM
Nataraja: White
Moon – ClearMoon 8 - Phase 17 - 1
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 7:57PM

Then Creative Work - Amrita Yoga

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 Chaturthayam Titau

Tehran, Iran

Sun 2 Sutra 120

Subhakit 5124

Meena Rasi: 9.1 Tithi 19

Gulika 1:51PM – 3:32PM
Yama 10:28AM – 12:09PM
412865472 Rahu 7:05AM – 8:47AMUttaraproshtapada Until 7:07PM
Dhriti Until 9:23PM
Bava Until 7:46AM
Chaturthi* Until 7:03PMGanesha: Yellow Sunrise: 5:24AM
Muruga: White Sunset: 6:55PM
Nataraja: White
Moon – ClearMoon 8 - Phase 17 - 2
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 7:57PM

Then Creative Work - Amrita Yoga

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

Tehran, Iran

Sun 3 Sutra 121

Subhakit 5124

Meena Rasi: 22.46 Tithi 20

Gulika 12:09PM – 1:50PM
Yama 8:47AM – 10:28AM
412865472 Rahu 3:31PM – 5:12PMRevati Until 6:57PM
Shula* Until 7:48PM
Kaulava Until 6:35AM
Panchami Until 6:18PMGanesha: Yellow Sunrise: 5:25AM
Muruga: White Sunset: 6:53PM
Nataraja: White
Moon – ClearMoon 8 - Phase 17 - 3
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

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

Tehran, Iran

Sun 4 Sutra 122

Subhakit 5124

Mesha Rasi: 5.53 Tithi 21

Gulika 10:28AM – 12:09PM
Yama 7:06AM – 8:47AM
522865472 Rahu 12:09PM – 1:50PMAshvini Until 7:57PM
Ganda* Until 6:55PM
Gara Until 6:16AM
Shashthi* Until 6:25PMGanesha: Yellow Sunrise: 5:25AM
Muruga: White Sunset: 6:52PM
Nataraja: White
Moon – WhiteMoon 8 - Phase 17 - 4
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Routine Work Marana Yoga

Until 7:57PM

Then Creative Work - Siddha Yoga

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

Tehran, Iran

Sun 5 Sutra 123

Subhakit 5124

Mesha Rasi: 18.35 Tithi 22

Gulika 8:47AM – 10:28AM
Yama 5:26AM – 7:07AM
522865472 Rahu 1:49PM – 3:30PMBharani Until 9:36PM
Vriddhi Until 6:42PM
Visti Until 6:49AM
Saptami Until 7:23PMGanesha: Yellow Sunrise: 5:26AM
Muruga: White Sunset: 6:51PM
Nataraja: White
Moon – WhiteMoon 8 - Phase 17 - 5
1st Phase

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

Until 9:36PM

Then Routine Work - Marana Yoga

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

Tehran, Iran

Sun 6 Sutra 124

Subhakit 5124

Vrishabha Rasi: 0.56 Tithi 23

Gulika 7:07AM – 8:48AM
Yama 3:29PM – 5:10PM
523865472 Rahu 10:28AM – 12:08PM

Krishna Janmashtami

Krittika Until 11:46PM
Dhruva Until 7:00PM
Balava Until 8:10AM
Ashtami* Until 9:03PMGanesha: White Sunrise: 5:27AM
Muruga: White Sunset: 6:50PM
Nataraja: White
Moon – WhiteMoon 8 - Phase 17 - 6
Ashtami

Bhuloka Day

Sravana-Avani

Creative Work Siddha Yoga

Until 11:46PM

Then Routine Work - Marana Yoga

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

Tehran, Iran

Sun 7 Sutra 125

Subhakit 5124

Vrishabha Rasi: 13.02 Tithi 24

Gulika 5:28AM – 7:08AM
Yama 1:48PM – 3:28PM
533865472 Rahu 8:48AM – 10:28AMRohini Until 2:43AM Sun
Vyaghata* Until 7:43PM
Taitila Until 10:07AM
Navami* Until 11:14PMGanesha: Yellow Sunrise: 5:28AM
Muruga: White Sunset: 6:49PM
Nataraja: White
Moon – YellowMoon 8 - Phase 17 - 7
Navami

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Amrita Yoga

Until 2:43AM Sun

Then Creative Work - Siddha Yoga

1 Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam				Tehran, Iran
Mrigashira Rasi: 24.57 Tithi 25		Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 8 Sutra 126
533865472		Gulika 3:28PM – 5:08PM	Mrigashira Until 5:44AM Mon	Ganesha: Yellow <i>Sunrise:</i> 5:28AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 12:08PM – 1:48PM	Harshana Until 8:41PM	Muruqa: White <i>Sunset:</i> 6:47PM	Moon 8 - Phase 18 - 8	
		Rahu 5:08PM – 6:47PM	Vanija Until 12:27PM	Nataraja: White	2nd Phase	
			Dashami Until 1:40AM Mon	Moon – Yellow	Bhuloka Day	
				Sravana-Avani	Devaloka Time: 6:AM to 9:AM	

2 Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam				Tehran, Iran
Mithuna Rasi: 6.47 Tithi 26		Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Sun 9 Sutra 127
533865472		Gulika 1:47PM – 3:27PM	Ardra Until 8:35AM Tue	Ganesha: Yellow <i>Sunrise:</i> 5:29AM	Subhakrit 5124	
Family Home Evening		Yama 10:28AM – 12:08PM	Vajra* Until 9:41PM	Muruqa: White <i>Sunset:</i> 6:46PM	Moon 8 - Phase 18 - 9	
Creative Work Siddha Yoga		Rahu 7:09AM – 8:48AM	Bava Until 2:57PM	Nataraja: White	2nd Phase	
			Ekadashi* Until 4:10AM Tue	Moon – Yellow	Bhuloka Day	
				Sravana-Avani	Devaloka Time: 6:AM to 9:AM	

3 Tuesday, August 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam				Tehran, Iran
Mithuna Rasi: 18.37 Tithi 27		Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Sun 10 Sutra 128
533865472		Gulika 12:07PM – 1:47PM	Ardra Until 8:35AM	Ganesha: Yellow <i>Sunrise:</i> 5:30AM	Subhakrit 5124	
Routine Work Marana Yoga		Yama 8:49AM – 10:28AM	Siddhi Until 10:37PM	Muruqa: White <i>Sunset:</i> 6:45PM	Moon 8 - Phase 18 - 10	
Until 8:35AM		Rahu 3:26PM – 5:06PM	Kaulava Until 5:24PM	Nataraja: White	2nd Phase	
Then Creative Work - Siddha Yoga			Dvadashi* Until 6:32AM Wed	Moon – Yellow	Bhuloka Day	
				Sravana-Avani	Devaloka Time: 6:AM to 9:AM	

4 Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam				Tehran, Iran
Kataka Rasi: 0.31 Tithi 27 – 28		Punarvasu/Pushya Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 129
533865472		Gulika 10:28AM – 12:07PM	Punarvasu Until 11:38AM	Ganesha: Blue <i>Sunrise:</i> 5:31AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 7:10AM – 8:49AM	Vyatipata* Until 11:24PM	Muruqa: White <i>Sunset:</i> 6:44PM	Moon 8 - Phase 18 - 11	
		Rahu 12:07PM – 1:46PM	Gara Until 7:38PM	Nataraja: White	2nd Phase	
			Dvadashi* Until 6:32AM	Moon – Blue	Bhuloka Day	
				Sravana-Avani		

Pradosha Vrata (Fasting)

5 Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam				Tehran, Iran
Kataka Rasi: 12.31 Tithi 28 – 29		Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 130
533865472		Gulika 8:49AM – 10:28AM	Pushya Until 2:15PM	Ganesha: Blue <i>Sunrise:</i> 5:31AM	Subhakrit 5124	
Creative Work Amrita Yoga		Yama 5:31AM – 7:10AM	Variyan Until 11:54PM	Muruqa: White <i>Sunset:</i> 6:42PM	Moon 8 - Phase 18 - 12	
Until 2:15PM		Rahu 1:46PM – 3:25PM	Visti Until 9:34PM	Nataraja: White	2nd Phase	
Then Creative Work - Siddha Yoga			Trayodashi* Until 8:38AM	Moon – Blue	Bhuloka Day	
				Sravana-Avani		

Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam				Tehran, Iran
Retreat Star		Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 131
Kataka Rasi: 24.38 Tithi 29 – 30						Subhakrit 5124
533865472		Gulika 7:11AM – 8:49AM	Ashlesha* Until 4:21PM	Ganesha: Blue <i>Sunrise:</i> 5:32AM	Moon 8 - Phase 18 - 13	
Routine Work Marana Yoga		Yama 3:24PM – 5:02PM	Parigha* Until 12:08AM Sat	Muruqa: White <i>Sunset:</i> 6:41PM	Amavasya	
		Rahu 10:28AM – 12:07PM	Catuspada Until 11:08PM	Nataraja: White	Bhuloka Day	
			Chaturdashi* Until 10:23AM	Moon – Blue		
				Sravana-Avani		

Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam				Tehran, Iran
Retreat Star		Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 14 Sutra 132
Simha Rasi: 6.55 Tithi 30 – 1						Subhakrit 5124
533865472		Gulika 5:33AM – 7:11AM	Magha* Until 6:24PM	Ganesha: Blue <i>Sunrise:</i> 5:33AM	Moon 8 - Phase 18 - 14	
Creative Work Amrita Yoga		Yama 1:45PM – 3:23PM	Shiva Until 12:05AM Sun	Muruqa: White <i>Sunset:</i> 6:40PM	Prathama	
Until 6:24PM		Rahu 8:50AM – 10:28AM	Kintughna Until 12:19AM Sun	Nataraja: White	Bhuloka Day	
Then Creative Work - Siddha Yoga			Amavasya* Until 11:45AM	Moon – Red		
				Bhadrapada-Avani		

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1 Sunday, August 28, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Tehran, Iran Sun 15 Sutra 133 Subhakit 5124
Simha Rasi: 19.22	Tithi 1 – 2	Gulika 3:22PM – 5:00PM	Purvaphalguni Until 7:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:34AM	
		Yama 12:06PM – 1:44PM	Siddha Until 11:41PM	Muruqa: White	<i>Sunset:</i> 6:38PM	Moon 8 - Phase 19 - 15
	553865473	Rahu 5:00PM – 6:38PM	Balava Until 1:06AM Mon	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 12:44PM	Moon – Red		Bhuloka Day
Until 7:54PM				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga						

2 Monday, August 29, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Tehran, Iran Sun 16 Sutra 134 Subhakit 5124
Kanya Rasi: 1.59	Tithi 2 – 3	Gulika 1:44PM – 3:21PM	Uttaraphalguni Until 8:52PM	Ganesha: Blue	<i>Sunrise:</i> 5:35AM	
Family Home Evening		Yama 10:28AM – 12:06PM	Sadhya Until 11:00PM	Muruqa: White	<i>Sunset:</i> 6:37PM	Moon 8 - Phase 19 - 16
	553865473	Rahu 7:12AM – 8:50AM	Taitila Until 1:29AM Tue	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 1:19PM	Moon – Red		Bhuloka Day
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

3 Tuesday, August 30, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Tehran, Iran Sun 17 Sutra 135 Subhakit 5124
Kanya Rasi: 14.48	Tithi 3 – 4	Gulika 12:05PM – 1:43PM	Hasta Until 9:47PM	Ganesha: Blue	<i>Sunrise:</i> 5:35AM	
		Yama 8:50AM – 10:28AM	Subha Until 10:02PM	Muruqa: White	<i>Sunset:</i> 6:36PM	Moon 8 - Phase 19 - 17
	563865473	Rahu 3:21PM – 4:58PM	Vanija Until 1:30AM Wed	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 1:31PM	Moon – Green		Bhuloka Day
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

4 Wednesday, August 31, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 18 Sutra 136 Subhakit 5124
Kanya Rasi: 27.47	Tithi 4 – 5	Gulika 10:28AM – 12:05PM	Chitra Until 10:09PM	Ganesha: Blue	<i>Sunrise:</i> 5:36AM	
		Yama 7:13AM – 8:51AM	Sukla Until 8:44PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 8 - Phase 19 - 18
	563865473	Rahu 12:05PM – 1:42PM	Bava Until 1:08AM Thu	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 1:21PM	Moon – Green		Bhuloka Day
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

5 Thursday, September 1, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran Sun 19 Sutra 137 Subhakit 5124
Tula Rasi: 10.59	Tithi 5 – 6	Gulika 8:51AM – 10:28AM	Svati Until 10:00PM	Ganesha: Red	<i>Sunrise:</i> 5:37AM	
		Yama 5:37AM – 7:14AM	Brahma Until 7:08PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 8 - Phase 19 - 19
	563965473	Rahu 1:42PM – 3:19PM	Kaulava Until 12:22AM Fri	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 12:47PM	Moon – Green		Devaloka Day
Until 10:00PM				Bhadrapada*Avani		
Then Creative Work - Siddha Yoga						

6 Friday, September 2, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran Sun 20 Sutra 138 Subhakit 5124
Tula Rasi: 24.24	Tithi 6 – 7	Gulika 7:14AM – 8:51AM	Vishakha Until 9:44PM	Ganesha: Blue	<i>Sunrise:</i> 5:38AM	
		Yama 3:18PM – 4:55PM	Indra Until 5:13PM	Muruqa: White	<i>Sunset:</i> 6:31PM	Moon 8 - Phase 19 - 20
	573965473	Rahu 10:28AM – 12:04PM	Gara Until 11:11PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 11:48AM	Moon – Orange		Sivaloka Day
				Bhadrapada*Avani		

Retreat Star 7 Saturday, September 3, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran Sun 21 Sutra 139 Subhakit 5124
Vrischika Rasi: 8.03	Tithi 7 – 8	Gulika 5:38AM – 7:15AM	Anuradha Until 8:54PM	Ganesha: Yellow	<i>Sunrise:</i> 5:38AM	
		Yama 1:41PM – 3:17PM	Vaidhriti* Until 2:56PM	Muruqa: White	<i>Sunset:</i> 6:30PM	Moon 8 - Phase 19 - 21
	574965473	Rahu 8:51AM – 10:28AM	Visti Until 9:35PM	Nataraja: Clear		Ashtami
Creative Work	Siddha Yoga		Saptami Until 10:25AM	Moon – Orange		Devaloka Day
				Bhadrapada*Avani		

Retreat Star 8 Sunday, September 4, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 22 Sutra 140 Subhakit 5124
Vrischika Rasi: 21.58	Tithi 8 – 9	Gulika 3:16PM – 4:52PM	Jyeshtha* Until 7:31PM	Ganesha: Yellow	<i>Sunrise:</i> 5:39AM	
		Yama 12:04PM – 1:40PM	Vishkambha* Until 12:19PM	Muruqa: White	<i>Sunset:</i> 6:29PM	Moon 8 - Phase 19 - 22
	574965473	Rahu 4:52PM – 6:29PM	Balava Until 7:35PM	Nataraja: Clear		Navami
Routine Work	Marana Yoga		Ashtami* Until 8:37AM	Moon – Orange		Devaloka Day
Until 7:31PM				Bhadrapada*Avani		
Then Creative Work - Amrita Yoga						

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

1	Monday, September 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Gara Karana Navami/Dashmyam Titau	Tehran, Iran Sun 23 Sutra 141 Subhakrit 5124
	Dhanus Rasi: 6.08 Tilthi 9 – 10 Family Home Evening 584965473 Creative Work Siddha Yoga Until 6:02PM Then Routine Work - Marana Yoga	Gulika 1:39PM – 3:15PM Yama 10:28AM – 12:04PM Rahu 7:16AM – 8:52AM	Mula* Until 6:02PM Priti Until 9:25AM Gara Until 3:52AM Tue Navami* Until 6:25AM


2	Tuesday, September 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Vanija/Visi* Karana Ekadashyam Titau	Tehran, Iran Sun 24 Sutra 142 Subhakrit 5124
	Dhanus Rasi: 20.32 Tilthi 11 Creative Work Siddha Yoga Until 4:06PM Then Routine Work - Prabararishta Yoga	Gulika 12:03PM – 1:39PM Yama 8:52AM – 10:28AM Rahu 3:15PM – 4:50PM	Purvashadha* Until 4:06PM Ayushman Until 6:12AM Vanija Until 2:30PM Ekadashi Until 1:03AM Wed


3	Wednesday, September 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau	Tehran, Iran Sun 25 Sutra 143 Subhakrit 5124
	Makara Rasi: 5.07 Tilthi 12 Creative Work Amrita Yoga Until 1:50PM Then Creative Work - Siddha Yoga	Gulika 10:27AM – 12:03PM Yama 7:17AM – 8:52AM Rahu 12:03PM – 1:38PM	Uttarashadha Until 1:50PM Sobhana Until 11:14PM Bava Until 11:35AM Dvadashi Until 10:04PM

4	Thursday, September 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau	Tehran, Iran Sun 26 Sutra 144 Subhakrit 5124
	Makara Rasi: 19.48 Tilthi 13 Creative Work Siddha Yoga	Gulika 8:52AM – 10:27AM Yama 5:42AM – 7:17AM Rahu 1:38PM – 3:13PM	Shravana Until 11:45AM Athiganda* Until 7:39PM Kaulava Until 8:34AM Trayodashi Until 7:03PM

Pradosha Vrata

5	Friday, September 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarna/Dhriti Yoga Vanija/Visi* Karana Chaturdashi/Purnimayam Titau	Tehran, Iran Sun 27 Sutra 145 Subhakrit 5124
	Kumbha Rasi: 4.29 Tilthi 14 – 15 Creative Work Siddha Yoga	Gulika 7:18AM – 8:52AM Yama 3:12PM – 4:47PM Rahu 10:27AM – 12:02PM	Dhanishtha Until 9:34AM Sukarna Until 4:10PM Visti Until 2:47AM Sat Chaturdashi* Until 4:08PM

	Saturday, September 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau	Tehran, Iran Sun 27 Sutra 146 Subhakrit 5124
	Kumbha Rasi: 19.01 Tilthi 15 – 16 Creative Work Amrita Yoga Until 7:28AM Then Routine Work - Marana Yoga	Gulika 5:43AM – 7:18AM Yama 1:36PM – 3:11PM Rahu 8:53AM – 10:27AM	Shatabhishak Until 7:28AM Dhriti Until 12:55PM Balava Until 12:19AM Sun Purnima* Until 1:29PM

	Sunday, September 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau	Tehran, Iran Sun 28 Sutra 147 Subhakrit 5124
	Meena Rasi: 3.19 Tilthi 16 – 17 Creative Work Siddha Yoga Until 6:01AM Then Creative Work - Amrita Yoga	Gulika 3:10PM – 4:44PM Yama 12:01PM – 1:36PM Rahu 4:44PM – 6:19PM	Purvaprosarthapada* Until 6:01AM Shula* Until 9:58AM Taitila Until 10:21PM Prathama* Until 11:15AM

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



Monday, September 12, 2022

Gold Retreat Star

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

Tehran, Iran
Sun 1
Sutra 148
Subhakrit 5124

Meena Rasi: 17.15 Tithi 17 - 18

Family Home Evening

Creative Work Siddha Yoga

514965473

Gulika 1:35PM - 3:09PM
Yama 10:27AM - 12:01PM
Rahu 7:19AM - 8:53AM

Revati Until 4:25AM Tue
Ganda* Until 7:29AM
Vanija Until 9:01PM
Dvitiya Until 9:35AM

Ganesha: Clear *Sunrise:* 5:45AM
Muruqa: White *Sunset:* 6:17PM

Moon 9 - Phase 21 - 1

Nataraja: Clear
Moon - Clear
Bhadrapada-Avani

Devaloka Day

1

Tuesday, September 13, 2022

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

Tehran, Iran
Sun 2
Sutra 149
Subhakrit 5124

Mesha Rasi: 0.47 Tithi 18 - 19

Creative Work Siddha Yoga

524965473

Gulika 12:01PM - 1:35PM
Yama 8:53AM - 10:27AM
Rahu 3:08PM - 4:42PM

Ashvini Until 4:55AM Wed
Dhruva Until 4:14AM Wed
Bava Until 8:26PM
Tritiya Until 8:36AM

Ganesha: White *Sunrise:* 5:46AM
Muruqa: White *Sunset:* 6:16PM

Moon 9 - Phase 21 - 2

Nataraja: Clear
Moon - White
Bhadrapada-Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

2

Wednesday, September 14, 2022

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

Tehran, Iran
Sun 3
Sutra 150
Subhakrit 5124

Mesha Rasi: 13.54 Tithi 19 - 20

Creative Work Siddha Yoga

Until 6:04AM Thu

Then Routine Work - Marana Yoga

524965473

Gulika 10:27AM - 12:00PM
Yama 7:20AM - 8:53AM
Rahu 12:00PM - 1:34PM

Bharani Until 6:04AM Thu
Vyaghata* Until 3:33AM Thu
Kaulava Until 8:39PM
Chaturthi* Until 8:25AM

Ganesha: White *Sunrise:* 5:46AM
Muruqa: White *Sunset:* 6:14PM

Moon 9 - Phase 21 - 3

Nataraja: Clear
Moon - White
Bhadrapada-Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

3

Thursday, September 15, 2022

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

Tehran, Iran
Sun 4
Sutra 151
Subhakrit 5124

Mesha Rasi: 26.37 Tithi 20 - 21

Creative Work Siddha Yoga

Until 6:04AM Thu

Then Routine Work - Marana Yoga

525965473

Gulika 8:54AM - 10:27AM
Yama 5:47AM - 7:20AM
Rahu 1:33PM - 3:06PM

Bharani Until 6:04AM
Harshana Until 3:29AM Fri
Gara Until 9:38PM
Panchami Until 9:02AM

Ganesha: Clear *Sunrise:* 5:47AM
Muruqa: White *Sunset:* 6:13PM

Moon 9 - Phase 21 - 4

Nataraja: Clear
Moon - White
Bhadrapada-Avani

Devaloka Day

4

Friday, September 16, 2022

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

Tehran, Iran
Sun 5
Sutra 152
Subhakrit 5124

Vrishabha Rasi: 8.59 Tithi 21 - 22

Creative Work Siddha Yoga

Until 7:47AM

Then Routine Work - Marana Yoga

525965473

Gulika 7:21AM - 8:54AM
Yama 3:06PM - 4:38PM
Rahu 10:27AM - 12:00PM

Krittika Until 7:47AM
Vajra* Until 3:52AM Sat
Visti Until 11:19PM
Shashthi* Until 10:23AM

Ganesha: Clear *Sunrise:* 5:48AM
Muruqa: White *Sunset:* 6:11PM

Moon 9 - Phase 21 - 5

Nataraja: Clear
Moon - White
Bhadrapada-Avani

Devaloka Day

5

Saturday, September 17, 2022

Retreat Star

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

Tehran, Iran
Sun 6
Sutra 153
Subhakrit 5124

Vrishabha Rasi: 21.07 Tithi 22 - 23

Creative Work Amrita Yoga

Until 10:25AM

Then Creative Work - Siddha Yoga

535965473

Gulika 5:49AM - 7:21AM
Yama 1:32PM - 3:05PM
Rahu 8:54AM - 10:27AM

Rohini Until 10:25AM
Siddhi Until 4:36AM Sun
Balava Until 1:28AM Sun
Saptami Until 12:20PM

Ganesha: White *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:10PM

Moon 9 - Phase 21 - 6

Nataraja: Clear
Moon - Yellow
Bhadrapada-Puratasi

Sivaloka Day

Sunday, September 18, 2022

Retreat Star

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

Tehran, Iran
Sun 7
Sutra 154
Subhakrit 5124

Mithuna Rasi: 3.04 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika 3:04PM - 4:36PM
Yama 11:59AM - 1:31PM
Rahu 4:36PM - 6:09PM

Mrigashira Until 1:14PM
Vyatipata* Until 5:31AM Mon
Taitila Until 3:53AM Mon
Ashtami* Until 2:39PM

Ganesha: White *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:09PM

Moon 9 - Phase 21 - 7

Nataraja: Clear
Moon - Yellow
Bhadrapada-Puratasi

Sivaloka Day

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1	Monday, September 19, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Variyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Tehran, Iran Sun 8
	Mithuna Rasi: 14.56	Tithi 24 – 25	Gulika 1:31PM – 3:03PM	Ardra Until 4:03PM	Ganesha: White	<i>Sunrise:</i> 5:50AM	Subhakit 5124
Family Home Evening		535965473	Rahu 7:22AM – 8:54AM	Variyan Until 6:24AM Tue	Muruqa: White	<i>Sunset:</i> 6:07PM	Moon 9 - Phase 22 - 8
Creative Work Siddha Yoga				Vanija Until 6:19AM Tue	Nataraja: Clear		2nd Phase
Until 4:03PM				Navami* Until 5:06PM	Moon – Yellow		Sivaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		


2	Tuesday, September 20, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Tehran, Iran Sun 9
	Mithuna Rasi: 26.49	Tithi 25	Gulika 11:58AM – 1:30PM	Punarvasu Until 7:06PM	Ganesha: Yellow	<i>Sunrise:</i> 5:51AM	Subhakit 5124
Family Home Evening		545965473	Rahu 3:02PM – 4:34PM	Variyan Until 6:24AM	Muruqa: White	<i>Sunset:</i> 6:06PM	Moon 9 - Phase 22 - 9
Creative Work Siddha Yoga				Vanija Until 6:19AM	Nataraja: Clear		2nd Phase
				Dashami Until 7:28PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

3	Wednesday, September 21, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Tehran, Iran Sun 10
	Kataka Rasi: 8.45	Tithi 26	Gulika 10:26AM – 11:58AM	Pushya Until 9:45PM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	Subhakit 5124
Family Home Evening		545965473	Rahu 11:58AM – 1:29PM	Parigha* Until 7:10AM	Muruqa: White	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 22 - 10
Creative Work Siddha Yoga				Bava Until 8:35AM	Nataraja: Clear		2nd Phase
				Ekadashi* Until 9:34PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

4	Thursday, September 22, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvodashyam Titau				Tehran, Iran Sun 11
	Kataka Rasi: 20.49	Tithi 27	Gulika 8:55AM – 10:26AM	Ashlesha* Until 11:50PM	Ganesha: Yellow	<i>Sunrise:</i> 5:52AM	Subhakit 5124
Family Home Evening		545965473	Rahu 1:29PM – 3:00PM	Shiva Until 7:42AM	Muruqa: White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 11
Creative Work Siddha Yoga				Kaulava Until 10:29AM	Nataraja: Clear		2nd Phase
Until 11:50PM				Dvadashi* Until 11:16PM	Moon – Blue		Devaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		

5	Friday, September 23, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Tehran, Iran Sun 12
	Simha Rasi: 3.04	Tithi 28	Gulika 7:24AM – 8:55AM	Magha* Until 1:48AM Sat	Ganesha: Red	<i>Sunrise:</i> 5:53AM	Subhakit 5124
Family Home Evening		555965473	Rahu 10:26AM – 11:57AM	Siddha Until 7:51AM	Muruqa: White	<i>Sunset:</i> 6:01PM	Moon 9 - Phase 22 - 12
Routine Work Marana Yoga				Gara Until 11:57AM	Nataraja: Clear		2nd Phase
Until 1:48AM Sat				Trayodashi* Until 12:29AM Sat	Moon – Red		Devaloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi		
					<i>Pradosha Vrata (Fasting)</i>		

6	Saturday, September 24, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Tehran, Iran Sun 13
	Simha Rasi: 15.31	Tithi 29	Gulika 5:54AM – 7:25AM	Purvaphalguni Until 3:06AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:54AM	Subhakit 5124
Family Home Evening		556965473	Rahu 8:55AM – 10:26AM	Sadhya Until 7:39AM	Muruqa: White	<i>Sunset:</i> 6:00PM	Moon 9 - Phase 22 - 13
Creative Work Siddha Yoga				Visti Until 12:56PM	Nataraja: Clear		2nd Phase
Until 3:06AM Sun				Chaturdashi* Until 1:12AM Sun	Moon – Red		Bhuloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

	Sunday, September 25, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran Sun 14
	Retreat Star		Gulika 2:57PM – 4:28PM	Uttaraphalguni Until 3:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:55AM	Subhakit 5124
Simha Rasi: 28.12	Tithi 30	556165473	Rahu 4:28PM – 5:58PM	Subha Until 7:04AM	Muruqa: White	<i>Sunset:</i> 5:58PM	Moon 9 - Phase 22 - 14
Creative Work Amrita Yoga				Catuspada Until 1:23PM	Nataraja: Clear		Amavasya
Until 3:45AM Mon				Amavasya* Until 1:24AM Mon	Moon – Red		Bhuloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM
					Mahalaya Amavasai (Tamil Nadu)		

Retreat Star	Monday, September 26, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran Sun 15
	Kanya Rasi: 11.08	Tithi 1	Gulika 1:26PM – 2:56PM	Hasta Until 4:15AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:55AM	Subhakit 5124
Family Home Evening		566165473	Rahu 7:26AM – 8:56AM	Sukla Until 6:03AM	Muruqa: White	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 22 - 15
Creative Work Siddha Yoga				Kintughna Until 1:20PM	Nataraja: Clear		Prathama
				Prathama* Until 1:08AM Tue	Moon – Green		Bhuloka Day
					Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM
					Navaratri Begins		

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

www.gurudeva.org/panchang

1	Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Tehran, Iran
	Kanya Rasi: 24.17	Tithi 2	Gulika 11:56AM – 1:26PM	Chitra Until 4:11AM Wed	Ganesha: Blue	Sunrise: 5:56AM	Sun 16 Sutra 163
			Yama 8:56AM – 10:26AM	Indra Until 3:01AM Wed	Muruqa: White	Sunset: 5:55PM	Subhakrit 5124
	Creative Work	Siddha Yoga	666165473 Rahu 2:56PM – 4:25PM	Balava Until 12:51PM	Nataraja: Clear		Moon 9 - Phase 23 - 16 3rd Phase
			Dvitiya Until 12:27AM Wed	Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

2	Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Triliyayam Titau				Tehran, Iran
	Tula Rasi: 7.4	Tithi 3	Gulika 10:26AM – 11:55AM	Svati Until 3:39AM Thu	Ganesha: Blue	Sunrise: 5:57AM	Sun 17 Sutra 164
			Yama 7:27AM – 8:56AM	Vaidhriti* Until 1:02AM Thu	Muruqa: White	Sunset: 5:54PM	Subhakrit 5124
	Creative Work	Siddha Yoga	666165473 Rahu 11:55AM – 1:25PM	Taitila Until 11:59AM	Nataraja: Clear		Moon 9 - Phase 23 - 17 3rd Phase
			Tritiya Until 11:24PM	Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

3	Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau				Tehran, Iran
	Tula Rasi: 21.14	Tithi 4	Gulika 8:56AM – 10:26AM	Vishakha Until 3:07AM Fri	Ganesha: Blue	Sunrise: 5:58AM	Sun 18 Sutra 165
			Yama 5:58AM – 7:27AM	Vishkambha* Until 10:49PM	Muruqa: White	Sunset: 5:53PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 1:24PM – 2:54PM	Vanija Until 10:47AM	Nataraja: Clear		Moon 9 - Phase 23 - 18 3rd Phase
			Chaturthi* Until 10:04PM	Moon – Orange		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

4	Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran
	Vrischika Rasi: 4.59	Tithi 5	Gulika 7:28AM – 8:57AM	Anuradha Until 2:11AM Sat	Ganesha: Blue	Sunrise: 5:59AM	Sun 19 Sutra 166
			Yama 2:53PM – 4:22PM	Priti Until 8:26PM	Muruqa: White	Sunset: 5:51PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 10:26AM – 11:55AM	Bava Until 9:19AM	Nataraja: Clear		Moon 9 - Phase 23 - 19 3rd Phase
			Panchami Until 8:28PM	Moon – Orange		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

5	Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Shashthiyam Titau				Tehran, Iran
	Vrischika Rasi: 18.52	Tithi 6	Gulika 5:59AM – 7:28AM	Jyeshtha* Until 12:56AM Sun	Ganesha: Blue	Sunrise: 5:59AM	Sun 20 Sutra 167
			Yama 1:23PM – 4:22PM	Ayushman Until 5:51PM	Muruqa: White	Sunset: 5:50PM	Subhakrit 5124
	Creative Work	Siddha Yoga	676165473 Rahu 8:57AM – 10:26AM	Kaulava Until 7:37AM	Nataraja: Clear		Moon 9 - Phase 23 - 20 3rd Phase
			Shashthi* Until 6:40PM	Moon – Orange		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashvina+Puratasi			

6	Sunday, October 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Tehran, Iran
	Dhanus Rasi: 2.52	Tithi 7 – 8	Gulika 2:51PM – 4:20PM	Mula* Until 11:47PM	Ganesha: Blue	Sunrise: 6:00AM	Sun 21 Sutra 168
			Yama 11:54AM – 1:23PM	Saubhagya Until 3:08PM	Muruqa: Green	Sunset: 5:48PM	Subhakrit 5124
	Creative Work	Amrita Yoga	687166473 Rahu 4:20PM – 5:48PM	Visiti Until 3:40AM Mon	Nataraja: Clear		Moon 9 - Phase 23 - 21 3rd Phase
			Saptami Until 4:42PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

D	Monday, October 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran
	Retreat Star		Gulika 1:22PM – 2:50PM	Purvashadha* Until 10:22PM	Ganesha: Blue	Sunrise: 6:01AM	Sun 22 Sutra 169
	Dhanus Rasi: 16.59	Tithi 8 – 9	Yama 10:26AM – 11:54AM	Sobhana Until 12:18PM	Muruqa: Green	Sunset: 5:47PM	Subhakrit 5124
	Family Home Evening		687166473 Rahu 7:29AM – 8:57AM	Balava Until 1:29AM Tue	Nataraja: Clear		Moon 9 - Phase 23 - 22 Ashtami
			Ashtami* Until 2:35PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

D	Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran
	Retreat Star		Gulika 11:54AM – 1:21PM	Uttarashadha Until 8:42PM	Ganesha: Blue	Sunrise: 6:02AM	Sun 23 Sutra 170
	Makara Rasi: 1.11	Tithi 9 – 10	Yama 8:58AM – 10:26AM	Athiganda* Until 9:21AM	Muruqa: Green	Sunset: 5:45PM	Subhakrit 5124
	Routine Work	Prabalarishta Yoga	687166473 Rahu 2:49PM – 4:17PM	Taitila Until 11:13PM	Nataraja: Clear		Moon 9 - Phase 23 - 23 Navami
			Navami* Until 12:20PM	Moon – Light Blue		Sivaloka Day	
				Ashvina+Puratasi			

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1	Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Teheran, Iran Sun 24 Sutra 171 Subhakrit 5124
	Makara Rasi: 15.26	Tithi 10 - 11	Gulika 10:26AM - 11:53AM	Shravana Until 7:16PM	Ganesha: Yellow	<i>Sunrise:</i> 6:02AM	
			Yama 7:30AM - 8:58AM	Sukarma Until 6:20AM	Muruqa: Green	<i>Sunset:</i> 5:44PM	Moon 9 - Phase 24 - 24
		697166473	Rahu 11:53AM - 1:21PM	Vanija Until 8:54PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Vijaya Dasami	Dashami Until 10:02AM	Ashvina+Puratasi	Devaloka Day	
Until 7:16PM							
Then Routine Work - Prabalarishta Yoga							

2	Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Teheran, Iran Sun 25 Sutra 172 Subhakrit 5124
	Makara Rasi: 29.41	Tithi 11 - 12	Gulika 8:58AM - 10:26AM	Dhanishtha Until 5:44PM	Ganesha: Yellow	<i>Sunrise:</i> 6:03AM	
			Yama 6:03AM - 7:31AM	Shula* Until 12:21AM Fri	Muruqa: Green	<i>Sunset:</i> 5:43PM	Moon 9 - Phase 24 - 25
		697166473	Rahu 1:20PM - 2:48PM	Bava Until 6:37PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Ekadashi Until 7:44AM	Ashvina+Puratasi	Devaloka Day		

3	Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau				Teheran, Iran Sun 26 Sutra 173 Subhakrit 5124
	Kumbha Rasi: 13.55	Tithi 13	Gulika 7:31AM - 8:58AM	Shatabhishak Until 4:11PM	Ganesha: Yellow	<i>Sunrise:</i> 6:04AM	
			Yama 2:47PM - 4:14PM	Ganda* Until 9:31PM	Muruqa: Green	<i>Sunset:</i> 5:41PM	Moon 9 - Phase 24 - 26
		697166473	Rahu 10:26AM - 11:53AM	Kaulava Until 4:28PM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga			Trayodashi Until 3:28AM Sat	Ashvina+Puratasi	Devaloka Day		
			<i>Pradosha Vrata</i>				

4	Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Teheran, Iran Sun 27 Sutra 174 Subhakrit 5124
	Kumbha Rasi: 28	Tithi 14	Gulika 6:05AM - 7:32AM	Purvaproshtapada* Until 3:09PM	Ganesha: White	<i>Sunrise:</i> 6:05AM	
			Yama 1:19PM - 2:46PM	Vriddhi Until 6:55PM	Muruqa: Green	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 24 - 27
		618166474	Rahu 8:59AM - 10:25AM	Gara Until 2:34PM	Nataraja: Purple		4th Phase
Routine Work Marana Yoga			Chaturdashi* Until 1:43AM Sun	Ashvina+Puratasi	Bhuloka Day		
Until 3:09PM							
Then Creative Work - Siddha Yoga							

	Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Teheran, Iran Sutra 175 Subhakrit 5124
	Copper Retreat Star		Gulika 2:45PM - 4:12PM	Uttaraproshtapada Until 2:20PM	Ganesha: White	<i>Sunrise:</i> 6:06AM	
	Meena Rasi: 11.53	Tithi 15	Yama 11:52AM - 1:19PM	Dhruva Until 4:35PM	Muruqa: Green	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 24 -
		618166474	Rahu 4:12PM - 5:38PM	Visti Until 1:01PM	Nataraja: Purple		Purnima
Creative Work Amrita Yoga			Purnima* Until 12:24AM Mon	Ashvina+Puratasi	Bhuloka Day		

Monday, October 10, 2022	Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Teheran, Iran Sutra 176 Subhakrit 5124
	Meena Rasi: 25.31	Tithi 16	Gulika 1:18PM - 2:44PM	Revati Until 1:51PM	Ganesha: White	<i>Sunrise:</i> 6:07AM	
	Family Home Evening		Yama 10:25AM - 11:52AM	Vyaghata* Until 2:40PM	Muruqa: Green	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 24 -
		618166474	Rahu 7:33AM - 8:59AM	Balava Until 11:58AM	Nataraja: Purple		Prathama
Creative Work Siddha Yoga			Prathama* Until 11:37PM	Ashvina+Puratasi	Bhuloka Day		



Tuesday, October 11, 2022

Gold Retreat Star

Mesha Rasi: 8.5 Tithi 17

Creative Work Siddha Yoga

628176474

Gulika 11:52AM - 1:18PM
Yama 8:59AM - 10:25AM
Rahu 2:44PM - 4:10PMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam
Ashvini/Bharani Nakshatra Harshana/Vajra* Yoga Taitila/Gara Karana Dvitiyayam TitauAshvini Until 2:15PM
Harshana Until 1:14PM
Taitila Until 11:29AM
Dvitiya Until 11:28PMGanesha: Yellow Sunrise: 6:07AM
Muruga: White Sunset: 5:36PM
Nataraja: Purple
Moon - White

Ashvina+Puratasi

Sun 1 Sutra 177
Subhakrit 5124
Moon 10 - Phase 25 - 1
1st Phase**Bhuloka Day**
Devaloka Time: 6:AM to 9:AM

1

Wednesday, October 12, 2022

Mesha Rasi: 21.48 Tithi 18

Creative Work Siddha Yoga

Until 3:08PM

Then Creative Work - Amrita Yoga

628176474

Gulika 10:26AM - 11:51AM
Yama 7:34AM - 9:00AM
Rahu 11:51AM - 1:17PMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam
Bharani/Krittika Nakshatra Vajra*/Siddhi Yoga Vanija/Visti* Karana Trityayam TitauBharani Until 3:08PM
Vajra* Until 12:17PM
Vanija Until 11:40AM
Tritiya Until 12:00AM ThuGanesha: Yellow Sunrise: 6:08AM
Muruga: White Sunset: 5:34PM
Nataraja: Purple
Moon - White

Ashvina+Puratasi

Sun 2 Sutra 178
Subhakrit 5124
Moon 10 - Phase 25 - 2
1st Phase**Bhuloka Day**
Devaloka Time: 6:AM to 9:AM

2

Thursday, October 13, 2022

Vrisabha Rasi: 4.27 Tithi 19

Routine Work Marana Yoga

628176474

Gulika 9:00AM - 10:26AM
Yama 6:09AM - 7:35AM
Rahu 1:17PM - 2:42PMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam
Krittika/Rohini Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Chaturthyam TitauKrittika Until 4:31PM
Siddhi Until 11:53AM
Bava Until 12:32PM
Chaturthi* Until 1:11AM FriGanesha: Yellow Sunrise: 6:09AM
Muruga: White Sunset: 5:33PM
Nataraja: Purple
Moon - White

Ashvina+Puratasi

Sun 3 Sutra 179
Subhakrit 5124
Moon 10 - Phase 25 - 3
1st Phase**Bhuloka Day**
Devaloka Time: 6:AM to 9:AM

3

Friday, October 14, 2022

Vrisabha Rasi: 16.49 Tithi 20

Routine Work Marana Yoga

Until 6:49PM

Then Creative Work - Siddha Yoga

638176474

Gulika 7:35AM - 9:00AM
Yama 2:41PM - 4:07PM
Rahu 10:26AM - 11:51AMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam
Rohini Nakshatra Vyatipata*/Variyan Yoga Kaulava/Taitila Karana Panchamyam TitauRohini Until 6:49PM
Vyatipata* Until 11:58AM
Kaulava Until 2:02PM
Panchami Until 2:57AM SatGanesha: Blue Sunrise: 6:10AM
Muruga: White Sunset: 5:32PM
Nataraja: Purple
Moon - Yellow

Ashvina+Puratasi

Sun 4 Sutra 180
Subhakrit 5124
Moon 10 - Phase 25 - 4
1st Phase**Bhuloka Day**

4

Saturday, October 15, 2022

Vrisabha Rasi: 28.57 Tithi 21

Creative Work Siddha Yoga

639176474

Gulika 6:11AM - 7:36AM
Yama 1:16PM - 2:41PM
Rahu 9:01AM - 10:26AMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam
Mrigashira Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Shashthyam TitauMrigashira Until 9:25PM
Variyan Until 12:26PM
Gara Until 4:02PM
Shashthi* Until 5:09AM SunGanesha: Red Sunrise: 6:11AM
Muruga: White Sunset: 5:30PM
Nataraja: Purple
Moon - Yellow

Ashvina+Puratasi

Sun 5 Sutra 181
Subhakrit 5124
Moon 10 - Phase 25 - 5
1st Phase**Bhuloka Day**
Devaloka Time: 9:AM to 12:PM

5

Sunday, October 16, 2022

Mithuna Rasi: 10.56 Tithi 22

Creative Work Siddha Yoga

Until 12:07AM Mon

Then Creative Work - Amrita Yoga

639176474

Gulika 2:40PM - 4:04PM
Yama 11:50AM - 1:15PM
Rahu 4:04PM - 5:29PMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam
Ardra Nakshatra Parigha*/Shiva Yoga Visti* Karana Saptamyam TitauArdra Until 12:07AM Mon
Parigha* Until 1:10PM
Visti Until 6:22PM
Saptami Until 7:34AM MonGanesha: Red Sunrise: 6:12AM
Muruga: White Sunset: 5:29PM
Nataraja: Purple
Moon - Yellow

Ashvina+Puratasi

Sun 6 Sutra 182
Subhakrit 5124
Moon 10 - Phase 25 - 6
1st Phase**Bhuloka Day**
Devaloka Time: 9:AM to 12:PM

D

Monday, October 17, 2022

Retreat Star

Mithuna Rasi: 22.49 Tithi 22 - 23

Family Home Evening

Creative Work Amrita Yoga

Until 3:12AM Tue

Then Creative Work - Siddha Yoga

649176474

Gulika 1:15PM - 2:39PM
Yama 10:26AM - 11:50AM
Rahu 7:37AM - 9:01AMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam
Punarvasu Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Saptami/Ashtamyam TitauPunarvasu Until 3:12AM Tue
Shiva Until 2:02PM
Balava Until 8:48PM
Saptami Until 7:34AMGanesha: Green Sunrise: 6:12AM
Muruga: White Sunset: 5:28PM
Nataraja: Purple
Moon - Blue

Ashvina+Apasi

Sun 7 Sutra 183
Subhakrit 5124
Moon 10 - Phase 25 - 7
Ashtami**Devaloka Day**

Tuesday, October 18, 2022

Retreat Star

Kataka Rasi: 4.43 Tithi 23 - 24

Creative Work Siddha Yoga

649176474

Gulika 11:50AM - 1:14PM
Yama 9:02AM - 10:26AM
Rahu 2:38PM - 4:02PMSubhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam
Pushya Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Ashtami/Navamyam TitauPushya Until 6:00AM Wed
Siddha Until 2:50PM
Taitila Until 11:09PM
Ashtami* Until 9:59AMGanesha: Green Sunrise: 6:13AM
Muruga: White Sunset: 5:27PM
Nataraja: Purple
Moon - Blue

Ashvina+Apasi

Sun 8 Sutra 184
Subhakrit 5124
Moon 10 - Phase 25 - 8
Navami**Devaloka Day**

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1	Wednesday, October 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya/Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Tehran, Iran
	Kataka Rasi: 16.4	Tithi 24 – 25	Gulika 10:26AM – 11:50AM	Pushya Until 6:00AM	Ganesha: Green	<i>Sunrise:</i> 6:14AM	Sun 9 Sutra 185
	649176474	Rahu 11:50AM – 1:14PM	Yama 7:38AM – 9:02AM	Sadhya Until 3:28PM	Muruqa: White	<i>Sunset:</i> 5:25PM	Subhakrit 5124
	Creative Work Siddha Yoga			Vanija Until 1:12AM Thu	Nataraja: Purple		Moon 10 - Phase 26 - 9 2nd Phase
			Navami* Until 12:12PM	Ashvina-Aipasi		Devaloka Day	


2	Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Tehran, Iran
	Kataka Rasi: 28.45	Tithi 25 – 26	Gulika 9:02AM – 10:26AM	Ashlesha* Until 8:17AM	Ganesha: Red	<i>Sunrise:</i> 6:15AM	Sun 10 Sutra 186
	649276474	Rahu 1:13PM – 2:37PM	Yama 6:15AM – 7:39AM	Subha Until 3:49PM	Muruqa: White	<i>Sunset:</i> 5:24PM	Subhakrit 5124
	Creative Work Siddha Yoga			Bava Until 2:47AM Fri	Nataraja: Purple		Moon 10 - Phase 26 - 10 2nd Phase
Until 8:17AM			Dashami Until 2:02PM	Ashvina-Aipasi		Bhuloka Day	
Then Creative Work - Amrita Yoga						Devaloka Time: 6:AM to 9:AM	

3	Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Tehran, Iran
	Simha Rasi: 11.02	Tithi 26 – 27	Gulika 7:39AM – 9:03AM	Magha* Until 10:25AM	Ganesha: Green	<i>Sunrise:</i> 6:16AM	Sun 11 Sutra 187
	659276474	Rahu 10:26AM – 11:49AM	Yama 2:36PM – 4:00PM	Sukla Until 3:43PM	Muruqa: White	<i>Sunset:</i> 5:23PM	Subhakrit 5124
	Routine Work Marana Yoga			Kaulava Until 3:48AM Sat	Nataraja: Purple		Moon 10 - Phase 26 - 11 2nd Phase
Until 10:25AM			Ekadashi* Until 3:21PM	Ashvina-Aipasi		Bhuloka Day	
Then Creative Work - Siddha Yoga							

4	Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mantla Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Dvodashi/Trayodashyam Titau				Tehran, Iran
	Simha Rasi: 23.35	Tithi 27 – 28	Gulika 6:17AM – 7:40AM	Purvaphalguni Until 11:48AM	Ganesha: Green	<i>Sunrise:</i> 6:17AM	Sun 12 Sutra 188
	659276474	Rahu 9:03AM – 10:26AM	Yama 1:12PM – 2:35PM	Brahma Until 3:09PM	Muruqa: White	<i>Sunset:</i> 5:22PM	Subhakrit 5124
	Creative Work Siddha Yoga			Gara Until 4:10AM Sun	Nataraja: Purple		Moon 10 - Phase 26 - 12 2nd Phase
Until 11:48AM			Dvodashi* Until 4:03PM	Ashvina-Aipasi		Bhuloka Day	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata (Fasting)</i>				

5	Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Sakuni*/Catuspada* Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Kanya Rasi: 6.25	Tithi 28 – 29	Gulika 2:35PM – 3:58PM	Uttaraphalguni Until 12:25PM	Ganesha: Purple	<i>Sunrise:</i> 6:18AM	Sun 13 Sutra 189
	651276474	Rahu 3:58PM – 5:21PM	Yama 11:49AM – 1:12PM	Indra Until 2:07PM	Muruqa: White	<i>Sunset:</i> 5:21PM	Subhakrit 5124
	Creative Work Amrita Yoga			Visti Until 3:53AM Mon	Nataraja: Purple		Moon 10 - Phase 26 - 13 2nd Phase
Until 12:43PM			Trayodashi* Until 4:05PM	Ashvina-Aipasi		Bhuloka Day	
Then Routine Work - Prabalarishta Yoga			Deepavali Hindu Solidarity Day				

6	Monday, October 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Tehran, Iran
	Kanya Rasi: 19.35	Tithi 29 – 30	Gulika 1:12PM – 2:34PM	Hasta Until 12:43PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:19AM	Sun 14 Sutra 190
	661276474	Rahu 7:41AM – 9:04AM	Yama 10:26AM – 11:49AM	Vaidhriti* Until 12:32PM	Muruqa: White	<i>Sunset:</i> 5:19PM	Subhakrit 5124
	Family Home Evening			Catuspada Until 3:00AM Tue	Nataraja: Purple		Moon 10 - Phase 26 - 14 2nd Phase
Until 12:43PM			Chaturdashi* Until 3:30PM	Ashvina-Aipasi		Bhuloka Day	
Then Routine Work - Prabalarishta Yoga			Subramuniyaswami Mahasamadhi				

	Tuesday, October 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yukhtayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Tehran, Iran
	Tula Rasi: 3.04	Tithi 30 – 1	Gulika 11:49AM – 1:11PM	Chitra Until 12:17PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:20AM	Sun 15 Sutra 191
	661276474	Rahu 2:34PM – 3:56PM	Yama 9:04AM – 10:27AM	Vishkambha* Until 10:31AM	Muruqa: White	<i>Sunset:</i> 5:18PM	Subhakrit 5124
	Creative Work Siddha Yoga			Kintughna Until 1:36AM Wed	Nataraja: Purple		Moon 10 - Phase 26 - 15 Amavasya
Until 12:43PM			Amavasya* Until 2:20PM	Ashvina-Aipasi		Bhuloka Day	

Retreat Star	Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yukhtayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Tehran, Iran
	Tula Rasi: 16.51	Tithi 1 – 2	Gulika 10:27AM – 11:49AM	Svati Until 11:15AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:20AM	Sun 16 Sutra 192
	661276574	Rahu 11:49AM – 1:11PM	Yama 7:42AM – 9:05AM	Priti Until 8:07AM	Muruqa: Clear	<i>Sunset:</i> 5:17PM	Subhakrit 5124
	Creative Work Siddha Yoga			Balava Until 11:46PM	Nataraja: Clear		Moon 10 - Phase 26 - 16 Prathama
Until 12:43PM			Prathama* Until 12:43PM	Karttika-Aipasi		Bhuloka Day	
Then Routine Work - Prabalarishta Yoga			Skanda Shasthi Begins			Devaloka Time: 3:PM to 6:PM	

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

1	Thursday, October 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Tehran, Iran Sun 17 Sutra 193 Subhakrit 5124
	Vrischika Rasi: 0.53 Tithi 2 - 3	671276574	Gulika 9:05AM - 10:27AM Yama 6:21AM - 7:43AM Rahu 1:10PM - 2:32PM	Vishakha Until 10:08AM Saubhagya Until 2:27AM Fri Taitila Until 9:39PM Dvitiya Until 10:43AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:21AM Sunset: 5:16PM Moon 10 - Phase 27 - 17 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work Siddha Yoga					

2	Friday, October 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Tehran, Iran Sun 18 Sutra 194 Subhakrit 5124
	Vrischika Rasi: 15.05 Tithi 3 - 4	671276574	Gulika 7:44AM - 9:05AM Yama 2:32PM - 3:53PM Rahu 10:27AM - 11:49AM	Anuradha Until 8:37AM Sobhana Until 11:24PM Vanija Until 7:20PM Tritiya Until 8:30AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:22AM Sunset: 5:15PM Moon 10 - Phase 27 - 18 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work Siddha Yoga					
	Until 8:37AM Then Routine Work - Marana Yoga					

3	Saturday, October 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Athiganda* Yoga Visti*/Balava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 19 Sutra 195 Subhakrit 5124
	Vrischika Rasi: 29.24 Tithi 4 - 5	671276574	Gulika 6:23AM - 7:45AM Yama 1:10PM - 2:31PM Rahu 9:06AM - 10:27AM	Jyeshtha* Until 6:51AM Athiganda* Until 8:15PM Balava Until 3:44AM Sun Chaturthi* Until 6:08AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange Karttika-Aipasi	Sunrise: 6:23AM Sunset: 5:14PM Moon 10 - Phase 27 - 19 3rd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work Siddha Yoga					

4	Sunday, October 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau				Tehran, Iran Sun 20 Sutra 196 Subhakrit 5124
	Dhanus Rasi: 13.44 Tithi 6	681276574	Gulika 2:31PM - 3:52PM Yama 11:48AM - 1:09PM Rahu 3:52PM - 5:13PM	Purvashadha* Until 3:41AM Mon Sukarma Until 5:09PM Kaulava Until 2:33PM Shashthi* Until 1:22AM Mon	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 6:24AM Sunset: 5:13PM Moon 10 - Phase 27 - 20 3rd Phase Devaloka Day
	Creative Work Siddha Yoga					
	Until 3:41AM Mon Then Routine Work - Marana Yoga					

5	Monday, October 31, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau				Tehran, Iran Sun 21 Sutra 197 Subhakrit 5124
	Dhanus Rasi: 28.02 Tithi 7	681276574	Gulika 1:09PM - 2:30PM Yama 10:28AM - 11:48AM Rahu 7:46AM - 9:07AM	Uttarashadha Until 2:03AM Tue Dhriti Until 2:07PM Gara Until 12:15PM Saptami Until 11:08PM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue Karttika-Aipasi	Sunrise: 6:25AM Sunset: 5:12PM Moon 10 - Phase 27 - 21 3rd Phase Devaloka Day
	Family Home Evening Routine Work Marana Yoga					
	Until 2:03AM Tue Then Creative Work - Siddha Yoga					

D	Tuesday, November 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Tehran, Iran Sun 22 Sutra 198 Subhakrit 5124
	Retreat Star Makara Rasi: 12.14 Tithi 8	691276574	Gulika 11:48AM - 1:09PM Yama 9:07AM - 10:28AM Rahu 2:29PM - 3:50PM	Shravana Until 12:51AM Wed Shula* Until 11:11AM Visti Until 10:05AM Ashtami* Until 9:03PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon - Purple Karttika-Aipasi	Sunrise: 6:26AM Sunset: 5:11PM Moon 10 - Phase 27 - 22 Ashtami Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work Siddha Yoga					
	Until 12:51AM Wed Then Routine Work - Prabalarishta Yoga					

D	Wednesday, November 2, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran Sun 23 Sutra 199 Subhakrit 5124
	Retreat Star Makara Rasi: 26.2 Tithi 9	692276574	Gulika 10:28AM - 11:48AM Yama 7:47AM - 9:08AM Rahu 11:48AM - 1:09PM	Dhanishtha Until 11:44PM Ganda* Until 8:25AM Balava Until 8:07AM Navami* Until 7:11PM	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon - Purple Karttika-Aipasi	Sunrise: 6:27AM Sunset: 5:10PM Moon 10 - Phase 27 - 23 Navami Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Routine Work Prabalarishta Yoga					
	Until 11:44PM Then Creative Work - Siddha Yoga					

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1	Thursday, November 3, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Taitila/Vanija Karana Dashami/Ekadashyam Titau			Tehran, Iran Sun 24 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 10.17 Tithi 10 – 11	Gulika 9:08AM – 10:28AM	Shatabhishak Until 10:42PM	Ganesha: Green <i>Sunrise:</i> 6:28AM	Moon 10 - Phase 28 - 24
	692276574	Yama 6:28AM – 7:48AM	Dhruva Until 3:26AM Fri	Muruqa: Clear <i>Sunset:</i> 5:09PM	4th Phase
	Creative Work Siddha Yoga	Rahu 1:08PM – 2:29PM	Taitila Until 6:21AM	Nataraja: Clear Moon – Purple	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Dashami Until 5:33PM	Karttika•Aipasi		

2	Friday, November 4, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Tehran, Iran Sun 25 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 24.05 Tithi 11 – 12	Gulika 7:49AM – 9:09AM	Purvaproshtapada* Until 10:14PM	Ganesha: Blue <i>Sunrise:</i> 6:29AM	Moon 10 - Phase 28 - 25
	612276574	Yama 2:28PM – 3:48PM	Vyaghata* Until 1:16AM Sat	Muruqa: Clear <i>Sunset:</i> 5:08PM	4th Phase
	Creative Work Siddha Yoga	Rahu 10:28AM – 11:48AM	Bava Until 3:40AM Sat	Nataraja: Clear Moon – Clear	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Ekadashi Until 4:12PM	Karttika•Aipasi		

3	Saturday, November 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Tehran, Iran Sun 26 Sutra 202 Subhakrit 5124
	Meena Rasi: 7.42 Tithi 12 – 13	Gulika 6:30AM – 7:49AM	Uttaraproshtapada Until 9:58PM	Ganesha: Blue <i>Sunrise:</i> 6:30AM	Moon 10 - Phase 28 - 26
	612276574	Yama 1:08PM – 2:28PM	Harshana Until 11:24PM	Muruqa: Clear <i>Sunset:</i> 5:07PM	4th Phase
	Creative Work Siddha Yoga Until 9:58PM Then Routine Work - Prabalarishta Yoga	Rahu 9:09AM – 10:29AM	Kaulava Until 2:49AM Sun	Nataraja: Clear Moon – Clear	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Dvadashi Until 3:10PM	Karttika•Aipasi	<i>Pradosha Vrata</i>	

4	Sunday, November 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Tehran, Iran Sun 27 Sutra 203 Subhakrit 5124
	Meena Rasi: 21.07 Tithi 13 – 14	Gulika 2:27PM – 3:47PM	Revati Until 9:55PM	Ganesha: Blue <i>Sunrise:</i> 6:31AM	Moon 10 - Phase 28 - 27
	612276574	Yama 11:48AM – 1:08PM	Vajra* Until 9:48PM	Muruqa: Clear <i>Sunset:</i> 5:06PM	4th Phase
	Creative Work Amrita Yoga Until 9:55PM Then Creative Work - Siddha Yoga	Rahu 3:47PM – 5:06PM	Gara Until 2:22AM Mon	Nataraja: Clear Moon – Clear	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Trayodashi Until 2:31PM	Karttika•Aipasi		

○	Monday, November 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Tehran, Iran Sutra 204 Subhakrit 5124
	Copper Retreat Star	Gulika 1:08PM – 2:27PM	Ashvini Until 10:37PM	Ganesha: Blue <i>Sunrise:</i> 6:32AM	Moon 10 - Phase 28 -
	Mesha Rasi: 4.19 Tithi 14 – 15	Yama 10:29AM – 11:48AM	Siddhi Until 8:35PM	Muruqa: Clear <i>Sunset:</i> 5:05PM	Purnima
	Family Home Evening 722276574	Rahu 7:51AM – 9:10AM	Visti Until 2:22AM Tue	Nataraja: Clear Moon – White	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Chaturdashi* Until 2:17PM	Karttika•Aipasi		

○	Tuesday, November 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Tehran, Iran Sutra 205 Subhakrit 5124
	Silver Retreat Star	Gulika 11:48AM – 1:07PM	Bharani Until 11:38PM	Ganesha: Blue <i>Sunrise:</i> 6:33AM	Moon 10 - Phase 28 -
	Mesha Rasi: 17.17 Tithi 15 – 16	Yama 9:11AM – 10:30AM	Vyatipata* Until 7:44PM	Muruqa: Clear <i>Sunset:</i> 5:04PM	Prathama
	722276574	Rahu 2:26PM – 3:45PM	Balava Until 2:53AM Wed	Nataraja: Clear Moon – White	Bhuloka Day Devaloka Time: 3:PM to 6:PM
		Purnima* Until 2:32PM	Karttika•Aipasi		



Wednesday, November 9, 2022

Gold Retreat Star

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

Tehran, Iran

Sutra 206

Subhakrit 5124

Vrishabha Rasi: 0.01 Tithi 16 - 17

722276574

Gulika 10:30AM - 11:49AM
Yama 7:52AM - 9:11AM
Rahu 11:49AM - 1:07PM

Krittika **Until 12:59AM Thu**
Varyan Until 7:16PM
Taitila Until 3:55AM Thu
Prathama* **Until 3:19PM**

Ganesha: Blue **Sunrise:** 6:34AM
Muruqa: Clear **Sunset:** 5:03PM
Nataraja: Clear
Moon - White
Karttika-Aipasi

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

Creative Work Amrita Yoga
Until 12:59AM Thu
Then Routine Work - Marana Yoga

1 Thursday, November 10, 2022

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

Tehran, Iran

Sun 1 Sutra 207

Subhakrit 5124

Vrishabha Rasi: 12.29 Tithi 17 - 18

732276574

Gulika 9:12AM - 10:30AM
Yama 6:35AM - 7:53AM
Rahu 1:07PM - 2:26PM

Rohini **Until 3:09AM Fri**
Parigha* **Until 7:12PM**
Vanija **Until 5:26AM Fri**
Dvitiya **Until 4:36PM**

Ganesha: Red **Sunrise:** 6:35AM
Muruqa: Clear **Sunset:** 5:03PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Devaloka Day

Routine Work Marana Yoga
Until 3:09AM Fri
Then Creative Work - Siddha Yoga

2 Friday, November 11, 2022

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

Tehran, Iran

Sun 2 Sutra 208

Subhakrit 5124

Vrishabha Rasi: 24.46 Tithi 18

732276574

Gulika 7:54AM - 9:12AM
Yama 2:25PM - 3:44PM
Rahu 10:30AM - 11:49AM

Mrigashira **Until 5:35AM Sat**
Shiva **Until 7:30PM**
Visti **Until 6:21PM**
Tritiya **Until 6:21PM**

Ganesha: Red **Sunrise:** 6:36AM
Muruqa: Clear **Sunset:** 5:02PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

3 Saturday, November 12, 2022

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

Tehran, Iran

Sun 3 Sutra 209

Subhakrit 5124

Mithuna Rasi: 6.52 Tithi 19

732276574

Gulika 6:37AM - 7:55AM
Yama 1:07PM - 2:25PM
Rahu 9:13AM - 10:31AM

Ardra **Until 8:09AM Sun**
Siddha **Until 8:04PM**
Bava **Until 7:25AM**
Chaturthi* **Until 8:30PM**

Ganesha: Red **Sunrise:** 6:37AM
Muruqa: Clear **Sunset:** 5:01PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

4 Sunday, November 13, 2022

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

Tehran, Iran

Sun 4 Sutra 210

Subhakrit 5124

Mithuna Rasi: 18.5 Tithi 20

732276574

Gulika 2:25PM - 3:42PM
Yama 11:49AM - 1:07PM
Rahu 3:42PM - 5:00PM

Ardra **Until 8:09AM**
Sadhya **Until 8:49PM**
Kaulava **Until 9:42AM**
Panchami **Until 10:54PM**

Ganesha: Red **Sunrise:** 6:38AM
Muruqa: Clear **Sunset:** 5:00PM
Nataraja: Clear
Moon - Yellow
Karttika-Aipasi

Devaloka Day

Creative Work Siddha Yoga

5 Monday, November 14, 2022

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

Tehran, Iran

Sun 5 Sutra 211

Subhakrit 5124

Kataka Rasi: 0.44 Tithi 21

742376574

Gulika 1:07PM - 2:24PM
Yama 10:32AM - 11:49AM
Rahu 7:56AM - 9:14AM

Punarvasu **Until 11:15AM**
Subha **Until 9:41PM**
Gara **Until 12:11PM**
Shashthi* **Until 1:24AM Tue**

Ganesha: White **Sunrise:** 6:39AM
Muruqa: Clear **Sunset:** 5:00PM
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

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

Family Home Evening
Creative Work Amrita Yoga
Until 11:15AM
Then Creative Work - Siddha Yoga

6 Tuesday, November 15, 2022

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

Tehran, Iran

Sun 6 Sutra 212

Subhakrit 5124

Kataka Rasi: 13 Tithi 22

743376574

Gulika 11:49AM - 1:07PM
Yama 9:14AM - 10:32AM
Rahu 2:24PM - 3:42PM

Pushya **Until 2:10PM**
Sukla **Until 10:27PM**
Visti **Until 2:39PM**
Saptami **Until 3:48AM Wed**

Ganesha: Green **Sunrise:** 6:40AM
Muruqa: Clear **Sunset:** 4:59PM
Nataraja: Clear
Moon - Blue
Karttika-Aipasi

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

Creative Work Siddha Yoga

Retreat Star Wednesday, November 16, 2022

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

Tehran, Iran

Sun 7 Sutra 213

Subhakrit 5124

Kataka Rasi: 24.32 Tithi 23

743376574

Gulika 10:32AM - 11:49AM
Yama 7:58AM - 9:15AM
Rahu 11:49AM - 1:07PM

Ashlesha* **Until 4:45PM**
Brahma **Until 11:03PM**
Balava **Until 4:56PM**
Ashtami* **Until 5:54AM Thu**

Ganesha: Green **Sunrise:** 6:41AM
Muruqa: Clear **Sunset:** 4:58PM
Nataraja: Clear
Moon - Blue
Karttika-Karttikai

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

Creative Work Siddha Yoga

Retreat Star Thursday, November 17, 2022

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

Tehran, Iran

Sun 8 Sutra 214

Subhakrit 5124

Simha Rasi: 6.35 Tithi 24

753376575

Gulika 9:16AM - 10:33AM
Yama 6:42AM - 7:59AM
Rahu 1:07PM - 2:24PM

Magha* **Until 7:17PM**
Indra **Until 11:19PM**
Taitila **Until 6:49PM**
Navami* **Until 7:31AM Fri**

Ganesha: Orange **Sunrise:** 6:42AM
Muruqa: Clear **Sunset:** 4:58PM
Nataraja: Purple
Moon - Red
Karttika-Karttikai

Sivaloka Day

Creative Work Amrita Yoga
Until 7:17PM
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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1		Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam		Tehran, Iran	
				Purvaphalguni Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 9 Sutra 215	
Simha Rasi: 18.49	Tithi 24 – 25	Gulika 7:59AM – 9:16AM	Purvaphalguni Until 9:05PM	Ganesha: Orange	<i>Sunrise:</i> 6:43AM	Subhakrit 5124	
		Yama 2:24PM – 3:40PM	Vaidhriti* Until 11:07PM	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 11 - Phase 30 - 9	
	753376575	Rahu 10:33AM – 11:50AM	Vanija Until 8:07PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Navami* Until 7:31AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2		Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam		Tehran, Iran	
				Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 10 Sutra 216	
Kanya Rasi: 1.2	Tithi 25 – 26	Gulika 6:44AM – 8:00AM	Uttaraphalguni Until 10:04PM	Ganesha: Orange	<i>Sunrise:</i> 6:44AM	Subhakrit 5124	
		Yama 1:07PM – 2:23PM	Vishkambha* Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 11 - Phase 30 - 10	
	753376575	Rahu 9:17AM – 10:33AM	Bava Until 8:43PM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 8:30AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3		Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam		Tehran, Iran	
				Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 11 Sutra 217	
Kanya Rasi: 14.11	Tithi 26 – 27	Gulika 2:23PM – 3:40PM	Hasta Until 10:37PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:45AM	Subhakrit 5124	
		Yama 11:50AM – 1:07PM	Priti Until 9:03PM	Muruqa: Clear	<i>Sunset:</i> 4:56PM	Moon 11 - Phase 30 - 11	
	763376575	Rahu 3:40PM – 4:56PM	Kaulava Until 8:33PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 8:43AM	Moon – Green		Devaloka Day	
Until 10:37PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

4		Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam		Tehran, Iran	
				Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Sun 12 Sutra 218	
Kanya Rasi: 27.26	Tithi 27 – 28	Gulika 1:07PM – 2:23PM	Chitra Until 10:15PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:46AM	Subhakrit 5124	
Family Home Evening		Yama 10:34AM – 11:51AM	Ayushman Until 7:06PM	Muruqa: Clear	<i>Sunset:</i> 4:56PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	Rahu 8:02AM – 9:18AM	Gara Until 7:37PM	Nataraja: Purple		2nd Phase	
Until 10:15PM			Dvadashi* Until 8:10AM	Moon – Green		Devaloka Day	
Then Creative Work - Amrita Yoga				Karttika-Karttikai			
				Pradosha Vrata (Fasting)			

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam		Tehran, Iran	
				Svati Nakshatra Saubhagya/Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13 Sutra 219	
Tula Rasi: 11.07	Tithi 28 – 29	Gulika 11:51AM – 1:07PM	Svati Until 9:04PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:47AM	Subhakrit 5124	
		Yama 9:19AM – 10:35AM	Saubhagya Until 4:37PM	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 30 - 13	
	763376575	Rahu 2:23PM – 3:39PM	Visti Until 6:00PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 6:52AM	Moon – Green		Devaloka Day	
Until 9:04PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam		Tehran, Iran	
				Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14 Sutra 220	
Tula Rasi: 25.11	Tithi 30	Gulika 10:35AM – 11:51AM	Vishakha Until 7:37PM	Ganesha: Purple	<i>Sunrise:</i> 6:48AM	Subhakrit 5124	
		Yama 8:03AM – 9:19AM	Sobhana Until 1:39PM	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 11 - Phase 30 - 14	
	773376575	Rahu 11:51AM – 1:07PM	Catuspada Until 3:46PM	Nataraja: Purple		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 2:28AM Thu	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

Retreat Star		Thursday, November 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam		Tehran, Iran	
				Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15 Sutra 221	
Vrischika Rasi: 9.35	Tithi 1	Gulika 9:20AM – 10:36AM	Anuradha Until 5:36PM	Ganesha: Purple	<i>Sunrise:</i> 6:48AM	Subhakrit 5124	
		Yama 6:48AM – 8:04AM	Athiganda* Until 10:18AM	Muruqa: Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 30 - 15	
	773376575	Rahu 1:07PM – 2:23PM	Kintughna Until 1:06PM	Nataraja: Purple		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 11:38PM	Moon – Orange		Devaloka Day	
Until 5:36PM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

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

1		Friday, November 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau			Tehran, Iran Sun 16 Sutra 222 Subhakrit 5124
Vrishchika Rasi: 24.15	Tithi 2	Gulika 8:05AM – 9:21AM	Jyeshtha* Until 3:11PM	Ganesha: Purple	<i>Sunrise:</i> 6:49AM		
		Yama 2:23PM – 3:38PM	Sukarma Until 6:41AM	Muruqa: Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 31 - 16	
		773376575 Rahu 10:36AM – 11:52AM	Balava Until 10:09AM	Nataraja: Purple		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 8:35PM	Moon – Orange			Devaloka Day
Until 3:11PM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							

2		Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau			Tehran, Iran Sun 17 Sutra 223 Subhakrit 5124
Dhanus Rasi: 9.02	Tithi 3 – 4	Gulika 6:50AM – 8:06AM	Mula* Until 12:56PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:50AM		
		Yama 1:07PM – 2:23PM	Shula* Until 11:11PM	Muruqa: Clear	<i>Sunset:</i> 4:54PM	Moon 11 - Phase 31 - 17	
		783376575 Rahu 9:21AM – 10:37AM	Taitila Until 7:02AM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 5:27PM	Moon – Light Blue			Devaloka Day
				Margasira-Karttikai			

3		Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Tehran, Iran Sun 18 Sutra 224 Subhakrit 5124
Dhanus Rasi: 23.5	Tithi 4 – 5	Gulika 2:23PM – 3:38PM	Purvashadha* Until 10:36AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:51AM		
		Yama 11:52AM – 1:08PM	Ganda* Until 7:30PM	Muruqa: Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 31 - 18	
		783376575 Rahu 3:38PM – 4:53PM	Bava Until 12:59AM Mon	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 2:25PM	Moon – Light Blue			Devaloka Day
Until 10:36AM				Margasira-Karttikai			
Then Creative Work - Amrita Yoga							

4		Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Tehran, Iran Sun 19 Sutra 225 Subhakrit 5124
Makara Rasi: 8.3	Tithi 5 – 6	Gulika 1:08PM – 2:23PM	Uttarashadha Until 8:19AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:52AM		
Family Home Evening		Yama 10:38AM – 11:53AM	Vriddhi Until 4:02PM	Muruqa: Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 31 - 19	
Routine Work	Marana Yoga	783376575 Rahu 8:07AM – 9:22AM	Kaulava Until 10:17PM	Nataraja: Purple		3rd Phase	
Until 8:19AM			Panchami Until 11:34AM	Moon – Light Blue			Devaloka Day
Then Creative Work - Amrita Yoga				Margasira-Karttikai			

5		Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Tehran, Iran Sun 20 Sutra 226 Subhakrit 5124
Makara Rasi: 22.58	Tithi 6 – 7	Gulika 11:53AM – 1:08PM	Shravana Until 6:36AM	Ganesha: Orange	<i>Sunrise:</i> 6:53AM		
		Yama 9:23AM – 10:38AM	Dhruva Until 12:50PM	Muruqa: Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 31 - 20	
		793376575 Rahu 2:23PM – 3:38PM	Gara Until 7:58PM	Nataraja: Purple		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 9:04AM	Moon – Purple			Sivaloka Day
				Margasira-Karttikai			

Retreat Star		Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanja/Visti* Karana Saptami/Ashtamyam Titau			Tehran, Iran Sun 21 Sutra 227 Subhakrit 5124
Kumbha Rasi: 7.09	Tithi 7 – 8	Gulika 10:39AM – 11:53AM	Shatabhishak Until 4:02AM Thu	Ganesha: Clear	<i>Sunrise:</i> 6:54AM		
		Yama 8:09AM – 9:24AM	Vyaghata* Until 9:59AM	Muruqa: Clear	<i>Sunset:</i> 4:53PM	Moon 11 - Phase 31 - 21	
		794376575 Rahu 11:53AM – 1:08PM	Visti Until 6:07PM	Nataraja: Purple		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 6:58AM	Moon – Purple			Sivaloka Day
				Margasira-Karttikai			

Retreat Star		Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau			Tehran, Iran Sun 22 Sutra 228 Subhakrit 5124
Kumbha Rasi: 21.02	Tithi 9	Gulika 9:24AM – 10:39AM	Purvaproshtapada* Until 3:42AM Fri	Ganesha: Red	<i>Sunrise:</i> 6:55AM		
		Yama 6:55AM – 8:10AM	Harshana Until 7:32AM	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 31 - 22	
		714376575 Rahu 1:08PM – 2:23PM	Balava Until 4:45PM	Nataraja: Purple		Navami	
Creative Work	Siddha Yoga		Navami* Until 4:15AM Fri	Moon – Clear			Sivaloka Day
				Margasira-Karttikai			

1		Friday, December 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Tehran, Iran Sun 23 Sutra 229 Subhakrit 5124
Meena Rasi: 4.37	Tithi 10	Gulika 8:10AM – 9:25AM	Uttaraproshtapada Until 3:44AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:56AM		
		Yama 2:23PM – 3:38PM	Siddhi Until 3:48AM Sat	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - 23	
	714376575	Rahu 10:40AM – 11:54AM	Taitila Until 3:55PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 3:40AM Sat	Moon – Clear		Sivaloka Day	
Until 3:44AM Sat				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

2		Saturday, December 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Tehran, Iran Sun 24 Sutra 230 Subhakrit 5124
Meena Rasi: 17.53	Tithi 11	Gulika 6:57AM – 8:11AM	Revati Until 4:07AM Sun	Ganesha: Red	<i>Sunrise:</i> 6:57AM		
		Yama 1:09PM – 2:23PM	Vyatipata* Until 2:34AM Sun	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - 24	
	714376575	Rahu 9:26AM – 10:40AM	Vanija Until 3:35PM	Nataraja: Purple		4th Phase	
Routine Work	Prabalarishta Yoga		Ekadashi Until 3:36AM Sun	Moon – Clear		Sivaloka Day	
Until 4:07AM Sun				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

3		Sunday, December 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Tehran, Iran Sun 25 Sutra 231 Subhakrit 5124
Mesha Rasi: 0.55	Tithi 12	Gulika 2:24PM – 3:38PM	Ashvini Until 5:15AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:58AM		
		Yama 11:55AM – 1:09PM	Varyan Until 1:40AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - 25	
	724376575	Rahu 3:38PM – 4:52PM	Bava Until 3:45PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Dvodashi Until 4:00AM Mon	Moon – White		Devaloka Day	
				Margasira-Karttikai			

4		Monday, December 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Tehran, Iran Sun 26 Sutra 232 Subhakrit 5124
Mesha Rasi: 13.43	Tithi 13	Gulika 1:10PM – 2:24PM	Bharani Until 6:39AM Tue	Ganesha: Blue	<i>Sunrise:</i> 6:59AM		
		Yama 10:41AM – 11:55AM	Parigha* Until 1:07AM Tue	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - 26	
Family Home Evening	724376575	Rahu 8:13AM – 9:27AM	Kaulava Until 4:23PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 4:50AM Tue	Moon – White		Devaloka Day	
				Margasira-Karttikai			

Pradosha Vrata

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Tehran, Iran Sun 27 Sutra 233 Subhakrit 5124
Mesha Rasi: 26.19	Tithi 14	Gulika 11:56AM – 1:10PM	Bharani Until 6:39AM	Ganesha: Blue	<i>Sunrise:</i> 6:59AM		
		Yama 9:28AM – 10:42AM	Shiva Until 12:53AM Wed	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - 27	
	724376575	Rahu 2:24PM – 3:38PM	Gara Until 5:26PM	Nataraja: Purple		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 6:05AM Wed	Moon – White		Devaloka Day	
		Krittika Deepam		Margasira-Karttikai			

○		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Tehran, Iran Sun 28 Sutra 234 Subhakrit 5124
Copper Retreat Star		Gulika 10:42AM – 11:56AM	Krittika Until 8:17AM	Ganesha: Blue	<i>Sunrise:</i> 7:00AM		
Vrishabha Rasi: 8.44	Tithi 14 – 15	Yama 8:14AM – 9:28AM	Siddha Until 12:55AM Thu	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - Purnima	
	724376575	Rahu 11:56AM – 1:10PM	Visti Until 6:52PM	Nataraja: Purple			
Creative Work	Amrita Yoga		Chaturdashi* Until 6:05AM	Moon – White		Devaloka Day	
Until 8:17AM				Margasira-Karttikai			
Then Creative Work - Siddha Yoga							

○		Thursday, December 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Tehran, Iran Sun 29 Sutra 235 Subhakrit 5124
Silver Retreat Star		Gulika 9:29AM – 10:43AM	Rohini Until 10:35AM	Ganesha: Yellow	<i>Sunrise:</i> 7:01AM		
Vrishabha Rasi: 20.59	Tithi 15 – 16	Yama 7:01AM – 8:15AM	Sadhya Until 1:13AM Fri	Muruqa: Clear	<i>Sunset:</i> 4:52PM	Moon 11 - Phase 32 - Prathama	
	734376575	Rahu 1:11PM – 2:24PM	Balava Until 8:40PM	Nataraja: Purple			
Routine Work	Marana Yoga		Purnima* Until 7:42AM	Moon – Yellow		Sivaloka Day	
				Margasira-Karttikai			
		Vinayaga Viratam Begins					

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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Friday, December 9, 2022

Gold Retreat Star

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

Tehran, Iran

Sutra 236

Subhakrit 5124

Mithuna Rasi: 3.07 Tithi 16 - 17

734476575

Gulika 8:16AM - 9:29AM
Yama 2:25PM - 3:38PM
Rahu 10:43AM - 11:57AM

Mrigashira Until 1:02PM
Subha Until 1:44AM Sat
Taitila Until 10:45PM
Prathama* Until 9:39AM

Ganesha: Red *Sunrise:* 7:02AM
Muruqa: Clear *Sunset:* 4:52PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 -
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Tehran, Iran

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 15.08 Tithi 17 - 18

734476575

Gulika 7:03AM - 8:16AM
Yama 1:11PM - 2:25PM
Rahu 9:30AM - 10:44AM

Ardra Until 3:33PM
Sukla Until 2:24AM Sun
Vanija Until 1:05AM Sun
Dvitiya Until 11:52AM

Ganesha: Red *Sunrise:* 7:03AM
Muruqa: Clear *Sunset:* 4:52PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 - 1
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Tehran, Iran

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 27.05 Tithi 18 - 19

744476575

Gulika 2:25PM - 3:39PM
Yama 11:58AM - 1:12PM
Rahu 3:39PM - 4:53PM

Punarvasu Until 6:36PM
Brahma Until 3:12AM Mon
Bava Until 3:34AM Mon
Tritiya Until 2:17PM

Ganesha: Green *Sunrise:* 7:03AM
Muruqa: Clear *Sunset:* 4:53PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 2
1st Phase

Devaloka Day

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Tehran, Iran

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 8.58 Tithi 19 - 20

745476575

Family Home Evening

Gulika 1:12PM - 2:26PM
Yama 10:45AM - 11:58AM
Rahu 8:18AM - 9:31AM

Pushya Until 9:33PM
Indra Until 4:03AM Tue
Kaulava Until 6:06AM Tue
Chaturthi* Until 4:49PM

Ganesha: White *Sunrise:* 7:04AM
Muruqa: Clear *Sunset:* 4:53PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 3
1st Phase

Devaloka Day

Creative Work Siddha Yoga

4

Tuesday, December 13, 2022

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

Tehran, Iran

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 20.5 Tithi 20

745476575

Gulika 11:59AM - 1:12PM
Yama 9:32AM - 10:45AM
Rahu 2:26PM - 3:39PM

Ashlesha* Until 12:18AM Wed
Vaidhriti* Until 4:49AM Wed
Kaulava Until 6:06AM
Panchami Until 7:19PM

Ganesha: White *Sunrise:* 7:05AM
Muruqa: Clear *Sunset:* 4:53PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 4
1st Phase

Devaloka Day

Creative Work Siddha Yoga

5

Wednesday, December 14, 2022

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

Tehran, Iran

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 2.44 Tithi 21

755476575

Gulika 10:46AM - 11:59AM
Yama 8:19AM - 9:32AM
Rahu 11:59AM - 1:13PM

Magha* Until 3:12AM Thu
Vishkambha* Until 5:25AM Thu
Gara Until 8:33AM
Shashthi* Until 9:40PM

Ganesha: Clear *Sunrise:* 7:06AM
Muruqa: Clear *Sunset:* 4:53PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 5
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

6

Thursday, December 15, 2022

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

Tehran, Iran

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 14.44 Tithi 22

755476575

Gulika 9:33AM - 10:46AM
Yama 7:06AM - 8:20AM
Rahu 1:13PM - 2:27PM

Purvaphalguni Until 5:32AM Fri
Priti Until 5:43AM Fri
Visti Until 10:44AM
Saptami Until 11:38PM

Ganesha: Clear *Sunrise:* 7:06AM
Muruqa: Clear *Sunset:* 4:54PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 6
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

D

Friday, December 16, 2022

Retreat Star

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

Tehran, Iran

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 26.53 Tithi 23

755476575

Gulika 8:20AM - 9:34AM
Yama 2:27PM - 3:40PM
Rahu 10:47AM - 12:00PM

Uttaraphalguni Until 7:08AM Sat
Ayushman Until 5:32AM Sat
Balava Until 12:27PM
Ashtami* Until 1:03AM Sat

Ganesha: Clear *Sunrise:* 7:07AM
Muruqa: Clear *Sunset:* 4:54PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Moon 12 - Phase 33 - 7
Ashtami

Sivaloka Day

Creative Work Siddha Yoga

Until 7:08AM Sat

Then Routine Work - Marana Yoga

Saturday, December 17, 2022

Retreat Star

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

Tehran, Iran

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 9.19 Tithi 24

855476575

Gulika 7:08AM - 8:21AM
Yama 1:14PM - 2:28PM
Rahu 9:34AM - 10:48AM

Uttaraphalguni Until 7:08AM
Saubhagya Until 4:47AM Sun
Taitila Until 1:31PM
Navami* Until 1:44AM Sun

Ganesha: White *Sunrise:* 7:08AM
Muruqa: Clear *Sunset:* 4:54PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Moon 12 - Phase 33 - 8
Navami

Devaloka Day

Routine Work Marana Yoga

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau		Tehran, Iran Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 22.04	Tithi 25	Gulika 2:28PM – 3:41PM	Hasta Until 8:19AM	Ganesha: Clear	<i>Sunrise:</i> 7:08AM		
		Yama 12:01PM – 1:15PM	Sobhana Until 3:24AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 12 - Phase 34 - 9	
	865476575	Rahu 3:41PM – 4:55PM	Vanija Until 1:47PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Dashami Until 1:35AM Mon	Moon – Green		Sivaloka Day	
Until 8:19AM				Margasira*Markali			
Then Creative Work - Siddha Yoga							

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Tehran, Iran Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 5.14	Tithi 26	Gulika 1:15PM – 2:28PM	Chitra Until 8:31AM	Ganesha: Clear	<i>Sunrise:</i> 7:09AM		
Family Home Evening		Yama 10:49AM – 12:02PM	Athiganda* Until 1:19AM Tue	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 12 - Phase 34 - 10	
	865476575	Rahu 8:22AM – 9:35AM	Bava Until 1:12PM	Nataraja: Purple		2nd Phase	
Routine Work	Prabalarishta Yoga		Ekadashi* Until 12:34AM Tue	Moon – Green		Sivaloka Day	
Until 8:31AM				Margasira*Markali			
Then Creative Work - Amrita Yoga							

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau		Tehran, Iran Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 18.53	Tithi 27	Gulika 12:02PM – 1:16PM	Svati Until 7:45AM	Ganesha: Clear	<i>Sunrise:</i> 7:09AM		
		Yama 9:36AM – 10:49AM	Sukarma Until 10:37PM	Muruqa: Clear	<i>Sunset:</i> 4:55PM	Moon 12 - Phase 34 - 11	
	865476575	Rahu 2:29PM – 3:42PM	Kaulava Until 11:47AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 10:45PM	Moon – Green		Sivaloka Day	
Until 7:45AM				Margasira*Markali			
Then Routine Work - Marana Yoga							

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau		Tehran, Iran Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 3.01	Tithi 28	Gulika 10:50AM – 12:03PM	Vishakha Until 6:31AM	Ganesha: Clear	<i>Sunrise:</i> 7:10AM		
		Yama 8:23AM – 9:36AM	Dhriti Until 7:22PM	Muruqa: Clear	<i>Sunset:</i> 4:56PM	Moon 12 - Phase 34 - 12	
	876476575	Rahu 12:03PM – 1:16PM	Gara Until 9:36AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 8:15PM	Moon – Orange		Sivaloka Day	
		Day 1 of Pancha Ganapati		Margasira*Markali			
<i>Pradosha Vrata (Fasting)</i>							

5		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Visli*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Tehran, Iran Sun 13 Sutra 249 Subhakrit 5124	
Vrischika Rasi: 17.35	Tithi 29 – 30	Gulika 9:37AM – 10:50AM	Jyeshtha* Until 1:52AM Fri	Ganesha: Clear	<i>Sunrise:</i> 7:10AM		
		Yama 7:10AM – 8:24AM	Shula* Until 3:39PM	Muruqa: Clear	<i>Sunset:</i> 4:56PM	Moon 12 - Phase 34 - 13	
	876476575	Rahu 1:17PM – 2:30PM	Visli Until 6:48AM	Nataraja: Purple		2nd Phase	
Routine Work	Prabalarishta Yoga		Chaturdashi* Until 5:12PM	Moon – Orange		Sivaloka Day	
Until 1:52AM Fri		Day 2 of Pancha Ganapati		Margasira*Markali			
Then Creative Work - Amrita Yoga							

Retreat Star		Friday, December 23, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Tehran, Iran Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 2.29	Tithi 30 – 1	Gulika 8:24AM – 9:37AM	Mula* Until 11:12PM	Ganesha: Orange	<i>Sunrise:</i> 7:11AM		
		Yama 2:30PM – 3:44PM	Ganda* Until 11:38AM	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 12 - Phase 34 - 14	
	886476575	Rahu 10:51AM – 12:04PM	Kintughna Until 11:59PM	Nataraja: Purple		Amavasya	
Creative Work	Amrita Yoga		Amavasya* Until 1:46PM	Moon – Light Blue		Sivaloka Day	
Until 11:12PM		Day 3 of Pancha Ganapati		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga							

Retreat Star		Saturday, December 24, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Tehran, Iran Sun 15 Sutra 251 Subhakrit 5124	
Dhanus Rasi: 17.37	Tithi 1 – 2	Gulika 7:11AM – 8:25AM	Purvashadha* Until 8:16PM	Ganesha: Orange	<i>Sunrise:</i> 7:11AM		
		Yama 1:18PM – 2:31PM	Vridhhi Until 7:26AM	Muruqa: Clear	<i>Sunset:</i> 4:57PM	Moon 12 - Phase 34 - 15	
	886476575	Rahu 9:38AM – 10:51AM	Balava Until 8:19PM	Nataraja: Purple		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 10:08AM	Moon – Light Blue		Sivaloka Day	
Until 8:16PM		Day 4 of Pancha Ganapati		Pausha*Markali			
Then Routine Work - Marana Yoga							

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1		Sunday, December 25, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam		Tehran, Iran	
				Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau		Sun 16 Sutra 252	
Makara Rasi: 2.49	Tithi 2 - 3	Gulika	2:31PM - 3:45PM	Uttarashadha Until 5:16PM	Ganesha: Orange	<i>Sunrise:</i> 7:12AM	Subhakrit 5124
		Yama	12:05PM - 1:18PM	Vyaghata* Until 11:00PM	Muruqa: Purple	<i>Sunset:</i> 4:58PM	Moon 12 - Phase 35 - 16
		Rahu	3:45PM - 4:58PM	Gara Until 2:56AM Mon	Nataraja: Purple		3rd Phase
Creative Work	Amrita Yoga			Day 5 of Pancha Ganapati	Moon - Light Blue		Subha Sivaloka Day
					Pausha-Markali		

2		Monday, December 26, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam		Tehran, Iran	
				Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Vishti* Karana Chaturthiyam Titau		Sun 17 Sutra 253	
Makara Rasi: 17.53	Tithi 4	Gulika	1:19PM - 2:32PM	Shravana Until 2:45PM	Ganesha: Clear	<i>Sunrise:</i> 7:12AM	Subhakrit 5124
Family Home Evening		Yama	10:52AM - 12:05PM	Harshana Until 7:05PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 35 - 17
Creative Work	Amrita Yoga	Rahu	8:25AM - 9:39AM	Vanija Until 1:18PM	Nataraja: Clear		3rd Phase
Until 2:45PM				Chaturthi* Until 11:43PM	Moon - Purple		Sivaloka Day
Then Creative Work - Siddha Yoga					Pausha-Markali		

3		Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam		Tehran, Iran	
				Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Sun 18 Sutra 254	
Kumbha Rasi: 2.42	Tithi 5	Gulika	12:06PM - 1:19PM	Dhanishtha Until 12:30PM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM	Subhakrit 5124
		Yama	9:39AM - 10:53AM	Vajra* Until 3:28PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM	Moon 12 - Phase 35 - 18
		Rahu	2:33PM - 3:46PM	Bava Until 10:17AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Panchami Until 8:57PM	Moon - Purple		Sivaloka Day
Until 12:30PM					Pausha-Markali		
Then Routine Work - Marana Yoga							

4		Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam		Tehran, Iran	
				Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Sun 19 Sutra 255	
Kumbha Rasi: 17.1	Tithi 6	Gulika	10:53AM - 12:06PM	Shatabhishak Until 10:38AM	Ganesha: Clear	<i>Sunrise:</i> 7:13AM	Subhakrit 5124
		Yama	8:26AM - 9:40AM	Siddhi Until 12:20PM	Muruqa: Purple	<i>Sunset:</i> 5:00PM	Moon 12 - Phase 35 - 19
		Rahu	12:06PM - 1:20PM	Kaulava Until 7:48AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 6:46PM	Moon - Purple		Sivaloka Day
Until 10:38AM					Pausha-Markali		
Then Creative Work - Amrita Yoga		Vinayaga Viratam Ends					

5		Thursday, December 29, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam		Tehran, Iran	
				Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Vanija/Vishti* Karana Saptami/Ashtamyam Titau		Sun 20 Sutra 256	
Meena Rasi: 1.11	Tithi 7 - 8	Gulika	9:40AM - 10:53AM	Purvaproshtapada* Until 9:42AM	Ganesha: Blue	<i>Sunrise:</i> 7:13AM	Subhakrit 5124
		Yama	7:13AM - 8:27AM	Vyatipata* Until 9:44AM	Muruqa: Purple	<i>Sunset:</i> 5:01PM	Moon 12 - Phase 35 - 20
		Rahu	1:20PM - 2:34PM	Visti Until 4:50AM Fri	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Saptami Until 5:17PM	Moon - Clear		Devaloka Day
					Pausha-Markali		

Retreat Star		Friday, December 30, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam		Tehran, Iran	
				Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 21 Sutra 257	
Meena Rasi: 14.47	Tithi 8 - 9	Gulika	8:27AM - 9:40AM	Uttaraproshtapada Until 9:21AM	Ganesha: Blue	<i>Sunrise:</i> 7:13AM	Subhakrit 5124
		Yama	2:34PM - 3:48PM	Variyan Until 7:41AM	Muruqa: Purple	<i>Sunset:</i> 5:01PM	Moon 12 - Phase 35 - 21
		Rahu	10:54AM - 12:07PM	Balava Until 4:27AM Sat	Nataraja: Clear		Ashtami
Creative Work	Siddha Yoga			Ashtami* Until 4:32PM	Moon - Clear		Devaloka Day
					Pausha-Markali		

Retreat Star		Saturday, December 31, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam		Tehran, Iran	
				Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Sun 22 Sutra 258	
Meena Rasi: 27.59	Tithi 9 - 10	Gulika	7:14AM - 8:27AM	Revati Until 9:34AM	Ganesha: Blue	<i>Sunrise:</i> 7:14AM	Subhakrit 5124
		Yama	1:21PM - 2:35PM	Parigha* Until 6:14AM	Muruqa: Purple	<i>Sunset:</i> 5:02PM	Moon 12 - Phase 35 - 22
		Rahu	9:41AM - 10:54AM	Taitila Until 4:47AM Sun	Nataraja: Clear		Navami
Routine Work	Prabalarishta Yoga			Navami* Until 4:31PM	Moon - Clear		Devaloka Day
Until 9:34AM					Pausha-Markali		
Then Creative Work - Siddha Yoga							

1		Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam		Tehran, Iran	
				Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 23 Sutra 259	
Mesha Rasi: 10.49	Tithi 10 - 11	Gulika 2:36PM - 3:49PM	Ashvini Until 10:46AM	Ganesha: Yellow	<i>Sunrise:</i> 7:14AM	Subhakrit 5124	
		Yama 12:08PM - 1:22PM	Siddha Until 4:54AM Mon	Muruqa: Purple	<i>Sunset:</i> 5:03PM	Moon 12 - Phase 36 - 23	
	827486576	Rahu 3:49PM - 5:03PM	Vanija Until 5:46AM Mon	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dashami Until 5:11PM	Moon - White		Sivaloka Day	
Until 10:46AM				Pausha-Markali			
Then Routine Work - Prabararishta Yoga							

2		Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam		Tehran, Iran	
				Bharani/Krittika Nakshatra Sadhya Yoga Visti* Karana Ekadashyam Titau		Sun 24 Sutra 260	
Mesha Rasi: 23.22	Tithi 11	Gulika 1:22PM - 2:36PM	Bharani Until 12:23PM	Ganesha: Yellow	<i>Sunrise:</i> 7:14AM	Subhakrit 5124	
Family Home Evening		Yama 10:55AM - 12:09PM	Sadhya Until 4:52AM Tue	Muruqa: Purple	<i>Sunset:</i> 5:04PM	Moon 12 - Phase 36 - 24	
Creative Work	Siddha Yoga	827486576 Rahu 8:28AM - 9:41AM	Visti Until 6:25PM	Nataraja: Clear		4th Phase	
Until 12:23PM		Vaikuntha Ekadasi	Ekadashi Until 6:25PM	Moon - White		Sivaloka Day	
Then Routine Work - Marana Yoga				Pausha-Markali			

3		Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam		Tehran, Iran	
				Krittika/Rohini Nakshatra Subha Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 261	
Vrishabha Rasi: 5.41	Tithi 12	Gulika 12:09PM - 1:23PM	Krittika Until 2:17PM	Ganesha: Yellow	<i>Sunrise:</i> 7:14AM	Subhakrit 5124	
		Yama 9:42AM - 10:56AM	Subha Until 5:08AM Wed	Muruqa: Purple	<i>Sunset:</i> 5:04PM	Moon 12 - Phase 36 - 25	
	827486576	Rahu 2:37PM - 3:51PM	Bava Until 7:14AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 8:06PM	Moon - White		Sivaloka Day	
Until 2:17PM				Pausha-Markali			
Then Creative Work - Amrita Yoga							

4		Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam		Tehran, Iran	
				Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 262	
Vrishabha Rasi: 17.51	Tithi 13	Gulika 10:56AM - 12:10PM	Rohini Until 4:51PM	Ganesha: White	<i>Sunrise:</i> 7:14AM	Subhakrit 5124	
		Yama 8:28AM - 9:42AM	Sukla Until 5:35AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:05PM	Moon 12 - Phase 36 - 26	
	838586576	Rahu 12:10PM - 1:24PM	Kaulava Until 9:05AM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 10:06PM	Moon - Yellow		Devaloka Day	
				Pausha-Markali			
<i>Pradosha Vrata</i>							

5		Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam		Tehran, Iran	
				Mrigashira Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 263	
Vrishabha Rasi: 29.55	Tithi 14	Gulika 9:42AM - 10:56AM	Mrigashira Until 7:29PM	Ganesha: White	<i>Sunrise:</i> 7:15AM	Subhakrit 5124	
		Yama 7:15AM - 8:28AM	Brahma Until 6:12AM Fri	Muruqa: Purple	<i>Sunset:</i> 5:06PM	Moon 12 - Phase 36 - 27	
	838586576	Rahu 1:24PM - 2:38PM	Gara Until 11:13AM	Nataraja: Clear		4th Phase	
Routine Work	Marana Yoga		Chaturdashi* Until 12:20AM Fri	Moon - Yellow		Devaloka Day	
		Subramuniyaswami Jayanti		Pausha-Markali			

○		Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam		Tehran, Iran	
				Ardra Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Purnimayam Titau		Sutra 264	
Copper Retreat Star						Subhakrit 5124	
Mithuna Rasi: 11.54	Tithi 15	Gulika 8:29AM - 9:43AM	Ardra Until 10:06PM	Ganesha: White	<i>Sunrise:</i> 7:15AM	Moon 12 - Phase 36 -	
		Yama 2:39PM - 3:53PM	Brahma Until 6:12AM	Muruqa: Purple	<i>Sunset:</i> 5:07PM	Purnima	
	838586576	Rahu 10:57AM - 12:11PM	Visti Until 1:31PM	Nataraja: Clear		Devaloka Day	
Creative Work	Siddha Yoga		Purnima* Until 2:42AM Sat	Moon - Yellow			
		Ardra Darshanam		Pausha-Markali			

○		Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam		Tehran, Iran	
				Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau		Sutra 265	
Silver Retreat Star						Subhakrit 5124	
Mithuna Rasi: 23.5	Tithi 16	Gulika 7:15AM - 8:29AM	Punarvasu Until 1:08AM Sun	Ganesha: Clear	<i>Sunrise:</i> 7:15AM	Moon 12 - Phase 36 -	
		Yama 1:25PM - 2:39PM	Indra Until 6:55AM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	Prathama	
	848586576	Rahu 9:43AM - 10:57AM	Balava Until 3:56PM	Nataraja: Clear		Sivaloka Day	
Creative Work	Siddha Yoga		Prathama* Until 5:09AM Sun	Moon - Blue			
				Pausha-Markali			

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 5.44 Tithi 17
Creative Work Siddha Yoga

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

Gulika 2:40PM – 3:54PM **Pushya Until 4:03AM Mon**
Yama 12:12PM – 1:26PM **Vaidhriti* Until 7:40AM**
Rahu 3:54PM – 5:08PM **Taitila Until 6:25PM**
Dvitiya Until 7:39AM Mon

Ganesha: Clear **Sunrise:** 7:15AM
Muruqa: Purple **Sunset:** 5:08PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Tehran, Iran
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

Sivaloka Day

1

Monday, January 9, 2023

Kataka Rasi: 17.37 Tithi 17 – 18
Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:26PM – 2:41PM **Ashlesha* Until 6:47AM Tue**
Yama 10:58AM – 12:12PM **Vishkambha* Until 8:27AM**
Rahu 8:29AM – 9:43AM **Vanija Until 8:55PM**
Dvitiya Until 7:39AM

Ganesha: Clear **Sunrise:** 7:15AM
Muruqa: Purple **Sunset:** 5:09PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Tehran, Iran
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

Sivaloka Day

2

Tuesday, January 10, 2023

Kataka Rasi: 29.31 Tithi 18 – 19
Creative Work Siddha Yoga

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

Gulika 12:12PM – 1:27PM **Ashlesha* Until 6:47AM**
Yama 9:43AM – 10:58AM **Priti Until 9:15AM**
Rahu 2:41PM – 3:56PM **Bava Until 11:21PM**
Tritiya Until 10:07AM

Ganesha: Clear **Sunrise:** 7:15AM
Muruqa: Purple **Sunset:** 5:10PM
Nataraja: Clear
Moon – Blue
Pausha-Markali

Tehran, Iran
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

Sivaloka Day

3

Wednesday, January 11, 2023

Simha Rasi: 11.27 Tithi 19 – 20
Creative Work Siddha Yoga
Until 9:46AM
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 10:58AM – 12:13PM **Magha* Until 9:46AM**
Yama 8:29AM – 9:44AM **Ayushman Until 9:56AM**
Rahu 12:13PM – 1:27PM **Kaulava Until 1:37AM Thu**
Chaturthi* Until 12:29PM

Ganesha: Clear **Sunrise:** 7:14AM
Muruqa: Purple **Sunset:** 5:11PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Tehran, Iran
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

Sivaloka Day

4

Thursday, January 12, 2023

Simha Rasi: 23.27 Tithi 20 – 21
Creative Work Siddha Yoga

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

Gulika 9:44AM – 10:58AM **Purvaphalguni Until 12:21PM**
Yama 7:14AM – 8:29AM **Saubhagya Until 10:28AM**
Rahu 1:28PM – 2:43PM **Gara Until 3:33AM Fri**
Panchami Until 2:37PM

Ganesha: Clear **Sunrise:** 7:14AM
Muruqa: Purple **Sunset:** 5:12PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Tehran, Iran
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

Sivaloka Day

5

Friday, January 13, 2023

Kanya Rasi: 6 Tithi 21 – 22
Creative Work Siddha Yoga
Until 2:25PM
Then Creative Work - Amrita Yoga

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

Gulika 8:29AM – 9:44AM **Uttaraphalguni Until 2:25PM**
Yama 2:43PM – 3:58PM **Sobhana Until 10:43AM**
Rahu 10:59AM – 12:14PM **Visti Until 5:00AM Sat**
Shashthi* Until 4:20PM

Ganesha: Clear **Sunrise:** 7:14AM
Muruqa: Purple **Sunset:** 5:13PM
Nataraja: Clear
Moon – Red
Pausha-Markali

Tehran, Iran
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

Sivaloka Day

6

Saturday, January 14, 2023

Kanya Rasi: 17.57 Tithi 22 – 23
Routine Work Marana Yoga

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

Gulika 7:14AM – 8:29AM **Hasta Until 4:16PM**
Yama 1:29PM – 2:44PM **Athiganda* Until 10:33AM**
Rahu 9:44AM – 10:59AM **Balava Until 5:47AM Sun**
Saptami Until 5:28PM

Ganesha: White **Sunrise:** 7:14AM
Muruqa: Purple **Sunset:** 5:14PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Tehran, Iran
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

Subha Sivaloka Day

Thai Pongal

D

Sunday, January 15, 2023

Retreat Star

Tula Rasi: 1 Tithi 23 – 24
Creative Work Siddha Yoga

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

Gulika 2:45PM – 4:00PM **Chitra Until 5:15PM**
Yama 12:14PM – 1:30PM **Sukarma Until 9:51AM**
Rahu 4:00PM – 5:15PM **Taitila Until 5:45AM Mon**
Ashtami* Until 5:51PM

Ganesha: White **Sunrise:** 7:14AM
Muruqa: Purple **Sunset:** 5:15PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Tehran, Iran
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Subha Sivaloka Day

Monday, January 16, 2023

Retreat Star

Tula Rasi: 13.38 Tithi 24 – 25
Family Home Evening
Creative Work Amrita Yoga
Until 5:16PM
Then Routine Work - Marana Yoga

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

Gulika 1:30PM – 2:45PM **Svati Until 5:16PM**
Yama 10:59AM – 12:15PM **Dhriti Until 8:33AM**
Rahu 8:29AM – 9:44AM **Vanija Until 4:53AM Tue**
Navami* Until 5:24PM

Ganesha: White **Sunrise:** 7:13AM
Muruqa: Purple **Sunset:** 5:16PM
Nataraja: Clear
Moon – Green
Pausha-Thai

Tehran, Iran
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

All times are standard time. Calculated for Tehran, Iran on 5/1/20


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1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Tehran, Iran
	Tula Rasi: 27.07	Tithi 25 – 26	Gulika 12:15PM – 1:31PM	Vishakha Until 4:45PM	Ganesha: Yellow	<i>Sunrise:</i> 7:13AM	Sun 9 Sutra 275
			Yama 9:44AM – 11:00AM	Shula* Until 6:33AM	Muruqa: Purple	<i>Sunset:</i> 5:17PM	Subhakrit 5124
	879586576	Rahu 2:46PM – 4:01PM	Bava Until 3:10AM Wed	Nataraja: Clear	Moon – Orange		Moon 1 - Phase 38 - 9 2nd Phase
Routine Work Marana Yoga		Dashami Until 4:06PM		Pausha*Thai		Sivaloka Day	
Until 4:45PM							
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Tehran, Iran
	Vischika Rasi: 11.06	Tithi 26 – 27	Gulika 11:00AM – 12:15PM	Anuradha Until 3:18PM	Ganesha: Yellow	<i>Sunrise:</i> 7:13AM	Sun 10 Sutra 276
			Yama 8:28AM – 9:44AM	Vriddhi Until 12:41AM Thu	Muruqa: Purple	<i>Sunset:</i> 5:19PM	Subhakrit 5124
	879586576	Rahu 12:15PM – 1:31PM	Kaulava Until 12:43AM Thu	Nataraja: Clear	Moon – Orange		Moon 1 - Phase 38 - 10 2nd Phase
Creative Work Siddha Yoga		Ekadashi* Until 2:00PM		Pausha*Thai		Sivaloka Day	

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashti/Trayodashyam Titau				Tehran, Iran
	Vischika Rasi: 25.34	Tithi 27 – 28	Gulika 9:44AM – 11:00AM	Jyeshtha* Until 1:03PM	Ganesha: Yellow	<i>Sunrise:</i> 7:13AM	Sun 11 Sutra 277
			Yama 7:13AM – 8:28AM	Dhruva Until 8:56PM	Muruqa: Purple	<i>Sunset:</i> 5:19PM	Subhakrit 5124
	871586576	Rahu 1:32PM – 2:47PM	Gara Until 9:39PM	Nataraja: Clear	Moon – Orange		Moon 1 - Phase 38 - 11 2nd Phase
Routine Work Prabalarishta Yoga		Dvadashti* Until 11:14AM		Pausha*Thai		Sivaloka Day	
Until 1:03PM							
Then Creative Work - Siddha Yoga							

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Dhanus Rasi: 10.27	Tithi 28 – 29	Gulika 8:28AM – 9:44AM	Mula* Until 10:34AM	Ganesha: Red	<i>Sunrise:</i> 7:12AM	Sun 12 Sutra 278
			Yama 2:48PM – 4:04PM	Vyaghata* Until 4:50PM	Muruqa: Purple	<i>Sunset:</i> 5:20PM	Subhakrit 5124
	881586576	Rahu 11:00AM – 12:16PM	Visti Until 6:08PM	Nataraja: Clear	Moon – Light Blue		Moon 1 - Phase 38 - 12 2nd Phase
Creative Work Amrita Yoga		Trayodashi* Until 7:55AM		Pausha*Thai		Sivaloka Day	
Until 10:34AM							
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran
	Retreat Star		Gulika 7:12AM – 8:28AM	Purvashadha* Until 7:36AM	Ganesha: Red	<i>Sunrise:</i> 7:12AM	Sun 13 Sutra 279
	Dhanus Rasi: 25.38	Tithi 30	Yama 1:32PM – 2:49PM	Harshana Until 12:31PM	Muruqa: Purple	<i>Sunset:</i> 5:21PM	Subhakrit 5124
	881586576	Rahu 9:44AM – 11:00AM	Catuspada Until 2:20PM	Nataraja: Clear	Moon – Light Blue		Moon 1 - Phase 38 - 13 Amavasya
Creative Work Siddha Yoga		Amavasya* Until 12:23AM Sun		Pausha*Thai		Sivaloka Day	
Until 7:36AM							
Then Routine Work - Marana Yoga							

	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran
	Retreat Star		Gulika 2:49PM – 4:06PM	Shravana Until 1:23AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 7:11AM	Sun 14 Sutra 280
	Makara Rasi: 10.58	Tithi 1	Yama 12:17PM – 1:33PM	Vajra* Until 8:04AM	Muruqa: Purple	<i>Sunset:</i> 5:22PM	Subhakrit 5124
	891586576	Rahu 4:06PM – 5:22PM	Kintughna Until 10:27AM	Nataraja: Clear	Moon – Purple		Moon 1 - Phase 38 - 14 Prathama
Creative Work Amrita Yoga		Prathama* Until 8:31PM		Magha*Thai		Sivaloka Day	
Until 1:23AM Mon							
Then Creative Work - Siddha Yoga							

Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau				Tehran, Iran Sun 15 Sutra 281 Subhakrit 5124
1	Makara Rasi: 26.15 Tithi 2 - 3 Family Home Evening Creative Work Siddha Yoga	891586576	Gulika 1:33PM - 2:50PM Yama 11:00AM - 12:17PM Rahu 8:27AM - 9:44AM	Dhanishtha Until 10:30PM Vyatipata* Until 11:31PM Balava Until 6:39AM Dvitiya Until 4:49PM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon - Purple Magha-Thai	Sunrise: 7:11AM Sunset: 5:23PM Moon 1 - Phase 39 - 15 3rd Phase Sivaloka Day

Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Tehran, Iran Sun 16 Sutra 282 Subhakrit 5124
2	Kumbha Rasi: 11.2 Tithi 3 - 4 Routine Work Marana Yoga	891586576	Gulika 12:17PM - 1:34PM Yama 9:44AM - 11:00AM Rahu 2:51PM - 4:07PM	Shatabhishak Until 7:54PM Variyan Until 7:39PM Vanija Until 12:01AM Wed Tritiya Until 1:29PM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon - Purple Magha-Thai	Sunrise: 7:10AM Sunset: 5:24PM Moon 1 - Phase 39 - 16 3rd Phase Sivaloka Day

Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Parigha* Shiva Yoga Visli* Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran Sun 17 Sutra 283 Subhakrit 5124
3	Kumbha Rasi: 26.03 Tithi 4 - 5 Creative Work Amrita Yoga Until 6:08PM Then Creative Work - Siddha Yoga	911586576	Gulika 11:00AM - 12:17PM Yama 8:27AM - 9:44AM Rahu 12:17PM - 1:34PM	Purvaproshtapada* Until 6:08PM Parigha* Until 4:16PM Bava Until 9:31PM Chaturthi* Until 10:39AM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Magha-Thai	Sunrise: 7:10AM Sunset: 5:25PM Moon 1 - Phase 39 - 17 3rd Phase Subha Sivaloka Day

Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran Sun 18 Sutra 284 Subhakrit 5124
4	Meena Rasi: 10.19 Tithi 5 - 6 Creative Work Siddha Yoga	911586576	Gulika 9:43AM - 11:01AM Yama 7:09AM - 8:26AM Rahu 1:35PM - 2:52PM	Uttaraproshtapada Until 4:56PM Shiva Until 1:29PM Kaulava Until 7:45PM Panchami Until 8:31AM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Magha-Thai	Sunrise: 7:09AM Sunset: 5:26PM Moon 1 - Phase 39 - 18 3rd Phase Subha Sivaloka Day

Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Tehran, Iran Sun 19 Sutra 285 Subhakrit 5124
5	Meena Rasi: 24.05 Tithi 6 - 7 Creative Work Siddha Yoga Until 4:25PM Then Creative Work - Amrita Yoga	911586576	Gulika 8:26AM - 9:43AM Yama 2:52PM - 4:10PM Rahu 11:01AM - 12:18PM	Revati Until 4:25PM Siddha Until 11:18AM Gara Until 6:50PM Shashthi* Until 7:10AM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Magha-Thai	Sunrise: 7:09AM Sunset: 5:27PM Moon 1 - Phase 39 - 19 3rd Phase Subha Sivaloka Day

Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran Sun 20 Sutra 286 Subhakrit 5124
Retreat Star	Mesha Rasi: 7.22 Tithi 7 - 8 Creative Work Siddha Yoga	921586576	Gulika 7:08AM - 8:25AM Yama 1:36PM - 2:53PM Rahu 9:43AM - 11:01AM	Ashvini Until 5:02PM Sadhya Until 9:50AM Visti Until 6:48PM Saptami Until 6:41AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon - White Magha-Thai	Sunrise: 7:08AM Sunset: 5:28PM Moon 1 - Phase 39 - 20 Ashtami Sivaloka Day

Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran Sun 21 Sutra 287 Subhakrit 5124
Retreat Star	Mesha Rasi: 20.13 Tithi 8 - 9 Routine Work Prabalarishta Yoga Until 6:18PM Then Creative Work - Siddha Yoga	922686576	Gulika 2:54PM - 4:11PM Yama 12:18PM - 1:36PM Rahu 4:11PM - 5:29PM	Bharani Until 6:18PM Subha Until 9:01AM Balava Until 7:34PM Ashtami* Until 7:04AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon - White Magha-Thai	Sunrise: 7:07AM Sunset: 5:29PM Moon 1 - Phase 39 - 21 Navami Sivaloka Day

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran Sun 22 Sutra 288 Subhakrit 5124
1	932686576	Gulika 1:36PM – 2:54PM Yama 11:00AM – 12:18PM Rahu 8:25AM – 9:43AM	Krittika Until 8:05PM Sukla Until 8:46AM Taitila Until 9:02PM Navami* Until 8:12AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai	Sunrise: 7:07AM Sunset: 5:30PM	Moon 1 - Phase 40 - 22 4th Phase Sivaloka Day
Vrishabha Rasi: 2.42 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 8:05PM Then Creative Work - Amrita Yoga						

Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Tehran, Iran Sun 23 Sutra 289 Subhakrit 5124
2	932686576	Gulika 12:19PM – 1:37PM Yama 9:42AM – 11:00AM Rahu 2:55PM – 4:13PM	Rohini Until 10:41PM Brahma Until 8:58AM Vanija Until 11:01PM Dashami Until 9:57AM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 7:06AM Sunset: 5:31PM	Moon 1 - Phase 40 - 23 4th Phase Subha Sivaloka Day
Vrishabha Rasi: 14.56 Tithi 10 – 11 Creative Work Amrita Yoga Until 10:41PM Then Creative Work - Siddha Yoga						

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran Sun 24 Sutra 290 Subhakrit 5124
3	932686576	Gulika 11:00AM – 12:19PM Yama 8:24AM – 9:42AM Rahu 12:19PM – 1:37PM	Mrigashira Until 1:26AM Thu Indra Until 9:31AM Bava Until 1:20AM Thu Ekadashi Until 12:07PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 7:06AM Sunset: 5:31PM	Moon 1 - Phase 40 - 24 4th Phase Subha Sivaloka Day
Vrishabha Rasi: 26.59 Tithi 11 – 12 Creative Work Siddha Yoga Until 1:26AM Thu Then Routine Work - Marana Yoga						

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Tehran, Iran Sun 25 Sutra 291 Subhakrit 5124
4	932686576	Gulika 9:42AM – 11:00AM Yama 7:05AM – 8:24AM Rahu 1:37PM – 2:55PM	Ardra Until 4:10AM Fri Vaidhriti* Until 10:13AM Kaulava Until 3:48AM Fri Dvadashi Until 2:32PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Sunrise: 7:05AM Sunset: 5:32PM	Moon 1 - Phase 40 - 25 4th Phase Subha Sivaloka Day
Mithuna Rasi: 8.55 Tithi 12 – 13 Routine Work Marana Yoga Until 4:10AM Fri Then Creative Work - Siddha Yoga <i>Pradosha Vrata</i>						

Friday, February 3, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran Sun 26 Sutra 292 Subhakrit 5124
5	942686576	Gulika 8:23AM – 9:42AM Yama 2:56PM – 4:15PM Rahu 11:00AM – 12:19PM	Punarvasu Until 7:17AM Sat Vishkambha* Until 11:02AM Gara Until 6:19AM Sat Trayodashi Until 5:02PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon – Blue Magha-Thai	Sunrise: 7:04AM Sunset: 5:33PM	Moon 1 - Phase 40 - 26 4th Phase Sivaloka Day
Mithuna Rasi: 20.49 Tithi 13 – 14 Creative Work Siddha Yoga						

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 293 Subhakrit 5124
6	942686577	Gulika 7:04AM – 8:22AM Yama 1:38PM – 2:57PM Rahu 9:41AM – 11:00AM	Punarvasu Until 7:17AM Priti Until 11:52AM Gara Until 6:19AM Chaturdashi* Until 7:32PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 7:04AM Sunset: 5:34PM	Moon 1 - Phase 40 - 27 4th Phase Sivaloka Day
Kataka Rasi: 2.41 Tithi 14 Creative Work Siddha Yoga Thai Pusam						

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau				Tehran, Iran Sutra 294 Subhakrit 5124
○	942686577	Gulika 2:57PM – 4:16PM Yama 12:19PM – 1:38PM Rahu 4:16PM – 5:35PM	Pushya Until 10:11AM Ayushman Until 12:38PM Visti Until 8:47AM Purnima* Until 9:57PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 7:03AM Sunset: 5:35PM	Moon 1 - Phase 40 - Purnima Sivaloka Day
Kataka Rasi: 14.35 Tithi 15 Creative Work Siddha Yoga						

Monday, February 6, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran Sutra 295 Subhakrit 5124
○	942686577	Gulika 1:38PM – 2:58PM Yama 11:00AM – 12:19PM Rahu 8:21AM – 9:41AM	Ashlesha* Until 12:49PM Saubhagya Until 1:20PM Balava Until 11:09AM Prathama* Until 12:16AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sunrise: 7:02AM Sunset: 5:36PM	Moon 1 - Phase 40 - Prathama Sivaloka Day
Kataka Rasi: 26.31 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 12:49PM Then Routine Work - Marana Yoga						



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 8.29 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 12:19PM – 1:39PM
Yama 9:40AM – 11:00AM
Rahu 2:58PM – 4:18PM

Magha* Until 3:40PM
Sobhana Until 1:57PM
Taitila Until 1:24PM
Dvitiya Until 2:25AM Wed

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

Sunrise: 7:01AM
Sunset: 5:37PM

Tehran, Iran
Sun 1
Sutra 296
Subhakrit 5124
Moon 2 - Phase 41 - 1
1st Phase

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 20.31 Tithi 18

952686577

Creative Work Amrita Yoga

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

Gulika 11:00AM – 12:19PM
Yama 8:20AM – 9:40AM
Rahu 12:19PM – 1:39PM

Purvaphalguni Until 6:10PM
Athiganda* Until 2:24PM
Vanija Until 3:27PM
Tritiya Until 4:22AM Thu

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

Sunrise: 7:00AM
Sunset: 5:38PM

Tehran, Iran
Sun 2
Sutra 297
Subhakrit 5124
Moon 2 - Phase 41 - 2
1st Phase

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 2.39 Tithi 19

952686577

Amrita Yoga

Until 8:15PM

Then Routine Work - Marana Yoga

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

Gulika 9:39AM – 10:59AM
Yama 6:59AM – 8:19AM
Rahu 1:39PM – 2:59PM

Maha Sankatahara Chaturthi

Uttaraphalguni Until 8:15PM
Sukarma Until 2:41PM
Bava Until 5:14PM
Chaturthi* Until 5:59AM Fri

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

Sunrise: 6:59AM
Sunset: 5:39PM

Tehran, Iran
Sun 3
Sutra 298
Subhakrit 5124
Moon 2 - Phase 41 - 3
1st Phase

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 14.54 Tithi 20

962686577

Amrita Yoga

Until 10:18PM

Then Creative Work - Siddha Yoga

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

Gulika 8:19AM – 9:39AM
Yama 3:00PM – 4:20PM
Rahu 10:59AM – 12:19PM

Hasta Until 10:18PM
Dhriti Until 2:43PM
Kaulava Until 6:41PM
Panchami Until 7:12AM Sat

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

Sunrise: 6:58AM
Sunset: 5:40PM

Tehran, Iran
Sun 4
Sutra 299
Subhakrit 5124
Moon 2 - Phase 41 - 4
1st Phase

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 27.2 Tithi 20 – 21

963686577

Marana Yoga

Until 11:43PM

Then Creative Work - Siddha Yoga

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

Gulika 6:57AM – 8:18AM
Yama 1:40PM – 3:00PM
Rahu 9:38AM – 10:59AM

Chitra Until 11:43PM
Shula* Until 2:22PM
Gara Until 7:38PM
Panchami Until 7:12AM

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

Sunrise: 6:57AM
Sunset: 5:41PM

Tehran, Iran
Sun 5
Sutra 300
Subhakrit 5124
Moon 2 - Phase 41 - 5
1st Phase

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 10 Tithi 21 – 22

963686577

Siddha Yoga

Until 12:22AM Mon

Then Routine Work - Marana Yoga

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

Gulika 3:01PM – 4:22PM
Yama 12:19PM – 1:40PM
Rahu 4:22PM – 5:42PM

Svati Until 12:22AM Mon
Ganda* Until 1:36PM
Visiti Until 7:59PM
Shashthi* Until 7:52AM

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

Sunrise: 6:57AM
Sunset: 5:42PM

Tehran, Iran
Sun 6
Sutra 301
Subhakrit 5124
Moon 2 - Phase 41 - 6
1st Phase

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 22.59 Tithi 22 – 23

973686577

Family Home Evening

Marana Yoga

Until 12:38AM Tue

Then Creative Work - Siddha Yoga

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

Gulika 1:40PM – 3:01PM
Yama 10:58AM – 12:19PM
Rahu 8:17AM – 9:37AM

Vishakha Until 12:38AM Tue
Vridhhi Until 12:19PM
Balava Until 7:37PM
Saptami Until 7:52AM

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

Sunrise: 6:56AM
Sunset: 5:43PM

Tehran, Iran
Sun 7
Sutra 302
Subhakrit 5124
Moon 2 - Phase 41 - 7
Ashtami

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 6.2 Tithi 23 – 24

973686577

Siddha Yoga

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

Gulika 12:19PM – 1:41PM
Yama 9:37AM – 10:58AM
Rahu 3:02PM – 4:23PM

Anuradha Until 12:02AM Wed
Dhruva Until 10:26AM
Taitila Until 6:32PM
Ashtami* Until 7:09AM

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

Sunrise: 6:55AM
Sunset: 5:44PM

Tehran, Iran
Sun 8
Sutra 303
Subhakrit 5124
Moon 2 - Phase 41 - 8
Navami

Sivaloka Day

1	Wednesday, February 15, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Tehran, Iran Sun 9 Sutra 304 Subhakra 5124
	Vrischika Rasi: 20.07 Tithi 25 Creative Work Siddha Yoga Until 10:35PM Then Routine Work - Marana Yoga	973686577	Gulika 10:58AM - 12:19PM Yama 8:15AM - 9:36AM Rahu 12:19PM - 1:41PM	Jyeshtha* Until 10:35PM Vyaghata* Until 7:59AM Vanija Until 4:43PM Dashami Until 3:32AM Thu	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon - Orange Magha-Masi	Sunrise: 6:53AM Sunset: 5:45PM	Moon 2 - Phase 42 - 9 2nd Phase Sivaloka Day

2	Thursday, February 16, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Tehran, Iran Sun 10 Sutra 305 Subhakra 5124
	Dhanus Rasi: 4.2 Tithi 26 Creative Work Siddha Yoga	983686577	Gulika 9:36AM - 10:58AM Yama 6:52AM - 8:14AM Rahu 1:41PM - 3:03PM	Mula* Until 8:48PM Vajra* Until 1:29AM Fri Bava Until 2:14PM Ekadashi* Until 12:46AM Fri	Ganesha: White Muruqa: Purple Nataraja: Orange Moon - Light Blue Magha-Masi	Sunrise: 6:52AM Sunset: 5:46PM	Moon 2 - Phase 42 - 10 2nd Phase Devaloka Day

3	Friday, February 17, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashtyam Titau				Tehran, Iran Sun 11 Sutra 306 Subhakra 5124
	Dhanus Rasi: 18.58 Tithi 27 Routine Work Prabalarishta Yoga Until 6:23PM Then Routine Work - Marana Yoga	983686577	Gulika 8:13AM - 9:35AM Yama 3:03PM - 4:25PM Rahu 10:57AM - 12:19PM	Purvashadha* Until 6:23PM Siddhi Until 9:38PM Kaulava Until 11:13AM Dvadashti* Until 9:32PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon - Light Blue Magha-Masi	Sunrise: 6:51AM Sunset: 5:47PM	Moon 2 - Phase 42 - 11 2nd Phase Devaloka Day

4	Saturday, February 18, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran Sun 12 Sutra 307 Subhakra 5124
	Makara Rasi: 3.56 Tithi 28 - 29 Routine Work Marana Yoga Until 3:29PM Then Creative Work - Siddha Yoga	983686577	Gulika 6:50AM - 8:13AM Yama 1:42PM - 3:04PM Rahu 9:35AM - 10:57AM	Uttarashadha Until 3:29PM Vyatipata* Until 5:31PM Gara Until 7:49AM Trayodashi* Until 5:59PM <i>Pradosha Vrata (Fasting)</i>	Ganesha: White Muruqa: Purple Nataraja: Orange Moon - Light Blue Magha-Masi	Sunrise: 6:50AM Sunset: 5:48PM	Moon 2 - Phase 42 - 12 2nd Phase Devaloka Day

	Sunday, February 19, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Tehran, Iran Sun 13 Sutra 308 Subhakra 5124
	Makara Rasi: 19.05 Tithi 29 - 30 Creative Work Amrita Yoga Until 12:41PM Then Routine Work - Marana Yoga	993686577	Gulika 3:04PM - 4:27PM Yama 12:19PM - 1:42PM Rahu 4:27PM - 5:49PM	Shravana Until 12:41PM Variyan Until 1:15PM Catuspada Until 12:27AM Mon Chaturdashi* Until 2:17PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon - Purple Magha-Masi	Sunrise: 6:49AM Sunset: 5:49PM	Moon 2 - Phase 42 - 13 Amavasya Devaloka Day

Retreat Star	Monday, February 20, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha/Shiva Yoga Naga/Kintughna* Karana Amavasya/Prathamayam Titau				Tehran, Iran Sun 14 Sutra 309 Subhakra 5124
	Kumbha Rasi: 4.17 Tithi 30 - 1 Family Home Evening Creative Work Siddha Yoga	993686577	Gulika 1:42PM - 3:05PM Yama 10:56AM - 12:19PM Rahu 8:11AM - 9:34AM	Dhanishtha Until 9:46AM Parigha* Until 9:01AM Kintughna Until 8:51PM Amavasya* Until 10:37AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon - Purple Phalgun-Masi	Sunrise: 6:48AM Sunset: 5:50PM	Moon 2 - Phase 42 - 14 Prathama Devaloka Day

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

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1	Tuesday, February 21, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha Yoga Bava/Kaulava Karana Prathama/Dvitiyayam Titau				Tehran, Iran
	Kumbha Rasi: 19.21	Tithi 1 - 2	Sun 15	Sutra 310			
	993686577	Rahu	12:19PM - 1:42PM	Shatabhishak Until 6:53AM	Ganesha: Green	Sunrise: 6:47AM	Subhakra 5124
	Routine Work	Marana Yoga	Yama	9:33AM - 10:56AM	Muruga: Purple	Sunset: 5:51PM	Moon 2 - Phase 43 - 15 3rd Phase
			3:05PM - 4:28PM	Nataraja: Orange	Devaloka Day		
			Prathama* Until 7:08AM	Moon - Purple	Phalguna-Masi		

2	Wednesday, February 22, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Tehran, Iran
	Meena Rasi: 4.08	Tithi 3	Sun 16	Sutra 311			
	913686577	Rahu	10:56AM - 12:19PM	Uttaraproshtapada Until 2:51AM Thu	Ganesha: Red	Sunrise: 6:46AM	Subhakra 5124
	Creative Work	Siddha Yoga	Yama	8:09AM - 9:32AM	Muruga: Purple	Sunset: 5:52PM	Moon 2 - Phase 43 - 16 3rd Phase
			12:19PM - 1:42PM	Nataraja: Orange	Sivaloka Day		
			Taitila Until 2:41PM	Moon - Clear	Phalguna-Masi		
			Tritiya Until 1:27AM Thu				

3	Thursday, February 23, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthiyam Titau				Tehran, Iran
	Meena Rasi: 18.31	Tithi 4	Sun 17	Sutra 312			
	913786577	Rahu	9:32AM - 10:55AM	Revati Until 1:35AM Fri	Ganesha: Blue	Sunrise: 6:45AM	Subhakra 5124
	Creative Work	Siddha Yoga	Yama	6:45AM - 8:08AM	Muruga: Purple	Sunset: 5:53PM	Moon 2 - Phase 43 - 17 3rd Phase
			1:42PM - 3:06PM	Nataraja: Orange	Subha Sivaloka Day		
			Subha Until 6:57PM	Moon - Clear	Phalguna-Masi		
			Vanija Until 12:27PM				
			Chaturthi* Until 11:35PM				
			Subramuniyaswami Siva Vision Day				

4	Friday, February 24, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Tehran, Iran
	Mesha Rasi: 2.26	Tithi 5	Sun 18	Sutra 313			
	923786577	Rahu	8:07AM - 9:31AM	Ashvini Until 1:25AM Sat	Ganesha: Yellow	Sunrise: 6:43AM	Subhakra 5124
	Creative Work	Amrita Yoga	Yama	3:06PM - 4:30PM	Muruga: Purple	Sunset: 5:54PM	Moon 2 - Phase 43 - 18 3rd Phase
			10:55AM - 12:19PM	Nataraja: Orange	Sivaloka Day		
			Bava Until 10:58AM	Moon - White	Phalguna-Masi		
			Panchami Until 10:32PM				

5	Saturday, February 25, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Tehran, Iran
	Mesha Rasi: 15.51	Tithi 6	Sun 19	Sutra 314			
	923786577	Rahu	6:42AM - 8:06AM	Bharani Until 1:57AM Sun	Ganesha: Yellow	Sunrise: 6:42AM	Subhakra 5124
	Creative Work	Siddha Yoga	Yama	1:43PM - 3:07PM	Muruga: Purple	Sunset: 5:55PM	Moon 2 - Phase 43 - 19 3rd Phase
			9:30AM - 10:54AM	Nataraja: Orange	Sivaloka Day		
			Kaulava Until 10:21AM	Moon - White	Phalguna-Masi		
			Shashthi* Until 10:20PM				

6	Sunday, February 26, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Tehran, Iran
	Mesha Rasi: 28.49	Tithi 7	Sun 20	Sutra 315			
	924786577	Rahu	3:07PM - 4:32PM	Krittika Until 3:09AM Mon	Ganesha: Blue	Sunrise: 6:41AM	Subhakra 5124
	Creative Work	Siddha Yoga	Yama	12:18PM - 1:43PM	Muruga: Purple	Sunset: 5:56PM	Moon 2 - Phase 43 - 20 3rd Phase
			4:32PM - 5:56PM	Nataraja: Orange	Devaloka Day		
			Gara Until 10:35AM	Moon - White	Phalguna-Masi		
			Saptami Until 11:00PM				

D	Monday, February 27, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Tehran, Iran
	Retreat Star		Sun 21	Sutra 316			
	Vrishabha Rasi: 11.23	Tithi 8	Gulika	1:43PM - 3:08PM	Rohini Until 5:21AM Tue	Ganesha: Yellow	Sunrise: 6:40AM
	Family Home Evening	934786577	Yama	10:54AM - 12:18PM	Vaidhriti* Until 2:11PM	Muruga: Purple	Sunset: 5:57PM
Creative Work	Amrita Yoga	Rahu	8:04AM - 9:29AM	Visti Until 11:39AM	Nataraja: Orange	Moon 2 - Phase 43 - 21 Ashtami	
			Ashtami* Until 12:25AM Tue	Moon - Yellow	Sivaloka Day		
			Phalguna-Masi				

D	Tuesday, February 28, 2023		Subhakra Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Tehran, Iran
	Retreat Star		Sun 22	Sutra 317			
	Vrishabha Rasi: 23.39	Tithi 9	Gulika	12:18PM - 1:43PM	Mrigashira Until 7:54AM Wed	Ganesha: Yellow	Sunrise: 6:38AM
	934786577	Rahu	Yama	9:28AM - 10:53AM	Vishkambha* Until 2:27PM	Muruga: Purple	Sunset: 5:58PM
Creative Work	Siddha Yoga	Rahu	3:08PM - 4:33PM	Balava Until 1:22PM	Nataraja: Orange	Moon 2 - Phase 43 - 22 Navami	
			Navami* Until 2:24AM Wed	Moon - Yellow	Sivaloka Day		
			Phalguna-Masi				

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

1		Wednesday, March 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Tehran, Iran Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 5.42	Tithi 10	Gulika Yama	10:52AM – 12:18PM 8:01AM – 9:27AM	Mrigashira Until 7:54AM Priti Until 3:04PM	Ganesha: Yellow Muruqa: Purple	Sunrise: 6:36AM Sunset: 6:00PM	Moon 2 - Phase 44 - 23 4th Phase
Creative Work	Siddha Yoga	934786577 Rahu	12:18PM – 1:43PM	Taitila Until 3:34PM Dashami Until 4:45AM Thu	Nataraja: Orange Moon – Yellow	Sivaloka Day	
2		Thursday, March 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija Karana Ekadashyam Titau		Tehran, Iran Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 17.38	Tithi 11	Gulika Yama	9:26AM – 10:52AM 6:35AM – 8:00AM	Ardra Until 10:36AM Ayushman Until 3:52PM	Ganesha: Yellow Muruqa: Purple	Sunrise: 6:35AM Sunset: 6:01PM	Moon 2 - Phase 44 - 24 4th Phase
Routine Work	Marana Yoga	934786577 Rahu	1:43PM – 3:09PM	Vanija Until 6:01PM Ekadashi Until 7:15AM Fri	Nataraja: Orange Moon – Yellow	Sivaloka Day	
Until 10:36AM	Then Creative Work - Amrita Yoga					Phalguna-Masi	
3		Friday, March 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Vistil/Bava Karana Ekadashi/Dvadashyam Titau		Tehran, Iran Sun 25 Sutra 320 Subhakrit 5124	
Mithuna Rasi: 29.3	Tithi 11 – 12	Gulika Yama	7:59AM – 9:25AM 3:09PM – 4:35PM	Punarvasu Until 1:44PM Saubhagya Until 4:44PM	Ganesha: White Muruqa: Purple	Sunrise: 6:33AM Sunset: 6:01PM	Moon 2 - Phase 44 - 25 4th Phase
Creative Work	Siddha Yoga	944786577 Rahu	10:51AM – 12:17PM	Bava Until 8:32PM Ekadashi Until 7:15AM	Nataraja: Orange Moon – Blue	Devaloka Day	
Until 1:44PM	Then Routine Work - Marana Yoga					Phalguna-Masi	
4		Saturday, March 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Tehran, Iran Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 11.22	Tithi 12 – 13	Gulika Yama	6:32AM – 7:58AM 1:43PM – 3:10PM	Pushya Until 4:40PM Sobhana Until 5:35PM	Ganesha: White Muruqa: Purple	Sunrise: 6:32AM Sunset: 6:02PM	Moon 2 - Phase 44 - 26 4th Phase
Creative Work	Siddha Yoga	944786577 Rahu	9:25AM – 10:51AM	Kaulava Until 10:58PM Dvadashi Until 9:45AM	Nataraja: Orange Moon – Blue	Devaloka Day	
Until 4:40PM	Then Routine Work - Marana Yoga					Phalguna-Masi	
						Pradosha Vrata	
5		Sunday, March 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Tehran, Iran Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 23.17	Tithi 13 – 14	Gulika Yama	3:10PM – 4:37PM 12:17PM – 1:43PM	Ashlesha* Until 7:17PM Athiganda* Until 6:17PM	Ganesha: Purple Muruqa: Purple	Sunrise: 6:31AM Sunset: 6:03PM	Moon 2 - Phase 44 - 27 4th Phase
Creative Work	Siddha Yoga	144786577 Rahu	4:37PM – 6:03PM	Gara Until 1:14AM Mon Trayodashi Until 12:07PM	Nataraja: Orange Moon – Blue	Devaloka Day	
Until 7:17PM	Then Routine Work - Marana Yoga					Phalguna-Masi	
Monday, March 6, 2023		Copper Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Vistil* Karana Chaturdashi/Purnimayam Titau		Tehran, Iran Sutra 323 Subhakrit 5124	
Simha Rasi: 5.16	Tithi 14 – 15	Gulika Yama	1:44PM – 3:10PM 10:50AM – 12:17PM	Magha* Until 10:01PM Sukarma Until 6:49PM	Ganesha: Clear Muruqa: Purple	Sunrise: 6:29AM Sunset: 6:04PM	Moon 2 - Phase 44 - Purnima
Family Home Evening	154786577 Rahu	7:56AM – 9:23AM		Vistil Until 3:15AM Tue Chaturdashi* Until 2:15PM	Nataraja: Orange Moon – Red	Sivaloka Day	
Routine Work	Marana Yoga					Phalguna-Masi	
Until 10:01PM	Then Creative Work - Siddha Yoga						
						Chidambaram Abhishekam Holi	
Tuesday, March 7, 2023		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Tehran, Iran Sutra 324 Subhakrit 5124	
Simha Rasi: 17.21	Tithi 15 – 16	Gulika Yama	12:16PM – 1:44PM 9:22AM – 10:49AM	Purvaphalguni Until 12:18AM Wed Dhriti Until 7:10PM	Ganesha: Clear Muruqa: Purple	Sunrise: 6:28AM Sunset: 6:05PM	Moon 2 - Phase 44 - Prathama
Creative Work	Siddha Yoga	154786577 Rahu	3:11PM – 4:38PM	Balava Until 4:58AM Wed Purnima* Until 4:08PM	Nataraja: Orange Moon – Red	Sivaloka Day	
Until 12:18AM Wed	Then Creative Work - Amrita Yoga					Phalguna-Masi	

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Tehran, Iran

Sutra 325

Subhakit 5124

Simha Rasi: 29.34 Tithi 16 - 17

154786577

Gulika 10:49AM - 12:16PM
Yama 7:54AM - 9:21AM
Rahu 12:16PM - 1:44PM

Uttaraphalguni Until 2:07AM Thu
Shula* Until 7:14PM
Taitila Until 6:22AM Thu
Prathama* Until 5:41PM

Ganesha: Clear *Sunrise:* 6:27AM
Muruqa: Purple *Sunset:* 6:06PM

Nataraja: Orange
Moon - Red
Phalguna-Masi

Moon 3 - Phase 45 -
1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 2:07AM Thu

Then Routine Work - Marana Yoga

1 Thursday, March 9, 2023

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

Tehran, Iran

Sun 1 Sutra 326

Subhakit 5124

Kanya Rasi: 11.55 Tithi 17

164786577

Gulika 9:21AM - 10:48AM
Yama 6:25AM - 7:53AM
Rahu 1:44PM - 3:11PM

Hasta Until 3:55AM Fri
Ganda* Until 7:04PM
Taitila Until 6:22AM
Dvitiya Until 6:54PM

Ganesha: White *Sunrise:* 6:25AM
Muruqa: Purple *Sunset:* 6:07PM

Nataraja: Orange
Moon - Green
Phalguna-Masi

Moon 3 - Phase 45 - 1
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 3:55AM Fri

Then Creative Work - Siddha Yoga

2 Friday, March 10, 2023

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

Tehran, Iran

Sun 2 Sutra 327

Subhakit 5124

Kanya Rasi: 24.25 Tithi 18

165786577

Gulika 7:52AM - 9:20AM
Yama 3:12PM - 4:40PM
Rahu 10:48AM - 12:16PM

Chitra Until 5:10AM Sat
Vriddhi Until 6:37PM
Vanija Until 7:23AM
Tritiya Until 7:43PM

Ganesha: Yellow *Sunrise:* 6:24AM
Muruqa: Purple *Sunset:* 6:08PM

Nataraja: Orange
Moon - Green
Phalguna-Masi

Moon 3 - Phase 45 - 2
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

3 Saturday, March 11, 2023

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

Tehran, Iran

Sun 3 Sutra 328

Subhakit 5124

Tula Rasi: 7.06 Tithi 19

165786577

Gulika 6:22AM - 7:51AM
Yama 1:44PM - 3:12PM
Rahu 9:19AM - 10:47AM

Svati Until 5:51AM Sun
Dhruva Until 5:49PM
Bava Until 8:00AM
Chaturthi* Until 8:08PM

Ganesha: Yellow *Sunrise:* 6:22AM
Muruqa: Purple *Sunset:* 6:08PM

Nataraja: Orange
Moon - Green
Phalguna-Masi

Moon 3 - Phase 45 - 3
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 5:51AM Sun

Then Routine Work - Marana Yoga

4 Sunday, March 12, 2023

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

Tehran, Iran

Sun 4 Sutra 329

Subhakit 5124

Tula Rasi: 19.59 Tithi 20

165786577

Gulika 3:12PM - 4:41PM
Yama 12:15PM - 1:44PM
Rahu 4:41PM - 6:09PM

Vishakha Until 6:22AM Mon
Vyaghata* Until 4:41PM
Kaulava Until 8:11AM
Panchami Until 8:04PM

Ganesha: Yellow *Sunrise:* 6:21AM
Muruqa: Purple *Sunset:* 6:09PM

Nataraja: Orange
Moon - Green
Phalguna-Masi

Moon 3 - Phase 45 - 4
1st Phase

Sivaloka Day

Routine Work Marana Yoga

Until 6:22AM Mon

Then Creative Work - Siddha Yoga

5 Monday, March 13, 2023

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

Tehran, Iran

Sun 5 Sutra 330

Subhakit 5124

Vrischika Rasi: 3.07 Tithi 21

175786577

Gulika 1:44PM - 3:13PM
Yama 10:46AM - 12:15PM
Rahu 7:49AM - 9:17AM

Vishakha Until 6:22AM
Harshana Until 3:10PM
Gara Until 7:53AM
Shashthi* Until 7:31PM

Ganesha: Blue *Sunrise:* 6:20AM
Muruqa: Purple *Sunset:* 6:10PM

Nataraja: Orange
Moon - Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5
1st Phase

Subha Sivaloka Day

Routine Work Marana Yoga

Until 6:22AM

Then Creative Work - Siddha Yoga

6 Tuesday, March 14, 2023

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

Tehran, Iran

Sun 6 Sutra 331

Subhakit 5124

Vrischika Rasi: 16.31 Tithi 22

175786577

Gulika 12:15PM - 1:44PM
Yama 9:16AM - 10:46AM
Rahu 3:13PM - 4:42PM

Anuradha Until 6:14AM
Vajra* Until 1:13PM
Vistil Until 7:03AM
Saptami Until 6:26PM

Ganesha: Blue *Sunrise:* 6:18AM
Muruqa: Purple *Sunset:* 6:11PM

Nataraja: Orange
Moon - Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6
1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Until 6:14AM

Then Routine Work - Marana Yoga

Retreat Star Wednesday, March 15, 2023

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

Tehran, Iran

Sun 7 Sutra 332

Subhakit 5124

Dhanus Rasi: 0.14 Tithi 23 - 24

185786578

Gulika 10:45AM - 12:14PM
Yama 7:46AM - 9:16AM
Rahu 12:14PM - 1:44PM

Mula* Until 4:25AM Thu
Siddhi Until 10:52AM
Taitila Until 3:50AM Thu
Ashtami* Until 4:49PM

Ganesha: Red *Sunrise:* 6:17AM
Muruqa: Purple *Sunset:* 6:12PM

Nataraja: Clear
Moon - Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 7
Ashtami

Sivaloka Day

Routine Work Marana Yoga

Until 4:25AM Thu

Then Creative Work - Siddha Yoga

Retreat Star Thursday, March 16, 2023

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

Tehran, Iran

Sun 8 Sutra 333

Subhakit 5124

Dhanus Rasi: 14.16 Tithi 24 - 25

185786578

Gulika 9:15AM - 10:44AM
Yama 6:16AM - 7:45AM
Rahu 1:44PM - 3:13PM

Purvashadha* Until 2:47AM Fri
Vyatipata* Until 8:07AM
Vanija Until 1:30AM Fri
Navami* Until 2:42PM

Ganesha: Red *Sunrise:* 6:16AM
Muruqa: Purple *Sunset:* 6:13PM

Nataraja: Clear
Moon - Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8
Navami

Sivaloka Day

Creative Work Siddha Yoga

Until 2:47AM Fri

Then Routine Work - Marana Yoga

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20


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1	Friday, March 17, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Tehran, Iran
	Dhanus Rasi: 28.35	Tithi 25 – 26	185786578	Sun 9	Sutra 334	Subhakrit 5124
	Routine Work	Marana Yoga	Gulika 7:44AM – 9:14AM	Uttarashadha Until 12:38AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:14AM
	Until 12:38AM Sat		Yama 3:14PM – 4:44PM	Parigha* Until 1:32AM Sat	Muruqa: Purple	<i>Sunset:</i> 6:13PM
	Then Creative Work - Siddha Yoga		195786578 Rahu 10:44AM – 12:14PM	Bava Until 10:46PM	Nataraja: Clear	Moon 3 - Phase 46 - 9
				Dashami Until 12:09PM	Moon – Light Blue	2nd Phase
					Phalguna•Panguni	Sivaloka Day

2	Saturday, March 18, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Tehran, Iran
	Makara Rasi: 13.11	Tithi 26 – 27	195786578	Sun 10	Sutra 335	Subhakrit 5124
	Creative Work	Siddha Yoga	Gulika 6:13AM – 7:43AM	Shravana Until 10:29PM	Ganesha: Green	<i>Sunrise:</i> 6:13AM
			Yama 1:44PM – 3:14PM	Shiva Until 9:53PM	Muruqa: Purple	<i>Sunset:</i> 6:14PM
			195786578 Rahu 9:13AM – 10:43AM	Kaulava Until 7:45PM	Nataraja: Clear	Moon 3 - Phase 46 - 10
				Ekadashi* Until 9:16AM	Moon – Purple	2nd Phase
					Phalguna•Panguni	Subha Sivaloka Day

3	Sunday, March 19, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Taila/Vanija Karana Dvodashi/Trayodashyam Titau				Tehran, Iran
	Makara Rasi: 27.58	Tithi 27 – 28	196796578	Sun 11	Sutra 336	Subhakrit 5124
	Routine Work	Marana Yoga	Gulika 3:14PM – 4:45PM	Dhanishtha Until 8:04PM	Ganesha: Orange	<i>Sunrise:</i> 6:11AM
	Until 8:04PM		Yama 12:13PM – 1:44PM	Siddha Until 6:05PM	Muruqa: Clear	<i>Sunset:</i> 6:15PM
	Then Creative Work - Siddha Yoga		196796578 Rahu 4:45PM – 6:15PM	Vanija Until 2:57AM Mon	Nataraja: Clear	Moon 3 - Phase 46 - 11
				Dvodashi* Until 6:09AM	Moon – Purple	2nd Phase
					Phalguna•Panguni	Devaloka Day
					<i>Pradosha Vrata (Fasting)</i>	

4	Monday, March 20, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Tehran, Iran
	Kumbha Rasi: 12.47	Tithi 29	196896578	Sun 12	Sutra 337	Subhakrit 5124
	Family Home Evening	Creative Work	Gulika 1:44PM – 3:14PM	Shatabhishak Until 5:31PM	Ganesha: Green	<i>Sunrise:</i> 6:10AM
	Until 5:31PM	Siddha Yoga	Yama 10:42AM – 12:13PM	Sadhya Until 2:19PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM
	Then Routine Work - Marana Yoga		196896578 Rahu 7:41AM – 9:11AM	Visti Until 1:23PM	Nataraja: Clear	Moon 3 - Phase 46 - 12
				Chaturdashi* Until 11:49PM	Moon – Purple	2nd Phase
					Phalguna•Panguni	Sivaloka Day

	Tuesday, March 21, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Tehran, Iran
	Kumbha Rasi: 27.34	Tithi 30	116896578	Sun 13	Sutra 338	Subhakrit 5124
	Retreat Star		Gulika 12:13PM – 1:44PM	Purvaproshtapada* Until 3:25PM	Ganesha: Orange	<i>Sunrise:</i> 6:08AM
	Routine Work	Marana Yoga	Yama 9:11AM – 10:42AM	Subha Until 10:41AM	Muruqa: Clear	<i>Sunset:</i> 6:17PM
	Until 3:25PM		116896578 Rahu 3:15PM – 4:46PM	Catuspada Until 10:20AM	Nataraja: Clear	Moon 3 - Phase 46 - 13
	Then Creative Work - Amrita Yoga			Amavasya* Until 8:54PM	Moon – Clear	Amavasya
					Phalguna•Panguni	Devaloka Day

Retreat Star	Wednesday, March 22, 2023	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Tehran, Iran
	Meena Rasi: 12.08	Tithi 1	116896578	Sun 14	Sutra 339	Subhakrit 5124
			Gulika 10:41AM – 12:12PM	Uttaraproshtapada Until 1:31PM	Ganesha: Orange	<i>Sunrise:</i> 6:07AM
	Creative Work	Siddha Yoga	Yama 7:38AM – 9:10AM	Sukla Until 7:15AM	Muruqa: Clear	<i>Sunset:</i> 6:18PM
	Until 1:31PM		116896578 Rahu 12:12PM – 1:44PM	Kintughna Until 7:36AM	Nataraja: Clear	Moon 3 - Phase 46 - 14
	Then Routine Work - Marana Yoga			Prathama* Until 6:22PM	Moon – Clear	Prathama
			Yugadhi		Chaitra•Panguni	Devaloka Day

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

1		Thursday, March 23, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Tehran, Iran Sun 15 Sutra 340 Subhakit 5124	
Meena Rasi: 26.25	Tithi 2 - 3	Gulika 9:09AM - 10:40AM	Revati Until 11:58AM	Ganesha: Orange	<i>Sunrise:</i> 6:06AM		
		Yama 6:06AM - 7:37AM	Indra Until 1:41AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:44PM - 3:15PM	Taitila Until 3:36AM Fri	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Dvitiya Until 4:21PM	Moon - Clear		Devaloka Day	
Until 11:58AM		Chellappaswami Mahasamadhi		Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Tehran, Iran Sun 16 Sutra 341 Subhakit 5124	
Mesha Rasi: 10.17	Tithi 3 - 4	Gulika 7:36AM - 9:08AM	Ashvini Until 11:20AM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM		
		Yama 3:16PM - 4:47PM	Vaidhriti* Until 11:40PM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:40AM - 12:12PM	Vanija Until 2:37AM Sat	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Tritiya Until 3:00PM	Moon - White		Devaloka Day	
Until 11:20AM				Chaitra-Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Tehran, Iran Sun 17 Sutra 342 Subhakit 5124	
Mesha Rasi: 23.44	Tithi 4 - 5	Gulika 6:03AM - 7:35AM	Bharani Until 11:18AM	Ganesha: Clear	<i>Sunrise:</i> 6:03AM		
		Yama 1:44PM - 3:16PM	Vishkamba* Until 10:18PM	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:07AM - 10:39AM	Bava Until 2:25AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Chaturthi* Until 2:24PM	Moon - White		Devaloka Day	
Until 11:18AM				Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Tehran, Iran Sun 18 Sutra 343 Subhakit 5124	
Vrishabha Rasi: 6.47	Tithi 5 - 6	Gulika 3:16PM - 4:48PM	Krittika Until 11:52AM	Ganesha: Clear	<i>Sunrise:</i> 6:01AM		
		Yama 12:11PM - 1:44PM	Priti Until 9:33PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:48PM - 6:21PM	Kaulava Until 3:00AM Mon	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Panchami Until 2:35PM	Moon - White		Devaloka Day	
				Chaitra-Panguni			

5		Monday, March 27, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashti/Saptamyam Titau		Tehran, Iran Sun 19 Sutra 344 Subhakit 5124	
Vrishabha Rasi: 19.26	Tithi 6 - 7	Gulika 1:44PM - 3:16PM	Rohini Until 1:29PM	Ganesha: Clear	<i>Sunrise:</i> 6:00AM		
Family Home Evening		Yama 10:38AM - 12:11PM	Ayushman Until 9:20PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:33AM - 9:05AM	Gara Until 4:17AM Tue	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga			Shashti* Until 3:32PM	Moon - Yellow		Devaloka Day	
				Chaitra-Panguni			

6		Tuesday, March 28, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Tehran, Iran Sun 20 Sutra 345 Subhakit 5124	
Mithuna Rasi: 1.47	Tithi 7 - 8	Gulika 12:11PM - 1:44PM	Mrigashira Until 3:35PM	Ganesha: Clear	<i>Sunrise:</i> 5:58AM		
		Yama 9:04AM - 10:37AM	Saubhagya Until 9:37PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:17PM - 4:50PM	Visti Until 6:09AM Wed	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga			Saptami Until 5:08PM	Moon - Yellow		Devaloka Day	
Until 3:35PM				Chaitra-Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Tehran, Iran Sun 21 Sutra 346 Subhakit 5124	
Mithuna Rasi: 13.55	Tithi 8	Gulika 10:37AM - 12:10PM	Ardra Until 6:00PM	Ganesha: Clear	<i>Sunrise:</i> 5:57AM		
		Yama 7:30AM - 9:04AM	Sobhana Until 10:15PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:10PM - 1:43PM	Visti Until 6:09AM	Nataraja: Clear		Ashtami	
Creative Work Siddha Yoga			Ashtami* Until 7:12PM	Moon - Yellow		Devaloka Day	
				Chaitra-Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Tehran, Iran Sun 22 Sutra 347 Subhakit 5124	
Mithuna Rasi: 25.53	Tithi 9	Gulika 9:03AM - 10:36AM	Punarvasu Until 9:00PM	Ganesha: White	<i>Sunrise:</i> 5:56AM		
		Yama 5:56AM - 7:29AM	Athiganda* Until 11:02PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 47 - 22	
		147896578 Rahu 1:43PM - 3:17PM	Balava Until 8:23AM	Nataraja: Clear		Navami	
Creative Work Amrita Yoga			Navami* Until 9:33PM	Moon - Blue		Bhuloka Day	
		Sri Rama Navami		Chaitra-Panguni		Devaloka Time: 3:PM to 6:PM	

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

All times are standard time. Calculated for Tehran, Iran on 5/1/20

www.gurudeva.org/panchang

1	Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Tehran, Iran Sun 23 Sutra 348 Subhakrit 5124
	Kataka Rasi: 7.47	Tithi 10	Gulika 7:28AM – 9:02AM	Pushya Until 11:56PM	Ganesha: White	<i>Sunrise:</i> 5:54AM	
			Yama 3:17PM – 4:51PM	Sukarma Until 11:53PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 48 - 23
	Routine Work	Marana Yoga	147896578 Rahu 10:36AM – 12:10PM	Taitila Until 10:47AM	Nataraja: Clear		4th Phase
			Dashami Until 11:59PM	Moon – Blue		Bhuloka Day	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2	Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Tehran, Iran Sun 24 Sutra 349 Subhakrit 5124
	Kataka Rasi: 19.4	Tithi 11	Gulika 5:54AM – 7:28AM	Ashlesha* Until 2:35AM Sun	Ganesha: White	<i>Sunrise:</i> 5:54AM	
			Yama 1:43PM – 3:17PM	Dhriti Until 12:41AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 48 - 24
	Routine Work	Marana Yoga	147896578 Rahu 9:02AM – 10:36AM	Vanija Until 1:11PM	Nataraja: Clear		4th Phase
			Ekadashi Until 2:18AM Sun	Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3	Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvodashyam Titau				Tehran, Iran Sun 25 Sutra 350 Subhakrit 5124
	Simha Rasi: 1.37	Tithi 12	Gulika 3:18PM – 4:52PM	Magha* Until 5:20AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:53AM	
			Yama 12:09PM – 1:43PM	Shula* Until 1:16AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:26PM	Moon 3 - Phase 48 - 25
	Routine Work	Marana Yoga	158896578 Rahu 4:52PM – 6:26PM	Bava Until 3:24PM	Nataraja: Clear		4th Phase
			Dvadashi Until 4:22AM Mon	Moon – Red		Devaloka Day	
		Until 5:20AM Mon		Chaitra•Panguni			
		Then Creative Work - Siddha Yoga					

4	Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran Sun 26 Sutra 351 Subhakrit 5124
	Simha Rasi: 13.39	Tithi 13	Gulika 1:43PM – 3:18PM	Purvaphalguni Until 7:34AM Tue	Ganesha: Red	<i>Sunrise:</i> 5:51AM	
	Family Home Evening		Yama 10:35AM – 12:09PM	Ganda* Until 1:36AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 48 - 26
	Creative Work	Siddha Yoga	158896578 Rahu 7:26AM – 9:00AM	Kaulava Until 5:18PM	Nataraja: Clear		4th Phase
			Trayodashi Until 6:04AM Tue	Moon – Red		Devaloka Day	
		Until 7:34AM Tue		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga		<i>Pradosha Vrata</i>			

5	Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran Sun 27 Sutra 352 Subhakrit 5124
	Simha Rasi: 25.51	Tithi 13 – 14	Gulika 12:09PM – 1:43PM	Purvaphalguni Until 7:34AM	Ganesha: Red	<i>Sunrise:</i> 5:50AM	
			Yama 8:59AM – 10:34AM	Vriddhi Until 1:37AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 48 - 27
	Creative Work	Siddha Yoga	158896578 Rahu 3:18PM – 4:53PM	Gara Until 6:47PM	Nataraja: Clear		4th Phase
			Trayodashi Until 6:04AM	Moon – Red		Devaloka Day	
		Until 7:34AM		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					

○	Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Tehran, Iran Sutra 353 Subhakrit 5124
	Copper Retreat Star		Gulika 10:33AM – 12:08PM	Uttaraphalguni Until 9:12AM	Ganesha: Red	<i>Sunrise:</i> 5:49AM	
	Kanya Rasi: 8.14	Tithi 14 – 15	Yama 7:24AM – 8:59AM	Dhruva Until 1:14AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 48 - Purnima
	Creative Work	Amrita Yoga	158896578 Rahu 12:08PM – 1:43PM	Visti Until 7:47PM	Nataraja: Clear		
			Chaturdashi* Until 7:20AM	Moon – Red		Devaloka Day	
		Until 9:12AM		Chaitra•Panguni			
		Then Routine Work - Marana Yoga					

○	Thursday, April 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Tehran, Iran Sutra 354 Subhakrit 5124
	Silver Retreat Star		Gulika 8:58AM – 10:33AM	Hasta Until 10:41AM	Ganesha: Blue	<i>Sunrise:</i> 5:47AM	
	Kanya Rasi: 20.5	Tithi 15 – 16	Yama 5:47AM – 7:22AM	Vyaghata* Until 12:30AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 48 - Prathama
	Creative Work	Marana Yoga	168896578 Rahu 1:43PM – 3:19PM	Balava Until 8:19PM	Nataraja: Clear		
			Purnima* Until 8:06AM	Moon – Green		Bhuloka Day	
		Until 10:41AM		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
		Then Creative Work - Siddha Yoga					



Friday, April 7, 2023
Gold Retreat Star

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

Tehran, Iran
Sutra 355

Tula Rasi: 3.4 Tithi 16 – 17

Gulika 7:21AM – 8:57AM
Yama 3:19PM – 4:54PM
168896578 **Rahu** 10:32AM – 12:08PM

Chitra Until 11:33AM
Harshana Until 11:24PM
Taitila Until 8:21PM
Prathama* Until 8:22AM

Ganesha: Blue *Sunrise:* 5:46AM
Muruqa: Clear *Sunset:* 6:30PM
Nataraja: Clear
Moon – Green
Chaitra*Panguni

Moon 4 - Phase 49 -
1st Phase

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

Creative Work Siddha Yoga

1

Saturday, April 8, 2023

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

Tehran, Iran
Sun 1 Sutra 356

Tula Rasi: 16.43 Tithi 17 – 18

Gulika 5:44AM – 7:20AM
Yama 1:43PM – 3:19PM
168896578 **Rahu** 8:56AM – 10:32AM

Svati Until 11:48AM
Vajra* Until 9:56PM
Vanija Until 7:57PM
Dvitiya Until 8:11AM

Ganesha: Blue *Sunrise:* 5:44AM
Muruqa: Clear *Sunset:* 6:31PM
Nataraja: Clear
Moon – Green
Chaitra*Panguni

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

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

Tehran, Iran
Sun 2 Sutra 357

Tula Rasi: 29.59 Tithi 18 – 19

Gulika 3:19PM – 4:55PM
Yama 12:07PM – 1:43PM
179896578 **Rahu** 4:55PM – 6:31PM

Vishakha Until 11:58AM
Siddhi Until 8:10PM
Bava Until 7:10PM
Tritiya Until 7:35AM

Ganesha: Red *Sunrise:* 5:43AM
Muruqa: Clear *Sunset:* 6:31PM
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Moon 4 - Phase 49 - 2
1st Phase

Devaloka Day

Routine Work Marana Yoga

3

Monday, April 10, 2023

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

Tehran, Iran
Sun 3 Sutra 358

Vrischika Rasi: 13.28 Tithi 19 – 20

Family Home Evening
Creative Work Siddha Yoga

Gulika 1:43PM – 3:20PM
Yama 10:31AM – 12:07PM
179896578 **Rahu** 7:18AM – 8:54AM

Anuradha Until 11:37AM
Vyatipata* Until 6:08PM
Kaulava Until 6:00PM
Chaturthi* Until 6:36AM

Ganesha: Red *Sunrise:* 5:42AM
Muruqa: Clear *Sunset:* 6:32PM
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Moon 4 - Phase 49 - 3
1st Phase

Devaloka Day

4

Tuesday, April 11, 2023

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

Tehran, Iran
Sun 4 Sutra 359

Vrischika Rasi: 27.09 Tithi 21

Routine Work Marana Yoga
Until 10:47AM
Then Creative Work - Amrita Yoga

Gulika 12:07PM – 1:43PM
Yama 8:54AM – 10:30AM
179896578 **Rahu** 3:20PM – 4:56PM

Jyeshtha* Until 10:47AM
Variyan Until 3:49PM
Gara Until 4:32PM
Shashthi* Until 3:40AM Wed

Ganesha: Red *Sunrise:* 5:40AM
Muruqa: Clear *Sunset:* 6:33PM
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Moon 4 - Phase 49 - 4
1st Phase

Devaloka Day

5

Wednesday, April 12, 2023

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

Tehran, Iran
Sun 5 Sutra 360

Dhanus Rasi: 11.01 Tithi 22

Routine Work Marana Yoga
Until 9:58AM
Then Creative Work - Amrita Yoga

Gulika 10:30AM – 12:06PM
Yama 7:16AM – 8:53AM
189896578 **Rahu** 12:06PM – 1:43PM

Mula* Until 9:58AM
Parigha* Until 1:17PM
Visti Until 2:46PM
Saptami Until 1:46AM Thu

Ganesha: Green *Sunrise:* 5:39AM
Muruqa: Clear *Sunset:* 6:34PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Moon 4 - Phase 49 - 5
1st Phase

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

D

Thursday, April 13, 2023
Retreat Star

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

Tehran, Iran
Sun 6 Sutra 361

Dhanus Rasi: 25.03 Tithi 23

Creative Work Siddha Yoga
Until 8:44AM
Then Routine Work - Marana Yoga

Gulika 8:52AM – 10:29AM
Yama 5:38AM – 7:15AM
189996578 **Rahu** 1:43PM – 3:20PM

Purvashadha* Until 8:44AM
Shiva Until 10:34AM
Balava Until 12:45PM
Ashtami* Until 11:39PM

Ganesha: White *Sunrise:* 5:38AM
Muruqa: Clear *Sunset:* 6:35PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

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

Tehran, Iran
Sun 7 Sutra 362

Makara Rasi: 9.13 Tithi 24

Routine Work Marana Yoga

Gulika 7:14AM – 8:51AM
Yama 3:21PM – 4:58PM
189996578 **Rahu** 10:28AM – 12:06PM

Chidambaram Abhishekam
Tamil New Year

Uttarashadha Until 7:09AM
Siddha Until 7:38AM
Taitila Until 10:31AM
Navami* Until 9:19PM

Ganesha: White *Sunrise:* 5:36AM
Muruqa: Clear *Sunset:* 6:36PM
Nataraja: Clear
Moon – Light Blue
Chaitra*Chaitra

Moon 4 - Phase 49 - 7
Navami


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

1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Tehran, Iran
	Makara Rasi: 23.31	Tithi 25	299996578	Gulika 5:35AM – 7:13AM Yama 1:43PM – 3:21PM Rahu 8:50AM – 10:28AM	Dhanishtha Until 3:56AM Sun Subha Until 1:27AM Sun Vanija Until 8:08AM Dashami Until 6:52PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple Chaitra*Chaitra	Sun 8 Sutra 363 Sobhana 5125 Moon 4 - Phase 1 - 8 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work	Siddha Yoga					

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Tehran, Iran
	Kumbha Rasi: 7.53	Tithi 26 – 27	299996578	Gulika 3:21PM – 4:59PM Yama 12:05PM – 1:43PM Rahu 4:59PM – 6:37PM	Shatabhishak Until 2:03AM Mon Sukla Until 10:16PM Kaulava Until 3:07AM Mon Ekadashi* Until 4:21PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple Chaitra*Chaitra	Sun 9 Sutra 364 Sobhana 5125 Moon 4 - Phase 1 - 9 2nd Phase Bhuloka Day Devaloka Time: 3:PM to 6:PM
	Creative Work	Siddha Yoga					
	Until 2:03AM Mon	Then Routine Work - Marana Yoga					

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Tehran, Iran
	Kumbha Rasi: 22.16	Tithi 27 – 28	211996578	Gulika 1:43PM – 3:22PM Yama 10:27AM – 12:05PM Rahu 7:11AM – 8:49AM	Purvaproshtapada* Until 12:31AM Tue Brahma Until 7:09PM Gara Until 12:41AM Tue Dvadashi* Until 1:52PM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 10 Sutra 1 Sobhana 5125 Moon 4 - Phase 1 - 10 2nd Phase Devaloka Day
	Family Home Evening	Routine Work	Marana Yoga				
	Until 12:31AM Tue	Then Creative Work - Amrita Yoga					

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Tehran, Iran
	Meena Rasi: 6.35	Tithi 28 – 29	211996578	Gulika 12:05PM – 1:43PM Yama 8:48AM – 10:26AM Rahu 3:22PM – 5:00PM	Uttaraproshtapada Until 11:02PM Indra Until 4:10PM Visti Until 10:27PM Trayodashi* Until 11:31AM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 11 Sutra 2 Sobhana 5125 Moon 4 - Phase 1 - 11 2nd Phase Devaloka Day
	Creative Work	Amrita Yoga					
	Until 11:02PM	Then Creative Work - Siddha Yoga					

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Tehran, Iran
	Retreat Star		211996578	Gulika 10:26AM – 12:05PM Yama 7:08AM – 8:47AM Rahu 12:05PM – 1:43PM	Revati Until 9:44PM Vaidhriti* Until 1:24PM Catuspada Until 8:32PM Chaturdashi* Until 9:25AM	Ganesha: Orange Muruqa: Clear Nataraja: Clear Moon – Clear Chaitra*Chaitra	Sun 12 Sutra 3 Sobhana 5125 Moon 4 - Phase 1 - 12 Amavasya Devaloka Day
	Meena Rasi: 20.44	Tithi 29 – 30					
	Routine Work	Marana Yoga					

Retreat Star	Thursday, April 20, 2023		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Tehran, Iran
	Mesha Rasi: 4.41	Tithi 30 – 1	221996578	Gulika 8:46AM – 10:25AM Yama 5:28AM – 7:07AM Rahu 1:43PM – 3:22PM	Ashvini Until 9:09PM Vishkambha* Until 10:58AM Kintughna Until 7:02PM Amavasya* Until 7:42AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – White Vaisaka*Chaitra	Sun 13 Sutra 4 Sobhana 5125 Moon 4 - Phase 1 - 13 Prathama Devaloka Day
	Creative Work	Amrita Yoga					
	Until 9:09PM	Then Creative Work - Siddha Yoga					

1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Tehran, Iran
	Mesha Rasi: 18.19	Tithi 1 – 2	Gulika 7:06AM – 8:46AM	Bharani Until 8:58PM	Ganesha: Clear	<i>Sunrise:</i> 5:27AM	Sun 14 Sutra 5
			Yama 3:23PM – 5:02PM	Priti Until 8:57AM	Muruqa: Clear	<i>Sunset:</i> 6:41PM	Sobhana 5125
	221996578	Rahu 10:25AM – 12:04PM	Balava Until 6:05PM	Prathama* Until 6:28AM	Nataraja: Clear		Moon 4 - Phase 2 - 14 3rd Phase
Creative Work	Siddha Yoga			Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2	Saturday, April 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Tehran, Iran
	Vrishabha Rasi: 1.38	Tithi 3	Gulika 5:26AM – 7:05AM	Krittika Until 9:14PM	Ganesha: Clear	<i>Sunrise:</i> 5:26AM	Sun 15 Sutra 6
			Yama 1:44PM – 3:23PM	Ayushman Until 7:23AM	Muruqa: Clear	<i>Sunset:</i> 6:42PM	Sobhana 5125
	221996578	Rahu 8:45AM – 10:25AM	Taitila Until 5:45PM	Tritiya Until 5:49AM Sun	Nataraja: Clear		Moon 4 - Phase 2 - 15 3rd Phase
Creative Work	Amrita Yoga			Moon – White		Devaloka Day	
		Akshaya Tritiya		Vaisaka-Chaitra			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Vanija Karana Chaturthyam Titau				Tehran, Iran
	Vrishabha Rasi: 15	Tithi 4	Gulika 3:23PM – 5:03PM	Rohini Until 10:28PM	Ganesha: Orange	<i>Sunrise:</i> 5:25AM	Sun 16 Sutra 7
			Yama 12:04PM – 1:44PM	Saubhagya Until 6:21AM	Muruqa: Clear	<i>Sunset:</i> 6:43PM	Sobhana 5125
	231996578	Rahu 5:03PM – 6:43PM	Vanija Until 6:05PM	Chaturthi* Until 6:29AM Mon	Nataraja: Clear		Moon 4 - Phase 2 - 16 3rd Phase
Creative Work	Siddha Yoga			Moon – Yellow		Devaloka Day	
				Vaisaka-Chaitra			

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Tehran, Iran
	Vrishabha Rasi: 27.16	Tithi 4 – 5	Gulika 1:44PM – 3:24PM	Mrigashira Until 12:10AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:24AM	Sun 17 Sutra 8
	Family Home Evening		Yama 10:24AM – 12:04PM	Athiganda* Until 5:47AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:44PM	Sobhana 5125
	231996578	Rahu 7:04AM – 8:44AM	Bava Until 7:04PM	Chaturthi* Until 6:29AM	Nataraja: Clear		Moon 4 - Phase 2 - 17 3rd Phase
Creative Work	Amrita Yoga			Moon – Yellow		Devaloka Day	
Until 12:10AM Tue				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Tehran, Iran
	Mithuna Rasi: 9.38	Tithi 5 – 6	Gulika 12:03PM – 1:44PM	Ardra Until 2:14AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:22AM	Sun 18 Sutra 9
			Yama 8:43AM – 10:23AM	Sukarma Until 6:08AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:45PM	Sobhana 5125
	231996579	Rahu 3:24PM – 5:04PM	Kaulava Until 8:37PM	Panchami Until 7:45AM	Nataraja: Purple		Moon 4 - Phase 2 - 18 3rd Phase
Routine Work	Marana Yoga			Moon – Yellow		Sivaloka Day	
Until 2:14AM Wed		Adi Sankara Jayanthi		Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga							

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Tehran, Iran
	Mithuna Rasi: 21.48	Tithi 6 – 7	Gulika 10:23AM – 12:03PM	Punarvasu Until 5:01AM Thu	Ganesha: Green	<i>Sunrise:</i> 5:21AM	Sun 19 Sutra 10
			Yama 7:02AM – 8:42AM	Sukarma Until 6:08AM	Muruqa: Clear	<i>Sunset:</i> 6:45PM	Sobhana 5125
	241996579	Rahu 12:03PM – 1:44PM	Gara Until 10:36PM	Shashthi* Until 9:32AM	Nataraja: Purple		Moon 4 - Phase 2 - 19 3rd Phase
Creative Work	Siddha Yoga			Moon – Blue		Subha Sivaloka Day	
Until 5:01AM Thu				Vaisaka-Chaitra			
Then Creative Work - Amrita Yoga							

☾	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Tehran, Iran
	Retreat Star		Gulika 8:42AM – 10:22AM	Pushya Until 7:51AM Fri	Ganesha: Red	<i>Sunrise:</i> 5:20AM	Sun 20 Sutra 11
	Kataka Rasi: 3.49	Tithi 7 – 8	Yama 5:20AM – 7:01AM	Dhriti Until 6:48AM	Muruqa: Clear	<i>Sunset:</i> 6:46PM	Sobhana 5125
	242996579	Rahu 1:44PM – 3:25PM	Visti Until 12:51AM Fri	Saptami Until 11:41AM	Nataraja: Purple		Moon 4 - Phase 2 - 20 Ashtami
Creative Work	Amrita Yoga			Moon – Blue		Sivaloka Day	
Until 7:51AM Fri				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

☽	Friday, April 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Tehran, Iran
	Retreat Star		Gulika 7:00AM – 8:41AM	Pushya Until 7:51AM	Ganesha: Red	<i>Sunrise:</i> 5:19AM	Sun 21 Sutra 12
	Kataka Rasi: 15.44	Tithi 8 – 9	Yama 3:25PM – 5:06PM	Shula* Until 7:36AM	Muruqa: Clear	<i>Sunset:</i> 6:47PM	Sobhana 5125
	242996579	Rahu 10:22AM – 12:03PM	Balava Until 3:12AM Sat	Ashtami* Until 2:00PM	Nataraja: Purple		Moon 4 - Phase 2 - 21 Navami
Routine Work	Marana Yoga			Moon – Blue		Sivaloka Day	
				Vaisaka-Chaitra			

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Tehran, Iran
	Kataka Rasi: 27.38	Tithi 9 – 10	Gulika 5:18AM – 6:59AM	Ashlesha* Until 10:33AM	Ganesha: Red	<i>Sunrise:</i> 5:18AM	Sun 22
			Yama 1:44PM – 3:25PM	Ganda* Until 8:27AM	Muruqa: Clear	<i>Sunset:</i> 6:48PM	Sobhana 5125
	242996579	Rahu 8:40AM – 10:21AM	Taitila Until 5:25AM Sun	Navami* Until 4:19PM	Nataraja: Purple		Moon 4 - Phase 3 - 22
Routine Work	Marana Yoga			Moon – Blue		4th Phase	
Until 10:33AM				Vaisaka*Chaitra		Sivaloka Day	
Then Creative Work - Amrita Yoga							


2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Vridhi/Dhruva Yoga Gara Karana Dashamyam Titau				Tehran, Iran
	Simha Rasi: 10	Tithi 10	Gulika 3:26PM – 5:07PM	Magha* Until 1:26PM	Ganesha: Blue	<i>Sunrise:</i> 5:17AM	Sun 23
			Yama 12:03PM – 1:44PM	Vridhi Until 9:12AM	Muruqa: Clear	<i>Sunset:</i> 6:49PM	Sobhana 5125
	252996579	Rahu 5:07PM – 6:49PM	Gara Until 6:25PM	Dashami Until 6:25PM	Nataraja: Purple		Moon 4 - Phase 3 - 23
Routine Work	Marana Yoga			Moon – Red		4th Phase	
Until 1:26PM				Vaisaka*Chaitra		Devaloka Day	
Then Creative Work - Siddha Yoga							

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Tehran, Iran
	Simha Rasi: 21.41	Tithi 11	Gulika 1:44PM – 3:26PM	Purvaphalguni Until 3:47PM	Ganesha: Blue	<i>Sunrise:</i> 5:14AM	Sun 24
	Family Home Evening		Yama 10:20AM – 12:02PM	Dhruva Until 9:40AM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Sobhana 5125
	252996579	Rahu 6:56AM – 8:38AM	Vanija Until 7:21AM	Ekadashi Until 8:08PM	Nataraja: Purple		Moon 4 - Phase 3 - 24
Creative Work	Siddha Yoga			Moon – Red		4th Phase	
				Vaisaka*Chaitra		Devaloka Day	

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Tehran, Iran
	Kanya Rasi: 3.56	Tithi 12	Gulika 12:02PM – 1:44PM	Uttaraphalguni Until 5:30PM	Ganesha: Blue	<i>Sunrise:</i> 5:13AM	Sun 25
			Yama 8:38AM – 10:20AM	Vyaghata* Until 9:47AM	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Sobhana 5125
	252996579	Rahu 3:27PM – 5:09PM	Bava Until 8:49AM	Dvadashi Until 9:18PM	Nataraja: Purple		Moon 4 - Phase 3 - 25
Creative Work	Amrita Yoga			Moon – Red		4th Phase	
Until 5:30PM				Vaisaka*Chaitra		Devaloka Day	
Then Creative Work - Siddha Yoga							

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yukhtayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Tehran, Iran
	Kanya Rasi: 16.27	Tithi 13	Gulika 10:20AM – 12:02PM	Hasta Until 6:57PM	Ganesha: Yellow	<i>Sunrise:</i> 5:12AM	Sun 26
			Yama 6:55AM – 8:37AM	Harshana Until 9:28AM	Muruqa: Clear	<i>Sunset:</i> 6:52PM	Sobhana 5125
	262996579	Rahu 12:02PM – 1:45PM	Kaulava Until 9:41AM	Trayodashi Until 9:52PM	Nataraja: Purple		Moon 4 - Phase 3 - 26
Routine Work	Marana Yoga			Moon – Green		4th Phase	
Until 6:57PM				Vaisaka*Chaitra		Sivaloka Day	
Then Creative Work - Siddha Yoga							
				<i>Pradosha Vrata</i>			

6	Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yukhtayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Tehran, Iran
	Kanya Rasi: 29.15	Tithi 14	Gulika 8:37AM – 10:19AM	Chitra Until 7:37PM	Ganesha: Yellow	<i>Sunrise:</i> 5:11AM	Sun 27
			Yama 5:11AM – 6:54AM	Vajra* Until 8:37AM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Sobhana 5125
	262996579	Rahu 1:45PM – 3:27PM	Gara Until 9:56AM	Chaturdashi* Until 9:48PM	Nataraja: Purple		Moon 4 - Phase 3 - 27
Creative Work	Siddha Yoga			Moon – Green		4th Phase	
Until 7:37PM				Vaisaka*Chaitra		Sivaloka Day	
Then Creative Work - Amrita Yoga							

	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yukhtayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Tehran, Iran
	Copper Retreat Star		Gulika 6:53AM – 8:36AM	Svati Until 7:32PM	Ganesha: Yellow	<i>Sunrise:</i> 5:10AM	Sun 28
	Tula Rasi: 12.22	Tithi 15	Yama 3:28PM – 5:11PM	Siddhi Until 7:18AM	Muruqa: Clear	<i>Sunset:</i> 6:54PM	Sobhana 5125
	262996579	Rahu 10:19AM – 12:02PM	Visti Until 9:33AM	Purnima* Until 9:07PM	Nataraja: Purple		Moon 4 - Phase 3 - Purnima
Creative Work	Siddha Yoga			Moon – Green			
		Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra		Sivaloka Day	

7	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Vishakha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Tehran, Iran
	Silver Retreat Star		Gulika 5:09AM – 6:52AM	Vishakha Until 7:13PM	Ganesha: White	<i>Sunrise:</i> 5:09AM	Sun 29
	Tula Rasi: 25.48	Tithi 16	Yama 1:45PM – 3:28PM	Variyan Until 3:20AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:54PM	Sobhana 5125
	272996579	Rahu 8:35AM – 10:19AM	Balava Until 8:35AM	Prathama* Until 7:54PM	Nataraja: Purple		Moon 4 - Phase 3 - Prathama
Creative Work	Siddha Yoga			Moon – Orange			
				Vaisaka*Chaitra		Devaloka Day	

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