



Monday, April 18, 2022
Gold Retreat Star

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

Trieste, Italy
Sutra 1

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

278345478

Gulika 1:48PM – 3:31PM
Yama 10:24AM – 12:06PM
Rahu 6:59AM – 8:41AM

Vishakha Until 11:07PM
Siddhi Until 3:51PM
Vanija Until 1:32AM Tue
Dvitiya Until 2:54PM

Ganesha: Purple *Sunrise:* 5:16AM
Muruqa: White *Sunset:* 6:55PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

1

Tuesday, April 19, 2022

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

Trieste, Italy
Sun 1 Sutra 2

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

278345478

Gulika 12:06PM – 1:49PM
Yama 8:40AM – 10:23AM
Rahu 3:31PM – 5:14PM

Anuradha Until 9:06PM
Vyatipata* Until 12:29PM
Bava Until 10:45PM
Tritiya Until 12:07PM

Ganesha: Purple *Sunrise:* 5:15AM
Muruqa: White *Sunset:* 6:57PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

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

Trieste, Italy
Sun 2 Sutra 3

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

278345478

Gulika 10:22AM – 12:06PM
Yama 6:56AM – 8:39AM
Rahu 12:06PM – 1:49PM

Jyeshtha* Until 7:00PM
Variyan Until 9:05AM
Kaulava Until 8:01PM
Chaturthi* Until 9:21AM

Ganesha: Purple *Sunrise:* 5:13AM
Muruqa: White *Sunset:* 6:58PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

3

Thursday, April 21, 2022

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

Trieste, Italy
Sun 3 Sutra 4

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

288345478

Gulika 8:38AM – 10:22AM
Yama 5:11AM – 6:55AM
Rahu 1:49PM – 3:32PM

Mula* Until 5:19PM
Shiva Until 2:39AM Fri
Vanija Until 4:11AM Fri
Panchami Until 6:40AM

Ganesha: Clear *Sunrise:* 5:11AM
Muruqa: White *Sunset:* 6:59PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Moon 4 - Phase 1 -
1st Phase

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

4

Friday, April 22, 2022

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

Trieste, Italy
Sun 4 Sutra 5

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

289345478

Gulika 6:54AM – 8:37AM
Yama 3:33PM – 5:17PM
Rahu 10:21AM – 12:05PM

Purvashadha* Until 3:43PM
Siddha Until 11:42PM
Visti Until 3:03PM
Saptami Until 1:57AM Sat

Ganesha: Purple *Sunrise:* 5:10AM
Muruqa: White *Sunset:* 7:01PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Moon 4 - Phase 1 -
1st Phase

Devaloka Day

5

Saturday, April 23, 2022
Retreat Star

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

Trieste, Italy
Sun 5 Sutra 6

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

289345478

Gulika 5:08AM – 6:52AM
Yama 1:49PM – 3:33PM
Rahu 8:36AM – 10:21AM

Uttarashadha Until 2:15PM
Sadhya Until 9:00PM
Balava Until 12:58PM
Ashtami* Until 12:02AM Sun

Ganesha: Purple *Sunrise:* 5:08AM
Muruqa: White *Sunset:* 7:02PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Moon 4 - Phase 1 -
5 Ashtami

Devaloka Day

Sunday, April 24, 2022
Retreat Star

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

Trieste, Italy
Sun 6 Sutra 7

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

299345478

Gulika 3:34PM – 5:19PM
Yama 12:05PM – 1:49PM
Rahu 5:19PM – 7:03PM

Shravana Until 1:24PM
Subha Until 6:35PM
Taitila Until 11:12AM
Navami* Until 10:26PM

Ganesha: Clear *Sunrise:* 5:06AM
Muruqa: White *Sunset:* 7:03PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

Moon 4 - Phase 1 -
Navami

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

1		Monday, April 25, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Trieste, Italy Sun 7 Sutra 8
Kumbha Rasi: 2.49	Tithi 25	Gulika	1:50PM – 3:35PM	Dhanishtha Until 12:45PM	Ganesha: Clear	<i>Sunrise:</i> 5:05AM		Subhakrit 5124
Family Home Evening	299345479	Yama	10:20AM – 12:05PM	Sukla Until 4:26PM	Muruqa: White	<i>Sunset:</i> 7:04PM	Moon 4 - Phase 2 - 7	2nd Phase
Creative Work	Siddha Yoga	Rahu	6:50AM – 8:35AM	Vanija Until 9:47AM	Nataraja: Clear			
				Dashami Until 9:12PM	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				Trieste, Italy Sun 8 Sutra 9
Kumbha Rasi: 16.22	Tithi 26	Gulika	12:04PM – 1:50PM	Shatabhishak Until 12:19PM	Ganesha: Clear	<i>Sunrise:</i> 5:03AM		Subhakrit 5124
	299345479	Yama	8:34AM – 10:19AM	Brahma Until 2:36PM	Muruqa: White	<i>Sunset:</i> 7:06PM	Moon 4 - Phase 2 - 8	2nd Phase
Routine Work	Marana Yoga	Rahu	3:35PM – 5:20PM	Bava Until 8:45AM	Nataraja: Clear			
				Ekadashi* Until 8:21PM	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				Trieste, Italy Sun 9 Sutra 10
Kumbha Rasi: 29.41	Tithi 27	Gulika	10:19AM – 12:04PM	Purvaproshtapada* Until 12:36PM	Ganesha: Red	<i>Sunrise:</i> 5:01AM		Subhakrit 5124
	219345479	Yama	6:47AM – 8:33AM	Indra Until 1:07PM	Muruqa: White	<i>Sunset:</i> 7:07PM	Moon 4 - Phase 2 - 9	2nd Phase
Creative Work	Amrita Yoga	Rahu	12:04PM – 1:50PM	Kaulava Until 8:07AM	Nataraja: Clear			
Until 12:36PM				Dvadashi* Until 7:56PM	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*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Trieste, Italy Sun 10 Sutra 11
Meena Rasi: 12.47	Tithi 28	Gulika	8:32AM – 10:18AM	Uttaraproshtapada Until 1:10PM	Ganesha: Blue	<i>Sunrise:</i> 5:00AM		Subhakrit 5124
	219445479	Yama	5:00AM – 6:46AM	Vaidhriti* Until 11:57AM	Muruqa: White	<i>Sunset:</i> 7:08PM	Moon 4 - Phase 2 - 10	2nd Phase
Creative Work	Siddha Yoga	Rahu	1:50PM – 3:36PM	Gara Until 7:54AM	Nataraja: Clear			
				Trayodashi* Until 7:57PM	Moon – Clear		Bhuloka Day	
					Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

Pradosha Vrata (Fasting)

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				Trieste, Italy Sun 11 Sutra 12
Meena Rasi: 25.39	Tithi 29	Gulika	6:45AM – 8:31AM	Revati Until 2:02PM	Ganesha: Blue	<i>Sunrise:</i> 4:58AM		Subhakrit 5124
	219445479	Yama	3:37PM – 5:23PM	Vishkambha* Until 11:11AM	Muruqa: White	<i>Sunset:</i> 7:10PM	Moon 4 - Phase 2 - 11	2nd Phase
Creative Work	Siddha Yoga	Rahu	10:18AM – 12:04PM	Visti Until 8:10AM	Nataraja: Clear			
Until 2:02PM				Chaturdashi* Until 8:27PM	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/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Trieste, Italy Sun 12 Sutra 13
Retreat Star		Gulika	4:57AM – 6:44AM	Ashvini Until 3:41PM	Ganesha: Green	<i>Sunrise:</i> 4:57AM		Subhakrit 5124
Mesha Rasi: 8.17	Tithi 30	Yama	1:51PM – 3:37PM	Priti Until 10:48AM	Muruqa: White	<i>Sunset:</i> 7:11PM	Moon 4 - Phase 2 - 12	Amavasya
	221445479	Rahu	8:30AM – 10:17AM	Catuspada Until 8:55AM	Nataraja: Clear			
Creative Work	Siddha Yoga			Amavasya* Until 9:27PM	Moon – White		Bhuloka Day	
					Chaitra*Chaitra		Devaloka Time: 6:PM to 9:PM	

●		Sunday, May 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Trieste, Italy Sun 13 Sutra 14
Retreat Star		Gulika	3:38PM – 5:25PM	Bharani Until 5:40PM	Ganesha: Green	<i>Sunrise:</i> 4:55AM		Subhakrit 5124
Mesha Rasi: 20.42	Tithi 1	Yama	12:04PM – 1:51PM	Ayushman Until 10:46AM	Muruqa: White	<i>Sunset:</i> 7:12PM	Moon 4 - Phase 2 - 13	Prathama
	221445479	Rahu	5:25PM – 7:12PM	Kintughna Until 10:10AM	Nataraja: Clear			
Routine Work	Prabalarishta Yoga			Prathama* Until 10:56PM	Moon – White		Bhuloka Day	
Until 5:40PM					Vaisaka*Chaitra		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Siddha Yoga								

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

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				Trieste, Italy Sun 14 Sutra 15 Subhakrit 5124
1	Wrishabha Rasi: 2.55 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 7:55PM Then Creative Work - Amrita Yoga	Gulika 1:51PM – 3:38PM Yama 10:16AM – 12:04PM 231445479 Rahu 6:41AM – 8:29AM	Krittika Until 7:55PM Saubhagya Until 11:07AM Balava Until 11:52AM Dvitiya Until 12:51AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 4:54AM Sunset: 7:13PM	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				Trieste, Italy Sun 15 Sutra 16 Subhakrit 5124
2	Wrishabha Rasi: 14.57 Tithi 3 231445479 Creative Work Amrita Yoga Until 10:50PM Then Creative Work - Siddha Yoga	Gulika 12:03PM – 1:51PM Yama 8:28AM – 10:16AM 231445479 Rahu 3:39PM – 5:27PM	Rohini Until 10:50PM Sobhana Until 11:47AM Taitila Until 1:58PM Tritiya Until 3:06AM Wed	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:52AM Sunset: 7:15PM	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/Visti* Karana Chaturthyam Titau				Trieste, Italy Sun 16 Sutra 17 Subhakrit 5124
3	Wrishabha Rasi: 26.52 Tithi 4 231445479 Creative Work Siddha Yoga Until 1:48AM Thu Then Routine Work - Marana Yoga	Gulika 10:15AM – 12:03PM Yama 6:39AM – 8:27AM 231445479 Rahu 12:03PM – 1:51PM	Mrigashira Until 1:48AM Thu Athiganda* Until 12:38PM Vanija Until 4:21PM Chaturthi* Until 5:34AM Thu	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:51AM Sunset: 7:16PM	Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Bava Karana Panchamyam Titau				Trieste, Italy Sun 17 Sutra 18 Subhakrit 5124
4	Mithuna Rasi: 8.43 Tithi 5 231445479 Routine Work Marana Yoga Until 4:40AM Fri Then Creative Work - Siddha Yoga	Gulika 8:26AM – 10:15AM Yama 4:49AM – 6:38AM 231445479 Rahu 1:52PM – 3:40PM	Ardra Until 4:40AM Fri Sukarma Until 1:37PM Bava Until 6:51PM Panchami Until 8:04AM Fri	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 4:49AM Sunset: 7:17PM	Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Trieste, Italy Sun 18 Sutra 19 Subhakrit 5124
5	Mithuna Rasi: 20.34 Tithi 5 – 6 241445479 Creative Work Siddha Yoga	Gulika 6:37AM – 8:26AM Yama 3:41PM – 5:30PM 241445479 Rahu 10:14AM – 12:03PM	Punarvasu Until 7:46AM Sat Dhriti Until 2:36PM Kaulava Until 9:18PM Panchami Until 8:04AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:48AM Sunset: 7:18PM	Moon 4 - Phase 3 - 18 3rd Phase Devaloka Day

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy Sun 19 Sutra 20 Subhakrit 5124
6	Kataka Rasi: 2.26 Tithi 6 – 7 241445479 Creative Work Siddha Yoga	Gulika 4:47AM – 6:36AM Yama 1:52PM – 3:41PM 241445479 Rahu 8:25AM – 10:14AM	Punarvasu Until 7:46AM Shula* Until 3:26PM Gara Until 11:31PM Shashthi* Until 10:26AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:47AM Sunset: 7:20PM	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*/Vridhhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy Sun 20 Sutra 21 Subhakrit 5124
Retreat Star	Kataka Rasi: 14.26 Tithi 7 – 8 241445479 Creative Work Siddha Yoga	Gulika 3:42PM – 5:31PM Yama 12:03PM – 1:52PM 241445479 Rahu 5:31PM – 7:21PM	Pushya Until 10:25AM Ganda* Until 4:00PM Visti Until 1:20AM Mon Saptami Until 12:28PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:45AM Sunset: 7:21PM	Moon 4 - Phase 3 - 20 Ashtami Devaloka Day

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy Sun 21 Sutra 22 Subhakrit 5124
Retreat Star	Kataka Rasi: 26.37 Tithi 8 – 9 241445479 Family Home Evening Creative Work Siddha Yoga Until 12:25PM Then Routine Work - Marana Yoga	Gulika 1:53PM – 3:42PM Yama 10:13AM – 12:03PM 241445479 Rahu 6:34AM – 8:23AM	Ashlesha* Until 12:25PM Vridhhi Until 4:11PM Balava Until 2:33AM Tue Ashtami* Until 2:00PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 4:44AM Sunset: 7:22PM	Moon 4 - Phase 3 - 21 Navami Devaloka Day

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


1		Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy
Simha Rasi: 9.02	Tithi 9 – 10	Gulika	12:03PM – 1:53PM	Magha* Until 2:08PM	Ganesha: Clear	<i>Sunrise:</i> 4:43AM	Sun 22	Sutra 23
		Yama	8:23AM – 10:13AM	Dhruva Until 3:49PM	Muruqa: White	<i>Sunset:</i> 7:23PM		Subhakrit 5124
		252445479 Rahu	3:43PM – 5:33PM	Taitila Until 3:04AM Wed	Nataraja: Clear		Moon 4 - Phase 4 - 22	4th Phase
Creative Work	Siddha Yoga			Navami* Until 2:53PM	Moon – Red			Devaloka Day
					Vaisaka-Chaitra			

2		Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy
Simha Rasi: 21.48	Tithi 10 – 11	Gulika	10:12AM – 12:03PM	Purvaphalguni Until 2:57PM	Ganesha: Clear	<i>Sunrise:</i> 4:41AM	Sun 23	Sutra 24
		Yama	6:32AM – 8:22AM	Vyaghata* Until 2:53PM	Muruqa: White	<i>Sunset:</i> 7:24PM		Subhakrit 5124
		252445479 Rahu	12:03PM – 1:53PM	Vanija Until 2:49AM Thu	Nataraja: Clear		Moon 4 - Phase 4 - 23	4th Phase
Creative Work	Amrita Yoga			Dashami Until 3:01PM	Moon – Red			Devaloka Day
					Vaisaka-Chaitra			

3		Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy
Kanya Rasi: 4.57	Tithi 11 – 12	Gulika	8:21AM – 10:12AM	Uttaraphalguni Until 2:51PM	Ganesha: Clear	<i>Sunrise:</i> 4:40AM	Sun 24	Sutra 25
		Yama	4:40AM – 6:31AM	Harshana Until 1:21PM	Muruqa: White	<i>Sunset:</i> 7:26PM		Subhakrit 5124
		252445479 Rahu	1:54PM – 3:44PM	Bava Until 1:47AM Fri	Nataraja: Clear		Moon 4 - Phase 4 - 24	4th Phase
	Amrita Yoga			Ekadashi Until 2:23PM	Moon – Red			Devaloka Day
Until 2:51PM					Vaisaka-Chaitra			
Then Routine Work - Marana Yoga								

4		Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy
Kanya Rasi: 18.31	Tithi 12 – 13	Gulika	6:30AM – 8:21AM	Hasta Until 2:19PM	Ganesha: White	<i>Sunrise:</i> 4:39AM	Sun 25	Sutra 26
		Yama	3:45PM – 5:36PM	Vajra* Until 11:11AM	Muruqa: White	<i>Sunset:</i> 7:27PM		Subhakrit 5124
		262445479 Rahu	10:12AM – 12:03PM	Kaulava Until 12:02AM Sat	Nataraja: Clear		Moon 4 - Phase 4 - 25	4th Phase
Creative Work	Amrita Yoga			Dvadashi Until 12:58PM	Moon – Green			Sivaloka Day
Until 2:19PM					Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga								
								<i>Pradosha Vrata</i>

5		Saturday, May 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipala* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy
Tula Rasi: 2.31	Tithi 13 – 14	Gulika	4:38AM – 6:29AM	Chitra Until 12:58PM	Ganesha: White	<i>Sunrise:</i> 4:38AM	Sun 26	Sutra 27
		Yama	1:54PM – 3:45PM	Siddhi Until 8:28AM	Muruqa: White	<i>Sunset:</i> 7:28PM		Subhakrit 5124
		262445479 Rahu	8:20AM – 10:11AM	Gara Until 9:40PM	Nataraja: Clear		Moon 4 - Phase 4 - 26	4th Phase
Routine Work	Marana Yoga			Trayodashi Until 10:54AM	Moon – Green			Sivaloka Day
Until 12:58PM					Vaisaka-Chaitra			
Then Creative Work - Siddha Yoga								

		Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy
Copper Retreat Star		Gulika	3:46PM – 5:38PM	Svati Until 10:56AM	Ganesha: White	<i>Sunrise:</i> 4:36AM	Sun 27	Sutra 28
Tula Rasi: 16.54	Tithi 14 – 15	Yama	12:03PM – 1:54PM	Variyan Until 1:46AM Mon	Muruqa: White	<i>Sunset:</i> 7:29PM		Subhakrit 5124
		262445479 Rahu	5:38PM – 7:29PM	Visti Until 6:49PM	Nataraja: Clear		Moon 4 - Phase 4 - 27	Purnima
Creative Work	Siddha Yoga			Chaturdashi* Until 8:16AM	Moon – Green			Sivaloka Day
Until 10:56AM					Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga								

Monday, May 16, 2022		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy
Vrischika Rasi: 2	Tithi 16	Gulika	1:55PM – 3:47PM	Vishakha Until 8:47AM	Ganesha: Yellow	<i>Sunrise:</i> 4:35AM	Sun 28	Sutra 29
Family Home Evening		Yama	10:11AM – 12:03PM	Parigha* Until 10:00PM	Muruqa: White	<i>Sunset:</i> 7:30PM		Subhakrit 5124
		272445479 Rahu	6:27AM – 8:19AM	Balava Until 3:37PM	Nataraja: Clear		Moon 4 - Phase 4 -	Prathama
Routine Work	Marana Yoga			Prathama* Until 1:56AM Tue	Moon – Orange			Devaloka Day
Until 8:47AM					Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga								

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

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Tuesday, May 17, 2022
Gold Retreat Star

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

Trieste, Italy
Sutra 30

Vrischika Rasi: 16.29 Tithi 17

272445479

Gulika 12:03PM – 1:55PM
Yama 8:18AM – 10:11AM
Rahu 3:47PM – 5:39PM

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

Ganesha: Yellow *Sunrise:* 4:34AM
Muruqa: White *Sunset:* 7:31PM
Nataraja: Clear
Moon – Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 6:15AM

Then Routine Work - Marana Yoga

Devaloka Day

1

Wednesday, May 18, 2022

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

Trieste, Italy
Sun 1
Sutra 31

Dhanus Rasi: 1.27 Tithi 18

282445479

Gulika 10:10AM – 12:03PM
Yama 6:26AM – 8:18AM
Rahu 12:03PM – 1:55PM

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

Ganesha: Blue *Sunrise:* 4:33AM
Muruqa: White *Sunset:* 7:33PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Until 1:07AM Thu

Then Creative Work - Siddha Yoga

Sivaloka Day

2

Thursday, May 19, 2022

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

Trieste, Italy
Sun 2
Sutra 32

Dhanus Rasi: 16.2 Tithi 19 – 20

282445479

Gulika 8:17AM – 10:10AM
Yama 4:32AM – 6:25AM
Rahu 1:56PM – 3:48PM

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

Ganesha: Blue *Sunrise:* 4:32AM
Muruqa: White *Sunset:* 7:33PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 10:47PM

Then Routine Work - Marana Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Trieste, Italy
Sun 3
Sutra 33

Makara Rasi: 1.03 Tithi 20 – 21

282445479

Gulika 6:24AM – 8:17AM
Yama 3:49PM – 5:42PM
Rahu 10:10AM – 12:03PM

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

Ganesha: Blue *Sunrise:* 4:31AM
Muruqa: White *Sunset:* 7:35PM
Nataraja: Clear
Moon – Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Trieste, Italy
Sun 4
Sutra 34

Makara Rasi: 15.29 Tithi 21 – 22

292445479

Gulika 4:30AM – 6:23AM
Yama 1:56PM – 3:49PM
Rahu 8:16AM – 10:10AM

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

Ganesha: Red *Sunrise:* 4:30AM
Muruqa: White *Sunset:* 7:36PM
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

Trieste, Italy
Sun 5
Sutra 35

Makara Rasi: 29.34 Tithi 22 – 23

292445479

Gulika 3:50PM – 5:44PM
Yama 12:03PM – 1:57PM
Rahu 5:44PM – 7:37PM

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

Ganesha: Red *Sunrise:* 4:29AM
Muruqa: White *Sunset:* 7:37PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga

Until 6:17PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022

Retreat Star

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

Trieste, Italy
Sun 6
Sutra 36

Kumbha Rasi: 13.19 Tithi 23 – 24

293445479

Gulika 1:57PM – 3:51PM
Yama 10:09AM – 12:03PM
Rahu 6:22AM – 8:16AM

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

Ganesha: Green *Sunrise:* 4:28AM
Muruqa: White *Sunset:* 7:38PM
Nataraja: Clear
Moon – Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 5:43PM

Then Routine Work - Marana Yoga

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

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

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1		Tuesday, May 24, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Trieste, Italy Sun 7 Sutra 37	
Kumbha Rasi: 26.43	Tithi 24 – 25	Gulika	12:03PM – 1:57PM	Purvaproshtapada* Until 6:03PM	Ganesha: Clear	<i>Sunrise:</i> 4:27AM	Subhakrit 5124		
		Yama	8:15AM – 10:09AM	Vishkambha* Until 7:09PM	Muruqa: White	<i>Sunset:</i> 7:39PM	Moon 5 - Phase 6 - 7		
		213545479 Rahu	3:51PM – 5:45PM	Vanija Until 6:06PM	Nataraja: Clear		2nd Phase		
Routine Work	Marana Yoga			Navami* Until 6:16AM	Moon – Clear		Devaloka Day		
Until 6:03PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

2		Wednesday, May 25, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visli*/Bava Karana Dashami/Ekadashyam Titau		Trieste, Italy Sun 8 Sutra 38	
Meena Rasi: 9.48	Tithi 25 – 26	Gulika	10:09AM – 12:03PM	Uttaraproshtapada Until 6:48PM	Ganesha: Clear	<i>Sunrise:</i> 4:26AM	Subhakrit 5124		
		Yama	6:21AM – 8:15AM	Priti Until 6:13PM	Muruqa: White	<i>Sunset:</i> 7:40PM	Moon 5 - Phase 6 - 8		
		213545479 Rahu	12:03PM – 1:57PM	Bava Until 6:10PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Dashami Until 6:02AM	Moon – Clear		Devaloka Day		
Until 6:48PM					Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga									

3		Thursday, May 26, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 9 Sutra 39	
Meena Rasi: 22.35	Tithi 26 – 27	Gulika	8:14AM – 10:09AM	Revati Until 7:57PM	Ganesha: Purple	<i>Sunrise:</i> 4:26AM	Subhakrit 5124		
		Yama	4:26AM – 6:20AM	Ayushman Until 5:42PM	Muruqa: White	<i>Sunset:</i> 7:41PM	Moon 5 - Phase 6 - 9		
		313545479 Rahu	1:58PM – 3:52PM	Kaulava Until 6:47PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Ekadashi* Until 6:23AM	Moon – Clear		Sivaloka Day		
Until 7:57PM					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

4		Friday, May 27, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 10 Sutra 40	
Mesha Rasi: 5.08	Tithi 27 – 28	Gulika	6:19AM – 8:14AM	Ashvini Until 9:54PM	Ganesha: Clear	<i>Sunrise:</i> 4:25AM	Subhakrit 5124		
		Yama	3:53PM – 5:47PM	Saubhagya Until 5:35PM	Muruqa: White	<i>Sunset:</i> 7:42PM	Moon 5 - Phase 6 - 10		
		323545479 Rahu	10:09AM – 12:03PM	Gara Until 7:55PM	Nataraja: Clear		2nd Phase		
Creative Work	Amrita Yoga			Dvadashi* Until 7:17AM	Moon – White		Devaloka Day		
Until 9:54PM					Vaisaka-Vaikasi				
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>					

5		Saturday, May 28, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana/Athiganda* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 11 Sutra 41	
Mesha Rasi: 17.28	Tithi 28 – 29	Gulika	4:24AM – 6:19AM	Bharani Until 12:08AM Sun	Ganesha: Clear	<i>Sunrise:</i> 4:24AM	Subhakrit 5124		
		Yama	1:58PM – 3:53PM	Sobhana Until 5:51PM	Muruqa: White	<i>Sunset:</i> 7:43PM	Moon 5 - Phase 6 - 11		
		323545479 Rahu	8:14AM – 10:09AM	Visti Until 9:30PM	Nataraja: Clear		2nd Phase		
Creative Work	Siddha Yoga			Trayodashi* Until 8:39AM	Moon – White		Devaloka Day		
					Vaisaka-Vaikasi				

●		Sunday, May 29, 2022				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 12 Sutra 42	
Retreat Star		Gulika	3:54PM – 5:49PM	Krittika Until 2:32AM Mon	Ganesha: Clear	<i>Sunrise:</i> 4:23AM	Subhakrit 5124		
Mesha Rasi: 29.37	Tithi 29 – 30	Yama	12:04PM – 1:59PM	Athiganda* Until 6:22PM	Muruqa: White	<i>Sunset:</i> 7:44PM	Moon 5 - Phase 6 - 12		
		323545479 Rahu	5:49PM – 7:44PM	Catuspada Until 11:28PM	Nataraja: Clear		Amavasya		
Creative Work	Siddha Yoga			Chaturdashi* Until 10:25AM	Moon – White		Devaloka Day		
Until 2:32AM Mon					Vaisaka-Vaikasi				
Then Creative Work - Amrita Yoga									

Monday, May 30, 2022		Retreat Star				Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 13 Sutra 43	
Vrishabha Rasi: 11.38	Tithi 30 – 1	Gulika	1:59PM – 3:54PM	Rohini Until 5:33AM Tue	Ganesha: Orange	<i>Sunrise:</i> 4:23AM	Subhakrit 5124		
Family Home Evening		Yama	10:09AM – 12:04PM	Sukarma Until 7:09PM	Muruqa: White	<i>Sunset:</i> 7:45PM	Moon 5 - Phase 6 - 13		
		333545479 Rahu	6:18AM – 8:13AM	Kintughna Until 1:42AM Tue	Nataraja: Clear		Prathama		
Creative Work	Amrita Yoga			Amavasya* Until 12:32PM	Moon – Yellow		Devaloka Day		
Until 5:33AM Tue					Jyeshtha-Vaikasi				
Then Creative Work - Siddha Yoga									

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

1	Tuesday, May 31, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Trieste, Italy Sun 14 Sutra 44
	Wrisabha Rasi: 23.33	Tithi 1 – 2	Gulika 12:04PM – 1:59PM	Mrigashira Until 8:33AM Wed	Ganesha: Orange <i>Sunrise:</i> 4:22AM		Subhakit 5124
			Yama 8:13AM – 10:08AM	Dhriti Until 8:06PM	Muruqa: White <i>Sunset:</i> 7:46PM		Moon 5 - Phase 7 - 14
	Creative Work	Siddha Yoga	333545479 Rahu 3:55PM – 5:50PM	Balava Until 4:07AM Wed Prathama* Until 2:52PM	Nataraja: Clear Moon – Yellow	Devaloka Day	3rd Phase

2	Wednesday, June 1, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Trieste, Italy Sun 15 Sutra 45
	Mithuna Rasi: 5.24	Tithi 2 – 3	Gulika 10:08AM – 12:04PM	Mrigashira Until 8:33AM	Ganesha: Orange <i>Sunrise:</i> 4:21AM		Subhakit 5124
			Yama 6:17AM – 8:13AM	Shula* Until 9:05PM	Muruqa: White <i>Sunset:</i> 7:47PM		Moon 5 - Phase 7 - 15
	Creative Work	Siddha Yoga	333545479 Rahu 12:04PM – 2:00PM	Taitila Until 6:36AM Thu Dvitiya Until 5:20PM	Nataraja: Clear Moon – Yellow	Devaloka Day	3rd Phase

3	Thursday, June 2, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Trieste, Italy Sun 16 Sutra 46
	Mithuna Rasi: 17.14	Tithi 3	Gulika 8:13AM – 10:08AM	Ardra Until 11:25AM	Ganesha: Orange <i>Sunrise:</i> 4:21AM		Subhakit 5124
			Yama 4:21AM – 6:17AM	Ganda* Until 10:06PM	Muruqa: Green <i>Sunset:</i> 7:48PM		Moon 5 - Phase 7 - 16
	Routine Work	Marana Yoga	333555479 Rahu 2:00PM – 3:56PM	Taitila Until 6:36AM Tritiya Until 7:49PM	Nataraja: Clear Moon – Yellow	Devaloka Day	3rd Phase

4	Friday, June 3, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 47
	Mithuna Rasi: 29.04	Tithi 4	Gulika 6:16AM – 8:12AM	Punarvasu Until 2:35PM	Ganesha: Clear <i>Sunrise:</i> 4:20AM		Subhakit 5124
			Yama 3:56PM – 5:52PM	Vriddhi Until 11:03PM	Muruqa: Green <i>Sunset:</i> 7:48PM		Moon 5 - Phase 7 - 17
	Creative Work	Siddha Yoga	343555479 Rahu 10:08AM – 12:04PM	Vanija Until 9:03AM Chaturthi* Until 10:12PM	Nataraja: Clear Moon – Blue	Devaloka Day	3rd Phase

5	Saturday, June 4, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 18 Sutra 48
	Kataka Rasi: 10.59	Tithi 5	Gulika 4:20AM – 6:16AM	Pushya Until 5:23PM	Ganesha: Clear <i>Sunrise:</i> 4:20AM		Subhakit 5124
			Yama 2:01PM – 3:57PM	Dhruva Until 11:47PM	Muruqa: Green <i>Sunset:</i> 7:49PM		Moon 5 - Phase 7 - 18
	Creative Work	Siddha Yoga	343555479 Rahu 8:12AM – 10:08AM	Bava Until 11:20AM Panchami Until 12:21AM Sun	Nataraja: Clear Moon – Blue	Devaloka Day	3rd Phase

6	Sunday, June 5, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Trieste, Italy Sun 19 Sutra 49
	Kataka Rasi: 22.59	Tithi 6	Gulika 3:57PM – 5:54PM	Ashlesha* Until 7:42PM	Ganesha: Clear <i>Sunrise:</i> 4:19AM		Subhakit 5124
			Yama 12:05PM – 2:01PM	Vyaghata* Until 12:15AM Mon	Muruqa: Green <i>Sunset:</i> 7:50PM		Moon 5 - Phase 7 - 19
	Creative Work	Siddha Yoga	343555471 Rahu 5:54PM – 7:50PM	Kaulava Until 1:19PM Shashthi* Until 2:08AM Mon	Nataraja: Yellow Moon – Blue	Devaloka Day	3rd Phase

Retreat Star	Monday, June 6, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Trieste, Italy Sun 20 Sutra 50
	Simha Rasi: 5.09	Tithi 7	Gulika 2:01PM – 3:58PM	Magha* Until 9:53PM	Ganesha: Purple <i>Sunrise:</i> 4:19AM		Subhakit 5124
	Family Home Evening		Yama 10:08AM – 12:05PM	Harshana Until 12:21AM Tue	Muruqa: Green <i>Sunset:</i> 7:51PM		Moon 5 - Phase 7 - 20
	Routine Work	Marana Yoga	353555471 Rahu 6:15AM – 8:12AM	Gara Until 2:51PM Saptami Until 3:23AM Tue	Nataraja: Yellow Moon – Red	Sivaloka Day	3rd Phase

Retreat Star	Tuesday, June 7, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Trieste, Italy Sun 21 Sutra 51
	Simha Rasi: 17.32	Tithi 8	Gulika 12:05PM – 2:02PM	Purvaphalguni Until 11:18PM	Ganesha: Clear <i>Sunrise:</i> 4:19AM		Subhakit 5124
			Yama 8:12AM – 10:08AM	Vajra* Until 11:55PM	Muruqa: Green <i>Sunset:</i> 7:51PM		Moon 5 - Phase 7 - 21
	Creative Work	Siddha Yoga	354555471 Rahu 3:58PM – 5:55PM	Visti Until 3:48PM Ashtami* Until 4:00AM Wed	Nataraja: Yellow Moon – Red	Devaloka Day	Ashtami

Retreat Star	Wednesday, June 8, 2022		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Trieste, Italy Sun 22 Sutra 52
	Kanya Rasi: 0.14	Tithi 9	Gulika 10:09AM – 12:05PM	Uttaraphalguni Until 11:51PM	Ganesha: Clear <i>Sunrise:</i> 4:18AM		Subhakit 5124
			Yama 6:15AM – 8:12AM	Siddhi Until 10:55PM	Muruqa: Green <i>Sunset:</i> 7:52PM		Moon 5 - Phase 7 - 22
	Creative Work	Amrita Yoga	354555471 Rahu 12:05PM – 2:02PM	Balava Until 4:03PM Navami* Until 3:51AM Thu	Nataraja: Yellow Moon – Red	Devaloka Day	Navami

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

1 Thursday, June 9, 2022 Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Trieste, Italy
 Hasta Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau Sun 23 Sutra 53
 Kanya Rasi: 13.17 Tithi 10 364555471 **Gulika** 8:12AM – 10:09AM **Hasta** **Until 11:55PM** **Ganesha:** White **Sunrise:** 4:18AM Subhakrit 5124
 Yama 4:18AM – 6:15AM **Vyatipata*** **Until 9:19PM** **Muruqa:** Green **Sunset:** 7:53PM Moon 5 - Phase 8 - 23
 Rahu 2:02PM – 3:59PM **Taitila** **Until 3:31PM** **Nataraja:** Yellow 4th Phase
 Routine Work Marana Yoga **Dashami** **Until 2:56AM Fri** **Jyeshtha-Vaikasi** **Bhuloka Day**
 Until 11:55PM **Devaloka Time: 6:PM to 9:PM**
 Then Creative Work - Siddha Yoga

2 Friday, June 10, 2022 Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Trieste, Italy
 Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau Sun 24 Sutra 54
 Kanya Rasi: 26.47 Tithi 11 364555471 **Gulika** 6:15AM – 8:12AM **Chitra** **Until 11:05PM** **Ganesha:** White **Sunrise:** 4:18AM Subhakrit 5124
 Yama 4:00PM – 5:56PM **Variyan** **Until 7:03PM** **Muruqa:** Green **Sunset:** 7:53PM Moon 5 - Phase 8 - 24
 Rahu 10:09AM – 12:06PM **Vanija** **Until 2:12PM** **Nataraja:** Yellow 4th Phase
 Creative Work Siddha Yoga **Ekadashi** **Until 1:14AM Sat** **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 Trieste, Italy
 Svati Nakshatra Parigha* Shiva Yoga Bava/Balava Karana Dvadasyam Titau Sun 25 Sutra 55
 Tula Rasi: 10.43 Tithi 12 364555471 **Gulika** 4:18AM – 6:15AM **Svati** **Until 9:24PM** **Ganesha:** White **Sunrise:** 4:18AM Subhakrit 5124
 Yama 2:03PM – 4:00PM **Parigha*** **Until 4:13PM** **Muruqa:** Green **Sunset:** 7:53PM Moon 5 - Phase 8 - 25
 Rahu 8:12AM – 10:09AM **Bava** **Until 12:08PM** **Nataraja:** Yellow 4th Phase
 Creative Work Siddha Yoga **Dvadashi** **Until 10:51PM** **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 Trieste, Italy
 Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau Sun 26 Sutra 56
 Tula Rasi: 25.07 Tithi 13 374555471 **Gulika** 4:00PM – 5:57PM **Vishakha** **Until 7:24PM** **Ganesha:** Yellow **Sunrise:** 4:17AM Subhakrit 5124
 Yama 12:06PM – 2:03PM **Shiva** **Until 12:53PM** **Muruqa:** Green **Sunset:** 7:53PM Moon 5 - Phase 8 - 26
 Rahu 5:57PM – 7:55PM **Kaulava** **Until 9:27AM** **Nataraja:** Yellow 4th Phase
 Routine Work Marana Yoga **Vaikasi Visakam** **Trayodashi** **Until 7:53PM** **Jyeshtha-Vaikasi** **Devaloka Day**
Pradosha Vrata

5 Monday, June 13, 2022 Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Trieste, Italy
 Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau Sun 27 Sutra 57
 Vrischika Rasi: 9.53 Tithi 14 – 15 374555471 **Gulika** 2:03PM – 4:01PM **Anuradha** **Until 4:50PM** **Ganesha:** Yellow **Sunrise:** 4:17AM Subhakrit 5124
 Yama 10:09AM – 12:06PM **Siddha** **Until 9:08AM** **Muruqa:** Green **Sunset:** 7:53PM Moon 5 - Phase 8 - 27
Family Home Evening **Rahu** 6:15AM – 8:12AM **Gara** **Until 6:15AM** **Nataraja:** Yellow 4th Phase
 Creative Work Siddha Yoga **Chaturdashi*** **Until 4:30PM** **Jyeshtha-Vaikasi** **Devaloka Day**

○ Tuesday, June 14, 2022 Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Trieste, Italy
 Jyeshtha*/Mula* Nakshatra Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 28 Sutra 58
 Vrischika Rasi: 24.56 Tithi 15 – 16 374555471 **Gulika** 12:06PM – 2:04PM **Jyeshtha*** **Until 1:52PM** **Ganesha:** Yellow **Sunrise:** 4:17AM Subhakrit 5124
 Yama 8:12AM – 10:09AM **Subha** **Until 12:57AM Wed** **Muruqa:** Green **Sunset:** 7:56PM Moon 5 - Phase 8 -
Copper Retreat Star **Rahu** 4:01PM – 5:58PM **Balava** **Until 10:57PM** **Nataraja:** Yellow Purnima
 Routine Work Marana Yoga **Purnima*** **Until 12:49PM** **Jyeshtha-Vaikasi** **Devaloka Day**
 Until 1:52PM
 Then Creative Work - Amrita Yoga

Wednesday, June 15, 2022 Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Trieste, Italy
 Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau Sun 29 Sutra 59
 Dhanus Rasi: 10.08 Tithi 16 – 17 384555471 **Gulika** 10:09AM – 12:07PM **Mula*** **Until 11:02AM** **Ganesha:** Blue **Sunrise:** 4:17AM Subhakrit 5124
 Yama 6:14AM – 8:12AM **Sukla** **Until 8:44PM** **Muruqa:** Green **Sunset:** 7:56PM Moon 5 - Phase 8 -
Silver Retreat Star **Rahu** 12:07PM – 2:04PM **Taitila** **Until 7:09PM** **Nataraja:** Yellow Prathama
 Routine Work Marana Yoga **Prathama*** **Until 9:02AM** **Jyeshtha-Ani** **Bhuloka Day**
 Until 11:02AM **Devaloka Time: 6:PM to 9:PM**
 Then Creative Work - Amrita Yoga



Thursday, June 16, 2022

Gold Retreat Star

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

Trieste, Italy

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 25.19 Tithi 18

384555471

Gulika 8:12AM – 10:09AM
Yama 4:17AM – 6:15AM
Rahu 2:04PM – 4:02PM

Purvashadha* Until 8:08AM

Brahma Until 4:40PM

Vanija Until 3:30PM

Tritiya Until 1:45AM Fri

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon – Light Blue
Jyeshtha-Ani

Sunrise: 4:17AM

Sunset: 7:56PM

Moon 6 - Phase 9 - 1

1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 8:08AM

Then Routine Work - Marana Yoga

Friday, June 17, 2022

1

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

Trieste, Italy

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 10.19 Tithi 19

394555471

Gulika 6:15AM – 8:12AM
Yama 4:02PM – 5:59PM
Rahu 10:10AM – 12:07PM

Shravana Until 3:13AM Sat

Indra Until 12:51PM

Bava Until 12:07PM

Chaturthi* Until 10:34PM

Ganesha: Red

Muruqa: Green

Nataraja: Yellow

Moon – Purple
Jyeshtha-Ani

Sunrise: 4:17AM

Sunset: 7:57PM

Moon 6 - Phase 9 - 2

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 3:13AM Sat

Then Creative Work - Siddha Yoga

Saturday, June 18, 2022

2

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

Trieste, Italy

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 25.01 Tithi 20

394655471

Gulika 4:17AM – 6:15AM
Yama 2:05PM – 4:02PM
Rahu 8:12AM – 10:10AM

Dhanishtha Until 1:29AM Sun

Vaidhriti* Until 9:23AM

Kaulava Until 9:11AM

Panchami Until 7:54PM

Ganesha: Blue

Muruqa: Green

Nataraja: Yellow

Moon – Purple
Jyeshtha-Ani

Sunrise: 4:17AM

Sunset: 7:57PM

Moon 6 - Phase 9 - 3

1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Sunday, June 19, 2022

3

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

Trieste, Italy

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 9.19 Tithi 21 – 22

395655471

Gulika 4:02PM – 6:00PM
Yama 12:07PM – 2:05PM
Rahu 6:00PM – 7:58PM

Shatabhisak Until 12:16AM Mon

Vishkambha* Until 6:24AM

Gara Until 6:49AM

Shashthi* Until 5:52PM

Ganesha: Red

Muruqa: Green

Nataraja: Yellow

Moon – Purple
Jyeshtha-Ani

Sunrise: 4:17AM

Sunset: 7:58PM

Moon 6 - Phase 9 - 4

1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 12:16AM Mon

Then Routine Work - Marana Yoga

Father's Day

Monday, June 20, 2022

4

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

Trieste, Italy

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 23.1 Tithi 22 – 23

315655471

Gulika 2:05PM – 4:03PM
Yama 10:10AM – 12:08PM
Rahu 6:15AM – 8:13AM

Purvaprosarthapada* Until 12:05AM Tue

Ayushman Until 2:10AM Tue

Balava Until 4:12AM Tue

Saptami Until 4:33PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon – Clear
Jyeshtha-Ani

Sunrise: 4:17AM

Sunset: 7:58PM

Moon 6 - Phase 9 - 5

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 12:05AM Tue

Then Creative Work - Amrita Yoga

Family Home Evening

Tuesday, June 21, 2022

●

Retreat Star

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

Trieste, Italy

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 6.35 Tithi 23 – 24

315655471

Gulika 12:08PM – 2:05PM
Yama 8:13AM – 10:10AM
Rahu 4:03PM – 6:00PM

Uttaraprosarthapada Until 12:32AM Wed

Saubhagya Until 12:59AM Wed

Taitila Until 4:03AM Wed

Ashtami* Until 4:01PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon – Clear
Jyeshtha-Ani

Sunrise: 4:18AM

Sunset: 7:58PM

Moon 6 - Phase 9 - 6

Ashtami

Devaloka Day

Creative Work Amrita Yoga

Until 12:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 19.35 Tithi 24 – 25

315655471

Gulika 10:10AM – 12:08PM
Yama 6:15AM – 8:13AM
Rahu 12:08PM – 2:06PM

Revati Until 1:32AM Thu

Sobhana Until 12:24AM Thu

Vanija Until 4:38AM Thu

Navami* Until 4:14PM

Ganesha: Clear

Muruqa: Green

Nataraja: Yellow

Moon – Clear
Jyeshtha-Ani

Sunrise: 4:18AM

Sunset: 7:58PM

Moon 6 - Phase 9 - 7

Navami

Devaloka Day

Routine Work Marana Yoga

Until 1:32AM Thu

Then Creative Work - Amrita Yoga

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20

www.gurudeva.org/panchang

1		Thursday, June 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Trieste, Italy Sun 15 Sutra 74 Subhakarit 5124	
Mithuna Rasi: 26.05	Tithi 1 – 2	Gulika 8:15AM – 10:12AM	Punarvasu Until 8:38PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:21AM	Moon 6 - Phase 11 - 15 3rd Phase	
		Yama 4:21AM – 6:18AM	Vyaghata* Until 6:16AM Fri	Muruqa: Green	<i>Sunset:</i> 7:58PM		
		346655471 Rahu 2:07PM – 4:04PM	Balava Until 7:34PM	Nataraja: Yellow			
Creative Work	Amrita Yoga		Prathama* Until 6:22AM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashada*Ani			
2		Friday, July 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Trieste, Italy Sun 16 Sutra 75 Subhakarit 5124	
Kataka Rasi: 7.58	Tithi 2 – 3	Gulika 6:19AM – 8:16AM	Pushya Until 11:26PM	Ganesha: Light Blue	<i>Sunrise:</i> 4:21AM	Moon 6 - Phase 11 - 16 3rd Phase	
		Yama 4:04PM – 6:01PM	Vyaghata* Until 6:16AM	Muruqa: Green	<i>Sunset:</i> 7:58PM		
		346655471 Rahu 10:13AM – 12:10PM	Taitila Until 9:47PM	Nataraja: Yellow			
Routine Work	Marana Yoga		Dvitiya Until 8:41AM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashada*Ani			
3		Saturday, July 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 17 Sutra 76 Subhakarit 5124	
Kataka Rasi: 19.56	Tithi 3 – 4	Gulika 4:22AM – 6:19AM	Ashlesha* Until 1:49AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 4:22AM	Moon 6 - Phase 11 - 17 3rd Phase	
		Yama 2:07PM – 4:04PM	Harshana Until 7:02AM	Muruqa: Green	<i>Sunset:</i> 7:58PM		
		346655471 Rahu 8:16AM – 10:13AM	Vanija Until 11:45PM	Nataraja: Yellow			
Routine Work	Marana Yoga		Tritiya Until 10:47AM	Moon – Blue		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
				Ashada*Ani			
4		Sunday, July 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 18 Sutra 77 Subhakarit 5124	
Simha Rasi: 2.01	Tithi 4 – 5	Gulika 4:04PM – 6:01PM	Magha* Until 4:12AM Mon	Ganesha: Orange	<i>Sunrise:</i> 4:23AM	Moon 6 - Phase 11 - 18 3rd Phase	
		Yama 12:10PM – 2:07PM	Vajra* Until 7:34AM	Muruqa: Green	<i>Sunset:</i> 7:58PM		
		356655471 Rahu 6:01PM – 7:58PM	Bava Until 1:23AM Mon	Nataraja: Yellow			
Routine Work	Marana Yoga		Chaturthi* Until 12:36PM	Moon – Red		Devaloka Day	
Until 4:12AM Mon				Ashada*Ani			
Then Creative Work - Siddha Yoga							
5		Monday, July 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatiyata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Trieste, Italy Sun 19 Sutra 78 Subhakarit 5124	
Simha Rasi: 14.15	Tithi 5 – 6	Gulika 2:07PM – 4:04PM	Purvaphalguni Until 5:59AM Tue	Ganesha: Orange	<i>Sunrise:</i> 4:23AM	Moon 6 - Phase 11 - 19 3rd Phase	
Family Home Evening		Yama 10:14AM – 12:10PM	Siddhi Until 7:50AM	Muruqa: Green	<i>Sunset:</i> 7:58PM		
Creative Work	Siddha Yoga	356655471 Rahu 6:20AM – 8:17AM	Kaulava Until 2:35AM Tue	Nataraja: Yellow			
Until 5:59AM Tue			Panchami Until 2:02PM	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Ashada*Ani			
6		Tuesday, July 5, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyatiyata*/Variyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 20 Sutra 79 Subhakarit 5124	
Simha Rasi: 26.4	Tithi 6 – 7	Gulika 12:11PM – 2:07PM	Uttaraphalguni Until 7:04AM Wed	Ganesha: Orange	<i>Sunrise:</i> 4:24AM	Moon 6 - Phase 11 - 20 3rd Phase	
		Yama 8:14AM – 10:14AM	Vyatiyata* Until 7:45AM	Muruqa: Green	<i>Sunset:</i> 7:57PM		
		356655471 Rahu 4:04PM – 6:01PM	Gara Until 3:15AM Wed	Nataraja: Yellow			
Creative Work	Amrita Yoga		Shashthi* Until 2:58PM	Moon – Red		Devaloka Day	
Until 7:04AM Wed				Ashada*Ani			
Then Routine Work - Marana Yoga							
Retreat Star		Wednesday, July 6, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Trieste, Italy Sun 21 Sutra 80 Subhakarit 5124	
Kanya Rasi: 9.2	Tithi 7 – 8	Gulika 10:14AM – 12:11PM	Uttaraphalguni Until 7:04AM	Ganesha: Clear	<i>Sunrise:</i> 4:25AM	Moon 6 - Phase 11 - 21 3rd Phase	
		Yama 6:21AM – 8:18AM	Variyan Until 7:12AM	Muruqa: Green	<i>Sunset:</i> 7:57PM		
		357655471 Rahu 12:11PM – 2:07PM	Visti Until 3:16AM Thu	Nataraja: Yellow			
Creative Work	Amrita Yoga		Saptami Until 3:19PM	Moon – Red		Devaloka Day	
Until 7:04AM		Chidambaram Abhishekam		Ashada*Ani			
Then Routine Work - Marana Yoga							
Retreat Star		Thursday, July 7, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Trieste, Italy Sun 22 Sutra 81 Subhakarit 5124	
Kanya Rasi: 22.19	Tithi 8 – 9	Gulika 8:18AM – 10:14AM	Hasta Until 7:50AM	Ganesha: Clear	<i>Sunrise:</i> 4:25AM	Moon 6 - Phase 11 - 22 Ashtami	
		Yama 4:25AM – 6:22AM	Parigha* Until 6:08AM	Muruqa: Green	<i>Sunset:</i> 7:56PM		
		467655471 Rahu 2:07PM – 4:04PM	Balava Until 2:33AM Fri	Nataraja: Yellow			
Routine Work	Marana Yoga		Ashtami* Until 2:59PM	Moon – Green		Devaloka Day	
Until 7:50AM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
Retreat Star		Friday, July 8, 2022		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Trieste, Italy Sun 23 Sutra 82 Subhakarit 5124	
Tula Rasi: 5.41	Tithi 9 – 10	Gulika 6:22AM – 8:18AM	Chitra Until 7:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:26AM	Moon 6 - Phase 11 - 23 Navami	
		Yama 4:04PM – 6:00PM	Siddha Until 2:16AM Sat	Muruqa: Green	<i>Sunset:</i> 7:56PM		
		467655471 Rahu 10:15AM – 12:11PM	Taitila Until 1:07AM Sat	Nataraja: Yellow			
Creative Work	Siddha Yoga		Navami* Until 1:55PM	Moon – Green		Devaloka Day	
				Ashada*Ani			


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

<h1>1</h1>	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 83 Subhakrit 5124
	Tula Rasi: 19.29	Tithi 10 – 11	Gulika 4:27AM – 6:23AM	Svati Until 6:43AM	Ganesha: Clear	<i>Sunrise:</i> 4:27AM	
			Yama 2:07PM – 4:03PM	Sadhya Until 11:27PM	Muruqa: Green	<i>Sunset:</i> 7:56PM	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 Rahu 8:19AM – 10:15AM	Vanija Until 10:58PM	Nataraja: Yellow		4th Phase
			Dashami Until 12:07PM	Moon – Green		Devaloka Day	
				Ashada*Ani			

<h1>2</h1>	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 84 Subhakrit 5124
	Vrischika Rasi: 3.43	Tithi 11 – 12	Gulika 4:03PM – 5:59PM	Anuradha Until 3:13AM Mon	Ganesha: White	<i>Sunrise:</i> 4:28AM	
			Yama 12:11PM – 2:07PM	Subha Until 8:09PM	Muruqa: Green	<i>Sunset:</i> 7:55PM	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 Rahu 5:59PM – 7:55PM	Bava Until 8:13PM	Nataraja: Yellow		4th Phase
Until 3:13AM Mon			Ekadashi Until 9:39AM	Moon – Orange		Bhuloka Day	
Then Creative Work - Siddha Yoga				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 Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 85 Subhakrit 5124
	Vrischika Rasi: 18.22	Tithi 12 – 13	Gulika 2:07PM – 4:03PM	Jyeshtha* Until 12:31AM Tue	Ganesha: White	<i>Sunrise:</i> 4:28AM	
	Family Home Evening		Yama 10:16AM – 12:11PM	Sukla Until 4:24PM	Muruqa: Green	<i>Sunset:</i> 7:54PM	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 Rahu 6:24AM – 8:20AM	Taitila Until 3:10AM Tue	Nataraja: Yellow		4th Phase
Until 12:31AM Tue			Dvadashi Until 6:37AM	Moon – Orange		Bhuloka Day	
Then Creative Work - Amrita Yoga				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
				<i>Pradosha Vrata</i>			

<h1>4</h1>	Tuesday, July 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 86 Subhakrit 5124
	Dhanus Rasi: 3.21	Tithi 14	Gulika 12:12PM – 2:07PM	Mula* Until 9:46PM	Ganesha: White	<i>Sunrise:</i> 4:29AM	
			Yama 8:20AM – 10:16AM	Brahma Until 12:22PM	Muruqa: Green	<i>Sunset:</i> 7:54PM	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 Rahu 4:03PM – 5:58PM	Gara Until 1:20PM	Nataraja: Yellow		4th Phase
Until 9:46PM			Chaturdashi* Until 11:26PM	Moon – Light Blue		Sivaloka Day	
Then Creative Work - Siddha Yoga				Ashada*Ani			

	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Trieste, Italy Sun 28 Sutra 87 Subhakrit 5124
	Copper Retreat Star		Gulika 10:16AM – 12:12PM	Purvashadha* Until 6:46PM	Ganesha: Yellow	<i>Sunrise:</i> 4:30AM	
	Dhanus Rasi: 18.33	Tithi 15	Yama 6:25AM – 8:21AM	Indra Until 8:11AM	Muruqa: Green	<i>Sunset:</i> 7:53PM	Moon 6 - Phase 12 -
	Creative Work	Amrita Yoga	488755471 Rahu 12:12PM – 2:07PM	Visti Until 9:32AM	Nataraja: Yellow		Purnima
			Purnima* Until 7:35PM	Moon – Light Blue		Devaloka Day	
				Ashada*Ani			

<h1>5</h1>	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Trieste, Italy Sun 29 Sutra 88 Subhakrit 5124
	Silver Retreat Star		Gulika 8:21AM – 10:17AM	Uttarashadha Until 3:40PM	Ganesha: Yellow	<i>Sunrise:</i> 4:31AM	
	Makara Rasi: 3.47	Tithi 16 – 17	Yama 4:31AM – 6:26AM	Vishkambha* Until 11:47PM	Muruqa: Green	<i>Sunset:</i> 7:53PM	Moon 6 - Phase 12 -
	Routine Work	Marana Yoga	488755471 Rahu 2:07PM – 4:02PM	Taitila Until 1:59AM Fri	Nataraja: Yellow		Prathama
Until 3:40PM			Prathama* Until 3:47PM	Moon – Light Blue		Devaloka Day	
Then Creative Work - Siddha Yoga				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

Trieste, Italy
Sun 1
Sutra 89

Makara Rasi: 18.55 Tithi 17 - 18

Gulika 6:27AM - 8:22AM
Yama 4:02PM - 5:57PM
498755471 **Rahu** 10:17AM - 12:12PM

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

Ganesha: Blue *Sunrise: 4:32AM*
Muruqa: Green *Sunset: 7:52PM*
Nataraja: Yellow
Moon - Purple
Ashada-Ani

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

Routine Work Marana Yoga

Until 1:04PM

Then Creative Work - Siddha Yoga

1

Saturday, July 16, 2022

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

Trieste, Italy
Sun 2
Sutra 90

Kumbha Rasi: 3.46 Tithi 18 - 19

Gulika 4:33AM - 6:28AM
Yama 2:07PM - 4:02PM
498755471 **Rahu** 8:22AM - 10:17AM

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

Ganesha: Blue *Sunrise: 4:33AM*
Muruqa: Green *Sunset: 7:51PM*
Nataraja: Yellow
Moon - Purple
Ashada-Adi

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

Creative Work Siddha Yoga

Until 10:44AM

Then Creative Work - Amrita Yoga

2

Sunday, July 17, 2022

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

Trieste, Italy
Sun 3
Sutra 91

Kumbha Rasi: 18.13 Tithi 19 - 20

Gulika 4:01PM - 5:56PM
Yama 12:12PM - 2:07PM
498755472 **Rahu** 5:56PM - 7:50PM

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

Ganesha: Blue *Sunrise: 4:34AM*
Muruqa: Green *Sunset: 7:50PM*
Nataraja: White
Moon - Purple
Ashada-Adi

Bhuloka Day

Creative Work Siddha Yoga

3

Monday, July 18, 2022

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

Trieste, Italy
Sun 4
Sutra 92

Meena Rasi: 2.13 Tithi 21

Gulika 2:06PM - 4:01PM
Yama 10:18AM - 12:12PM
418755472 **Rahu** 6:29AM - 8:23AM

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

Ganesha: White *Sunrise: 4:35AM*
Muruqa: Green *Sunset: 7:50PM*
Nataraja: White
Moon - Clear
Ashada-Adi

Bhuloka Day

Family Home Evening

Routine Work Marana Yoga

Until 7:56AM

Then Creative Work - Siddha Yoga

4

Tuesday, July 19, 2022

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

Trieste, Italy
Sun 5
Sutra 93

Meena Rasi: 15.43 Tithi 22

Gulika 12:12PM - 2:06PM
Yama 8:24AM - 10:18AM
419755472 **Rahu** 4:00PM - 5:55PM

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

Ganesha: Clear *Sunrise: 4:36AM*
Muruqa: Green *Sunset: 7:49PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

Creative Work Amrita Yoga

Until 7:42AM

Then Creative Work - Siddha Yoga

D

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

Trieste, Italy
Sun 6
Sutra 94

Meena Rasi: 28.45 Tithi 23

Gulika 10:18AM - 12:12PM
Yama 6:31AM - 8:24AM
419755472 **Rahu** 12:12PM - 2:06PM

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

Ganesha: Clear *Sunrise: 4:37AM*
Muruqa: Green *Sunset: 7:48PM*
Nataraja: White
Moon - Clear
Ashada-Adi

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

Routine Work Marana Yoga

Thursday, July 21, 2022

Retreat Star

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

Trieste, Italy
Sun 7
Sutra 95

Mesha Rasi: 11.22 Tithi 24

Gulika 8:25AM - 10:19AM
Yama 4:38AM - 6:31AM
429755472 **Rahu** 2:06PM - 4:00PM

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

Ganesha: Purple *Sunrise: 4:38AM*
Muruqa: Green *Sunset: 7:47PM*
Nataraja: White
Moon - White
Ashada-Adi

Devaloka Day

Creative Work Amrita Yoga

Until 9:46AM

Then Creative Work - Siddha Yoga

1	Friday, July 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Vanija/Vistil* Karana Dashamyam Titau				Trieste, Italy
	Mesha Rasi: 23.4	Tithi 25	Gulika 6:32AM – 8:26AM	Bharani Until 11:54AM	Ganesha: Purple	<i>Sunrise:</i> 4:39AM	Sun 8
			Yama 3:59PM – 5:53PM	Shula* Until 7:59AM	Muruqa: Green	<i>Sunset:</i> 7:46PM	Moon 7 - Phase 14 - 8
	Creative Work	Siddha Yoga	429755472 Rahu 10:19AM – 12:12PM	Vanija Until 5:59PM	Nataraja: White		2nd Phase
			Dashami Until 6:59AM Sat	Moon – White		Devaloka Day	
				Ashada*Adi			


2	Saturday, July 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda*/Vridhhi Yoga Vistil*/Bava Karana Dashami/Ekadashyam Titau				Trieste, Italy
	Vrishabha Rasi: 5.44	Tithi 25 – 26	Gulika 4:40AM – 6:33AM	Krittika Until 2:24PM	Ganesha: Purple	<i>Sunrise:</i> 4:40AM	Sun 9
			Yama 2:05PM – 3:59PM	Ganda* Until 8:37AM	Muruqa: Green	<i>Sunset:</i> 7:45PM	Moon 7 - Phase 14 - 9
	Creative Work	Amrita Yoga	429755472 Rahu 8:26AM – 10:19AM	Bava Until 8:08PM	Nataraja: White		2nd Phase
			Dashami Until 6:59AM	Moon – White		Devaloka Day	
				Ashada*Adi			

3	Sunday, July 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy
	Vrishabha Rasi: 17.38	Tithi 26 – 27	Gulika 3:58PM – 5:51PM	Rohini Until 5:32PM	Ganesha: Clear	<i>Sunrise:</i> 4:41AM	Sun 10
			Yama 12:12PM – 2:05PM	Vridhhi Until 9:32AM	Muruqa: Green	<i>Sunset:</i> 7:44PM	Moon 7 - Phase 14 - 10
	Creative Work	Siddha Yoga	439755472 Rahu 5:51PM – 7:44PM	Kaulava Until 10:34PM	Nataraja: White		2nd Phase
			Ekadashi* Until 9:18AM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

4	Monday, July 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau				Trieste, Italy
	Vrishabha Rasi: 29.28	Tithi 27 – 28	Gulika 2:05PM – 3:58PM	Mrigashira Until 8:37PM	Ganesha: Clear	<i>Sunrise:</i> 4:42AM	Sun 11
	Family Home Evening		Yama 10:20AM – 12:12PM	Dhruva Until 10:34AM	Muruqa: Green	<i>Sunset:</i> 7:43PM	Moon 7 - Phase 14 - 11
	Creative Work	Amrita Yoga	439755472 Rahu 6:35AM – 8:27AM	Gara Until 1:06AM Tue	Nataraja: White		2nd Phase
			Dvadashi* Until 11:49AM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5	Tuesday, July 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata*/Harshana Yoga Vanija/Vistil* Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy
	Mithuna Rasi: 11.16	Tithi 28 – 29	Gulika 12:12PM – 2:05PM	Ardra Until 11:30PM	Ganesha: Clear	<i>Sunrise:</i> 4:43AM	Sun 12
			Yama 8:28AM – 10:20AM	Vyaghata* Until 11:38AM	Muruqa: Green	<i>Sunset:</i> 7:42PM	Moon 7 - Phase 14 - 12
	Routine Work	Marana Yoga	439755472 Rahu 3:57PM – 5:49PM	Vistil Until 3:34AM Wed	Nataraja: White		2nd Phase
			Trayodashi* Until 2:20PM	Moon – Yellow		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

6	Wednesday, July 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Trieste, Italy
	Mithuna Rasi: 23.07	Tithi 29 – 30	Gulika 10:20AM – 12:12PM	Punarvasu Until 2:35AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 4:44AM	Sun 13
			Yama 6:36AM – 8:28AM	Harshana Until 12:37PM	Muruqa: Green	<i>Sunset:</i> 7:41PM	Moon 7 - Phase 14 - 13
	Creative Work	Siddha Yoga	441755472 Rahu 12:12PM – 2:04PM	Catuspada Until 5:52AM Thu	Nataraja: White		2nd Phase
			Chaturdashi* Until 4:44PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

	Thursday, July 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra*/Siddhi Yoga Naga* Karana Amavasyayam Titau				Trieste, Italy
	Retreat Star		Gulika 8:29AM – 10:21AM	Pushya Until 5:16AM Fri	Ganesha: Yellow	<i>Sunrise:</i> 4:45AM	Sun 14
	Kataka Rasi: 5.01	Tithi 30	Yama 4:45AM – 6:37AM	Vajra* Until 1:26PM	Muruqa: Green	<i>Sunset:</i> 7:39PM	Moon 7 - Phase 14 - 14
	Creative Work	Amrita Yoga	441755472 Rahu 2:04PM – 3:56PM	Naga Until 6:55PM	Nataraja: White		Amavasya
			Amavasya* Until 6:55PM	Moon – Blue		Bhuloka Day	
				Ashada*Adi		Devaloka Time: 9:AM to12:PM	

Retreat Star	Friday, July 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Siddhi/Vyalipata* Yoga Kintughna*/Bava Karana Prathamayam Titau				Trieste, Italy
	Kataka Rasi: 17.01	Tithi 1	Gulika 6:38AM – 8:29AM	Ashlesha* Until 7:31AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 4:46AM	Sun 15
			Yama 3:55PM – 5:47PM	Siddhi Until 2:04PM	Muruqa: Green	<i>Sunset:</i> 7:38PM	Moon 7 - Phase 14 - 15
	Routine Work	Marana Yoga	441755472 Rahu 10:21AM – 12:12PM	Kintughna Until 7:57AM	Nataraja: White		Prathama
			Prathama* Until 8:51PM	Moon – Blue		Bhuloka Day	
				Sravana*Adi		Devaloka Time: 9:AM to12:PM	

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

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				Trieste, Italy Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 29.08	Tithi 2	Gulika 4:47AM – 6:39AM	Ashlesha* Until 7:31AM	Ganesha: Yellow	<i>Sunrise:</i> 4:47AM			
		Yama 2:03PM – 3:55PM	Vyatipata* Until 2:30PM	Muruqa: Green	<i>Sunset:</i> 7:37PM		Moon 7 - Phase 15 - 16	
		441755472 Rahu 8:30AM – 10:21AM	Balava Until 9:44AM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 10:29PM	Moon – Blue			Bhuloka Day	
Until 7:31AM				Sravana*Adi			Devaloka Time: 9:AM to12:PM	
Then Creative Work - Amrita Yoga								

2		Sunday, July 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Trieste, Italy Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 11.22	Tithi 3	Gulika 3:54PM – 5:45PM	Magha* Until 9:48AM	Ganesha: Red	<i>Sunrise:</i> 4:49AM			
		Yama 12:12PM – 2:03PM	Varyan Until 2:39PM	Muruqa: Green	<i>Sunset:</i> 7:36PM		Moon 7 - Phase 15 - 17	
		451755472 Rahu 5:45PM – 7:36PM	Taitila Until 11:12AM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 11:47PM	Moon – Red			Bhuloka Day	
Until 9:48AM				Sravana*Adi			Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga								

3		Monday, August 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturtham Titau				Trieste, Italy Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 23.45	Tithi 4	Gulika 2:03PM – 3:53PM	Purvaphalguni Until 11:35AM	Ganesha: Red	<i>Sunrise:</i> 4:50AM			
Family Home Evening		Yama 10:22AM – 12:12PM	Parigha* Until 2:32PM	Muruqa: Green	<i>Sunset:</i> 7:35PM		Moon 7 - Phase 15 - 18	
		451755472 Rahu 6:40AM – 8:31AM	Vanija Until 12:19PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 12:43AM Tue	Moon – Red			Bhuloka Day	
				Sravana*Adi			Devaloka Time: 9:AM to12:PM	

4		Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 6.19	Tithi 5	Gulika 12:12PM – 2:02PM	Uttaraphalguni Until 12:48PM	Ganesha: Red	<i>Sunrise:</i> 4:51AM			
		Yama 8:31AM – 10:22AM	Shiva Until 2:06PM	Muruqa: Green	<i>Sunset:</i> 7:33PM		Moon 7 - Phase 15 - 19	
		451755472 Rahu 3:53PM – 5:43PM	Bava Until 1:02PM	Nataraja: White			3rd Phase	
Creative Work	Amrita Yoga		Panchami Until 1:12AM Wed	Moon – Red			Bhuloka Day	
Until 12:48PM				Sravana*Adi			Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga								

5		Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashtham Titau				Trieste, Italy Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 19.04	Tithi 6	Gulika 10:22AM – 12:12PM	Hasta Until 1:53PM	Ganesha: Blue	<i>Sunrise:</i> 4:52AM			
		Yama 6:42AM – 8:32AM	Siddha Until 1:17PM	Muruqa: Green	<i>Sunset:</i> 7:32PM		Moon 7 - Phase 15 - 20	
		461755472 Rahu 12:12PM – 2:02PM	Kaulava Until 1:17PM	Nataraja: White			3rd Phase	
Routine Work	Marana Yoga		Shashthi* Until 1:11AM Thu	Moon – Green			Devaloka Day	
Until 1:53PM				Sravana*Adi				
Then Creative Work - Siddha Yoga								

6		Thursday, August 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Trieste, Italy Sun 21 Sutra 109 Subhakrit 5124
Tula Rasi: 2.05	Tithi 7	Gulika 8:33AM – 10:22AM	Chitra Until 2:17PM	Ganesha: Blue	<i>Sunrise:</i> 4:53AM			
		Yama 4:53AM – 6:43AM	Sadhya Until 12:03PM	Muruqa: Green	<i>Sunset:</i> 7:31PM		Moon 7 - Phase 15 - 21	
		461755472 Rahu 2:02PM – 3:51PM	Gara Until 1:00PM	Nataraja: White			3rd Phase	
Creative Work	Siddha Yoga		Saptami Until 12:37AM Fri	Moon – Green			Devaloka Day	
Until 2:17PM				Sravana*Adi				
Then Creative Work - Amrita Yoga								

☾		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				Trieste, Italy Sun 22 Sutra 110 Subhakrit 5124
Retreat Star		Gulika 6:44AM – 8:33AM	Svati Until 1:58PM	Ganesha: Blue	<i>Sunrise:</i> 4:54AM			
Tula Rasi: 15.25	Tithi 8	Yama 3:51PM – 5:40PM	Subha Until 10:22AM	Muruqa: White	<i>Sunset:</i> 7:29PM		Moon 7 - Phase 15 - 22	
		461765472 Rahu 10:22AM – 12:12PM	Visti Until 12:07PM	Nataraja: White			Ashtami	
Creative Work	Siddha Yoga		Ashtami* Until 11:26PM	Moon – Green			Devaloka Day	
				Sravana*Adi				
		Varalakshmi Vratam						

☽		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				Trieste, Italy Sun 23 Sutra 111 Subhakrit 5124
Retreat Star		Gulika 4:56AM – 6:45AM	Vishakha Until 1:19PM	Ganesha: White	<i>Sunrise:</i> 4:56AM			
Tula Rasi: 29.05	Tithi 9	Yama 2:01PM – 3:50PM	Sukla Until 8:09AM	Muruqa: White	<i>Sunset:</i> 7:28PM		Moon 7 - Phase 15 - 23	
		472765472 Rahu 8:34AM – 10:23AM	Balava Until 10:38AM	Nataraja: White			Navami	
Creative Work	Siddha Yoga		Navami* Until 9:38PM	Moon – Orange			Bhuloka Day	
				Sravana*Adi				

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20

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1 Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy Sun 24 Sutra 112 Subhakrit 5124
Vrischika Rasi: 13.08	Tithi 10	Gulika 3:49PM – 5:38PM	Anuradha Until 11:56AM	Ganesha: Yellow	<i>Sunrise:</i> 4:57AM	
		Yama 12:12PM – 2:00PM	Indra Until 2:20AM Mon	Muruqa: White	<i>Sunset:</i> 7:26PM	Moon 7 - Phase 16 - 24
472865472	Rahu 5:38PM – 7:26PM		Taitila Until 8:32AM	Nataraja: White		4th Phase
Routine Work	Marana Yoga		Dashami Until 7:16PM	Moon – Orange		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

2 Monday, August 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 113 Subhakrit 5124
Vrischika Rasi: 27.32	Tithi 11 – 12	Gulika 2:00PM – 3:48PM	Jyeshtha* Until 9:53AM	Ganesha: Yellow	<i>Sunrise:</i> 4:58AM	
Family Home Evening		Yama 10:23AM – 12:11PM	Vaidhriti* Until 10:48PM	Muruqa: White	<i>Sunset:</i> 7:25PM	Moon 7 - Phase 16 - 25
472865472	Rahu 6:46AM – 8:35AM		Bava Until 2:51AM Tue	Nataraja: White		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 4:25PM	Moon – Orange		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

3 Tuesday, August 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 114 Subhakrit 5124
Dhanus Rasi: 12.16	Tithi 12 – 13	Gulika 12:11PM – 1:59PM	Mula* Until 7:41AM	Ganesha: White	<i>Sunrise:</i> 4:59AM	
		Yama 8:35AM – 10:23AM	Vishkambha* Until 6:59PM	Muruqa: White	<i>Sunset:</i> 7:24PM	Moon 7 - Phase 16 - 26
482865472	Rahu 3:47PM – 5:36PM		Kaulava Until 11:28PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Dvadashi Until 1:10PM	Moon – Light Blue		Devaloka Day
Until 7:41AM				Sravana*Adi		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

4 Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 115 Subhakrit 5124
Dhanus Rasi: 27.14	Tithi 13 – 14	Gulika 10:23AM – 12:11PM	Uttarashadha Until 2:11AM Thu	Ganesha: White	<i>Sunrise:</i> 5:00AM	
		Yama 6:48AM – 8:36AM	Priti Until 3:01PM	Muruqa: White	<i>Sunset:</i> 7:22PM	Moon 7 - Phase 16 - 27
482865472	Rahu 12:11PM – 1:59PM		Gara Until 7:55PM	Nataraja: White		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 9:41AM	Moon – Light Blue		Devaloka Day
Until 2:11AM Thu				Sravana*Adi		
Then Creative Work - Siddha Yoga						

Thursday, August 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Trieste, Italy Sutra 116 Subhakrit 5124
Copper Retreat Star		Gulika 8:36AM – 10:24AM	Shravana Until 11:36PM	Ganesha: Clear	<i>Sunrise:</i> 5:02AM	
Makara Rasi: 12.18	Tithi 14 – 15	Yama 5:02AM – 6:49AM	Ayushman Until 10:59AM	Muruqa: White	<i>Sunset:</i> 7:21PM	Moon 7 - Phase 16 -
492865472	Rahu 1:58PM – 3:46PM		Bava Until 2:35AM Fri	Nataraja: White		Purnima
Creative Work	Siddha Yoga		Chaturdashi* Until 6:06AM	Moon – Purple		Bhuloka Day
		Raksha Bandhan		Sravana*Adi		Devaloka Time: 9:AM to12:PM

Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sutra 117 Subhakrit 5124
Silver Retreat Star		Gulika 6:50AM – 8:37AM	Dhanishtha Until 9:06PM	Ganesha: Clear	<i>Sunrise:</i> 5:03AM	
Makara Rasi: 27.19	Tithi 16	Yama 3:45PM – 5:32PM	Saubhagya Until 7:02AM	Muruqa: White	<i>Sunset:</i> 7:19PM	Moon 7 - Phase 16 -
492865472	Rahu 10:24AM – 12:11PM		Balava Until 12:55PM	Nataraja: White		Prathama
Creative Work	Siddha Yoga		Prathama* Until 11:18PM	Moon – Purple		Bhuloka Day
				Sravana*Adi		Devaloka Time: 9:AM to12:PM

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



Saturday, August 13, 2022
Gold Retreat Star

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

Trieste, Italy
Sun 1
Sutra 118
Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase

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

Gulika 5:04AM – 6:51AM
Yama 1:57PM – 3:44PM
Rahu 8:37AM – 10:24AM

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

Ganesha: Clear *Sunrise: 5:04AM*
Muruqa: White *Sunset: 7:17PM*
Nataraja: White
Moon – Purple
Sravana*Adi

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

1

Sunday, August 14, 2022

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

Trieste, Italy
Sun 2
Sutra 119
Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase

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

Gulika 3:43PM – 5:30PM
Yama 12:11PM – 1:57PM
Rahu 5:30PM – 7:16PM

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

Ganesha: Yellow *Sunrise: 5:05AM*
Muruqa: White *Sunset: 7:16PM*
Nataraja: White
Moon – Clear
Sravana*Adi

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

2

Monday, August 15, 2022

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

Trieste, Italy
Sun 3
Sutra 120
Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase

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

Gulika 1:56PM – 3:42PM
Yama 10:24AM – 12:10PM
Rahu 6:52AM – 8:38AM

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

Ganesha: Yellow *Sunrise: 5:06AM*
Muruqa: White *Sunset: 7:14PM*
Nataraja: White
Moon – Clear
Sravana*Adi

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

3

Tuesday, August 16, 2022

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

Trieste, Italy
Sun 4
Sutra 121
Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase

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

Gulika 12:10PM – 1:56PM
Yama 8:39AM – 10:24AM
Rahu 3:41PM – 5:27PM

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

Ganesha: Yellow *Sunrise: 5:08AM*
Muruqa: White *Sunset: 7:13PM*
Nataraja: White
Moon – Clear
Sravana*Adi

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

4

Wednesday, August 17, 2022

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

Trieste, Italy
Sun 5
Sutra 122
Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase

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

Gulika 10:25AM – 12:10PM
Yama 6:54AM – 8:39AM
Rahu 12:10PM – 1:55PM

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

Ganesha: Yellow *Sunrise: 5:09AM*
Muruqa: White *Sunset: 7:11PM*
Nataraja: White
Moon – White
Sravana*Avani

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

5

Thursday, August 18, 2022

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

Trieste, Italy
Sun 6
Sutra 123
Subhakrit 5124
Moon 8 - Phase 17 - 6
1st Phase

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

Gulika 8:40AM – 10:25AM
Yama 5:10AM – 6:55AM
Rahu 1:55PM – 3:40PM

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

Ganesha: Yellow *Sunrise: 5:10AM*
Muruqa: White *Sunset: 7:09PM*
Nataraja: White
Moon – White
Sravana*Avani

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

D

Friday, August 19, 2022
Retreat Star

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

Trieste, Italy
Sun 7
Sutra 124
Subhakrit 5124
Moon 8 - Phase 17 - 7
Ashtami

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

Gulika 6:56AM – 8:40AM
Yama 3:39PM – 5:23PM
Rahu 10:25AM – 12:09PM

Krishna Janmashtami

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

Ganesha: White *Sunrise: 5:11AM*
Muruqa: White *Sunset: 7:08PM*
Nataraja: White
Moon – White
Sravana*Avani

Bhuloka Day

Saturday, August 20, 2022

Retreat Star

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

Trieste, Italy
Sun 8
Sutra 125
Subhakrit 5124
Moon 8 - Phase 17 - 8
Navami

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

Gulika 5:12AM – 6:57AM
Yama 1:53PM – 3:38PM
Rahu 8:41AM – 10:25AM

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

Ganesha: Yellow *Sunrise: 5:12AM*
Muruqa: White *Sunset: 7:06PM*
Nataraja: White
Moon – Yellow
Sravana*Avani

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

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

1		Sunday, August 21, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam		Trieste, Italy	
Mithuna Rasi: 26.11		Titlhi 25		Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 126	
533865472		Gulika 3:37PM – 5:21PM	Mrigashira Until 3:14AM Mon	Ganesha: Yellow	<i>Sunrise:</i> 5:14AM	Subhakarit 5124	
Creative Work Siddha Yoga		Yama 12:09PM – 1:53PM	Harshana Until 6:11PM	Muruqa: White	<i>Sunset:</i> 7:04PM	Moon 8 - Phase 18 - 9	
		Rahu 5:21PM – 7:04PM	Vanija Until 9:57AM	Nataraja: White		2nd Phase	
			Dashami Until 11:10PM	Moon – Yellow		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

2		Monday, August 22, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam		Trieste, Italy	
Mithuna Rasi: 8.01		Titlhi 26		Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10 Sutra 127	
533865472		Gulika 1:52PM – 3:36PM	Ardra Until 6:05AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 5:15AM	Subhakarit 5124	
Family Home Evening		Yama 10:25AM – 12:09PM	Vajra* Until 7:11PM	Muruqa: White	<i>Sunset:</i> 7:03PM	Moon 8 - Phase 18 - 10	
Creative Work Siddha Yoga		Rahu 6:58AM – 8:42AM	Bava Until 12:27PM	Nataraja: White		2nd Phase	
			Ekadashi* Until 1:40AM Tue	Moon – Yellow		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

3		Tuesday, August 23, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam		Trieste, Italy	
Mithuna Rasi: 19.52		Titlhi 27		Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitilla Karana Dvadashyam Titau		Sun 11 Sutra 128	
533865472		Gulika 12:08PM – 1:52PM	Ardra Until 6:05AM	Ganesha: Yellow	<i>Sunrise:</i> 5:16AM	Subhakarit 5124	
Routine Work Marana Yoga		Yama 8:42AM – 10:25AM	Siddhi Until 8:07PM	Muruqa: White	<i>Sunset:</i> 7:01PM	Moon 8 - Phase 18 - 11	
Until 6:05AM		Rahu 3:35PM – 5:18PM	Kaulava Until 2:54PM	Nataraja: White		2nd Phase	
Then Creative Work - Siddha Yoga			Dvadashi* Until 4:02AM Wed	Moon – Yellow		Bhuloka Day	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

4		Wednesday, August 24, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam		Trieste, Italy	
Kataka Rasi: 1.46		Titlhi 28		Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 129	
533865472		Gulika 10:25AM – 12:08PM	Punarvasu Until 9:08AM	Ganesha: Blue	<i>Sunrise:</i> 5:17AM	Subhakarit 5124	
Creative Work Siddha Yoga		Yama 7:00AM – 8:43AM	Vyatipata* Until 8:54PM	Muruqa: White	<i>Sunset:</i> 6:59PM	Moon 8 - Phase 18 - 12	
		Rahu 12:08PM – 1:51PM	Gara Until 5:08PM	Nataraja: White		2nd Phase	
			Trayodashi* Until 6:08AM Thu	Moon – Blue		Bhuloka Day	
				Sravana-Avani			
				<i>Pradosha Vrata (Fasting)</i>			

5		Thursday, August 25, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam		Trieste, Italy	
Kataka Rasi: 13.46		Titlhi 28 – 29		Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13 Sutra 130	
533865472		Gulika 8:43AM – 10:26AM	Pushya Until 11:45AM	Ganesha: Blue	<i>Sunrise:</i> 5:18AM	Subhakarit 5124	
Creative Work Amrita Yoga		Yama 5:18AM – 7:01AM	Variyan Until 9:24PM	Muruqa: White	<i>Sunset:</i> 6:57PM	Moon 8 - Phase 18 - 13	
Until 11:45AM		Rahu 1:50PM – 3:33PM	Visti Until 7:04PM	Nataraja: White		2nd Phase	
Then Creative Work - Siddha Yoga			Trayodashi* Until 6:08AM	Moon – Blue		Bhuloka Day	
				Sravana-Avani			

Retreat Star		Friday, August 26, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam		Trieste, Italy	
Kataka Rasi: 25.54		Titlhi 29 – 30		Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 14 Sutra 131	
533865472		Gulika 7:02AM – 8:44AM	Ashlesha* Until 1:51PM	Ganesha: Blue	<i>Sunrise:</i> 5:20AM	Subhakarit 5124	
Routine Work Marana Yoga		Yama 3:32PM – 5:14PM	Parigha* Until 9:38PM	Muruqa: White	<i>Sunset:</i> 6:56PM	Moon 8 - Phase 18 - 14	
		Rahu 10:26AM – 12:08PM	Catuspada Until 8:38PM	Nataraja: White		Amavasya	
			Chaturdashi* Until 7:53AM	Moon – Blue		Bhuloka Day	
				Sravana-Avani			

Retreat Star		Saturday, August 27, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantra Vasara Yukhtayam		Trieste, Italy	
Simha Rasi: 8.12		Titlhi 30 – 1		Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 15 Sutra 132	
533865472		Gulika 5:21AM – 7:03AM	Magha* Until 3:54PM	Ganesha: Blue	<i>Sunrise:</i> 5:21AM	Subhakarit 5124	
Creative Work Amrita Yoga		Yama 1:49PM – 3:31PM	Shiva Until 9:35PM	Muruqa: White	<i>Sunset:</i> 6:54PM	Moon 8 - Phase 18 - 15	
Until 3:54PM		Rahu 8:44AM – 10:26AM	Kintughna Until 9:49PM	Nataraja: White		Prathama	
Then Creative Work - Siddha Yoga			Amavasya* Until 9:15AM	Moon – Red		Bhuloka Day	
				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 Trieste, Italy on 5/1/20

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1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Trieste, Italy Sun 16 Sutra 133 Subhakrit 5124
Simha Rasi: 20.4	Tithi 1 – 2	Gulika 3:30PM – 5:11PM	Purvaphalguni Until 5:24PM	Ganesha: Blue	<i>Sunrise:</i> 5:22AM	
		Yama 12:07PM – 1:48PM	Siddha Until 9:11PM	Muruqa: White	<i>Sunset:</i> 6:52PM	Moon 8 - Phase 19 - 16
	553865473	Rahu 5:11PM – 6:52PM	Balava Until 10:36PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 10:14AM	Moon – Red		Bhuloka Day
Until 5:24PM				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga						

2 Monday, August 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Trieste, Italy Sun 17 Sutra 134 Subhakrit 5124
Kanya Rasi: 3.19	Tithi 2 – 3	Gulika 1:48PM – 3:29PM	Uttaraphalguni Until 6:22PM	Ganesha: Blue	<i>Sunrise:</i> 5:23AM	
Family Home Evening		Yama 10:26AM – 12:07PM	Sadhya Until 8:30PM	Muruqa: White	<i>Sunset:</i> 6:50PM	Moon 8 - Phase 19 - 17
	553865473	Rahu 7:04AM – 8:45AM	Taitila Until 10:59PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 10:49AM	Moon – Red		Bhuloka Day
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

3 Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtayam Titau				Trieste, Italy Sun 18 Sutra 135 Subhakrit 5124
Kanya Rasi: 16.08	Tithi 3 – 4	Gulika 12:06PM – 1:47PM	Hasta Until 7:17PM	Ganesha: Blue	<i>Sunrise:</i> 5:25AM	
		Yama 8:46AM – 10:26AM	Subha Until 7:32PM	Muruqa: White	<i>Sunset:</i> 6:48PM	Moon 8 - Phase 19 - 18
	563865473	Rahu 3:27PM – 5:08PM	Vanija Until 11:00PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 11:01AM	Moon – Green		Bhuloka Day
		Ganesha Chaturthi		Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

4 Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Trieste, Italy Sun 19 Sutra 136 Subhakrit 5124
Kanya Rasi: 29.1	Tithi 4 – 5	Gulika 10:26AM – 12:06PM	Chitra Until 7:39PM	Ganesha: Blue	<i>Sunrise:</i> 5:26AM	
		Yama 7:06AM – 8:46AM	Sukla Until 6:14PM	Muruqa: White	<i>Sunset:</i> 6:47PM	Moon 8 - Phase 19 - 19
	563865473	Rahu 12:06PM – 1:46PM	Bava Until 10:38PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 10:51AM	Moon – Green		Bhuloka Day
				Bhadrapada*Avani		Devaloka Time: 6:PM to 9:PM

5 Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Trieste, Italy Sun 20 Sutra 137 Subhakrit 5124
Tula Rasi: 12.23	Tithi 5 – 6	Gulika 8:46AM – 10:26AM	Svati Until 7:30PM	Ganesha: Red	<i>Sunrise:</i> 5:27AM	
		Yama 5:27AM – 7:07AM	Brahma Until 4:38PM	Muruqa: White	<i>Sunset:</i> 6:45PM	Moon 8 - Phase 19 - 20
	563965473	Rahu 1:46PM – 3:25PM	Kaulava Until 9:52PM	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga		Panchami Until 10:17AM	Moon – Green		Devaloka Day
Until 7:30PM				Bhadrapada*Avani		
Then Creative Work - Siddha Yoga						

6 Friday, September 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy Sun 21 Sutra 138 Subhakrit 5124
Tula Rasi: 25.49	Tithi 6 – 7	Gulika 7:08AM – 8:47AM	Vishakha Until 7:14PM	Ganesha: Blue	<i>Sunrise:</i> 5:28AM	
		Yama 3:24PM – 5:04PM	Indra Until 2:43PM	Muruqa: White	<i>Sunset:</i> 6:43PM	Moon 8 - Phase 19 - 21
	573965473	Rahu 10:26AM – 12:06PM	Gara Until 8:41PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 9:18AM	Moon – Orange		Sivaloka Day
				Bhadrapada*Avani		

☾ Saturday, September 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy Sun 22 Sutra 139 Subhakrit 5124
Retreat Star		Gulika 5:29AM – 7:08AM	Anuradha Until 6:24PM	Ganesha: Yellow	<i>Sunrise:</i> 5:29AM	
Vrischika Rasi: 9.29	Tithi 7 – 8	Yama 1:44PM – 3:23PM	Vaidhriti* Until 12:26PM	Muruqa: White	<i>Sunset:</i> 6:41PM	Moon 8 - Phase 19 - 22
	574965473	Rahu 8:47AM – 10:26AM	Visti Until 7:05PM	Nataraja: Clear		Ashtami
Creative Work	Siddha Yoga		Saptami Until 7:55AM	Moon – Orange		Devaloka Day
				Bhadrapada*Avani		

☀ Sunday, September 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vishkambha*/Priti Yoga Bava/Kaulava Karana Ashtami/Navamyam Titau				Trieste, Italy Sun 23 Sutra 140 Subhakrit 5124
Retreat Star		Gulika 3:22PM – 5:01PM	Jyeshtha* Until 5:01PM	Ganesha: Yellow	<i>Sunrise:</i> 5:31AM	
Vrischika Rasi: 23.26	Tithi 8 – 9	Yama 12:05PM – 1:43PM	Vishkambha* Until 9:49AM	Muruqa: White	<i>Sunset:</i> 6:39PM	Moon 8 - Phase 19 - 23
	574965473	Rahu 5:01PM – 6:39PM	Kaulava Until 3:55AM Mon	Nataraja: Clear		Navami
Routine Work	Marana Yoga		Ashtami* Until 6:07AM	Moon – Orange		Devaloka Day
Until 5:01PM				Bhadrapada*Avani		
Then Creative Work - Amrita Yoga						

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

Monday, September 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula/Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau				Trieste, Italy Sun 24 Sutra 141 Subhakrit 5124
1	Dhanus Rasi: 7.37 Tithi 10 Family Home Evening Creative Work Siddha Yoga Until 3:32PM Then Routine Work - Marana Yoga	Gulika 1:43PM – 3:21PM Yama 10:26AM – 12:05PM Rahu 7:10AM – 8:48AM	Mula* Until 3:32PM Priti Until 6:55AM Taitila Until 2:42PM Dashami Until 1:22AM Tue	Ganesha: White Muruqa: White Nataraja: Clear Moon – Light Blue Bhadrapada-Avani	Sunrise: 5:32AM Sunset: 6:37PM	Moon 8 - Phase 20 - 24 4th Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Tuesday, September 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau				Trieste, Italy Sun 25 Sutra 142 Subhakrit 5124
2	Dhanus Rasi: 22.02 Tithi 11 584965473 Creative Work Siddha Yoga Until 1:36PM Then Routine Work - Prabarashita Yoga	Gulika 12:04PM – 1:42PM Yama 8:49AM – 10:26AM Rahu 3:20PM – 4:58PM	Purvashadha* Until 1:36PM Saubhagya Until 12:16AM Wed Vanija Until 12:00PM Ekadashi Until 10:33PM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Light Blue Bhadrapada-Avani	Sunrise: 5:33AM Sunset: 6:35PM	Moon 8 - Phase 20 - 25 4th Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

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				Trieste, Italy Sun 26 Sutra 143 Subhakrit 5124
3	Makara Rasi: 6.38 Tithi 12 584965473 Creative Work Amrita Yoga Until 11:20AM Then Creative Work - Siddha Yoga	Gulika 10:26AM – 12:04PM Yama 7:12AM – 8:49AM Rahu 12:04PM – 1:41PM	Uttarashadha Until 11:20AM Sobhana Until 8:44PM Bava Until 9:05AM Dvadashi Until 7:34PM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Light Blue Bhadrapada-Avani	Sunrise: 5:34AM Sunset: 6:34PM	Moon 8 - Phase 20 - 26 4th Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, September 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 144 Subhakrit 5124
4	Makara Rasi: 21.2 Tithi 13 – 14 594965473 Creative Work Siddha Yoga	Gulika 8:50AM – 10:27AM Yama 5:35AM – 7:12AM Rahu 1:41PM – 3:18PM	Shravana Until 9:15AM Athiganda* Until 5:09PM Kaulava Until 6:04AM Trayodashi Until 4:33PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Purple Bhadrapada-Avani	Sunrise: 5:35AM Sunset: 6:32PM	Moon 8 - Phase 20 - 27 4th Phase Devaloka Day
<i>Pradosha Vrata</i>						

Friday, September 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Trieste, Italy Sun 28 Sutra 145 Subhakrit 5124
○	Copper Retreat Star Kumbha Rasi: 6 Tithi 14 – 15 594965473 Creative Work Siddha Yoga	Gulika 7:13AM – 8:50AM Yama 3:16PM – 4:53PM Rahu 10:27AM – 12:03PM	Dhanishtha Until 7:04AM Sukarma Until 1:40PM Visti Until 12:17AM Sat Chaturdashi* Until 1:38PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Purple Bhadrapada-Avani	Sunrise: 5:37AM Sunset: 6:30PM	Moon 8 - Phase 20 - Purnima Devaloka Day

Saturday, September 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Trieste, Italy Sun 29 Sutra 146 Subhakrit 5124
○	Silver Retreat Star Kumbha Rasi: 20.31 Tithi 15 – 16 514965473 Routine Work Marana Yoga Until 3:31AM Sun Then Creative Work - Amrita Yoga	Gulika 5:38AM – 7:14AM Yama 1:39PM – 3:15PM Rahu 8:50AM – 10:27AM	Purvaproshtapada* Until 3:31AM Sun Dhriti Until 10:25AM Balava Until 9:49PM Purnima* Until 10:59AM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Clear Bhadrapada-Avani	Sunrise: 5:38AM Sunset: 6:28PM	Moon 8 - Phase 20 - Prathama Devaloka Day

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



Sunday, September 11, 2022

Gold Retreat Star

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

Trieste, Italy

Sutra 147

Subhakrit 5124

Meena Rasi: 4.47 Tithi 16 - 17

514965473

Gulika 3:14PM - 4:50PM
Yama 12:02PM - 1:38PM
Rahu 4:50PM - 6:26PM

Uttaraproshtapada Until 2:27AM Mon

Shula* Until 7:28AM

Taitila Until 7:51PM

Ganesha: Clear *Sunrise:* 5:39AM

Muruqa: White *Sunset:* 6:26PM

Nataraja: Clear

Moon - Clear

Moon 9 - Phase 21 -

1st Phase

Creative Work Amrita Yoga

Until 2:27AM Mon

Then Creative Work - Siddha Yoga

Grandparent's Day

Prathama* Until 8:45AM

Bhadrapada*Avani

Devaloka Day

1

Monday, September 12, 2022

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

Trieste, Italy

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 18.41 Tithi 17 - 18

514965473

Gulika 1:38PM - 3:13PM
Yama 10:27AM - 12:02PM
Rahu 7:16AM - 8:51AM

Revati Until 1:55AM Tue

Vriddhi Until 3:04AM Tue

Vanija Until 6:31PM

Ganesha: Clear *Sunrise:* 5:40AM

Muruqa: White *Sunset:* 6:24PM

Nataraja: Clear

Moon - Clear

Moon 9 - Phase 21 - 1

1st Phase

Family Home Evening

Creative Work Siddha Yoga

Dvitiya Until 7:05AM

Bhadrapada*Avani

Devaloka Day

2

Tuesday, September 13, 2022

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

Trieste, Italy

Sun 2 Sutra 149

Subhakrit 5124

Mesha Rasi: 2.1 Tithi 18 - 19

524965473

Gulika 12:02PM - 1:37PM
Yama 8:52AM - 10:27AM
Rahu 3:12PM - 4:47PM

Ashvini Until 2:25AM Wed

Dhruva Until 1:44AM Wed

Balava Until 5:55AM Wed

Tritiya Until 6:06AM

Ganesha: White *Sunrise:* 5:42AM

Muruqa: White *Sunset:* 6:22PM

Nataraja: Clear

Moon - White

Moon 9 - Phase 21 - 2

1st Phase

Creative Work Siddha Yoga

Bhadrapada*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

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

Trieste, Italy

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 15.14 Tithi 20

524965473

Gulika 10:27AM - 12:01PM
Yama 7:17AM - 8:52AM
Rahu 12:01PM - 1:36PM

Bharani Until 3:34AM Thu

Vyaghata* Until 1:03AM Thu

Kaulava Until 6:09PM

Panchami Until 6:32AM Thu

Ganesha: White *Sunrise:* 5:43AM

Muruqa: White *Sunset:* 6:20PM

Nataraja: Clear

Moon - White

Moon 9 - Phase 21 - 3

1st Phase

Creative Work Siddha Yoga

Bhadrapada*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

4

Thursday, September 15, 2022

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

Trieste, Italy

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 27.55 Tithi 20 - 21

525965473

Gulika 8:53AM - 10:27AM
Yama 5:44AM - 7:18AM
Rahu 1:35PM - 3:10PM

Krittika Until 5:17AM Fri

Harshana Until 12:59AM Fri

Gara Until 7:08PM

Panchami Until 6:32AM

Ganesha: Clear *Sunrise:* 5:44AM

Muruqa: White *Sunset:* 6:18PM

Nataraja: Clear

Moon - White

Moon 9 - Phase 21 - 4

1st Phase

Routine Work Marana Yoga

Bhadrapada*Avani

Devaloka Day

5

Friday, September 16, 2022

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

Trieste, Italy

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 10.16 Tithi 21 - 22

535965473

Gulika 7:19AM - 8:53AM
Yama 3:08PM - 4:42PM
Rahu 10:27AM - 12:01PM

Rohini Until 7:55AM Sat

Vajra* Until 1:22AM Sat

Visti Until 8:49PM

Shashthi* Until 7:53AM

Ganesha: White *Sunrise:* 5:45AM

Muruqa: White *Sunset:* 6:16PM

Nataraja: Clear

Moon - Yellow

Moon 9 - Phase 21 - 5

1st Phase

Routine Work Marana Yoga

Bhadrapada*Avani

Sivaloka Day

D

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

Trieste, Italy

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 22.22 Tithi 22 - 23

535965473

Gulika 5:46AM - 7:20AM
Yama 1:34PM - 3:07PM
Rahu 8:53AM - 10:27AM

Rohini Until 7:55AM

Siddhi Until 2:06AM Sun

Balava Until 10:58PM

Saptami Until 9:50AM

Ganesha: White *Sunrise:* 5:46AM

Muruqa: White *Sunset:* 6:14PM

Nataraja: Clear

Moon - Yellow

Moon 9 - Phase 21 - 6

Ashtami

Creative Work Amrita Yoga

Until 7:55AM

Then Creative Work - Siddha Yoga

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

Trieste, Italy

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 4.19 Tithi 23 - 24

535965473

Gulika 3:06PM - 4:39PM
Yama 12:00PM - 1:33PM
Rahu 4:39PM - 6:12PM

Mrigashira Until 10:44AM

Vyatipata* Until 3:01AM Mon

Taitila Until 1:23AM Mon

Ashtami* Until 12:09PM

Ganesha: White *Sunrise:* 5:48AM

Muruqa: White *Sunset:* 6:12PM

Nataraja: Clear

Moon - Yellow

Moon 9 - Phase 21 - 7

Navami

Creative Work Siddha Yoga

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 Trieste, Italy on 5/1/20

www.gurudeva.org/panchang

1		Monday, September 19, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Trieste, Italy Sun 8 Sutra 155	
Mithuna Rasi: 16.11	Tithi 24 – 25	Gulika	1:32PM – 3:05PM	Ardra Until 1:33PM	Ganesha: White	<i>Sunrise:</i> 5:49AM	Subhakit 5124
Family Home Evening	535965473	Yama	10:27AM – 12:00PM	Variyan Until 3:54AM Tue	Muruqa: White	<i>Sunset:</i> 6:10PM	Moon 9 - Phase 22 - 8
Creative Work Siddha Yoga		Rahu	7:22AM – 8:54AM	Vanija Until 3:49AM Tue	Nataraja: Clear		2nd Phase
Until 1:33PM				Navami* Until 2:36PM	Moon – Yellow		Sivaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		

2		Tuesday, September 20, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Trieste, Italy Sun 9 Sutra 156	
Mithuna Rasi: 28.03	Tithi 25 – 26	Gulika	11:59AM – 1:32PM	Punarvasu Until 4:36PM	Ganesha: Yellow	<i>Sunrise:</i> 5:50AM	Subhakit 5124
	545965473	Yama	8:55AM – 10:27AM	Parigha* Until 4:40AM Wed	Muruqa: White	<i>Sunset:</i> 6:09PM	Moon 9 - Phase 22 - 9
Creative Work Siddha Yoga		Rahu	3:04PM – 4:36PM	Bava Until 6:05AM Wed	Nataraja: Clear		2nd Phase
				Dashami Until 4:58PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

3		Wednesday, September 21, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau		Trieste, Italy Sun 10 Sutra 157	
Kataka Rasi: 10	Tithi 26	Gulika	10:27AM – 11:59AM	Pushya Until 7:15PM	Ganesha: Yellow	<i>Sunrise:</i> 5:51AM	Subhakit 5124
	545965473	Yama	7:23AM – 8:55AM	Shiva Until 5:12AM Thu	Muruqa: White	<i>Sunset:</i> 6:07PM	Moon 9 - Phase 22 - 10
Creative Work Siddha Yoga		Rahu	11:59AM – 1:31PM	Bava Until 6:05AM	Nataraja: Clear		2nd Phase
				Ekadashi* Until 7:04PM	Moon – Blue		Devaloka Day
					Bhadrapada-Puratasi		

4		Thursday, September 22, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau		Trieste, Italy Sun 11 Sutra 158	
Kataka Rasi: 22.05	Tithi 27	Gulika	8:56AM – 10:27AM	Ashlesha* Until 9:20PM	Ganesha: Yellow	<i>Sunrise:</i> 5:53AM	Subhakit 5124
	545965473	Yama	5:53AM – 7:24AM	Siddha Until 5:21AM Fri	Muruqa: White	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 22 - 11
Creative Work Siddha Yoga		Rahu	1:30PM – 3:02PM	Kaulava Until 7:59AM	Nataraja: Clear		2nd Phase
Until 9:20PM				Dvadashi* Until 8:46PM	Moon – Blue		Devaloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		

5		Friday, September 23, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau		Trieste, Italy Sun 12 Sutra 159	
Simha Rasi: 4.21	Tithi 28	Gulika	7:25AM – 8:56AM	Magha* Until 11:18PM	Ganesha: Red	<i>Sunrise:</i> 5:54AM	Subhakit 5124
	555965473	Yama	3:00PM – 4:32PM	Sadhya Until 5:09AM Sat	Muruqa: White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 12
Routine Work Marana Yoga		Rahu	10:27AM – 11:58AM	Gara Until 9:27AM	Nataraja: Clear		2nd Phase
Until 11:18PM				Trayodashi* Until 9:59PM	Moon – Red		Devaloka Day
Then Creative Work - Siddha Yoga					Bhadrapada-Puratasi		
					<i>Pradosha Vrata (Fasting)</i>		

6		Saturday, September 24, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Trieste, Italy Sun 13 Sutra 160	
Simha Rasi: 16.5	Tithi 29	Gulika	5:55AM – 7:26AM	Purvaphalguni Until 12:36AM Sun	Ganesha: Green	<i>Sunrise:</i> 5:55AM	Subhakit 5124
	556965473	Yama	1:29PM – 2:59PM	Subha Until 4:34AM Sun	Muruqa: White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 13
Creative Work Siddha Yoga		Rahu	8:56AM – 10:27AM	Visti Until 10:26AM	Nataraja: Clear		2nd Phase
Until 12:36AM Sun				Chaturdashi* Until 10:42PM	Moon – Red		Bhuloka Day
Then Creative Work - Amrita Yoga					Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

Retreat Star		Sunday, September 25, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Trieste, Italy Sun 14 Sutra 161	
Simha Rasi: 29.32	Tithi 30	Gulika	2:58PM – 4:29PM	Uttaraphalguni Until 1:15AM Mon	Ganesha: Blue	<i>Sunrise:</i> 5:56AM	Subhakit 5124
	556165473	Yama	11:58AM – 1:28PM	Sukla Until 3:33AM Mon	Muruqa: White	<i>Sunset:</i> 5:59PM	Moon 9 - Phase 22 - 14
Creative Work Amrita Yoga		Rahu	4:29PM – 5:59PM	Catuspada Until 10:53AM	Nataraja: Clear		Amavasya
Until 1:15AM Mon				Amavasya* Until 10:54PM	Moon – Red		Bhuloka Day
Then Creative Work - Siddha Yoga		Mahalaya Amavasai (Tamil Nadu)			Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM

Retreat Star		Monday, September 26, 2022		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Trieste, Italy Sun 15 Sutra 162	
Kanya Rasi: 12.29	Tithi 1	Gulika	1:27PM – 2:57PM	Hasta Until 1:45AM Tue	Ganesha: Blue	<i>Sunrise:</i> 5:57AM	Subhakit 5124
Family Home Evening	566165473	Yama	10:27AM – 11:57AM	Brahma Until 2:11AM Tue	Muruqa: White	<i>Sunset:</i> 5:57PM	Moon 9 - Phase 22 - 15
Creative Work Siddha Yoga		Rahu	7:27AM – 8:57AM	Kintughna Until 10:50AM	Nataraja: Clear		Prathama
				Prathama* Until 10:38PM	Moon – Green		Bhuloka Day
		Navaratri Begins			Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20

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1		Tuesday, September 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau		Trieste, Italy Sun 16 Sutra 163 Subhakrit 5124	
Kanya Rasi: 25.4	Tithi 2	Gulika	11:57AM – 1:26PM	Chitra Until 1:41AM Wed	Ganesha: Blue	<i>Sunrise: 5:59AM</i>	
		Yama	8:58AM – 10:27AM	Indra Until 12:31AM Wed	Muruqa: White	<i>Sunset: 5:55PM</i>	Moon 9 - Phase 23 - 16
		566165473 Rahu	2:56PM – 4:25PM	Balava Until 10:21AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Dvitiya Until 9:57PM	Moon – Green	Bhuloka Day	
					Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

2		Wednesday, September 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Triliyayam Titau		Trieste, Italy Sun 17 Sutra 164 Subhakrit 5124	
Tula Rasi: 9.05	Tithi 3	Gulika	10:27AM – 11:57AM	Svati Until 1:09AM Thu	Ganesha: Blue	<i>Sunrise: 6:00AM</i>	
		Yama	7:29AM – 8:58AM	Vaidhriti* Until 10:32PM	Muruqa: White	<i>Sunset: 5:53PM</i>	Moon 9 - Phase 23 - 17
		666165473 Rahu	11:57AM – 1:26PM	Taitila Until 9:29AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Tritiya Until 8:54PM	Moon – Green	Bhuloka Day	
					Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

3		Thursday, September 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturtham Titau		Trieste, Italy Sun 18 Sutra 165 Subhakrit 5124	
Tula Rasi: 22.4	Tithi 4	Gulika	8:59AM – 10:27AM	Vishakha Until 12:37AM Fri	Ganesha: Blue	<i>Sunrise: 6:01AM</i>	
		Yama	6:01AM – 7:30AM	Vishkambha* Until 8:19PM	Muruqa: White	<i>Sunset: 5:51PM</i>	Moon 9 - Phase 23 - 18
		676165473 Rahu	1:25PM – 2:54PM	Vanija Until 8:17AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Chaturthi* Until 7:34PM	Moon – Orange	Bhuloka Day	
					Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

4		Friday, September 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti/Ayushman Yoga Bava/Kaulava Karana Panchami/Shashtham Titau		Trieste, Italy Sun 19 Sutra 166 Subhakrit 5124	
Vrischika Rasi: 6.25	Tithi 5 – 6	Gulika	7:31AM – 8:59AM	Anuradha Until 11:41PM	Ganesha: Blue	<i>Sunrise: 6:02AM</i>	
		Yama	2:53PM – 4:21PM	Priti Until 5:56PM	Muruqa: White	<i>Sunset: 5:49PM</i>	Moon 9 - Phase 23 - 19
		676165473 Rahu	10:27AM – 11:56AM	Bava Until 6:49AM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Panchami Until 5:58PM	Moon – Orange	Bhuloka Day	
Until 11:41PM					Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							

5		Saturday, October 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 20 Sutra 167 Subhakrit 5124	
Vrischika Rasi: 20.19	Tithi 6 – 7	Gulika	6:04AM – 7:32AM	Jyeshtha* Until 10:26PM	Ganesha: Blue	<i>Sunrise: 6:04AM</i>	
		Yama	1:23PM – 2:51PM	Ayushman Until 3:21PM	Muruqa: White	<i>Sunset: 5:47PM</i>	Moon 9 - Phase 23 - 20
		687166473 Rahu	9:00AM – 10:28AM	Gara Until 3:13AM Sun	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Shashthi* Until 4:10PM	Moon – Orange	Bhuloka Day	
					Ashvina+Puratasi	Devaloka Time: 6:PM to 9:PM	

Retreat Star		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		Trieste, Italy Sun 21 Sutra 168 Subhakrit 5124	
Dhanus Rasi: 4.2	Tithi 7 – 8	Gulika	2:50PM – 4:18PM	Mula* Until 9:17PM	Ganesha: Blue	<i>Sunrise: 6:05AM</i>	
		Yama	11:55AM – 1:23PM	Saubhagya Until 12:38PM	Muruqa: Green	<i>Sunset: 5:46PM</i>	Moon 9 - Phase 23 - 21
		687166473 Rahu	4:18PM – 5:46PM	Visiti Until 1:10AM Mon	Nataraja: Clear		Ashtami
Creative Work	Amrita Yoga			Saptami Until 2:12PM	Moon – Light Blue	Sivaloka Day	
Until 9:17PM					Ashvina+Puratasi		
Then Creative Work - Siddha Yoga							

Retreat Star		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		Trieste, Italy Sun 22 Sutra 169 Subhakrit 5124	
Dhanus Rasi: 18.28	Tithi 8 – 9	Gulika	1:22PM – 2:49PM	Purvashadha* Until 7:52PM	Ganesha: Blue	<i>Sunrise: 6:06AM</i>	
Family Home Evening		Yama	10:28AM – 11:55AM	Sobhana Until 9:48AM	Muruqa: Green	<i>Sunset: 5:44PM</i>	Moon 9 - Phase 23 - 22
		687166473 Rahu	7:33AM – 9:01AM	Balava Until 10:59PM	Nataraja: Clear		Navami
Routine Work	Marana Yoga			Ashtami* Until 12:05PM	Moon – Light Blue	Sivaloka Day	
					Ashvina+Puratasi		
		Saraswathi Puja (Tamil Nadu)					

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 Trieste, Italy on 5/1/20

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1		Tuesday, October 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Alhiganda/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 23 Sutra 170 Subhakrit 5124
Makara Rasi: 2.4	Tithi 9 – 10	Gulika	11:55AM – 1:21PM	Uttarashadha Until 6:12PM	Ganesha: Blue	<i>Sunrise:</i> 6:07AM		
		Yama	9:01AM – 10:28AM	Athiganda* Until 6:51AM	Muruqa: Green	<i>Sunset:</i> 5:42PM	Moon 9 - Phase 24 - 23	
	687166473	Rahu	2:48PM – 4:15PM	Taitila Until 8:43PM	Nataraja: Clear		4th Phase	
Routine Work	Prabalarishta Yoga			Navami* Until 9:50AM	Moon – Light Blue		Sivaloka Day	
Until 6:12PM					Ashvina+Puratasi			
Then Creative Work - Siddha Yoga								

2		Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau				Trieste, Italy Sun 24 Sutra 171 Subhakrit 5124
Makara Rasi: 16.55	Tithi 10 – 11	Gulika	10:28AM – 11:54AM	Shravana Until 4:46PM	Ganesha: Yellow	<i>Sunrise:</i> 6:09AM		
		Yama	7:35AM – 9:01AM	Dhriti Until 12:50AM Thu	Muruqa: Green	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 24 - 24	
	697166473	Rahu	11:54AM – 1:21PM	Vanija Until 6:24PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Dashami Until 7:32AM	Moon – Purple		Devaloka Day	
Until 4:46PM		Vijaya Dasami			Ashvina+Puratasi			
Then Routine Work - Prabalarishta Yoga								

3		Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 172 Subhakrit 5124
Kumbha Rasi: 1.11	Tithi 12	Gulika	9:02AM – 10:28AM	Dhanishtha Until 3:14PM	Ganesha: Yellow	<i>Sunrise:</i> 6:10AM		
		Yama	6:10AM – 7:36AM	Shula* Until 9:51PM	Muruqa: Green	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 24 - 25	
	697166473	Rahu	1:20PM – 2:46PM	Bava Until 4:07PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Dvadashi Until 3:00AM Fri	Moon – Purple		Devaloka Day	
					Ashvina+Puratasi			

4		Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 173 Subhakrit 5124
Kumbha Rasi: 15.23	Tithi 13	Gulika	7:37AM – 9:02AM	Shatabhishak Until 1:41PM	Ganesha: Yellow	<i>Sunrise:</i> 6:11AM		
		Yama	2:45PM – 4:11PM	Ganda* Until 7:01PM	Muruqa: Green	<i>Sunset:</i> 5:36PM	Moon 9 - Phase 24 - 26	
	697166473	Rahu	10:28AM – 11:54AM	Kaulava Until 1:58PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga			Trayodashi Until 12:58AM Sat	Moon – Purple		Devaloka Day	
		Kadaitswami Mahasamadhi			Ashvina+Puratasi			
				<i>Pradosha Vrata</i>				

5		Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttarproshthapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 174 Subhakrit 5124
Kumbha Rasi: 29.28	Tithi 14	Gulika	6:13AM – 7:38AM	Purvaproshtapada* Until 12:39PM	Ganesha: White	<i>Sunrise:</i> 6:13AM		
		Yama	1:19PM – 2:44PM	Vriddhi Until 4:25PM	Muruqa: Green	<i>Sunset:</i> 5:34PM	Moon 9 - Phase 24 - 27	
	618166474	Rahu	9:03AM – 10:28AM	Gara Until 12:04PM	Nataraja: Purple		4th Phase	
Routine Work	Marana Yoga			Chaturdashi* Until 11:13PM	Moon – Clear		Bhuloka Day	
Until 12:39PM		Chidambaram Abhishekam			Ashvina+Puratasi			
Then Creative Work - Siddha Yoga								

		Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarproshthapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sun 27 Sutra 175 Subhakrit 5124
Copper Retreat Star		Gulika	2:43PM – 4:08PM	Uttarproshthapada Until 11:50AM	Ganesha: White	<i>Sunrise:</i> 6:14AM		
Meena Rasi: 13.19	Tithi 15	Yama	11:53AM – 1:18PM	Dhruva Until 2:05PM	Muruqa: Green	<i>Sunset:</i> 5:32PM	Moon 9 - Phase 24 - Purnima	
	618166474	Rahu	4:08PM – 5:32PM	Visti Until 10:31AM	Nataraja: Purple			
Creative Work	Amrita Yoga			Purnima* Until 9:54PM	Moon – Clear		Bhuloka Day	
					Ashvina+Puratasi			

Monday, October 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sun 27 Sutra 176 Subhakrit 5124		
Silver Retreat Star		Gulika	1:17PM – 2:42PM	Revati Until 11:21AM	Ganesha: White	<i>Sunrise:</i> 6:15AM		
Meena Rasi: 26.55	Tithi 16	Yama	10:28AM – 11:53AM	Vyaghata* Until 12:10PM	Muruqa: Green	<i>Sunset:</i> 5:31PM	Moon 9 - Phase 24 - Prathama	
Family Home Evening	618166474	Rahu	7:40AM – 9:04AM	Balava Until 9:28AM	Nataraja: Purple			
Creative Work	Siddha Yoga			Prathama* Until 9:07PM	Moon – Clear		Bhuloka Day	
					Ashvina+Puratasi			



Tuesday, October 11, 2022

Gold Retreat Star

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

Trieste, Italy
Sun 1
Sutra 177
Subhakrit 5124

Mesha Rasi: 10.11 Tithi 17

628176474

Gulika 11:53AM – 1:17PM
Yama 9:05AM – 10:29AM
Rahu 2:41PM – 4:05PM

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

Ganesha: Yellow *Sunrise:* 6:16AM

Muruqa: White *Sunset:* 5:29PM

Nataraja: Purple
Moon – White

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

1

Wednesday, October 12, 2022

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

Trieste, Italy
Sun 2
Sutra 178
Subhakrit 5124

Mesha Rasi: 23.08 Tithi 18

628176474

Gulika 10:29AM – 11:52AM
Yama 7:41AM – 9:05AM
Rahu 11:52AM – 1:16PM

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

Ganesha: Yellow *Sunrise:* 6:18AM

Muruqa: White *Sunset:* 5:27PM

Nataraja: Purple
Moon – White

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 12:38PM

Then Creative Work - Amrita Yoga

2

Thursday, October 13, 2022

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

Trieste, Italy
Sun 3
Sutra 179
Subhakrit 5124

Vrishabha Rasi: 5.45 Tithi 19

628176474

Gulika 9:06AM – 10:29AM
Yama 6:19AM – 7:42AM
Rahu 1:15PM – 2:39PM

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

Ganesha: Yellow *Sunrise:* 6:19AM

Muruqa: White *Sunset:* 5:25PM

Nataraja: Purple
Moon – White

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

3

Friday, October 14, 2022

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

Trieste, Italy
Sun 4
Sutra 180
Subhakrit 5124

Vrishabha Rasi: 18.05 Tithi 20

638176474

Gulika 7:43AM – 9:06AM
Yama 2:38PM – 4:01PM
Rahu 10:29AM – 11:52AM

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

Ganesha: Blue *Sunrise:* 6:20AM

Muruqa: White *Sunset:* 5:23PM

Nataraja: Purple
Moon – Yellow

Bhuloka Day

Ashvina+Puratasi

Devaloka Time: 9:AM to 12:PM

Routine Work Marana Yoga

Until 4:19PM

Then Creative Work - Siddha Yoga

4

Saturday, October 15, 2022

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

Trieste, Italy
Sun 5
Sutra 181
Subhakrit 5124

Mithuna Rasi: 0.12 Tithi 21

639176474

Gulika 6:22AM – 7:44AM
Yama 1:14PM – 2:37PM
Rahu 9:07AM – 10:29AM

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

Ganesha: Red *Sunrise:* 6:22AM

Muruqa: White *Sunset:* 5:22PM

Nataraja: Purple
Moon – Yellow

Bhuloka Day

Ashvina+Puratasi

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

5

Sunday, October 16, 2022

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

Trieste, Italy
Sun 6
Sutra 182
Subhakrit 5124

Mithuna Rasi: 12.1 Tithi 22

639176474

Gulika 2:36PM – 3:58PM
Yama 11:51AM – 1:14PM
Rahu 3:58PM – 5:20PM

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

Ganesha: Red *Sunrise:* 6:23AM

Muruqa: White *Sunset:* 5:20PM

Nataraja: Purple
Moon – Yellow

Bhuloka Day

Ashvina+Puratasi

Devaloka Time: 9:AM to 12:PM

Creative Work Siddha Yoga

D

Monday, October 17, 2022

Retreat Star

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

Trieste, Italy
Sun 7
Sutra 183
Subhakrit 5124

Mithuna Rasi: 24.04 Tithi 23

649176474

Gulika 1:13PM – 2:35PM
Yama 10:29AM – 11:51AM
Rahu 7:46AM – 9:08AM

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

Ganesha: Green *Sunrise:* 6:24AM

Muruqa: White *Sunset:* 5:18PM

Nataraja: Purple
Moon – Blue

Devaloka Day

Ashvina+Apasi

Creative Work Amrita Yoga

Until 12:42AM Tue

Then Creative Work - Siddha Yoga

Tuesday, October 18, 2022

Retreat Star

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

Trieste, Italy
Sun 8
Sutra 184
Subhakrit 5124

Kataka Rasi: 5.57 Tithi 23 – 24

649176474

Gulika 11:51AM – 1:12PM
Yama 9:08AM – 10:30AM
Rahu 2:34PM – 3:55PM

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

Ganesha: Green *Sunrise:* 6:26AM

Muruqa: White *Sunset:* 5:16PM

Nataraja: Purple
Moon – Blue

Devaloka Day

Ashvina+Apasi

Creative Work Siddha Yoga

Until 12:20PM

Then Creative Work - Siddha Yoga

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

All times are standard time. Calculated for Trieste, Italy 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 Yuktayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Varija Karana Navami/Dashamyam Titau		Trieste, Italy Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 17.55	Tithi 24 – 25	649176474	Gulika 10:30AM – 11:51AM Yama 7:48AM – 9:09AM Rahu 11:51AM – 1:12PM	Ashlesha* Until 5:47AM Thu Sadhya Until 12:58PM Vanija Until 10:42PM Navami* Until 9:42AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Blue	Sunrise: 6:27AM Sunset: 5:15PM	Moon 10 - Phase 26 - 9 2nd Phase
Creative Work Siddha Yoga Until 5:47AM Thu Then Creative Work - Amrita Yoga						Devaloka Day	

2		Thursday, October 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Trieste, Italy Sun 10 Sutra 186 Subhakrit 5124	
Simha Rasi: 0.01	Tithi 25 – 26	659276474	Gulika 9:09AM – 10:30AM Yama 6:28AM – 7:49AM Rahu 1:11PM – 2:32PM	Magha* Until 7:55AM Fri Subha Until 1:19PM Bava Until 12:17AM Fri Dashami Until 11:32AM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:28AM Sunset: 5:13PM	Moon 10 - Phase 26 - 10 2nd Phase
Creative Work Amrita Yoga Until 7:55AM Fri Then Creative Work - Siddha Yoga						Bhuloka Day	

3		Friday, October 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Trieste, Italy Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 12.2	Tithi 26 – 27	659276474	Gulika 7:50AM – 9:10AM Yama 2:31PM – 3:51PM Rahu 10:30AM – 11:50AM	Magha* Until 7:55AM Sukla Until 1:13PM Kaulava Until 1:18AM Sat Ekadashi* Until 12:51PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:30AM Sunset: 5:11PM	Moon 10 - Phase 26 - 11 2nd Phase
Routine Work Marana Yoga Until 7:55AM Then Creative Work - Siddha Yoga						Bhuloka Day	

4		Saturday, October 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 24.54	Tithi 27 – 28	659276474	Gulika 6:31AM – 7:51AM Yama 1:10PM – 2:30PM Rahu 9:11AM – 10:30AM	Purvaphalguni Until 9:18AM Brahma Until 12:39PM Gara Until 1:40AM Sun Dvadashi* Until 1:33PM	Ganesha: Green Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:31AM Sunset: 5:10PM	Moon 10 - Phase 26 - 12 2nd Phase
Creative Work Siddha Yoga Until 9:18AM Then Routine Work - Marana Yoga						Bhuloka Day	
<i>Pradosha Vrata (Fasting)</i>							

5		Sunday, October 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 7.46	Tithi 28 – 29	651276474	Gulika 2:29PM – 3:49PM Yama 11:50AM – 1:10PM Rahu 3:49PM – 5:08PM	Uttaraphalguni Until 9:55AM Indra Until 11:37AM Visti Until 1:23AM Mon Trayodashi* Until 1:35PM	Ganesha: Purple Muruqa: White Nataraja: Purple Moon – Red	Sunrise: 6:32AM Sunset: 5:08PM	Moon 10 - Phase 26 - 13 2nd Phase
Creative Work Amrita Yoga Until 10:13AM Then Routine Work - Prabalarishta Yoga				Deepavali Hindu Solidarity Day		Bhuloka Day	

Monday, October 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 20.58	Tithi 29 – 30	661276474	Gulika 1:09PM – 2:28PM Yama 10:31AM – 11:50AM Rahu 7:53AM – 9:12AM	Hasta Until 10:13AM Vaidhriti* Until 10:02AM Catuspada Until 12:30AM Tue Chaturdashi* Until 1:00PM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 6:34AM Sunset: 5:06PM	Moon 10 - Phase 26 - 14 Amavasya
Family Home Evening Creative Work Siddha Yoga Until 10:13AM Then Routine Work - Prabalarishta Yoga				Subramuniyaswami Mahasamadhi		Bhuloka Day	

Tuesday, October 25, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Prili Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 4.29	Tithi 30 – 1	661276474	Gulika 11:50AM – 1:09PM Yama 9:13AM – 10:31AM Rahu 2:27PM – 3:46PM	Chitra Until 9:47AM Vishkambha* Until 8:01AM Kintughna Until 11:06PM Amavasya* Until 11:50AM	Ganesha: Light Blue Muruqa: White Nataraja: Purple Moon – Green	Sunrise: 6:35AM Sunset: 5:05PM	Moon 10 - Phase 26 - 15 Prathama
Creative Work Siddha Yoga				Skanda Shasthi Begins		Bhuloka Day	

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

1	Wednesday, October 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Trieste, Italy
	Tula Rasi: 18.19		Svati/Vishakha Nakshatra Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Sun 16		Sutra 192
	Tithi 1 - 2	Gulika 10:31AM - 11:50AM	Svati Until 8:45AM	Ganesha: Light Blue	Sunrise: 6:36AM	Subhakrit 5124	
	661276574 Rahu 11:50AM - 1:08PM	Yama 7:55AM - 9:13AM	Ayushman Until 2:54AM Thu	Muruqa: Clear	Sunset: 5:03PM	Moon 10 - Phase 27 - 16	
Creative Work	Siddha Yoga	Balava Until 9:16PM	Nataraja: Clear	Moon - Green		3rd Phase	
			Prathama* Until 10:13AM	Karttika-Aipasi	Bhuloka Day		
					Devaloka Time: 3:PM to 6:PM		

2	Thursday, October 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam				Trieste, Italy
	Vrischika Rasi: 2.22		Vishakha Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Sun 17		Sutra 193
	Tithi 2 - 3	Gulika 9:14AM - 10:32AM	Vishakha Until 7:38AM	Ganesha: Purple	Sunrise: 6:38AM	Subhakrit 5124	
	671276574 Rahu 1:08PM - 2:26PM	Yama 6:38AM - 7:56AM	Saubhagya Until 11:57PM	Muruqa: Clear	Sunset: 5:02PM	Moon 10 - Phase 27 - 17	
Creative Work	Siddha Yoga	Taitila Until 7:09PM	Nataraja: Clear	Moon - Orange		3rd Phase	
			Dvitiya Until 8:13AM	Karttika-Aipasi	Bhuloka Day		
					Devaloka Time: 3:PM to 6:PM		

3	Friday, October 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam				Trieste, Italy
	Vrischika Rasi: 16.35		Anuradha Anuradha Nakshatra Sobhana Yoga Gara/Visti* Karana Tritiya/Chaturtham Titau		Sun 18		Sutra 194
	Tithi 3 - 4	Gulika 7:57AM - 9:14AM	Anuradha Until 6:07AM	Ganesha: Purple	Sunrise: 6:39AM	Subhakrit 5124	
	671276574 Rahu 10:32AM - 11:50AM	Yama 2:25PM - 3:42PM	Sobhana Until 8:54PM	Muruqa: Clear	Sunset: 5:00PM	Moon 10 - Phase 27 - 18	
Creative Work	Siddha Yoga	Visti Until 3:38AM Sat	Nataraja: Clear	Moon - Orange		3rd Phase	
Until 6:07AM		Tritiya Until 6:00AM	Karttika-Aipasi	Bhuloka Day			
Then Routine Work - Marana Yoga				Devaloka Time: 3:PM to 6:PM			

4	Saturday, October 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam				Trieste, Italy
	Dhanus Rasi: 0.53		Mula* Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Panchamyam Titau		Sun 19		Sutra 195
	Tithi 5	Gulika 6:41AM - 7:58AM	Mula* Until 2:49AM Sun	Ganesha: Clear	Sunrise: 6:41AM	Subhakrit 5124	
	681276574 Rahu 9:15AM - 10:32AM	Yama 1:07PM - 2:24PM	Athiganda* Until 5:45PM	Muruqa: Clear	Sunset: 4:59PM	Moon 10 - Phase 27 - 19	
Creative Work	Siddha Yoga	Bava Until 2:27PM	Nataraja: Clear	Moon - Light Blue		3rd Phase	
			Panchami Until 1:14AM Sun	Karttika-Aipasi	Devaloka Day		

5	Sunday, October 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
	Dhanus Rasi: 15.13		Purvashadha* Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthiyam Titau		Sun 20		Sutra 196
	Tithi 6	Gulika 2:23PM - 3:40PM	Purvashadha* Until 1:11AM Mon	Ganesha: Clear	Sunrise: 6:42AM	Subhakrit 5124	
	681276574 Rahu 3:40PM - 4:57PM	Yama 11:50AM - 1:06PM	Sukarma Until 2:39PM	Muruqa: Clear	Sunset: 4:57PM	Moon 10 - Phase 27 - 20	
Creative Work	Siddha Yoga	Kaulava Until 12:03PM	Nataraja: Clear	Moon - Light Blue		3rd Phase	
Until 1:11AM Mon		Shashthi* Until 10:52PM	Karttika-Aipasi	Devaloka Day			
Then Routine Work - Marana Yoga	Skanda Shasthi						

6	Monday, October 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam				Trieste, Italy
	Dhanus Rasi: 29.31		Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saptamyam Titau		Sun 21		Sutra 197
	Tithi 7	Gulika 1:06PM - 2:23PM	Uttarashadha Until 11:33PM	Ganesha: Clear	Sunrise: 6:43AM	Subhakrit 5124	
	681276574 Rahu 8:00AM - 9:16AM	Yama 10:33AM - 11:49AM	Dhriti Until 11:37AM	Muruqa: Clear	Sunset: 4:56PM	Moon 10 - Phase 27 - 21	
Family Home Evening		Gara Until 9:45AM	Nataraja: Clear	Moon - Light Blue		3rd Phase	
Routine Work	Marana Yoga	Saptami Until 8:38PM	Karttika-Aipasi	Devaloka Day			
Until 11:33PM							
Then Creative Work - Amrita Yoga							

☾	Tuesday, November 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam				Trieste, Italy
	Retreat Star		Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau		Sun 22		Sutra 198
	Makara Rasi: 13.43	Gulika 11:49AM - 1:06PM	Shravana Until 10:21PM	Ganesha: White	Sunrise: 6:45AM	Subhakrit 5124	
	Tithi 8	Yama 9:17AM - 10:33AM	Shula* Until 8:41AM	Muruqa: Clear	Sunset: 4:54PM	Moon 10 - Phase 27 - 22	
691276574 Rahu 2:22PM - 3:38PM		Visti Until 7:35AM	Nataraja: Clear	Moon - Purple		Ashtami	
Creative Work	Siddha Yoga	Ashtami* Until 6:33PM	Karttika-Aipasi	Bhuloka Day			
					Devaloka Time: 3:PM to 6:PM		

☾	Wednesday, November 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam				Trieste, Italy
	Retreat Star		Dhanishtha Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Sun 23		Sutra 199
	Makara Rasi: 27.47	Gulika 10:34AM - 11:49AM	Dhanishtha Until 9:14PM	Ganesha: Green	Sunrise: 6:46AM	Subhakrit 5124	
	Tithi 9 - 10	Yama 8:02AM - 9:18AM	Vriddhi Until 3:20AM Thu	Muruqa: Clear	Sunset: 4:53PM	Moon 10 - Phase 27 - 23	
692276574 Rahu 11:49AM - 1:05PM		Taitila Until 3:51AM Thu	Nataraja: Clear	Moon - Purple		Navami	
Routine Work	Prabalarishta Yoga	Navami* Until 4:41PM	Karttika-Aipasi	Bhuloka Day			
Until 9:14PM					Devaloka Time: 3:PM to 6:PM		
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

1	Thursday, November 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 24 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 11.44	Tithi 10 – 11	Gulika 9:18AM – 10:34AM	Shatabhishak Until 8:12PM	Ganesha: Green	<i>Sunrise:</i> 6:48AM	
			Yama 6:48AM – 8:03AM	Dhruva Until 12:56AM Fri	Muruqa: Clear	<i>Sunset:</i> 4:51PM	Moon 10 - Phase 28 - 24
	Creative Work	Siddha Yoga	692276574 Rahu 1:05PM – 2:20PM	Vanija Until 2:22AM Fri	Nataraja: Clear		4th Phase
			Dashami Until 3:03PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				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				Trieste, Italy Sun 25 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 25.31	Tithi 11 – 12	Gulika 8:04AM – 9:19AM	Purvaproshtapada* Until 7:44PM	Ganesha: Blue	<i>Sunrise:</i> 6:49AM	
			Yama 2:20PM – 3:35PM	Vyaghata* Until 10:46PM	Muruqa: Clear	<i>Sunset:</i> 4:50PM	Moon 10 - Phase 28 - 25
	Creative Work	Siddha Yoga	612276574 Rahu 10:34AM – 11:49AM	Bava Until 1:10AM Sat	Nataraja: Clear		4th Phase
			Ekadashi Until 1:42PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				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				Trieste, Italy Sun 26 Sutra 202 Subhakrit 5124
	Meena Rasi: 9.07	Tithi 12 – 13	Gulika 6:50AM – 8:05AM	Uttaraproshtapada Until 7:28PM	Ganesha: Blue	<i>Sunrise:</i> 6:50AM	
			Yama 1:04PM – 2:19PM	Harshana Until 8:54PM	Muruqa: Clear	<i>Sunset:</i> 4:49PM	Moon 10 - Phase 28 - 26
	Creative Work	Siddha Yoga	612276574 Rahu 9:20AM – 10:35AM	Kaulava Until 12:19AM Sun	Nataraja: Clear		4th Phase
			Dvadashi Until 12:40PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				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				Trieste, Italy Sun 27 Sutra 203 Subhakrit 5124
	Meena Rasi: 22.31	Tithi 13 – 14	Gulika 2:18PM – 3:33PM	Revati Until 7:25PM	Ganesha: Blue	<i>Sunrise:</i> 6:52AM	
			Yama 11:49AM – 1:04PM	Vajra* Until 7:18PM	Muruqa: Clear	<i>Sunset:</i> 4:47PM	Moon 10 - Phase 28 - 27
	Creative Work	Amrita Yoga	612276574 Rahu 3:33PM – 4:47PM	Gara Until 11:52PM	Nataraja: Clear		4th Phase
			Trayodashi Until 12:01PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				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				Trieste, Italy Sun 28 Sutra 204 Subhakrit 5124
	Copper Retreat Star		Gulika 1:04PM – 2:18PM	Ashvini Until 8:07PM	Ganesha: Blue	<i>Sunrise:</i> 6:53AM	
	Mesha Rasi: 5.41	Tithi 14 – 15	Yama 10:35AM – 11:50AM	Siddhi Until 6:05PM	Muruqa: Clear	<i>Sunset:</i> 4:46PM	Moon 10 - Phase 28 -
	Family Home Evening		722276574 Rahu 8:07AM – 9:21AM	Visti Until 11:52PM	Nataraja: Clear		Purnima
			Chaturdashi* Until 11:47AM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

5	Tuesday, November 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Trieste, Italy Sun 29 Sutra 205 Subhakrit 5124
	Silver Retreat Star		Gulika 11:50AM – 1:03PM	Bharani Until 9:08PM	Ganesha: Blue	<i>Sunrise:</i> 6:55AM	
	Mesha Rasi: 18.37	Tithi 15 – 16	Yama 9:22AM – 10:36AM	Vyatipata* Until 5:14PM	Muruqa: Clear	<i>Sunset:</i> 4:45PM	Moon 10 - Phase 28 -
	Creative Work	Siddha Yoga	722276574 Rahu 2:17PM – 3:31PM	Balava Until 12:23AM Wed	Nataraja: Clear		Prathama
			Purnima* Until 12:02PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika•Aipasi			

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



Wednesday, November 9, 2022

Gold Retreat Star

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

Trieste, Italy

Sutra 206

722276574 Vishabha Rasi: 1.19 Tithi 16 - 17

Gulika 10:36AM - 11:50AM
Yama 8:09AM - 9:23AM
Rahu 11:50AM - 1:03PM

Ganesha: Blue
Muruqa: Clear
Nataraja: Clear
Moon - White

Sunrise: 6:56AM
Sunset: 4:43PM

Subhakit 5124
Moon 11 - Phase 29 - 1st Phase

Creative Work Amrita Yoga

Until 10:29PM

Then Creative Work - Siddha Yoga

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

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

1

Thursday, November 10, 2022

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

Trieste, Italy

Sun 1 Sutra 207

732276574 Vishabha Rasi: 13.47 Tithi 17 - 18

Gulika 9:24AM - 10:37AM
Yama 6:57AM - 8:10AM
Rahu 1:03PM - 2:16PM

Ganesha: Red
Muruqa: Clear
Nataraja: Clear
Moon - Yellow

Sunrise: 6:57AM
Sunset: 4:42PM

Subhakit 5124
Moon 11 - Phase 29 - 1st Phase

Routine Work Marana Yoga

Until 12:39AM Fri

Then Creative Work - Siddha Yoga

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

Devaloka Day

2

Friday, November 11, 2022

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

Trieste, Italy

Sun 2 Sutra 208

732276574 Vishabha Rasi: 26.02 Tithi 18 - 19

Gulika 8:11AM - 9:24AM
Yama 2:15PM - 3:28PM
Rahu 10:37AM - 11:50AM

Ganesha: Red
Muruqa: Clear
Nataraja: Clear
Moon - Yellow

Sunrise: 6:59AM
Sunset: 4:41PM

Subhakit 5124
Moon 11 - Phase 29 - 2nd Phase

Creative Work Siddha Yoga

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

Devaloka Day

3

Saturday, November 12, 2022

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

Trieste, Italy

Sun 3 Sutra 209

732276574 Mithuna Rasi: 8.07 Tithi 19

Gulika 7:00AM - 8:13AM
Yama 1:02PM - 2:15PM
Rahu 9:25AM - 10:38AM

Ganesha: Red
Muruqa: Clear
Nataraja: Clear
Moon - Yellow

Sunrise: 7:00AM
Sunset: 4:40PM

Subhakit 5124
Moon 11 - Phase 29 - 3rd Phase

Creative Work Siddha Yoga

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

Devaloka Day

4

Sunday, November 13, 2022

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

Trieste, Italy

Sun 4 Sutra 210

742276574 Mithuna Rasi: 20.04 Tithi 20

Gulika 2:14PM - 3:27PM
Yama 11:50AM - 1:02PM
Rahu 3:27PM - 4:39PM

Ganesha: Green
Muruqa: Clear
Nataraja: Clear
Moon - Blue

Sunrise: 7:01AM
Sunset: 4:39PM

Subhakit 5124
Moon 11 - Phase 29 - 4th Phase

Creative Work Siddha Yoga

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

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

5

Monday, November 14, 2022

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

Trieste, Italy

Sun 5 Sutra 211

742376574 Kataka Rasi: 1.58 Tithi 21

Gulika 1:02PM - 2:14PM
Yama 10:38AM - 11:50AM
Rahu 8:15AM - 9:27AM

Ganesha: White
Muruqa: Clear
Nataraja: Clear
Moon - Blue

Sunrise: 7:03AM
Sunset: 4:38PM

Subhakit 5124
Moon 11 - Phase 29 - 5th Phase

Family Home Evening Amrita Yoga

Until 8:45AM

Then Creative Work - Siddha Yoga

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

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

6

Tuesday, November 15, 2022

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

Trieste, Italy

Sun 6 Sutra 212

743376574 Kataka Rasi: 13.5 Tithi 22

Gulika 11:50AM - 1:02PM
Yama 9:27AM - 10:39AM
Rahu 2:14PM - 3:25PM

Ganesha: Green
Muruqa: Clear
Nataraja: Clear
Moon - Blue

Sunrise: 7:04AM
Sunset: 4:37PM

Subhakit 5124
Moon 11 - Phase 29 - 6th Phase

Creative Work Siddha Yoga

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

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

7

Wednesday, November 16, 2022

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 213

743376574 Kataka Rasi: 25.47 Tithi 23

Gulika 10:39AM - 11:51AM
Yama 8:17AM - 9:28AM
Rahu 11:51AM - 1:02PM

Ganesha: Green
Muruqa: Clear
Nataraja: Clear
Moon - Blue

Sunrise: 7:06AM
Sunset: 4:36PM

Subhakit 5124
Moon 11 - Phase 29 - 7th Phase

Creative Work Siddha Yoga

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

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

Thursday, November 17, 2022

Retreat Star

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

Trieste, Italy

Sun 8 Sutra 214

753376575 Simha Rasi: 7.5 Tithi 24

Gulika 9:29AM - 10:40AM
Yama 7:07AM - 8:18AM
Rahu 1:02PM - 2:13PM

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

Sunrise: 7:07AM
Sunset: 4:35PM

Subhakit 5124
Moon 11 - Phase 29 - 8th Phase

Creative Work Amrita Yoga

Until 4:47PM

Then Creative Work - Siddha Yoga

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

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

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 Trieste, Italy on 5/1/20

www.gurudeva.org/panchang


1		Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Vanija/Visti* Karana Dashamyam Titau		Trieste, Italy Sun 9 Sutra 215	
Simha Rasi: 20.07	Tithi 25	Gulika 8:19AM – 9:30AM	Purvaphalguni Until 6:35PM	Ganesha: Orange	<i>Sunrise:</i> 7:08AM	Subhakrit 5124	
		Yama 2:12PM – 3:23PM	Vaidhrili* Until 8:37PM	Muruqa: Clear	<i>Sunset:</i> 4:34PM	Moon 11 - Phase 30 - 9	
		753376575 Rahu 10:40AM – 11:51AM	Vanija Until 5:37PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 6:00AM Sat	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

2		Saturday, November 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekashyam Titau		Trieste, Italy Sun 10 Sutra 216	
Kanya Rasi: 2.4	Tithi 25 – 26	Gulika 7:10AM – 8:20AM	Uttaraphalguni Until 7:34PM	Ganesha: Orange	<i>Sunrise:</i> 7:10AM	Subhakrit 5124	
		Yama 1:02PM – 2:12PM	Vishkambha* Until 7:53PM	Muruqa: Clear	<i>Sunset:</i> 4:33PM	Moon 11 - Phase 30 - 10	
		753376575 Rahu 9:30AM – 10:41AM	Bava Until 6:13PM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 6:00AM	Moon – Red		Sivaloka Day	
				Karttika-Karttikai			

3		Sunday, November 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau		Trieste, Italy Sun 11 Sutra 217	
Kanya Rasi: 15.33	Tithi 26 – 27	Gulika 2:12PM – 3:22PM	Hasta Until 8:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:11AM	Subhakrit 5124	
		Yama 11:51AM – 1:02PM	Priti Until 6:33PM	Muruqa: Clear	<i>Sunset:</i> 4:32PM	Moon 11 - Phase 30 - 11	
		753376575 Rahu 3:22PM – 4:32PM	Kaulava Until 6:03PM	Nataraja: Purple		2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 6:13AM	Moon – Green		Devaloka Day	
Until 8:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

4		Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Trayodashyam Titau		Trieste, Italy Sun 12 Sutra 218	
Kanya Rasi: 28.51	Tithi 28	Gulika 1:02PM – 2:11PM	Chitra Until 7:45PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:12AM	Subhakrit 5124	
Family Home Evening		Yama 10:42AM – 11:52AM	Ayushman Until 4:36PM	Muruqa: Clear	<i>Sunset:</i> 4:31PM	Moon 11 - Phase 30 - 12	
Routine Work	Prabalarishta Yoga	753376575 Rahu 8:22AM – 9:32AM	Gara Until 5:07PM	Nataraja: Purple		2nd Phase	
Until 7:45PM			Trayodashi* Until 4:22AM Tue	Moon – Green		Devaloka Day	
Then Creative Work - Amrita Yoga			<i>Pradosha Vrata (Fasting)</i>	Karttika-Karttikai			

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Trieste, Italy Sun 13 Sutra 219	
Tula Rasi: 12.34	Tithi 29	Gulika 11:52AM – 1:02PM	Svati Until 6:34PM	Ganesha: Light Blue	<i>Sunrise:</i> 7:14AM	Subhakrit 5124	
		Yama 9:33AM – 10:42AM	Saubhagya Until 2:07PM	Muruqa: Clear	<i>Sunset:</i> 4:30PM	Moon 11 - Phase 30 - 13	
		753376575 Rahu 2:11PM – 3:21PM	Visti Until 3:30PM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 2:26AM Wed	Moon – Green		Devaloka Day	
Until 6:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

		Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Trieste, Italy Sun 14 Sutra 220	
Retreat Star		Gulika 10:43AM – 11:52AM	Vishakha Until 5:07PM	Ganesha: Purple	<i>Sunrise:</i> 7:15AM	Subhakrit 5124	
Tula Rasi: 26.4	Tithi 30	Yama 8:24AM – 9:34AM	Sobhana Until 11:09AM	Muruqa: Clear	<i>Sunset:</i> 4:30PM	Moon 11 - Phase 30 - 14	
		773376575 Rahu 11:52AM – 1:02PM	Catuspada Until 1:16PM	Nataraja: Purple		Amavasya	
Creative Work	Siddha Yoga		Amavasya* Until 11:58PM	Moon – Orange		Devaloka Day	
				Karttika-Karttikai			

Thursday, November 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau		Trieste, Italy Sun 15 Sutra 221	
Vrischika Rasi: 11.07	Tithi 1	Gulika 9:34AM – 10:43AM	Anuradha Until 3:06PM	Ganesha: Purple	<i>Sunrise:</i> 7:16AM	Subhakrit 5124	
		Yama 7:16AM – 8:25AM	Athiganda* Until 7:48AM	Muruqa: Clear	<i>Sunset:</i> 4:29PM	Moon 11 - Phase 30 - 15	
		773376575 Rahu 1:02PM – 2:11PM	Kintughna Until 10:36AM	Nataraja: Purple		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 9:08PM	Moon – Orange		Devaloka Day	
Until 3:06PM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

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

1	Friday, November 25, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Trieste, Italy Sun 16 Sutra 222 Subhakrit 5124
	Vrischika Rasi: 25.47 Tithi 2	733376575	Gulika Yama Rahu	8:26AM – 9:35AM 2:10PM – 3:19PM 10:44AM – 11:53AM	Jyeshtha* Until 12:41PM Dhriti Until 12:27AM Sat Balava Until 7:39AM Dvitiya Until 6:05PM	Ganesha: Purple Sunrise: 7:18AM Muruqa: Clear Sunset: 4:28PM Nataraja: Purple Moon – Orange Margasira-Karttikai
	Routine Work Marana Yoga Until 12:41PM Then Creative Work - Amrita Yoga					Moon 11 - Phase 31 - 16 3rd Phase Devaloka Day

2	Saturday, November 26, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 223 Subhakrit 5124
	Dhanus Rasi: 10.35 Tithi 3 – 4	783376575	Gulika Yama Rahu	7:19AM – 8:27AM 1:02PM – 2:10PM 9:36AM – 10:45AM	Mula* Until 10:26AM Shula* Until 8:41PM Vanija Until 1:26AM Sun Tritiya Until 2:57PM	Ganesha: Light Blue Sunrise: 7:19AM Muruqa: Clear Sunset: 4:27PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai
	Creative Work Siddha Yoga Until 8:06AM Then Creative Work - Amrita Yoga					Moon 11 - Phase 31 - 17 3rd Phase Devaloka Day

3	Sunday, November 27, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda*/Vridhi Yoga Visli*/Bava Karana Chaturthi/Panchamyam Titau				Trieste, Italy Sun 18 Sutra 224 Subhakrit 5124
	Dhanus Rasi: 25.22 Tithi 4 – 5	783376575	Gulika Yama Rahu	2:10PM – 3:19PM 11:53AM – 1:02PM 3:19PM – 4:27PM	Purvashadha* Until 8:06AM Ganda* Until 5:00PM Bava Until 10:29PM Chaturthi* Until 11:55AM	Ganesha: Light Blue Sunrise: 7:20AM Muruqa: Clear Sunset: 4:27PM Nataraja: Purple Moon – Light Blue Margasira-Karttikai
	Creative Work Siddha Yoga Until 8:06AM Then Creative Work - Amrita Yoga					Moon 11 - Phase 31 - 18 3rd Phase Devaloka Day

4	Monday, November 28, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Trieste, Italy Sun 19 Sutra 225 Subhakrit 5124
	Makara Rasi: 10.01 Tithi 5 – 6 Family Home Evening	793376575	Gulika Yama Rahu	1:02PM – 2:10PM 10:46AM – 11:54AM 8:29AM – 9:38AM	Shravana Until 4:06AM Tue Vridhi Until 1:32PM Kaulava Until 7:47PM Panchami Until 9:04AM	Ganesha: Orange Sunrise: 7:21AM Muruqa: Clear Sunset: 4:26PM Nataraja: Purple Moon – Purple Margasira-Karttikai
	Creative Work Amrita Yoga Until 4:06AM Tue Then Creative Work - Siddha Yoga					Moon 11 - Phase 31 - 19 3rd Phase Sivaloka Day

5	Tuesday, November 29, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Tailila/Vanija Karana Shashthi/Saptamyam Titau				Trieste, Italy Sun 20 Sutra 226 Subhakrit 5124
	Makara Rasi: 24.27 Tithi 6 – 7	793376575	Gulika Yama Rahu	11:54AM – 1:02PM 9:38AM – 10:46AM 2:10PM – 3:18PM	Dhanishtha Until 2:39AM Wed Dhruva Until 10:20AM Vanija Until 4:28AM Wed Shashthi* Until 6:34AM	Ganesha: Orange Sunrise: 7:23AM Muruqa: Clear Sunset: 4:26PM Nataraja: Purple Moon – Purple Margasira-Karttikai
	Creative Work Siddha Yoga					Moon 11 - Phase 31 - 20 3rd Phase Sivaloka Day

D	Wednesday, November 30, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau				Trieste, Italy Sun 21 Sutra 227 Subhakrit 5124
	Retreat Star	Kumbha Rasi: 8.37 Tithi 8	794376575	Gulika Yama Rahu	10:47AM – 11:55AM 8:31AM – 9:39AM 11:55AM – 1:02PM	Shatabhishak Until 1:32AM Thu Vyaghata* Until 7:29AM Visti Until 3:37PM Ashtami* Until 2:51AM Thu
	Creative Work Siddha Yoga					Ganesha: Clear Sunrise: 7:24AM Muruqa: Clear Sunset: 4:25PM Nataraja: Purple Moon – Purple Margasira-Karttikai
						Moon 11 - Phase 31 - 21 Ashtami Sivaloka Day

D	Thursday, December 1, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Vajra* Yoga Balava/Kaulava Karana Navamyam Titau				Trieste, Italy Sun 22 Sutra 228 Subhakrit 5124
	Retreat Star	Kumbha Rasi: 22.28 Tithi 9	714376575	Gulika Yama Rahu	9:40AM – 10:47AM 7:25AM – 8:32AM 1:02PM – 2:10PM	Purvaproshtapada* Until 1:12AM Fri Vajra* Until 2:57AM Fri Balava Until 2:15PM Navami* Until 1:45AM Fri
	Creative Work Siddha Yoga					Ganesha: Red Sunrise: 7:25AM Muruqa: Clear Sunset: 4:25PM Nataraja: Purple Moon – Clear Margasira-Karttikai
						Moon 11 - Phase 31 - 22 Navami Sivaloka Day


1		Friday, December 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam		Trieste, Italy	
Meena Rasi: 6		Tithi 10		Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 229	
714376575		Gulika 8:33AM – 9:41AM	Uttaraproshtapada Until 1:14AM Sat	Ganesha: Red	<i>Sunrise:</i> 7:26AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 2:10PM – 3:17PM	Siddhi Until 1:18AM Sat	Muruqa: Clear	<i>Sunset:</i> 4:25PM	Moon 11 - Phase 32 - 23	
Until 1:14AM Sat		Rahu 10:48AM – 11:55AM	Taitila Until 1:25PM	Nataraja: Purple		4th Phase	
Then Routine Work - Prabalarishta Yoga			Dashami Until 1:10AM Sat	Moon – Clear		Sivaloka Day	
				Margasira-Karttikai			

2		Saturday, December 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam		Trieste, Italy	
Meena Rasi: 19.16		Tithi 11		Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 230	
714376575		Gulika 7:27AM – 8:34AM	Revati Until 1:37AM Sun	Ganesha: Red	<i>Sunrise:</i> 7:27AM	Subhakrit 5124	
Routine Work Prabalarishta Yoga		Yama 1:03PM – 2:10PM	Vyatipata* Until 12:04AM Sun	Muruqa: Clear	<i>Sunset:</i> 4:24PM	Moon 11 - Phase 32 - 24	
Until 1:37AM Sun		Rahu 9:41AM – 10:49AM	Vanija Until 1:05PM	Nataraja: Purple		4th Phase	
Then Creative Work - Siddha Yoga			Ekadashi Until 1:06AM Sun	Moon – Clear		Sivaloka Day	
				Margasira-Karttikai			

3		Sunday, December 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam		Trieste, Italy	
Mesha Rasi: 2.16		Tithi 12		Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau		Sun 25 Sutra 231	
724376575		Gulika 2:10PM – 3:17PM	Ashvini Until 2:45AM Mon	Ganesha: Blue	<i>Sunrise:</i> 7:28AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 11:56AM – 1:03PM	Varyan Until 11:10PM	Muruqa: Clear	<i>Sunset:</i> 4:24PM	Moon 11 - Phase 32 - 25	
		Rahu 3:17PM – 4:24PM	Bava Until 1:15PM	Nataraja: Purple		4th Phase	
			Dvodashi Until 1:30AM 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		Trieste, Italy	
Mesha Rasi: 15.02		Tithi 13		Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 232	
724376575		Gulika 1:03PM – 2:10PM	Bharani Until 4:09AM Tue	Ganesha: Blue	<i>Sunrise:</i> 7:29AM	Subhakrit 5124	
Family Home Evening		Yama 10:50AM – 11:57AM	Parigha* Until 10:37PM	Muruqa: Clear	<i>Sunset:</i> 4:24PM	Moon 11 - Phase 32 - 26	
Creative Work Siddha Yoga		Rahu 8:36AM – 9:43AM	Kaulava Until 1:53PM	Nataraja: Purple		4th Phase	
			Trayodashi Until 2:20AM Tue	Moon – White		Devaloka Day	
				Margasira-Karttikai			
				<i>Pradosha Vrata</i>			

5		Tuesday, December 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam		Trieste, Italy	
Mesha Rasi: 27.37		Tithi 14		Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 233	
724376575		Gulika 11:57AM – 1:04PM	Krittika Until 5:47AM Wed	Ganesha: Blue	<i>Sunrise:</i> 7:30AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 9:44AM – 10:50AM	Shiva Until 10:23PM	Muruqa: Clear	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32 - 27	
		Rahu 2:10PM – 3:17PM	Gara Until 2:56PM	Nataraja: Purple		4th Phase	
			Chaturdashi* Until 3:35AM Wed	Moon – White		Devaloka Day	
				Margasira-Karttikai			
				Krittika Deepam			

		Wednesday, December 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam		Trieste, Italy	
Copper Retreat Star		Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau		Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28 Sutra 234	
734376575		Gulika 10:51AM – 11:57AM	Rohini Until 8:05AM Thu	Ganesha: Yellow	<i>Sunrise:</i> 7:31AM	Subhakrit 5124	
Vrishabha Rasi: 10.01		Yama 8:38AM – 9:44AM	Siddha Until 10:25PM	Muruqa: Clear	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32 - Purnima	
734376575		Rahu 11:57AM – 1:04PM	Visti Until 4:22PM	Nataraja: Purple		4th Phase	
Creative Work Siddha Yoga			Purnima* Until 5:12AM Thu	Moon – Yellow		Sivaloka Day	
Until 8:05AM Thu				Margasira-Karttikai			
Then Routine Work - Marana Yoga							

Thursday, December 8, 2022		Silver Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam		Trieste, Italy	
Vrishabha Rasi: 22.16		Tithi 16		Rohini/Mrigashira Nakshatra Sadhya Yoga Balava Karana Prathamayam Titau		Sun 29 Sutra 235	
734376575		Gulika 9:45AM – 10:51AM	Rohini Until 8:05AM	Ganesha: Yellow	<i>Sunrise:</i> 7:33AM	Subhakrit 5124	
Routine Work Marana Yoga		Yama 7:33AM – 8:39AM	Sadhya Until 10:43PM	Muruqa: Clear	<i>Sunset:</i> 4:23PM	Moon 11 - Phase 32 - Prathama	
		Rahu 1:04PM – 2:10PM	Balava Until 6:10PM	Nataraja: Purple		4th Phase	
			Prathama* Until 7:09AM Fri	Moon – Yellow		Sivaloka Day	
				Margasira-Karttikai			
				Vinayaga Viratam Begins			

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



Friday, December 9, 2022

Gold Retreat Star

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

Trieste, Italy

Sutra 236

Subhakrit 5124

Mithuna Rasi: 4.23 Tithi 16 - 17

734476575

Gulika 8:40AM - 9:46AM
Yama 2:11PM - 3:17PM
Rahu 10:52AM - 11:58AM

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

Ganesha: Red *Sunrise:* 7:33AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 -
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

1

Saturday, December 10, 2022

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

Trieste, Italy

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 16.23 Tithi 17 - 18

734476575

Gulika 7:34AM - 8:40AM
Yama 1:05PM - 2:11PM
Rahu 9:47AM - 10:53AM

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

Ganesha: Red *Sunrise:* 7:34AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Yellow
Margasira-Karttikai

Moon 12 - Phase 33 - 1
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

2

Sunday, December 11, 2022

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

Trieste, Italy

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 28.19 Tithi 18 - 19

744476575

Gulika 2:11PM - 3:17PM
Yama 11:59AM - 1:05PM
Rahu 3:17PM - 4:23PM

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

Ganesha: Green *Sunrise:* 7:35AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 2
1st Phase

Creative Work Siddha Yoga

Devaloka Day

3

Monday, December 12, 2022

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

Trieste, Italy

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 10.12 Tithi 19 - 20

745476575

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:06PM - 2:11PM
Yama 10:54AM - 12:00PM
Rahu 8:42AM - 9:48AM

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

Ganesha: White *Sunrise:* 7:36AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 3
1st Phase

Devaloka Day

4

Tuesday, December 13, 2022

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

Trieste, Italy

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 22.04 Tithi 20 - 21

745476575

Creative Work Siddha Yoga

Gulika 12:00PM - 1:06PM
Yama 9:49AM - 10:54AM
Rahu 2:12PM - 3:17PM

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

Ganesha: White *Sunrise:* 7:37AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Blue
Margasira-Karttikai

Moon 12 - Phase 33 - 4
1st Phase

Devaloka Day

5

Wednesday, December 14, 2022

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

Trieste, Italy

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 3.59 Tithi 21

755476575

Creative Work Siddha Yoga

Gulika 10:55AM - 12:01PM
Yama 8:44AM - 9:49AM
Rahu 12:01PM - 1:06PM

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

Ganesha: Clear *Sunrise:* 7:38AM
Muruqa: Clear *Sunset:* 4:23PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 5
1st Phase

Sivaloka Day

6

Thursday, December 15, 2022

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

Trieste, Italy

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 15.59 Tithi 22

755476575

Creative Work Siddha Yoga

Gulika 9:50AM - 10:56AM
Yama 7:39AM - 8:44AM
Rahu 1:07PM - 2:12PM

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

Ganesha: Clear *Sunrise:* 7:39AM
Muruqa: Clear *Sunset:* 4:24PM
Nataraja: Purple
Moon - Red
Margasira-Karttikai

Moon 12 - Phase 33 - 6
1st Phase

Sivaloka Day

D

Friday, December 16, 2022

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 28.1 Tithi 23

855476575

Creative Work Siddha Yoga

Until 4:38AM Sat

Then Routine Work - Marana Yoga

Gulika 8:45AM - 9:51AM
Yama 2:13PM - 3:18PM
Rahu 10:56AM - 12:02PM

Markali Pillaiyar

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

Ganesha: White *Sunrise:* 7:39AM
Muruqa: Clear *Sunset:* 4:24PM
Nataraja: Purple
Moon - Red
Margasira-Markali

Moon 12 - Phase 33 - 7
Ashtami

Devaloka Day

Saturday, December 17, 2022

Retreat Star

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

Trieste, Italy

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 10.37 Tithi 24

865476575

Routine Work Marana Yoga

Until 5:49AM Sun

Then Creative Work - Siddha Yoga

Gulika 7:40AM - 8:46AM
Yama 1:08PM - 2:13PM
Rahu 9:51AM - 10:57AM

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

Ganesha: Clear *Sunrise:* 7:40AM
Muruqa: Clear *Sunset:* 4:24PM
Nataraja: Purple
Moon - Green
Margasira-Markali

Moon 12 - Phase 33 - 8
Navami

Sivaloka Day

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

All times are standard time. Calculated for Trieste, Italy 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 Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau		Trieste, Italy Sun 9 Sutra 245 Subhakrit 5124	
Kanya Rasi: 23.25	Tithi 25	Gulika 2:14PM – 3:19PM	Chitra Until 6:01AM Mon	Ganesha: Clear	<i>Sunrise:</i> 7:41AM		
		Yama 12:03PM – 1:08PM	Sobhana Until 12:54AM Mon	Muruqa: Clear	<i>Sunset:</i> 4:24PM	Moon 12 - Phase 34 - 9	
		865476575 Rahu 3:19PM – 4:24PM	Vanija Until 11:17AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 11:05PM	Moon – Green		Sivaloka Day	
Until 6:01AM Mon				Margasira*Markali			
Then Creative Work - Amrita Yoga							

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Trieste, Italy Sun 10 Sutra 246 Subhakrit 5124	
Tula Rasi: 6.38	Tithi 26	Gulika 1:09PM – 2:14PM	Chitra Until 6:01AM	Ganesha: Clear	<i>Sunrise:</i> 7:41AM		
Family Home Evening		Yama 10:58AM – 10:03PM	Athiganda* Until 10:49PM	Muruqa: Clear	<i>Sunset:</i> 4:25PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	875476575 Rahu 8:47AM – 9:52AM	Bava Until 10:42AM	Nataraja: Purple		2nd Phase	
Until 6:01AM			Ekadashi* Until 10:04PM	Moon – Green		Sivaloka Day	
Then Creative Work - Amrita Yoga				Margasira*Markali			

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha Nakshatra Sukarma Yoga Kaulava/Taitila Karana Dvadashyam Titau		Trieste, Italy Sun 11 Sutra 247 Subhakrit 5124	
Tula Rasi: 20.2	Tithi 27	Gulika 12:04PM – 1:09PM	Vishakha Until 4:01AM Wed	Ganesha: Purple	<i>Sunrise:</i> 7:42AM		
		Yama 9:53AM – 10:58AM	Sukarma Until 8:07PM	Muruqa: Clear	<i>Sunset:</i> 4:25PM	Moon 12 - Phase 34 - 11	
		875476575 Rahu 2:14PM – 3:20PM	Kaulava Until 9:17AM	Nataraja: Purple		2nd Phase	
Routine Work	Marana Yoga		Dvadashi* Until 8:15PM	Moon – Orange		Devaloka Day	
Until 4:01AM Wed				Margasira*Markali			
Then Creative Work - Siddha Yoga							

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Visli* Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 12 Sutra 248 Subhakrit 5124	
Vrischika Rasi: 4.31	Tithi 28 – 29	Gulika 10:59AM – 12:04PM	Anuradha Until 2:00AM Thu	Ganesha: Clear	<i>Sunrise:</i> 7:43AM		
		Yama 8:48AM – 9:53AM	Dhriti Until 4:52PM	Muruqa: Clear	<i>Sunset:</i> 4:26PM	Moon 12 - Phase 34 - 12	
		876476575 Rahu 12:04PM – 1:10PM	Gara Until 7:06AM	Nataraja: Purple		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 5:45PM	Moon – Orange		Sivaloka Day	
Until 2:00AM Thu		Day 1 of Pancha Ganapati		Margasira*Markali			
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>				

		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Trieste, Italy Sun 13 Sutra 249 Subhakrit 5124	
Retreat Star		Gulika 9:54AM – 10:59AM	Jyeshtha* Until 11:22PM	Ganesha: Clear	<i>Sunrise:</i> 7:43AM		
Vrischika Rasi: 19.07	Tithi 29 – 30	Yama 7:43AM – 8:48AM	Shula* Until 1:09PM	Muruqa: Clear	<i>Sunset:</i> 4:26PM	Moon 12 - Phase 34 - 13	
		876476575 Rahu 1:10PM – 2:15PM	Catuspada Until 1:02AM Fri	Nataraja: Purple		Amavasya	
Routine Work	Prabalarishta Yoga		Chaturdashi* Until 2:42PM	Moon – Orange		Sivaloka Day	
Until 11:22PM		Day 2 of Pancha Ganapati		Margasira*Markali			
Then Creative Work - Siddha Yoga							

Friday, December 23, 2022		Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhdhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Trieste, Italy Sun 14 Sutra 250 Subhakrit 5124	
Dhanus Rasi: 4.04	Tithi 30 – 1	Gulika 8:49AM – 9:54AM	Mula* Until 8:42PM	Ganesha: Orange	<i>Sunrise:</i> 7:44AM		
		Yama 2:16PM – 3:21PM	Ganda* Until 9:08AM	Muruqa: Clear	<i>Sunset:</i> 4:27PM	Moon 12 - Phase 34 - 14	
		886476575 Rahu 11:00AM – 12:05PM	Kintughna Until 9:29PM	Nataraja: Purple		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 11:16AM	Moon – Light Blue		Sivaloka Day	
Until 8:42PM		Day 3 of Pancha Ganapati		Pausha*Markali			
Then Routine Work - Prabalarishta Yoga							

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

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1		Saturday, December 24, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Dhruva Yoga Bava/Kaulava Karana Prathama/Dvityayam Titau		Trieste, Italy Sun 15 Sutra 251 Subhakrit 5124	
Dhanus Rasi: 19.12	Tithi 1 - 2	886486575	Gulika 7:44AM - 8:49AM Yama 1:11PM - 2:16PM Rahu 9:55AM - 11:00AM	Purvashadha* Until 5:46PM Dhruva Until 12:40AM Sun Kaulava Until 3:58AM Sun Prathama* Until 7:38AM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon - Light Blue Pausha-Markali	Sunrise: 7:44AM Sunset: 4:27PM	Moon 12 - Phase 35 - 15 3rd Phase Subha Sivaloka Day
Creative Work Siddha Yoga Until 5:46PM Then Routine Work - Marana Yoga		Day 4 of Pancha Ganapati					

2		Sunday, December 25, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau		Trieste, Italy Sun 16 Sutra 252 Subhakrit 5124	
Makara Rasi: 4.23	Tithi 3	886486575	Gulika 2:17PM - 3:22PM Yama 12:06PM - 1:12PM Rahu 3:22PM - 4:28PM	Uttarashadha Until 2:46PM Vyaghata* Until 8:30PM Taitila Until 2:11PM Tritiya Until 12:26AM Mon	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon - Light Blue Pausha-Markali	Sunrise: 7:44AM Sunset: 4:28PM	Moon 12 - Phase 35 - 16 3rd Phase Subha Sivaloka Day
Creative Work Amrita Yoga		Day 5 of Pancha Ganapati					

3		Monday, December 26, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthyam Titau		Trieste, Italy Sun 17 Sutra 253 Subhakrit 5124	
Makara Rasi: 19.26	Tithi 4	896486576	Gulika 1:12PM - 2:18PM Yama 11:01AM - 12:07PM Rahu 8:50AM - 9:56AM	Shravana Until 12:15PM Harshana Until 4:35PM Vanija Until 10:48AM Chaturthi* Until 9:13PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 7:45AM Sunset: 4:29PM	Moon 12 - Phase 35 - 17 3rd Phase Sivaloka Day
Family Home Evening Creative Work Amrita Yoga Until 12:15PM Then Creative Work - Siddha Yoga							

4		Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Trieste, Italy Sun 18 Sutra 254 Subhakrit 5124	
Kumbha Rasi: 4.14	Tithi 5	896486576	Gulika 12:07PM - 1:13PM Yama 9:56AM - 11:02AM Rahu 2:18PM - 3:24PM	Dhanishtha Until 10:00AM Vajra* Until 12:58PM Bava Until 7:47AM Panchami Until 6:27PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 7:45AM Sunset: 4:29PM	Moon 12 - Phase 35 - 18 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 10:00AM Then Routine Work - Marana Yoga							

5		Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 19 Sutra 255 Subhakrit 5124	
Kumbha Rasi: 18.38	Tithi 6 - 7	896486576	Gulika 11:02AM - 12:08PM Yama 8:51AM - 9:57AM Rahu 12:08PM - 1:13PM	Shatabhishak Until 8:08AM Siddhi Until 9:50AM Gara Until 3:27AM Thu Shashthi* Until 4:16PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	Sunrise: 7:45AM Sunset: 4:30PM	Moon 12 - Phase 35 - 19 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 8:08AM Then Creative Work - Amrita Yoga		Vinayaga Viratam Ends					

Retreat Star		Thursday, December 29, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Trieste, Italy Sun 20 Sutra 256 Subhakrit 5124	
Meena Rasi: 2.38	Tithi 7 - 8	817486576	Gulika 9:57AM - 11:03AM Yama 7:46AM - 8:51AM Rahu 1:14PM - 2:19PM	Purvaproshtapada* Until 7:12AM Vyatipata* Until 7:14AM Visti Until 2:20AM Fri Saptami Until 2:47PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	Sunrise: 7:46AM Sunset: 4:31PM	Moon 12 - Phase 35 - 20 Ashtami Devaloka Day
Creative Work Siddha Yoga							

Retreat Star		Friday, December 30, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha* Yoga Bava/Balava Karana Ashlami/Navamyam Titau		Trieste, Italy Sun 21 Sutra 257 Subhakrit 5124	
Meena Rasi: 16.11	Tithi 8 - 9	817486576	Gulika 8:51AM - 9:57AM Yama 2:20PM - 3:26PM Rahu 11:03AM - 12:09PM	Uttaraproshtapada Until 6:51AM Parigha* Until 3:44AM Sat Balava Until 1:57AM Sat Ashtami* Until 2:02PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	Sunrise: 7:46AM Sunset: 4:32PM	Moon 12 - Phase 35 - 21 Navami Devaloka Day
Creative Work Siddha Yoga							

1	Saturday, December 31, 2022		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manla Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 22 Sutra 258 Subhakrit 5124
	Meena Rasi: 29.2	Tithi 9 – 10	Gulika 7:46AM – 8:52AM	Revati Until 7:04AM	Ganesha: Blue	<i>Sunrise:</i> 7:46AM	
			Yama 1:15PM – 2:21PM	Shiva Until 2:51AM Sun	Muruga: Purple	<i>Sunset:</i> 4:32PM	Moon 12 - Phase 36 - 22
	817486576	Rahu 9:58AM – 11:03AM		Taitila Until 2:17AM Sun	Nataraja: Clear		4th Phase
Routine Work Prabalarishta Yoga Until 7:04AM Then Creative Work - Siddha Yoga		Navami* Until 2:01PM		Moon – Clear Pausha-Markali		Devaloka Day	

2	Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 23 Sutra 259 Subhakrit 5124
	Mesha Rasi: 12.08	Tithi 10 – 11	Gulika 2:21PM – 3:27PM	Ashvini Until 8:16AM	Ganesha: Yellow	<i>Sunrise:</i> 7:46AM	
			Yama 12:10PM – 1:16PM	Siddha Until 2:24AM Mon	Muruga: Purple	<i>Sunset:</i> 4:33PM	Moon 12 - Phase 36 - 23
	827486576	Rahu 3:27PM – 4:33PM		Vanija Until 3:16AM Mon	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga Until 8:16AM Then Routine Work - Prabalarishta Yoga		Vaikuntha Ekadasi		Moon – White Pausha-Markali		Sivaloka Day	


3	Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 24 Sutra 260 Subhakrit 5124
	Mesha Rasi: 24.39	Tithi 11 – 12	Gulika 1:16PM – 2:22PM	Bharani Until 9:53AM	Ganesha: Yellow	<i>Sunrise:</i> 7:46AM	
			Yama 11:04AM – 12:10PM	Sadhya Until 2:22AM Tue	Muruga: Purple	<i>Sunset:</i> 4:33PM	Moon 12 - Phase 36 - 24
	827486576	Rahu 8:52AM – 9:58AM		Bava Until 4:44AM Tue	Nataraja: Clear		4th Phase
Family Home Evening Creative Work Siddha Yoga Until 9:53AM Then Routine Work - Marana Yoga		Ekadashi Until 3:55PM		Moon – White Pausha-Markali		Sivaloka Day	

4	Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Trieste, Italy Sun 25 Sutra 261 Subhakrit 5124
	Vrishabha Rasi: 6.58	Tithi 12 – 13	Gulika 12:11PM – 1:17PM	Krittika Until 11:47AM	Ganesha: Blue	<i>Sunrise:</i> 7:46AM	
			Yama 9:58AM – 11:04AM	Subha Until 2:38AM Wed	Muruga: Purple	<i>Sunset:</i> 4:35PM	Moon 12 - Phase 36 - 25
	827586576	Rahu 2:23PM – 3:29PM		Kaulava Until 6:35AM Wed	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga Until 11:47AM Then Creative Work - Amrita Yoga		Dvadashi Until 5:36PM		Moon – White Pausha-Markali		Subha Sivaloka Day	

Pradosha Vrata

5	Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 262 Subhakrit 5124
	Vrishabha Rasi: 19.07	Tithi 13	Gulika 11:05AM – 12:11PM	Rohini Until 2:21PM	Ganesha: White	<i>Sunrise:</i> 7:46AM	
			Yama 8:52AM – 9:59AM	Sukla Until 3:05AM Thu	Muruga: Purple	<i>Sunset:</i> 4:36PM	Moon 12 - Phase 36 - 26
	838586576	Rahu 12:11PM – 1:17PM		Kaulava Until 6:35AM	Nataraja: Clear		4th Phase
Creative Work Siddha Yoga		Trayodashi Until 7:36PM		Moon – Yellow Pausha-Markali		Devaloka Day	

6	Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 263 Subhakrit 5124
	Mithuna Rasi: 1.1	Tithi 14	Gulika 9:59AM – 11:05AM	Mrigashira Until 4:59PM	Ganesha: White	<i>Sunrise:</i> 7:46AM	
			Yama 7:46AM – 8:52AM	Brahma Until 3:42AM Fri	Muruga: Purple	<i>Sunset:</i> 4:37PM	Moon 12 - Phase 36 - 27
	838586576	Rahu 1:18PM – 2:24PM		Gara Until 8:43AM	Nataraja: Clear		4th Phase
Routine Work Marana Yoga		Subramuniyaswami Jayanti		Moon – Yellow Pausha-Markali		Devaloka Day	

	Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sun 28 Sutra 264 Subhakrit 5124
	Copper Retreat Star		Gulika 8:52AM – 9:59AM	Ardra Until 7:36PM	Ganesha: White	<i>Sunrise:</i> 7:46AM	
	Mithuna Rasi: 13.08	Tithi 15	Yama 2:25PM – 3:32PM	Indra Until 4:25AM Sat	Muruga: Purple	<i>Sunset:</i> 4:38PM	Moon 12 - Phase 36 - Purnima
	838586576	Rahu 11:05AM – 12:12PM		Visti Until 11:01AM	Nataraja: Clear		
Creative Work Siddha Yoga		Purnima* Until 12:12AM Sat		Moon – Yellow Pausha-Markali		Devaloka Day	

Ardra Darshanam

7	Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manla Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau				Trieste, Italy Sun 29 Sutra 265 Subhakrit 5124
	Silver Retreat Star		Gulika 7:46AM – 8:52AM	Punarvasu Until 10:38PM	Ganesha: Clear	<i>Sunrise:</i> 7:46AM	
	Mithuna Rasi: 25.04	Tithi 16	Yama 1:19PM – 2:26PM	Vaidhriti* Until 5:10AM Sun	Muruga: Purple	<i>Sunset:</i> 4:39PM	Moon 12 - Phase 36 - Prathama
	848586576	Rahu 9:59AM – 11:06AM		Balava Until 1:26PM	Nataraja: Clear		
Creative Work Siddha Yoga		Prathama* Until 2:39AM Sun		Moon – Blue Pausha-Markali		Sivaloka Day	

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 6.58 Tithi 17
Creative Work Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yukstayam
Pushya Nakshatra Vishkambha* Yoga Taitila/Gara Karana Dvitiyayam Titau
Gulika 2:27PM – 3:33PM **Pushya Until 1:33AM Mon**
Yama 12:13PM – 1:20PM Vishkambha* Until 5:57AM Mon
Rahu 3:33PM – 4:40PM Taitila Until 3:55PM
Dvitiya Until 5:09AM Mon

Trieste, Italy
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase
Ganesha: Clear Sunrise: 7:45AM
Muruqa: Purple Sunset: 4:40PM
Nataraja: Clear
Moon – Blue
Pausha-Markali
Sivaloka Day

1

Monday, January 9, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yukstayam
Ashlesha* Nakshatra Priti Yoga Vanija Karana Tritiyayam Titau
Gulika 1:20PM – 2:27PM **Ashlesha* Until 4:17AM Tue**
Yama 11:06AM – 12:13PM Priti Until 6:45AM Tue
Rahu 8:52AM – 9:59AM Vanija Until 6:25PM
Tritiya Until 7:37AM Tue

Trieste, Italy
Sun 1
Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase
Ganesha: Clear Sunrise: 7:45AM
Muruqa: Purple Sunset: 4:41PM
Nataraja: Clear
Moon – Blue
Pausha-Markali
Sivaloka Day

2

Tuesday, January 10, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yukstayam
Magha* Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Tritiya/Chaturthyam Titau
Gulika 12:14PM – 1:21PM **Magha* Until 7:16AM Wed**
Yama 9:59AM – 11:06AM Priti Until 6:45AM
Rahu 2:28PM – 3:35PM Bava Until 8:51PM
Tritiya Until 7:37AM

Trieste, Italy
Sun 2
Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase
Ganesha: Purple Sunrise: 7:45AM
Muruqa: Purple Sunset: 4:43PM
Nataraja: Clear
Moon – Red
Pausha-Markali
Devaloka Day

3

Wednesday, January 11, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yukstayam
Magha*/Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau
Gulika 11:07AM – 12:14PM **Magha* Until 7:16AM**
Yama 8:52AM – 9:59AM Ayushman Until 7:26AM
Rahu 12:14PM – 1:22PM Kaulava Until 11:07PM
Chaturthi* Until 9:59AM

Trieste, Italy
Sun 3
Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase
Ganesha: Clear Sunrise: 7:44AM
Muruqa: Purple Sunset: 4:44PM
Nataraja: Clear
Moon – Red
Pausha-Markali
Sivaloka Day

4

Thursday, January 12, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yukstayam
Purvaphalguni/Uttaraphalguni Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Panchami/Shashthyam Titau
Gulika 9:59AM – 11:07AM **Purvaphalguni Until 9:51AM**
Yama 7:44AM – 8:52AM Saubhagya Until 7:58AM
Rahu 1:22PM – 2:30PM Gara Until 1:03AM Fri
Panchami Until 12:07PM

Trieste, Italy
Sun 4
Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase
Ganesha: Clear Sunrise: 7:44AM
Muruqa: Purple Sunset: 4:45PM
Nataraja: Clear
Moon – Red
Pausha-Markali
Sivaloka Day

5

Friday, January 13, 2023

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yukstayam
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda* Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau
Gulika 8:51AM – 9:59AM **Uttaraphalguni Until 11:55AM**
Yama 2:31PM – 3:38PM Sobhana Until 8:13AM
Rahu 11:07AM – 12:15PM Visti Until 2:30AM Sat
Shashthi* Until 1:50PM

Trieste, Italy
Sun 5
Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase
Ganesha: Clear Sunrise: 7:44AM
Muruqa: Purple Sunset: 4:46PM
Nataraja: Clear
Moon – Red
Pausha-Markali
Sivaloka Day

D

Saturday, January 14, 2023
Retreat Star

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yukstayam
Hasta/Chitra Nakshatra Athiganda*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau
Gulika 7:43AM – 8:51AM **Hasta Until 1:46PM**
Yama 1:23PM – 2:31PM Athiganda* Until 8:03AM
Rahu 9:59AM – 11:07AM Balava Until 3:17AM Sun
Saptami Until 2:58PM

Trieste, Italy
Sun 6
Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
Ashtami
Ganesha: White Sunrise: 7:43AM
Muruqa: Purple Sunset: 4:47PM
Nataraja: Clear
Moon – Green
Pausha-Thai
Subha Sivaloka Day

Sunday, January 15, 2023

Retreat Star

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

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yukstayam
Chitra/Svati Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau
Gulika 2:32PM – 3:40PM **Chitra Until 2:45PM**
Yama 12:16PM – 1:24PM Sukarma Until 7:21AM
Rahu 3:40PM – 4:49PM Taitila Until 3:15AM Mon
Ashtami* Until 3:21PM

Trieste, Italy
Sun 7
Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Navami
Ganesha: White Sunrise: 7:43AM
Muruqa: Purple Sunset: 4:49PM
Nataraja: Clear
Moon – Green
Pausha-Thai
Subha Sivaloka Day

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

Monday, January 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam				Trieste, Italy
		Svati/Vishakha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sun 8 Sutra 274
1		Gulika 1:25PM – 2:33PM	Svati Until 2:46PM	Ganesha: White	<i>Sunrise:</i> 7:42AM	Subhakrit 5124
Tula Rasi: 15.01	Tithi 24 – 25	Yama 11:08AM – 12:16PM	Dhriti Until 6:03AM	Muruqa: Purple	<i>Sunset:</i> 4:50PM	Moon 1 - Phase 38 - 8
Family Home Evening	869586576	Rahu 8:51AM – 9:59AM	Vanija Until 2:23AM Tue	Nataraja: Clear		2nd Phase
Creative Work Amrita Yoga			Navami* Until 2:54PM	Moon – Green		Subha Sivaloka Day
Until 2:46PM				Pausha*Thai		
Then Routine Work - Marana Yoga						

Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam				Trieste, Italy
		Vishakha/Anuradha Nakshatra Ganda* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Sun 9 Sutra 275
2		Gulika 12:16PM – 1:25PM	Vishakha Until 2:15PM	Ganesha: Yellow	<i>Sunrise:</i> 7:41AM	Subhakrit 5124
Tula Rasi: 28.33	Tithi 25 – 26	Yama 9:59AM – 11:08AM	Ganda* Until 1:24AM Wed	Muruqa: Purple	<i>Sunset:</i> 4:51PM	Moon 1 - Phase 38 - 9
879586576		Rahu 2:34PM – 3:43PM	Bava Until 12:40AM Wed	Nataraja: Clear		2nd Phase
Routine Work Marana Yoga			Dashami Until 1:36PM	Moon – Orange		Sivaloka Day
Until 2:15PM				Pausha*Thai		
Then Creative Work - Siddha Yoga						

Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam				Trieste, Italy
		Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 276
3		Gulika 11:08AM – 12:17PM	Anuradha Until 12:48PM	Ganesha: Yellow	<i>Sunrise:</i> 7:41AM	Subhakrit 5124
Vischika Rasi: 12.35	Tithi 26 – 27	Yama 8:50AM – 9:59AM	Vriddhi Until 10:11PM	Muruqa: Purple	<i>Sunset:</i> 4:53PM	Moon 1 - Phase 38 - 10
879586576		Rahu 12:17PM – 1:26PM	Kaulava Until 10:13PM	Nataraja: Clear		2nd Phase
Creative Work Siddha Yoga			Ekadashi* Until 11:30AM	Moon – Orange		Sivaloka Day
				Pausha*Thai		

Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam				Trieste, Italy
		Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 277
4		Gulika 9:59AM – 11:08AM	Jyeshtha* Until 10:33AM	Ganesha: Yellow	<i>Sunrise:</i> 7:40AM	Subhakrit 5124
Vischika Rasi: 27.06	Tithi 27 – 28	Yama 7:40AM – 8:49AM	Dhruva Until 6:26PM	Muruqa: Purple	<i>Sunset:</i> 4:54PM	Moon 1 - Phase 38 - 11
871586576		Rahu 1:26PM – 2:35PM	Gara Until 7:09PM	Nataraja: Clear		2nd Phase
Routine Work Prabalarishta Yoga			Dvadashi* Until 8:44AM	Moon – Orange		Sivaloka Day
Until 10:33AM				Pausha*Thai		
Then Creative Work - Siddha Yoga						
				<i>Pradosha Vrata (Fasting)</i>		

Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam				Trieste, Italy
		Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 12 Sutra 278
5		Gulika 8:49AM – 9:58AM	Mula* Until 8:04AM	Ganesha: Red	<i>Sunrise:</i> 7:39AM	Subhakrit 5124
Dhanus Rasi: 12.01	Tithi 29	Yama 2:36PM – 3:46PM	Vyaghata* Until 2:20PM	Muruqa: Purple	<i>Sunset:</i> 4:55PM	Moon 1 - Phase 38 - 12
881586576		Rahu 11:08AM – 12:17PM	Visti Until 3:38PM	Nataraja: Clear		2nd Phase
Creative Work Amrita Yoga			Chaturdashi* Until 1:44AM Sat	Moon – Light Blue		Sivaloka Day
Until 8:04AM				Pausha*Thai		
Then Routine Work - Prabalarishta Yoga						

Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam				Trieste, Italy
		Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13 Sutra 279
Retreat Star		Gulika 7:39AM – 8:48AM	Uttarashadha Until 1:51AM Sun	Ganesha: Red	<i>Sunrise:</i> 7:39AM	Subhakrit 5124
Dhanus Rasi: 27.14	Tithi 30	Yama 1:27PM – 2:37PM	Harshana Until 10:01AM	Muruqa: Purple	<i>Sunset:</i> 4:57PM	Moon 1 - Phase 38 - 13
881586576		Rahu 9:58AM – 11:08AM	Catuspada Until 11:50AM	Nataraja: Clear		Amavasya
Routine Work Marana Yoga			Amavasya* Until 9:53PM	Moon – Light Blue		Sivaloka Day
Until 1:51AM Sun				Pausha*Thai		
Then Creative Work - Amrita Yoga						

Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
		Shravana Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 280
Retreat Star		Gulika 2:38PM – 3:48PM	Shravana Until 10:53PM	Ganesha: Yellow	<i>Sunrise:</i> 7:38AM	Subhakrit 5124
Makara Rasi: 12.34	Tithi 1	Yama 12:18PM – 1:28PM	Siddhi Until 1:11AM Mon	Muruqa: Purple	<i>Sunset:</i> 4:58PM	Moon 1 - Phase 38 - 14
891586576		Rahu 3:48PM – 4:58PM	Kintughna Until 7:57AM	Nataraja: Clear		Prathama
Creative Work Amrita Yoga			Prathama* Until 6:01PM	Moon – Purple		Sivaloka Day
Until 10:53PM				Magha*Thai		
Then Routine Work - Marana Yoga						

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

1	Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Trieste, Italy Sun 15
	Makara Rasi: 27.5	Tithi 2 – 3	Gulika 1:28PM – 2:39PM	Dhanishtha Until 8:00PM	Ganesha: Yellow	<i>Sunrise:</i> 7:37AM	Subhakrit 5124
	Family Home Evening	891586576	Yama 11:08AM – 12:18PM	Vyatipata* Until 9:01PM	Muruqa: Purple	<i>Sunset:</i> 4:59PM	Moon 1 - Phase 39 - 15
	Creative Work Siddha Yoga		Rahu 8:47AM – 9:58AM	Taitila Until 12:36AM Tue	Nataraja: Clear		3rd Phase
			Dvitiya Until 2:19PM	Moon – Purple	Sivaloka Day		

2	Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Triliya/Chaturtham Titau				Trieste, Italy Sun 16
	Kumbha Rasi: 12.53	Tithi 3 – 4	Gulika 12:18PM – 1:29PM	Shatabhishak Until 5:24PM	Ganesha: Yellow	<i>Sunrise:</i> 7:36AM	Subhakrit 5124
		891586576	Yama 9:57AM – 11:08AM	Variyan Until 5:09PM	Muruqa: Purple	<i>Sunset:</i> 5:01PM	Moon 1 - Phase 39 - 16
	Routine Work Marana Yoga		Rahu 2:40PM – 3:50PM	Vanija Until 9:31PM	Nataraja: Clear		3rd Phase
			Tritiya Until 10:59AM	Moon – Purple	Sivaloka Day		

3	Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Trieste, Italy Sun 17
	Kumbha Rasi: 27.34	Tithi 4 – 5	Gulika 11:08AM – 12:19PM	Purvaproshtapada* Until 3:38PM	Ganesha: Blue	<i>Sunrise:</i> 7:35AM	Subhakrit 5124
		911586576	Yama 8:46AM – 9:57AM	Parigha* Until 1:46PM	Muruqa: Purple	<i>Sunset:</i> 5:02PM	Moon 1 - Phase 39 - 17
	Creative Work Amrita Yoga		Rahu 12:19PM – 1:30PM	Bava Until 7:01PM	Nataraja: Clear		3rd Phase
			Chaturthi* Until 8:09AM	Moon – Clear	Subha Sivaloka Day		

4	Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Trieste, Italy Sun 18
	Meena Rasi: 11.46	Tithi 5 – 6	Gulika 9:57AM – 11:08AM	Uttaraproshtapada Until 2:26PM	Ganesha: Blue	<i>Sunrise:</i> 7:34AM	Subhakrit 5124
		911586576	Yama 7:34AM – 8:45AM	Shiva Until 10:59AM	Muruqa: Purple	<i>Sunset:</i> 5:04PM	Moon 1 - Phase 39 - 18
	Creative Work Siddha Yoga		Rahu 1:30PM – 2:41PM	Taitila Until 4:40AM Fri	Nataraja: Clear		3rd Phase
			Panchami Until 6:01AM	Moon – Clear	Subha Sivaloka Day		

5	Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Trieste, Italy Sun 19
	Meena Rasi: 25.29	Tithi 7	Gulika 8:45AM – 9:56AM	Revati Until 1:55PM	Ganesha: Blue	<i>Sunrise:</i> 7:33AM	Subhakrit 5124
		911586576	Yama 2:42PM – 3:54PM	Siddha Until 8:48AM	Muruqa: Purple	<i>Sunset:</i> 5:05PM	Moon 1 - Phase 39 - 19
	Creative Work Siddha Yoga		Rahu 11:08AM – 12:19PM	Gara Until 4:20PM	Nataraja: Clear		3rd Phase
			Saptami Until 4:11AM Sat	Moon – Clear	Subha Sivaloka Day		

6	Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau				Trieste, Italy Sun 20
	Retreat Star		Gulika 7:32AM – 8:44AM	Ashvini Until 2:32PM	Ganesha: Yellow	<i>Sunrise:</i> 7:32AM	Subhakrit 5124
	Mesha Rasi: 8.43	Tithi 8	Yama 1:31PM – 2:43PM	Sadhya Until 7:20AM	Muruqa: Purple	<i>Sunset:</i> 5:06PM	Moon 1 - Phase 39 - 20
		921586576	Rahu 9:56AM – 11:08AM	Visti Until 4:18PM	Nataraja: Clear		Ashtami
			Ashtami* Until 4:34AM Sun	Moon – White	Sivaloka Day		

7	Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Navamyam Titau				Trieste, Italy Sun 21
	Retreat Star		Gulika 2:44PM – 3:56PM	Bharani Until 3:48PM	Ganesha: Yellow	<i>Sunrise:</i> 7:31AM	Subhakrit 5124
	Mesha Rasi: 21.32	Tithi 9	Yama 12:20PM – 1:32PM	Subha Until 6:31AM	Muruqa: Purple	<i>Sunset:</i> 5:08PM	Moon 1 - Phase 39 - 21
		922686576	Rahu 3:56PM – 5:08PM	Balava Until 5:04PM	Nataraja: Clear		Navami
			Navami* Until 5:42AM Mon	Moon – White	Sivaloka Day		

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

Monday, January 30, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam				Trieste, Italy
1		Krittika/Rohini Nakshatra Sukla/Brahma Yoga Taila Karana Dashamyam Titau				Sun 22
Wrishabha Rasi: 3.59	Tithi 10	Gulika	1:32PM – 2:44PM	Krittika Until 5:35PM	Ganesha: Yellow	Sunrise: 7:30AM
Family Home Evening	922686576	Yama	11:07AM – 12:20PM	Sukla Until 6:16AM	Muruqa: Purple	Sunset: 5:09PM
Routine Work	Marana Yoga	Rahu	8:43AM – 9:55AM	Taitila Until 6:32PM	Nataraja: Clear	Moon 1 - Phase 40 - 22
Until 5:35PM				Dashami Until 7:27AM Tue	Moon – White	4th Phase
Then Creative Work - Amrita Yoga					Magha-Thai	Sivaloka Day


Tuesday, January 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam				Trieste, Italy
2		Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekashyam Titau				Sun 23
Wrishabha Rasi: 16.11	Tithi 10 – 11	Gulika	12:20PM – 1:33PM	Rohini Until 8:11PM	Ganesha: White	Sunrise: 7:29AM
	932686576	Yama	9:54AM – 11:07AM	Brahma Until 6:28AM	Muruqa: Purple	Sunset: 5:11PM
Creative Work	Amrita Yoga	Rahu	2:45PM – 3:58PM	Vanija Until 8:31PM	Nataraja: Clear	Moon 1 - Phase 40 - 23
Until 8:11PM				Dashami Until 7:27AM	Moon – Yellow	4th Phase
Then Creative Work - Siddha Yoga					Magha-Thai	Subha Sivaloka Day

Wednesday, February 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam				Trieste, Italy
3		Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Sun 24
Wrishabha Rasi: 28.14	Tithi 11 – 12	Gulika	11:07AM – 12:20PM	Mrigashira Until 10:56PM	Ganesha: White	Sunrise: 7:29AM
	932686576	Yama	8:42AM – 9:54AM	Indra Until 7:01AM	Muruqa: Purple	Sunset: 5:11PM
Creative Work	Siddha Yoga	Rahu	12:20PM – 1:33PM	Bava Until 10:50PM	Nataraja: Clear	Moon 1 - Phase 40 - 24
				Ekadashi Until 9:37AM	Moon – Yellow	4th Phase
					Magha-Thai	Subha Sivaloka Day

Thursday, February 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam				Trieste, Italy
4		Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau				Sun 25
Mithuna Rasi: 10.1	Tithi 12 – 13	Gulika	9:54AM – 11:07AM	Ardra Until 1:40AM Fri	Ganesha: White	Sunrise: 7:28AM
	932686576	Yama	7:28AM – 8:41AM	Vaidhriti* Until 7:43AM	Muruqa: Purple	Sunset: 5:12PM
Routine Work	Marana Yoga	Rahu	1:33PM – 2:46PM	Kaulava Until 1:18AM Fri	Nataraja: Clear	Moon 1 - Phase 40 - 25
Until 1:40AM Fri				Dvodashi Until 12:02PM	Moon – Yellow	4th Phase
Then Creative Work - Siddha Yoga					Magha-Thai	Subha Sivaloka Day
					<i>Pradosha Vrata</i>	

Friday, February 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam				Trieste, Italy
5		Punarvasu Nakshatra Vishkambha*/Priti Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau				Sun 26
Mithuna Rasi: 22.03	Tithi 13 – 14	Gulika	8:40AM – 9:53AM	Punarvasu Until 4:47AM Sat	Ganesha: Clear	Sunrise: 7:27AM
	942686576	Yama	2:47PM – 4:00PM	Vishkambha* Until 8:32AM	Muruqa: Purple	Sunset: 5:14PM
Creative Work	Siddha Yoga	Rahu	11:07AM – 12:20PM	Gara Until 3:49AM Sat	Nataraja: Clear	Moon 1 - Phase 40 - 26
				Trayodashi Until 2:32PM	Moon – Blue	4th Phase
					Magha-Thai	Sivaloka Day

Saturday, February 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam				Trieste, Italy
6		Pushya Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Sun 27
Kataka Rasi: 3.55	Tithi 14 – 15	Gulika	7:26AM – 8:39AM	Pushya Until 7:41AM Sun	Ganesha: Clear	Sunrise: 7:26AM
	942686577	Yama	1:34PM – 2:48PM	Priti Until 9:22AM	Muruqa: Purple	Sunset: 5:15PM
Creative Work	Siddha Yoga	Rahu	9:53AM – 11:07AM	Visti Until 6:17AM Sun	Nataraja: Orange	Moon 1 - Phase 40 - 27
				Chaturdashi* Until 5:02PM	Moon – Blue	4th Phase
		Thai Pusam			Magha-Thai	Sivaloka Day

Sunday, February 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
		Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau				Sutra 294
Kataka Rasi: 15.49	Tithi 15	Gulika	2:48PM – 4:02PM	Pushya Until 7:41AM	Ganesha: Clear	Sunrise: 7:24AM
	942686577	Yama	12:20PM – 1:34PM	Ayushman Until 10:08AM	Muruqa: Purple	Sunset: 5:16PM
Creative Work	Siddha Yoga	Rahu	4:02PM – 5:16PM	Visti Until 6:17AM	Nataraja: Orange	Moon 1 - Phase 40 - Purnima
				Purnima* Until 7:27PM	Moon – Blue	
					Magha-Thai	Sivaloka Day

Monday, February 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam				Trieste, Italy
Silver Retreat Star		Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Sutra 295
Kataka Rasi: 27.45	Tithi 16	Gulika	1:35PM – 2:49PM	Ashlesha* Until 10:19AM	Ganesha: Clear	Sunrise: 7:23AM
Family Home Evening	942686577	Yama	11:06AM – 12:20PM	Saubhagya Until 10:50AM	Muruqa: Purple	Sunset: 5:18PM
Creative Work	Siddha Yoga	Rahu	8:37AM – 9:52AM	Balava Until 8:39AM	Nataraja: Orange	Moon 1 - Phase 40 - Prathama
Until 10:19AM				Prathama* Until 9:46PM	Moon – Blue	
Then Routine Work - Marana Yoga					Magha-Thai	Sivaloka Day



Tuesday, February 7, 2023

Gold Retreat Star

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

Trieste, Italy

Sun 1 Sutra 296

Subhakrit 5124

Simha Rasi: 9.44 Tithi 17

952686577

Gulika

12:21PM - 1:35PM

Yama

9:51AM - 11:06AM

Rahu

2:50PM - 4:05PM

Magha* Until 1:10PM

Sobhana Until 11:27AM

Taitila Until 10:54AM

Dvitiya Until 11:55PM

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon - Red

Magha*Thai

Sunrise: 7:22AM

Sunset: 5:19PM

Moon 2 - Phase 41 - 1

1st Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Wednesday, February 8, 2023

1

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

Trieste, Italy

Sun 2 Sutra 297

Subhakrit 5124

Simha Rasi: 21.47 Tithi 18

952686577

Gulika

11:06AM - 12:21PM

Yama

8:35AM - 9:51AM

Rahu

12:21PM - 1:36PM

Purvaphalguni Until 3:40PM

Ahiganda* Until 11:54AM

Vanija Until 12:57PM

Tritiya Until 1:52AM Thu

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon - Red

Magha*Thai

Sunrise: 7:20AM

Sunset: 5:21PM

Moon 2 - Phase 41 - 2

1st Phase

Subha Sivaloka Day

Creative Work Amrita Yoga

Thursday, February 9, 2023

2

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

Trieste, Italy

Sun 3 Sutra 298

Subhakrit 5124

Kanya Rasi: 3.55 Tithi 19

952686577

Gulika

9:50AM - 11:05AM

Yama

7:19AM - 8:34AM

Rahu

1:36PM - 2:52PM

Uttaraphalguni Until 5:45PM

Sukarma Until 12:11PM

Bava Until 2:44PM

Chaturthi* Until 3:29AM Fri

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon - Red

Magha*Thai

Sunrise: 7:19AM

Sunset: 5:22PM

Moon 2 - Phase 41 - 3

1st Phase

Subha Sivaloka Day

Until 5:45PM
Then Routine Work - Marana Yoga

Maha Sankatahara Chaturthi

Friday, February 10, 2023

3

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

Trieste, Italy

Sun 4 Sutra 299

Subhakrit 5124

Kanya Rasi: 16.11 Tithi 20

962686577

Gulika

8:33AM - 9:49AM

Yama

2:52PM - 4:08PM

Rahu

11:05AM - 12:21PM

Hasta Until 7:48PM

Dhriti Until 12:13PM

Kaulava Until 4:11PM

Panchami Until 4:42AM Sat

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon - Green

Magha*Thai

Sunrise: 7:18AM

Sunset: 5:24PM

Moon 2 - Phase 41 - 4

1st Phase

Sivaloka Day

Creative Work Amrita Yoga

Until 7:48PM

Then Creative Work - Siddha Yoga

Saturday, February 11, 2023

4

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

Trieste, Italy

Sun 5 Sutra 300

Subhakrit 5124

Kanya Rasi: 28.38 Tithi 21

963686577

Gulika

7:16AM - 8:32AM

Yama

1:37PM - 2:53PM

Rahu

9:49AM - 11:05AM

Chitra Until 9:13PM

Shula* Until 11:52AM

Gara Until 5:08PM

Shashthi* Until 5:22AM Sun

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon - Green

Magha*Thai

Sunrise: 7:16AM

Sunset: 5:25PM

Moon 2 - Phase 41 - 5

1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 9:13PM

Then Creative Work - Siddha Yoga

Sunday, February 12, 2023

5

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

Trieste, Italy

Sun 6 Sutra 301

Subhakrit 5124

Tula Rasi: 11.2 Tithi 22

963686577

Gulika

2:54PM - 4:10PM

Yama

12:21PM - 1:37PM

Rahu

4:10PM - 5:27PM

Svati Until 9:52PM

Ganda* Until 11:06AM

Visti Until 5:29PM

Saptami Until 5:22AM Mon

Ganesha: Purple

Muruqa: Purple

Nataraja: Orange

Moon - Green

Magha*Thai

Sunrise: 7:15AM

Sunset: 5:27PM

Moon 2 - Phase 41 - 6

1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 9:52PM

Then Routine Work - Marana Yoga

Monday, February 13, 2023

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 302

Subhakrit 5124

Tula Rasi: 24.21 Tithi 23

973686577

Gulika

1:38PM - 2:54PM

Yama

11:04AM - 12:21PM

Rahu

8:30AM - 9:47AM

Vishakha Until 10:08PM

Vridhhi Until 9:49AM

Balava Until 5:07PM

Ashtami* Until 4:39AM Tue

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon - Orange

Magha-Masi

Sunrise: 7:13AM

Sunset: 5:28PM

Moon 2 - Phase 41 - 7

Ashtami

Sivaloka Day

Routine Work Marana Yoga

Until 10:08PM

Then Creative Work - Siddha Yoga

Tuesday, February 14, 2023

Retreat Star

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

Trieste, Italy

Sun 8 Sutra 303

Subhakrit 5124

Vrischika Rasi: 7.45 Tithi 24

973686577

Gulika

12:21PM - 1:38PM

Yama

9:46AM - 11:04AM

Rahu

2:55PM - 4:12PM

Anuradha Until 9:32PM

Dhruva Until 7:56AM

Taitila Until 4:02PM

Navami* Until 3:11AM Wed

Ganesha: Clear

Muruqa: Purple

Nataraja: Orange

Moon - Orange

Magha-Masi

Sunrise: 7:12AM

Sunset: 5:30PM

Moon 2 - Phase 41 - 8

Navami

Sivaloka Day

Creative Work Siddha Yoga

Until 9:32PM

Then Routine Work - Marana Yoga

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20


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1	Wednesday, February 15, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam				Trieste, Italy
	Wrischika Rasi: 21.35 Tithi 25		Jyeshtha* Until 8:05PM				Sun 9 Sutra 304
	973686577		Gulika 11:03AM – 12:21PM	Harshana Until 2:29AM Thu		Ganesh: Clear Sunrise: 7:10AM	Subhakrit 5124
	Creative Work Siddha Yoga		Yama 8:28AM – 9:46AM	Vanija Until 2:13PM		Muruqa: Purple Sunset: 5:31PM	Moon 2 - Phase 42 - 9
Until 8:05PM		Rahu 12:21PM – 1:38PM	Dashami Until 1:02AM Thu		Nataraja: Orange	2nd Phase	
Then Routine Work - Marana Yoga				Moon – Orange		Sivaloka Day	

2	Thursday, February 16, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam				Trieste, Italy
	Dhanus Rasi: 5.51 Tithi 26		Mula* Until 6:18PM				Sun 10 Sutra 305
	983686577		Gulika 9:45AM – 11:03AM	Vajra* Until 10:59PM		Ganesh: White Sunrise: 7:09AM	Subhakrit 5124
	Creative Work Siddha Yoga		Yama 7:09AM – 8:27AM	Bava Until 11:44AM		Muruqa: Purple Sunset: 5:32PM	Moon 2 - Phase 42 - 10
		Rahu 1:39PM – 2:57PM	Ekadashi* Until 10:16PM		Nataraja: Orange	2nd Phase	
				Moon – Light Blue		Devaloka Day	
				Magha-Masi			

3	Friday, February 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam				Trieste, Italy
	Dhanus Rasi: 20.31 Tithi 27		Purvashadha* Until 3:53PM				Sun 11 Sutra 306
	983686577		Gulika 8:26AM – 9:44AM	Siddhi Until 7:08PM		Ganesh: White Sunrise: 7:07AM	Subhakrit 5124
	Routine Work Prabalarishta Yoga		Yama 2:57PM – 4:16PM	Kaulava Until 8:43AM		Muruqa: Purple Sunset: 5:34PM	Moon 2 - Phase 42 - 11
Until 3:53PM		Rahu 11:02AM – 12:21PM	Dvadashi* Until 7:02PM		Nataraja: Orange	2nd Phase	
Then Routine Work - Marana Yoga				Moon – Light Blue		Devaloka Day	
				Magha-Masi			

4	Saturday, February 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam				Trieste, Italy
	Makara Rasi: 5.3 Tithi 28 – 29		Uttarashadha Until 12:59PM				Sun 12 Sutra 307
	983686577		Gulika 7:06AM – 8:25AM	Vyatipata* Until 3:01PM		Ganesh: White Sunrise: 7:06AM	Subhakrit 5124
	Routine Work Marana Yoga		Yama 1:39PM – 2:58PM	Visti Until 1:40AM Sun		Muruqa: Purple Sunset: 5:35PM	Moon 2 - Phase 42 - 12
Until 12:59PM		Rahu 9:43AM – 11:02AM	Trayodashi* Until 3:29PM		Nataraja: Orange	2nd Phase	
Then Creative Work - Siddha Yoga				Moon – Light Blue		Devaloka Day	
				Magha-Masi			
				Pradosha Vrata (Fasting)			

	Sunday, February 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
	Retreat Star		Shravana Until 10:11AM				Sun 13 Sutra 308
	Makara Rasi: 20.4 Tithi 29 – 30		Variyan Until 10:45AM		Ganesh: Green Sunrise: 7:04AM		Subhakrit 5124
	993686577		Gulika 2:59PM – 4:18PM	Catuspada Until 9:57PM		Muruqa: Purple Sunset: 5:37PM	Moon 2 - Phase 42 - 13
Creative Work Amrita Yoga		Rahu 4:18PM – 5:37PM	Chaturdashi* Until 11:47AM		Nataraja: Orange	Amavasya	
Until 10:11AM				Moon – Purple		Devaloka Day	
Then Routine Work - Marana Yoga				Magha-Masi			

Monday, February 20, 2023	Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam				Trieste, Italy
	Kumbha Rasi: 5.52 Tithi 30 – 1		Dhanishtha Until 7:16AM				Sun 14 Sutra 309
	993686577		Gulika 1:40PM – 2:59PM	Parigha* Until 6:31AM		Ganesh: Green Sunrise: 7:03AM	Subhakrit 5124
	Family Home Evening		Yama 11:01AM – 12:20PM	Kintughna Until 6:21PM		Muruqa: Purple Sunset: 5:38PM	Moon 2 - Phase 42 - 14
Creative Work Siddha Yoga		Rahu 8:22AM – 9:42AM	Amavasya* Until 8:07AM		Nataraja: Orange	Prathama	
				Moon – Purple		Devaloka Day	
				Phalgun-Masi			

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20

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1	Tuesday, February 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Trieste, Italy Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 20.54	Tithi 2	Gulika 12:20PM – 1:40PM	Purvaproshtapada* Until 2:10AM Wed	Ganesha: Red	<i>Sunrise:</i> 7:01AM	
			Yama 9:41AM – 11:01AM	Siddha Until 10:38PM	Muruga: Purple	<i>Sunset:</i> 5:40PM	Moon 2 - Phase 43 - 15
		913686577	Rahu 3:00PM – 4:20PM	Balava Until 3:02PM	Nataraja: Orange		3rd Phase
	Routine Work	Marana Yoga				Sivaloka Day	
	Until 2:10AM Wed		Dvitiya Until 1:31AM Wed		Phalguna-Masi		
	Then Creative Work - Siddha Yoga						

2	Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Trieste, Italy Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 5.39	Tithi 3	Gulika 11:00AM – 12:20PM	Uttaraproshtapada Until 12:21AM Thu	Ganesha: Red	<i>Sunrise:</i> 6:59AM	
			Yama 8:20AM – 9:40AM	Sadhya Until 7:16PM	Muruga: Purple	<i>Sunset:</i> 5:41PM	Moon 2 - Phase 43 - 16
		913686577	Rahu 12:20PM – 1:40PM	Taitila Until 12:11PM	Nataraja: Orange		3rd Phase
	Creative Work	Siddha Yoga				Sivaloka Day	
			Tritiya Until 10:57PM		Phalguna-Masi		

3	Thursday, February 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 19.59	Tithi 4	Gulika 9:39AM – 11:00AM	Revati Until 11:05PM	Ganesha: Blue	<i>Sunrise:</i> 6:58AM	
			Yama 6:58AM – 8:18AM	Subha Until 4:27PM	Muruga: Purple	<i>Sunset:</i> 5:42PM	Moon 2 - Phase 43 - 17
		913786577	Rahu 1:41PM – 3:01PM	Vanija Until 9:57AM	Nataraja: Orange		3rd Phase
	Creative Work	Siddha Yoga				Subha Sivaloka Day	
	Until 11:05PM		Chaturthi* Until 9:05PM		Phalguna-Masi		
	Then Creative Work - Amrita Yoga	Subramuniyaswami Siva Vision Day					

4	Friday, February 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 3.51	Tithi 5	Gulika 8:17AM – 9:38AM	Ashvini Until 10:55PM	Ganesha: Yellow	<i>Sunrise:</i> 6:56AM	
			Yama 3:02PM – 4:23PM	Sukla Until 2:15PM	Muruga: Purple	<i>Sunset:</i> 5:44PM	Moon 2 - Phase 43 - 18
		923786577	Rahu 10:59AM – 12:20PM	Bava Until 8:28AM	Nataraja: Orange		3rd Phase
	Creative Work	Amrita Yoga				Sivaloka Day	
	Until 10:55PM		Panchami Until 8:02PM		Phalguna-Masi		
	Then Creative Work - Siddha Yoga						

5	Saturday, February 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Trieste, Italy Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 17.13	Tithi 6	Gulika 6:54AM – 8:16AM	Bharani Until 11:27PM	Ganesha: Yellow	<i>Sunrise:</i> 6:54AM	
			Yama 1:41PM – 3:03PM	Brahma Until 12:44PM	Muruga: Purple	<i>Sunset:</i> 5:45PM	Moon 2 - Phase 43 - 19
		923786577	Rahu 9:37AM – 10:59AM	Kaulava Until 7:51AM	Nataraja: Orange		3rd Phase
	Creative Work	Siddha Yoga				Sivaloka Day	
	Until 11:27PM		Shashthi* Until 7:50PM		Phalguna-Masi		
	Then Creative Work - Amrita Yoga						

6	Sunday, February 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Trieste, Italy Sun 20 Sutra 315 Subhakrit 5124
	Vrishabha Rasi: 0.08	Tithi 7	Gulika 3:03PM – 4:25PM	Krittika Until 12:39AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:53AM	
			Yama 12:20PM – 1:41PM	Indra Until 11:55AM	Muruga: Purple	<i>Sunset:</i> 5:47PM	Moon 2 - Phase 43 - 20
		924786577	Rahu 4:25PM – 5:47PM	Gara Until 8:05AM	Nataraja: Orange		3rd Phase
	Creative Work	Siddha Yoga				Devaloka Day	
	Until 12:39AM Mon		Saptami Until 8:30PM		Phalguna-Masi		
	Then Creative Work - Amrita Yoga						

☾	Monday, February 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Trieste, Italy Sun 21 Sutra 316 Subhakrit 5124
	Vrishabha Rasi: 12.4	Tithi 8	Gulika 1:42PM – 3:04PM	Rohini Until 2:51AM Tue	Ganesha: Yellow	<i>Sunrise:</i> 6:51AM	
	Family Home Evening		Yama 10:57AM – 12:20PM	Vaidhriti* Until 11:41AM	Muruga: Purple	<i>Sunset:</i> 5:48PM	Moon 2 - Phase 43 - 21
		934786577	Rahu 8:13AM – 9:35AM	Visti Until 9:09AM	Nataraja: Orange		Ashtami
	Creative Work	Amrita Yoga				Sivaloka Day	
	Until 2:51AM Tue		Ashtami* Until 9:55PM		Phalguna-Masi		
	Then Creative Work - Siddha Yoga						

☽	Tuesday, February 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Trieste, Italy Sun 22 Sutra 317 Subhakrit 5124
	Vrishabha Rasi: 24.55	Tithi 9	Gulika 12:19PM – 1:42PM	Mrigashira Until 5:24AM Wed	Ganesha: Yellow	<i>Sunrise:</i> 6:49AM	
			Yama 9:34AM – 10:57AM	Vishkambha* Until 11:57AM	Muruga: Purple	<i>Sunset:</i> 5:49PM	Moon 2 - Phase 43 - 22
		934786577	Rahu 3:04PM – 4:27PM	Balava Until 10:52AM	Nataraja: Orange		Navami
	Creative Work	Siddha Yoga				Sivaloka Day	
			Navami* Until 11:54PM		Phalguna-Masi		

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

1		Wednesday, March 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Trieste, Italy Sun 23 Sutra 318 Subhakrit 5124	
Mithuna Rasi: 6.57	Tithi 10	Gulika Yama	10:56AM – 12:19PM 8:09AM – 9:32AM	Ardra Until 8:06AM Thu Priti Until 12:34PM Taitila Until 1:04PM	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – Yellow	Sunrise: 6:46AM Sunset: 5:52PM	Moon 2 - Phase 44 - 23 4th Phase
Creative Work	Siddha Yoga	934786577	Rahu 12:19PM – 1:42PM	Dashami Until 2:15AM Thu	Phalguna-Masi	Sivaloka Day	
Until 8:06AM Thu	Then Creative Work - Amrita Yoga						
2		Thursday, March 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Trieste, Italy Sun 24 Sutra 319 Subhakrit 5124	
Mithuna Rasi: 18.52	Tithi 11	Gulika Yama	9:31AM – 10:55AM 6:44AM – 8:08AM	Ardra Until 8:06AM Ayushman Until 1:22PM Vanija Until 3:31PM	Ganesha: Yellow Muruqa: Purple Nataraja: Orange Moon – Yellow	Sunrise: 6:44AM Sunset: 5:54PM	Moon 2 - Phase 44 - 24 4th Phase
Routine Work	Marana Yoga	934786577	Rahu 1:43PM – 3:06PM	Ekadashi Until 4:45AM Fri	Phalguna-Masi	Sivaloka Day	
Until 8:06AM	Then Creative Work - Amrita Yoga						
3		Friday, March 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Trieste, Italy Sun 25 Sutra 320 Subhakrit 5124	
Kataka Rasi: 0.44	Tithi 12	Gulika Yama	8:06AM – 9:30AM 3:07PM – 4:31PM	Punarvasu Until 11:14AM Saubhagya Until 2:14PM Bava Until 6:02PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Blue	Sunrise: 6:42AM Sunset: 5:55PM	Moon 2 - Phase 44 - 25 4th Phase
Creative Work	Siddha Yoga	944786577	Rahu 10:55AM – 12:19PM	Dvadashi Until 7:15AM Sat	Phalguna-Masi	Devaloka Day	
Until 11:14AM	Then Routine Work - Marana Yoga						
4		Saturday, March 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Trieste, Italy Sun 26 Sutra 321 Subhakrit 5124	
Kataka Rasi: 13	Tithi 12 – 13	Gulika Yama	6:40AM – 8:05AM 1:43PM – 3:07PM	Pushya Until 2:10PM Sobhana Until 3:05PM Kaulava Until 8:28PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Blue	Sunrise: 6:40AM Sunset: 5:56PM	Moon 2 - Phase 44 - 26 4th Phase
Creative Work	Siddha Yoga	944786577	Rahu 9:29AM – 10:54AM	Dvadashi Until 7:15AM	Phalguna-Masi	Devaloka Day	
Until 2:10PM	Then Routine Work - Marana Yoga						
5		Sunday, March 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Trieste, Italy Sun 27 Sutra 322 Subhakrit 5124	
Kataka Rasi: 24.31	Tithi 13 – 14	Gulika Yama	3:08PM – 4:33PM 12:18PM – 1:43PM	Ashlesha* Until 4:47PM Athiganda* Until 3:47PM Gara Until 10:44PM	Ganesha: Purple Muruqa: Purple Nataraja: Orange Moon – Blue	Sunrise: 6:39AM Sunset: 5:58PM	Moon 2 - Phase 44 - 27 4th Phase
Creative Work	Siddha Yoga	144786577	Rahu 4:33PM – 5:58PM	Trayodashi Until 9:37AM	Phalguna-Masi	Devaloka Day	
Until 4:47PM	Then Routine Work - Marana Yoga						
Monday, March 6, 2023		Copper Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Trieste, Italy Sun 28 Sutra 323 Subhakrit 5124	
Simha Rasi: 6.31	Tithi 14 – 15	Gulika Yama	1:43PM – 3:09PM 10:53AM – 12:18PM	Magha* Until 7:31PM Sukarma Until 4:19PM Visti Until 12:45AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Red	Sunrise: 6:37AM Sunset: 5:59PM	Moon 2 - Phase 44 - Purnima
Family Home Evening	154786577	Rahu 8:02AM – 9:27AM	Holi	Chaturdashi* Until 11:45AM	Phalguna-Masi	Sivaloka Day	
Routine Work	Marana Yoga						
Until 7:31PM	Then Creative Work - Siddha Yoga						
Tuesday, March 7, 2023		Silver Retreat Star		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Trieste, Italy Sun 29 Sutra 324 Subhakrit 5124	
Simha Rasi: 18.37	Tithi 15 – 16	Gulika Yama	12:18PM – 1:43PM 9:26AM – 10:52AM	Purvaphalguni Until 9:48PM Dhriti Until 4:40PM Balava Until 2:28AM Wed	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Red	Sunrise: 6:35AM Sunset: 6:00PM	Moon 2 - Phase 44 - Prathama
Creative Work	Siddha Yoga	154786577	Rahu 3:09PM – 4:35PM	Purnima* Until 1:38PM	Phalguna-Masi	Sivaloka Day	
Until 9:48PM	Then Creative Work - Amrita Yoga						

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



Wednesday, March 8, 2023

Gold Retreat Star

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

Trieste, Italy

Sutra 325

Subhakrit 5124

Kanya Rasi: 0.5 Tithi 16 – 17

154786577

Gulika 10:51AM – 12:17PM
Yama 7:59AM – 9:25AM
Rahu 12:17PM – 1:44PM

Uttaraphalguni Until 11:37PM

Shula* Until 4:44PM

Taitila Until 3:52AM Thu

Prathama* Until 3:11PM

Ganesha: Clear *Sunrise:* 6:33AM

Muruqa: Purple *Sunset:* 6:02PM

Nataraja: Orange

Moon – Red
Phalguna-Masi

Moon 3 - Phase 45 -

1st Phase

Creative Work Amrita Yoga

Until 11:37PM

Then Routine Work - Marana Yoga

Sivaloka Day

1

Thursday, March 9, 2023

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

Trieste, Italy

Sun 1 Sutra 326

Subhakrit 5124

Kanya Rasi: 13.13 Tithi 17 – 18

164786577

Gulika 9:24AM – 10:51AM
Yama 6:31AM – 7:58AM
Rahu 1:44PM – 3:10PM

Hasta Until 1:25AM Fri

Ganda* Until 4:34PM

Vanija Until 4:53AM Fri

Dvitiya Until 4:24PM

Ganesha: White *Sunrise:* 6:31AM

Muruqa: Purple *Sunset:* 6:03PM

Nataraja: Orange

Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 1

1st Phase

Routine Work Marana Yoga

Until 1:25AM Fri

Then Creative Work - Siddha Yoga

Devaloka Day

2

Friday, March 10, 2023

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

Trieste, Italy

Sun 2 Sutra 327

Subhakrit 5124

Kanya Rasi: 25.44 Tithi 18 – 19

165786577

Gulika 7:56AM – 9:23AM
Yama 3:11PM – 4:38PM
Rahu 10:50AM – 12:17PM

Chitra Until 2:40AM Sat

Vridhi Until 4:07PM

Bava Until 5:30AM Sat

Tritiya Until 5:13PM

Ganesha: Yellow *Sunrise:* 6:30AM

Muruqa: Purple *Sunset:* 6:04PM

Nataraja: Orange

Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 2

1st Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Saturday, March 11, 2023

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

Trieste, Italy

Sun 3 Sutra 328

Subhakrit 5124

Tula Rasi: 8.26 Tithi 19 – 20

165786577

Gulika 6:28AM – 7:55AM
Yama 1:44PM – 3:11PM
Rahu 9:22AM – 10:49AM

Svati Until 3:21AM Sun

Dhruva Until 3:19PM

Kaulava Until 5:41AM Sun

Chaturthi* Until 5:38PM

Ganesha: Yellow *Sunrise:* 6:28AM

Muruqa: Purple *Sunset:* 6:06PM

Nataraja: Orange

Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 3

1st Phase

Creative Work Siddha Yoga

Until 3:21AM Sun

Then Routine Work - Marana Yoga

Sivaloka Day

4

Sunday, March 12, 2023

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

Trieste, Italy

Sun 4 Sutra 329

Subhakrit 5124

Tula Rasi: 21.2 Tithi 20 – 21

175786577

Gulika 3:12PM – 4:39PM
Yama 12:16PM – 1:44PM
Rahu 4:39PM – 6:07PM

Vishakha Until 3:52AM Mon

Vyaghata* Until 2:11PM

Gara Until 5:23AM Mon

Panchami Until 5:34PM

Ganesha: Blue *Sunrise:* 6:26AM

Muruqa: Purple *Sunset:* 6:07PM

Nataraja: Orange

Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 4

1st Phase

Routine Work Marana Yoga

Until 3:52AM Mon

Then Creative Work - Siddha Yoga

Subha Sivaloka Day

5

Monday, March 13, 2023

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

Trieste, Italy

Sun 5 Sutra 330

Subhakrit 5124

Vrischika Rasi: 4.3 Tithi 21 – 22

175786577

Gulika 1:44PM – 3:12PM
Yama 10:48AM – 12:16PM
Rahu 7:52AM – 9:20AM

Anuradha Until 3:44AM Tue

Harshana Until 12:40PM

Visti Until 4:33AM Tue

Shashthi* Until 5:01PM

Ganesha: Blue *Sunrise:* 6:24AM

Muruqa: Purple *Sunset:* 6:08PM

Nataraja: Orange

Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5

1st Phase

Creative Work Siddha Yoga

Until 3:44AM Tue

Then Routine Work - Marana Yoga

Subha Sivaloka Day

6

Tuesday, March 14, 2023

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

Trieste, Italy

Sun 6 Sutra 331

Subhakrit 5124

Vrischika Rasi: 17.56 Tithi 22 – 23

175786577

Gulika 12:16PM – 1:44PM
Yama 9:19AM – 10:47AM
Rahu 3:13PM – 4:41PM

Jyeshtha* Until 2:56AM Wed

Vajra* Until 10:43AM

Balava Until 3:12AM Wed

Saptami Until 3:56PM

Ganesha: Blue *Sunrise:* 6:22AM

Muruqa: Purple *Sunset:* 6:10PM

Nataraja: Orange

Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6

1st Phase

Routine Work Marana Yoga

Subha Sivaloka Day

D

Wednesday, March 15, 2023

Retreat Star

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

Trieste, Italy

Sun 7 Sutra 332

Subhakrit 5124

Dhanus Rasi: 1.41 Tithi 23 – 24

185786578

Gulika 10:47AM – 12:16PM
Yama 7:49AM – 9:18AM
Rahu 12:16PM – 1:45PM

Mula* Until 1:55AM Thu

Siddhi Until 8:22AM

Taitila Until 1:20AM Thu

Ashtami* Until 2:19PM

Ganesha: Red *Sunrise:* 6:20AM

Muruqa: Purple *Sunset:* 6:11PM

Nataraja: Clear

Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 7

Ashtami

Routine Work Marana Yoga

Until 1:55AM Thu

Then Creative Work - Siddha Yoga

Sivaloka Day

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

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

Trieste, Italy

Sun 8 Sutra 333

Subhakrit 5124

Dhanus Rasi: 15.44 Tithi 24 – 25

185786578

Gulika 9:17AM – 10:46AM
Yama 6:18AM – 7:48AM
Rahu 1:45PM – 3:14PM

Purvashadha* Until 12:17AM Fri

Variyan Until 2:28AM Fri

Vanija Until 11:00PM

Navami* Until 12:12PM

Ganesha: Red *Sunrise:* 6:18AM

Muruqa: Purple *Sunset:* 6:12PM

Nataraja: Clear

Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8

Navami

Creative Work Siddha Yoga

Until 12:17AM Fri

Then Routine Work - Marana Yoga

Sivaloka Day

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

All times are standard time. Calculated for Trieste, Italy 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				Trieste, Italy
			Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Sun 9 Sutra 334
	Makara Rasi: 0.06	Tithi 25 – 26	Gulika 7:46AM – 9:16AM	Uttarashadha Until 10:08PM	Ganesha: Red	<i>Sunrise:</i> 6:16AM	Subhakrit 5124
	185786578		Yama 3:14PM – 4:44PM	Parigha* Until 11:02PM	Muruqa: Purple	<i>Sunset:</i> 6:14PM	Moon 3 - Phase 46 - 9
Routine Work	Marana Yoga	Rahu 10:45AM – 12:15PM	Bava Until 8:16PM	Nataraja: Clear		2nd Phase	
			Dashami Until 9:39AM	Moon – Light Blue		Sivaloka Day	
				Phalgunapanguni			

2	Saturday, March 18, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam				Trieste, Italy
			Shravana Nakshatra Shiva Yoga Balava/Taitila Karana Ekadashi/Dvadashtyam Titau				Sun 10 Sutra 335
	Makara Rasi: 14.43	Tithi 26 – 27	Gulika 6:15AM – 7:45AM	Shravana Until 7:59PM	Ganesha: Green	<i>Sunrise:</i> 6:15AM	Subhakrit 5124
	195786578		Yama 1:45PM – 3:15PM	Shiva Until 7:23PM	Muruqa: Purple	<i>Sunset:</i> 6:15PM	Moon 3 - Phase 46 - 10
Creative Work	Siddha Yoga	Rahu 9:15AM – 10:45AM	Taitila Until 3:39AM Sun	Nataraja: Clear		2nd Phase	
			Ekadashi* Until 6:46AM	Moon – Purple		Subha Sivaloka Day	
				Phalgunapanguni			

3	Sunday, March 19, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam				Trieste, Italy
			Dhanishtha/Shalabhishak Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Sun 11 Sutra 336
	Makara Rasi: 29.3	Tithi 28	Gulika 3:15PM – 4:46PM	Dhanishtha Until 5:34PM	Ganesha: Orange	<i>Sunrise:</i> 6:13AM	Subhakrit 5124
	196796578		Yama 12:15PM – 1:45PM	Siddha Until 3:35PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 11
Routine Work	Marana Yoga	Rahu 4:46PM – 6:16PM	Gara Until 2:04PM	Nataraja: Clear		2nd Phase	
Until 5:34PM			Trayodashi* Until 12:27AM Mon	Moon – Purple		Devaloka Day	
Then Creative Work - Siddha Yoga			Pradosha Vrata (Fasting)	Phalgunapanguni			

4	Monday, March 20, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam				Trieste, Italy
			Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Sun 12 Sutra 337
	Kumbha Rasi: 14.2	Tithi 29	Gulika 1:45PM – 3:16PM	Shatabhishak Until 3:01PM	Ganesha: Green	<i>Sunrise:</i> 6:11AM	Subhakrit 5124
	196896578		Yama 10:43AM – 12:14PM	Sadhya Until 11:49AM	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 46 - 12
Family Home Evening		Rahu 7:42AM – 9:12AM	Visti Until 10:53AM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 9:19PM	Moon – Purple		Sivaloka Day	
Until 3:01PM				Phalgunapanguni			
Then Routine Work - Marana Yoga							

	Tuesday, March 21, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam				Trieste, Italy
			Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Sun 13 Sutra 338
	Kumbha Rasi: 29.06	Tithi 30	Gulika 12:14PM – 1:45PM	Purvaproshtapada* Until 12:55PM	Ganesha: Orange	<i>Sunrise:</i> 6:09AM	Subhakrit 5124
	116896578		Yama 9:11AM – 10:43AM	Subha Until 8:11AM	Muruqa: Clear	<i>Sunset:</i> 6:19PM	Moon 3 - Phase 46 - 13
Routine Work	Marana Yoga	Rahu 3:16PM – 4:48PM	Catuspada Until 7:50AM	Nataraja: Clear		Amavasya	
Until 12:55PM			Amavasya* Until 6:24PM	Moon – Clear		Devaloka Day	
Then Creative Work - Amrita Yoga				Phalgunapanguni			

	Wednesday, March 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam				Trieste, Italy
			Uttaraproshtapada/Revati Nakshatra Brahma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 14 Sutra 339
	Meena Rasi: 13.39	Tithi 1 – 2	Gulika 10:42AM – 12:14PM	Uttaraproshtapada Until 11:01AM	Ganesha: Orange	<i>Sunrise:</i> 6:07AM	Subhakrit 5124
	116896578		Yama 7:39AM – 9:10AM	Brahma Until 1:43AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:20PM	Moon 3 - Phase 46 - 14
Creative Work	Siddha Yoga	Rahu 12:14PM – 1:45PM	Balava Until 2:48AM Thu	Nataraja: Clear		Prathama	
Until 11:01AM			Prathama* Until 3:52PM	Moon – Clear		Devaloka Day	
Then Routine Work - Marana Yoga		Yugadhi		Chaitrapanguni			

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

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1		Thursday, March 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Trieste, Italy Sun 15 Sutra 340	
Meena Rasi: 27.53	Tithi 2 - 3	Gulika 9:09AM - 10:41AM	Revati Until 9:28AM	Ganesha: Orange	<i>Sunrise:</i> 6:05AM	Subhakrit 5124	
		Yama 6:05AM - 7:37AM	Indra Until 11:11PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:45PM - 3:17PM	Taitila Until 1:06AM Fri	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Dvitiya Until 1:51PM	Moon - Clear		Devaloka Day	
Until 9:28AM		Chellappaswami Mahasamadhi		Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Trieste, Italy Sun 16 Sutra 341	
Mesha Rasi: 11.43	Tithi 3 - 4	Gulika 7:36AM - 9:08AM	Ashvini Until 8:50AM	Ganesha: Clear	<i>Sunrise:</i> 6:03AM	Subhakrit 5124	
		Yama 3:18PM - 4:50PM	Vaidhriti* Until 9:10PM	Muruqa: Clear	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:41AM - 12:13PM	Vanija Until 12:07AM Sat	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Tritiya Until 12:30PM	Moon - White		Devaloka Day	
Until 8:50AM				Chaitra-Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Trieste, Italy Sun 17 Sutra 342	
Mesha Rasi: 25.07	Tithi 4 - 5	Gulika 6:01AM - 7:34AM	Bharani Until 8:48AM	Ganesha: Clear	<i>Sunrise:</i> 6:01AM	Subhakrit 5124	
		Yama 1:46PM - 3:18PM	Vishkamba* Until 7:48PM	Muruqa: Clear	<i>Sunset:</i> 6:24PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:07AM - 10:40AM	Bava Until 11:55PM	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 11:54AM	Moon - White		Devaloka Day	
Until 8:48AM				Chaitra-Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Trieste, Italy Sun 18 Sutra 343	
Vrishabha Rasi: 8.07	Tithi 5 - 6	Gulika 3:19PM - 4:52PM	Krittika Until 9:22AM	Ganesha: Clear	<i>Sunrise:</i> 5:59AM	Subhakrit 5124	
		Yama 12:12PM - 1:46PM	Priti Until 7:03PM	Muruqa: Clear	<i>Sunset:</i> 6:25PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:52PM - 6:25PM	Kaulava Until 12:30AM Mon	Nataraja: Clear		3rd Phase	
Creative Work	Siddha Yoga		Panchami Until 12:05PM	Moon - White		Devaloka Day	
				Chaitra-Panguni			

5		Monday, March 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Trieste, Italy Sun 19 Sutra 344	
Vrishabha Rasi: 20.44	Tithi 6 - 7	Gulika 1:46PM - 3:19PM	Rohini Until 10:59AM	Ganesha: Clear	<i>Sunrise:</i> 5:57AM	Subhakrit 5124	
Family Home Evening		Yama 10:38AM - 12:12PM	Ayushman Until 6:50PM	Muruqa: Clear	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:31AM - 9:05AM	Gara Until 1:47AM Tue	Nataraja: Clear		3rd Phase	
Creative Work	Amrita Yoga		Shashthi* Until 1:02PM	Moon - Yellow		Devaloka Day	
				Chaitra-Panguni			

Retreat Star		Tuesday, March 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Trieste, Italy Sun 20 Sutra 345	
Mithuna Rasi: 3.04	Tithi 7 - 8	Gulika 12:12PM - 1:46PM	Mrigashira Until 1:05PM	Ganesha: Clear	<i>Sunrise:</i> 5:56AM	Subhakrit 5124	
		Yama 9:04AM - 10:38AM	Saubhagya Until 7:07PM	Muruqa: Clear	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:20PM - 4:54PM	Visti Until 3:39AM Wed	Nataraja: Clear		Ashtami	
Creative Work	Siddha Yoga		Saptami Until 2:38PM	Moon - Yellow		Devaloka Day	
Until 1:05PM				Chaitra-Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Trieste, Italy Sun 21 Sutra 346	
Mithuna Rasi: 15.1	Tithi 8 - 9	Gulika 10:37AM - 12:11PM	Ardra Until 3:30PM	Ganesha: Clear	<i>Sunrise:</i> 5:54AM	Subhakrit 5124	
		Yama 7:28AM - 9:03AM	Sobhana Until 7:45PM	Muruqa: Clear	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:11PM - 1:46PM	Balava Until 5:53AM Thu	Nataraja: Clear		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 4:42PM	Moon - Yellow		Devaloka Day	
		Sri Rama Navami		Chaitra-Panguni			

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

All times are standard time. Calculated for Trieste, Italy on 5/1/20

www.gurudeva.org/panchang

1		Thursday, March 30, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Kaulava Karana Navamyam Titau		Trieste, Italy Sun 22 Sutra 347 Subhakrit 5124	
Mithuna Rasi: 27.07	Tithi 9	Gulika 9:01AM – 10:36AM	Punarvasu Until 6:30PM	Ganesha: White	<i>Sunrise:</i> 5:52AM		
		Yama 5:52AM – 7:27AM	Athiganda* Until 8:32PM	Muruqa: Clear	<i>Sunset:</i> 6:31PM	Moon 3 - Phase 48 - 22	
Creative Work	Amrita Yoga	147896578 Rahu 1:46PM – 3:21PM	Kaulava Until 7:03PM	Nataraja: Clear		4th Phase	
			Navami* Until 7:03PM	Moon – Blue		Bhuloka Day	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2		Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Trieste, Italy Sun 23 Sutra 348 Subhakrit 5124	
Kataka Rasi: 9.01	Tithi 10	Gulika 7:25AM – 9:00AM	Pushya Until 9:26PM	Ganesha: White	<i>Sunrise:</i> 5:50AM		
		Yama 3:21PM – 4:57PM	Sukarma Until 9:23PM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 48 - 23	
Routine Work	Marana Yoga	147896578 Rahu 10:36AM – 12:11PM	Taitila Until 8:17AM	Nataraja: Clear		4th Phase	
			Dashami Until 9:29PM	Moon – Blue		Bhuloka Day	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3		Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau		Trieste, Italy Sun 24 Sutra 349 Subhakrit 5124	
Kataka Rasi: 20.55	Tithi 11	Gulika 5:50AM – 7:25AM	Ashlesha* Until 12:05AM Sun	Ganesha: White	<i>Sunrise:</i> 5:50AM		
		Yama 1:46PM – 3:21PM	Dhriti Until 10:11PM	Muruqa: Clear	<i>Sunset:</i> 6:32PM	Moon 3 - Phase 48 - 24	
Routine Work	Marana Yoga	147896578 Rahu 9:00AM – 10:36AM	Vanija Until 10:41AM	Nataraja: Clear		4th Phase	
			Ekadashi Until 11:48PM	Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

4		Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau		Trieste, Italy Sun 25 Sutra 350 Subhakrit 5124	
Simha Rasi: 2.52	Tithi 12	Gulika 3:22PM – 4:58PM	Magha* Until 2:50AM Mon	Ganesha: Red	<i>Sunrise:</i> 5:48AM		
		Yama 12:11PM – 1:46PM	Shula* Until 10:46PM	Muruqa: Clear	<i>Sunset:</i> 6:33PM	Moon 3 - Phase 48 - 25	
Routine Work	Marana Yoga	158896578 Rahu 4:58PM – 6:33PM	Bava Until 12:54PM	Nataraja: Clear		4th Phase	
Until 2:50AM Mon			Dvadashi Until 1:52AM Mon	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Chaitra•Panguni			

5		Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Trieste, Italy Sun 26 Sutra 351 Subhakrit 5124	
Simha Rasi: 14.55	Tithi 13	Gulika 1:46PM – 3:22PM	Purvaphalguni Until 5:04AM Tue	Ganesha: Red	<i>Sunrise:</i> 5:46AM		
Family Home Evening		Yama 10:34AM – 12:10PM	Ganda* Until 11:06PM	Muruqa: Clear	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 48 - 26	
Creative Work	Siddha Yoga	158896578 Rahu 7:22AM – 8:58AM	Kaulava Until 2:48PM	Nataraja: Clear		4th Phase	
Until 5:04AM Tue			Trayodashi Until 3:34AM Tue	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Chaitra•Panguni			

6		Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Trieste, Italy Sun 27 Sutra 352 Subhakrit 5124	
Simha Rasi: 27.08	Tithi 14	Gulika 12:10PM – 1:46PM	Uttaraphalguni Until 6:42AM Wed	Ganesha: Red	<i>Sunrise:</i> 5:44AM		
		Yama 8:57AM – 10:34AM	Vriddhi Until 11:07PM	Muruqa: Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 48 - 27	
Creative Work	Amrita Yoga	158896578 Rahu 3:23PM – 4:59PM	Gara Until 4:17PM	Nataraja: Clear		4th Phase	
Until 6:42AM Wed			Chaturdashi* Until 4:50AM Wed	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga				Chaitra•Panguni			

○		Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau		Trieste, Italy Sun 28 Sutra 353 Subhakrit 5124	
Copper Retreat Star		Gulika 10:33AM – 12:10PM	Uttaraphalguni Until 6:42AM	Ganesha: Red	<i>Sunrise:</i> 5:42AM		
Kanya Rasi: 9.32	Tithi 15	Yama 7:19AM – 8:56AM	Dhruva Until 10:44PM	Muruqa: Clear	<i>Sunset:</i> 6:37PM	Moon 3 - Phase 48 -	
Creative Work	Amrita Yoga	158896578 Rahu 12:10PM – 1:47PM	Visti Until 5:17PM	Nataraja: Clear		Purnima	
Until 6:42AM			Purnima* Until 5:36AM Thu	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga		Panguni Uttiram		Chaitra•Panguni			

○		Thursday, April 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau		Trieste, Italy Sun 29 Sutra 354 Subhakrit 5124	
Silver Retreat Star		Gulika 8:55AM – 10:32AM	Hasta Until 8:11AM	Ganesha: Blue	<i>Sunrise:</i> 5:40AM		
Kanya Rasi: 22.1	Tithi 16	Yama 5:40AM – 7:18AM	Vyaghata* Until 10:00PM	Muruqa: Clear	<i>Sunset:</i> 6:38PM	Moon 3 - Phase 48 -	
Routine Work	Marana Yoga	168896578 Rahu 1:47PM – 3:24PM	Balava Until 5:49PM	Nataraja: Clear		Prathama	
Until 8:11AM			Prathama* Until 5:52AM Fri	Moon – Green		Bhuloka Day	
Then Creative Work - Siddha Yoga				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

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



Friday, April 7, 2023
Gold Retreat Star

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

Trieste, Italy
Sutra 355

Tula Rasi: 5.01 Tithi 17

Gulika 7:16AM – 8:54AM
Yama 3:24PM – 5:02PM
168896578 **Rahu** 10:31AM – 12:09PM

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

Ganesha: Blue *Sunrise:* 5:39AM
Muruqa: Clear *Sunset:* 6:40PM
Nataraja: Clear
Moon – Green

Moon 4 - Phase 49 -
1st Phase

Creative Work Siddha Yoga

Bhuloka Day
Chaitra•Panguni Devaloka Time: 3:PM to 6:PM

1

Saturday, April 8, 2023

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

Trieste, Italy
Sun 1 Sutra 356

Tula Rasi: 18.05 Tithi 18

Gulika 5:37AM – 7:15AM
Yama 1:47PM – 3:25PM
168896578 **Rahu** 8:53AM – 10:31AM

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

Ganesha: Blue *Sunrise:* 5:37AM
Muruqa: Clear *Sunset:* 6:41PM
Nataraja: Clear
Moon – Green

Moon 4 - Phase 49 - 1
1st Phase

Creative Work Siddha Yoga

Bhuloka Day
Chaitra•Panguni Devaloka Time: 3:PM to 6:PM

2

Sunday, April 9, 2023

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

Trieste, Italy
Sun 2 Sutra 357

Vrischika Rasi: 1.23 Tithi 19

Gulika 3:25PM – 5:04PM
Yama 12:09PM – 1:47PM
179896578 **Rahu** 5:04PM – 6:42PM

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

Ganesha: Red *Sunrise:* 5:35AM
Muruqa: Clear *Sunset:* 6:42PM
Nataraja: Clear
Moon – Orange

Moon 4 - Phase 49 - 2
1st Phase

Routine Work Marana Yoga

Devaloka Day
Chaitra•Panguni

3

Monday, April 10, 2023

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

Trieste, Italy
Sun 3 Sutra 358

Vrischika Rasi: 14.53 Tithi 20

Family Home Evening

Gulika 1:47PM – 3:26PM
Yama 10:29AM – 12:08PM
179896578 **Rahu** 7:12AM – 8:51AM

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

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: Clear *Sunset:* 6:44PM
Nataraja: Clear
Moon – Orange

Moon 4 - Phase 49 - 3
1st Phase

Creative Work Siddha Yoga

Devaloka Day
Chaitra•Panguni

4

Tuesday, April 11, 2023

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

Trieste, Italy
Sun 4 Sutra 359

Vrischika Rasi: 28.35 Tithi 21

Until 8:17AM

Then Creative Work - Amrita Yoga

Gulika 12:08PM – 1:47PM
Yama 8:50AM – 10:29AM
179896578 **Rahu** 3:26PM – 5:06PM

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

Ganesha: Red *Sunrise:* 5:31AM
Muruqa: Clear *Sunset:* 6:45PM
Nataraja: Clear
Moon – Orange

Moon 4 - Phase 49 - 4
1st Phase

Chaitra•Panguni

Devaloka Day

5

Wednesday, April 12, 2023

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

Trieste, Italy
Sun 5 Sutra 360

Dhanus Rasi: 12.28 Tithi 22

Until 7:28AM

Then Creative Work - Amrita Yoga

Gulika 10:28AM – 12:08PM
Yama 7:09AM – 8:49AM
189896578 **Rahu** 12:08PM – 1:47PM

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

Ganesha: Green *Sunrise:* 5:29AM
Muruqa: Clear *Sunset:* 6:46PM
Nataraja: Clear
Moon – Light Blue

Moon 4 - Phase 49 - 5
1st Phase

Chaitra•Panguni

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

D

Thursday, April 13, 2023

Retreat Star

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

Trieste, Italy
Sun 6 Sutra 361

Dhanus Rasi: 26.31 Tithi 23

Creative Work Siddha Yoga

Until 6:14AM

Then Routine Work - Marana Yoga

Gulika 8:47AM – 10:27AM
Yama 5:28AM – 7:08AM
189996578 **Rahu** 1:47PM – 3:27PM

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

Ganesha: White *Sunrise:* 5:28AM
Muruqa: Clear *Sunset:* 6:47PM
Nataraja: Clear
Moon – Light Blue

Moon 4 - Phase 49 - 6
Ashtami

Chaitra•Panguni

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

Friday, April 14, 2023

Retreat Star

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

Trieste, Italy
Sun 7 Sutra 362

Makara Rasi: 10.43 Tithi 24

Routine Work Marana Yoga

Until 3:10AM Sat

Then Creative Work - Siddha Yoga

Gulika 7:06AM – 8:46AM
Yama 3:28PM – 5:08PM
199996578 **Rahu** 10:27AM – 12:07PM

Chidambaram Abhishekam
Tamil New Year

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

Ganesha: Clear *Sunrise:* 5:26AM
Muruqa: Clear *Sunset:* 6:49PM
Nataraja: Clear
Moon – Purple

Moon 4 - Phase 49 - 7
Navami

Chaitra•Chaitra


Devaloka Day

1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Trieste, Italy
	Makara Rasi: 25.01	Tithi 25 – 26	Gulika 5:24AM – 7:05AM	Dhanishtha Until 1:26AM Sun	Ganesha: White	<i>Sunrise:</i> 5:24AM	Sun 8 Sutra 363
			Yama 1:48PM – 3:28PM	Subha Until 10:57PM	Muruqa: Clear	<i>Sunset:</i> 6:50PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 Rahu 8:45AM – 10:26AM	Bava Until 3:08AM Sun	Nataraja: Clear		Moon 4 - Phase 1 - 8 2nd Phase
			Dashami Until 4:22PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	

2	Sunday, April 16, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy
	Kumbha Rasi: 9.23	Tithi 26 – 27	Gulika 3:29PM – 5:10PM	Shatabhishak Until 11:33PM	Ganesha: White	<i>Sunrise:</i> 5:22AM	Sun 9 Sutra 364
			Yama 12:07PM – 1:48PM	Sukla Until 7:46PM	Muruqa: Clear	<i>Sunset:</i> 6:51PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 Rahu 5:10PM – 6:51PM	Kaulava Until 12:37AM Mon	Nataraja: Clear		Moon 4 - Phase 1 - 9 2nd Phase
			Ekadashi* Until 1:51PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Chaitra*Chaitra			

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Trieste, Italy
	Kumbha Rasi: 23.46	Tithi 27 – 28	Gulika 1:48PM – 3:29PM	Purvaproshtapada* Until 10:01PM	Ganesha: Orange	<i>Sunrise:</i> 5:20AM	Sun 10 Sutra 1
	Family Home Evening		Yama 10:25AM – 12:06PM	Brahma Until 4:39PM	Muruqa: Clear	<i>Sunset:</i> 6:53PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 Rahu 7:02AM – 8:43AM	Gara Until 10:11PM	Nataraja: Clear		Moon 4 - Phase 1 - 10 2nd Phase
			Dvadashi* Until 11:22AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

4	Tuesday, April 18, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Trieste, Italy
	Meena Rasi: 8.04	Tithi 28 – 29	Gulika 12:06PM – 1:48PM	Uttaraproshtapada Until 8:32PM	Ganesha: Orange	<i>Sunrise:</i> 5:19AM	Sun 11 Sutra 2
			Yama 8:42AM – 10:24AM	Indra Until 1:40PM	Muruqa: Clear	<i>Sunset:</i> 6:54PM	Sobhana 5125
	Creative Work	Amrita Yoga	211996578 Rahu 3:30PM – 5:12PM	Visti Until 7:57PM	Nataraja: Clear		Moon 4 - Phase 1 - 11 2nd Phase
			Trayodashi* Until 9:01AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			

	Wednesday, April 19, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Trieste, Italy
	Retreat Star		Gulika 10:24AM – 12:06PM	Revati Until 7:14PM	Ganesha: Orange	<i>Sunrise:</i> 5:17AM	Sun 12 Sutra 3
	Meena Rasi: 22.13	Tithi 29 – 30	Yama 6:59AM – 8:41AM	Vaidhriti* Until 10:54AM	Muruqa: Clear	<i>Sunset:</i> 6:55PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 Rahu 12:06PM – 1:48PM	Catuspada Until 6:02PM	Nataraja: Clear		Moon 4 - Phase 1 - 12 Amavasya
			Chaturdashi* Until 6:55AM	Moon – Clear		Devaloka Day	
				Chaitra*Chaitra			

Retreat Star	Thursday, April 20, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Kintughna*/Bava Karana Prathamayam Titau				Trieste, Italy
	Mesha Rasi: 6.07	Tithi 1	Gulika 8:40AM – 10:23AM	Ashvini Until 6:39PM	Ganesha: Clear	<i>Sunrise:</i> 5:15AM	Sun 13 Sutra 4
			Yama 5:15AM – 6:58AM	Vishkambha* Until 8:28AM	Muruqa: Clear	<i>Sunset:</i> 6:56PM	Sobhana 5125
	Creative Work	Amrita Yoga	221996578 Rahu 1:48PM – 3:31PM	Kintughna Until 4:32PM	Nataraja: Clear		Moon 4 - Phase 1 - 13 Prathama
			Prathama* Until 3:58AM Fri	Moon – White		Devaloka Day	
				Vaisaka*Chaitra			

There is nothing higher than dharma. Verily, that which is dharma is truth. Shukla Yajur Veda

All times are standard time. Calculated for Trieste, Italy on 5/1/20

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1	Friday, April 21, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Trieste, Italy
	Mesha Rasi: 19.43	Tithi 2	Gulika 6:56AM – 8:39AM	Bharani Until 6:28PM	Ganesha: Clear	Sunrise: 5:13AM	Sun 14 Sutra 5
	221996578	Rahu 10:22AM – 12:06PM	Yama 3:32PM – 5:15PM	Priti Until 6:27AM	Muruqa: Clear	Sunset: 6:58PM	Sobhana 5125
	Creative Work Siddha Yoga			Balava Until 3:35PM	Nataraja: Clear		Moon 4 - Phase 2 - 14 3rd Phase
			Dvitiya Until 3:19AM Sat	Moon – White		Devaloka Day	
				Vaisaka-Chaitra			

2	Saturday, April 22, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Tailila/Gara Karana Tritiyayam Titau				Trieste, Italy
	Wrishabha Rasi: 3	Tithi 3	Gulika 5:12AM – 6:55AM	Krittika Until 6:44PM	Ganesha: Clear	Sunrise: 5:12AM	Sun 15 Sutra 6
	221996578	Rahu 8:39AM – 10:22AM	Yama 1:49PM – 3:32PM	Saubhagya Until 3:51AM Sun	Muruqa: Clear	Sunset: 6:59PM	Sobhana 5125
	Creative Work Amrita Yoga			Taitila Until 3:15PM	Nataraja: Clear		Moon 4 - Phase 2 - 15 3rd Phase
			Tritiya Until 3:19AM Sun	Moon – White		Devaloka Day	
			Akshaya Tritiya	Vaisaka-Chaitra			

3	Sunday, April 23, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Trieste, Italy
	Wrishabha Rasi: 15.56	Tithi 4	Gulika 3:33PM – 5:16PM	Rohini Until 7:58PM	Ganesha: Orange	Sunrise: 5:10AM	Sun 16 Sutra 7
	231996578	Rahu 5:16PM – 7:00PM	Yama 12:05PM – 1:49PM	Sobhana Until 3:20AM Mon	Muruqa: Clear	Sunset: 7:00PM	Sobhana 5125
	Creative Work Siddha Yoga			Vanija Until 3:35PM	Nataraja: Clear		Moon 4 - Phase 2 - 16 3rd Phase
			Chaturthi* Until 3:59AM Mon	Moon – Yellow		Devaloka Day	
				Vaisaka-Chaitra			

4	Monday, April 24, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Trieste, Italy
	Wrishabha Rasi: 28.34	Tithi 5	Gulika 1:49PM – 3:33PM	Mrigashira Until 9:40PM	Ganesha: Orange	Sunrise: 5:08AM	Sun 17 Sutra 8
	231996578	Rahu 6:52AM – 8:37AM	Yama 10:21AM – 12:05PM	Athiganda* Until 3:17AM Tue	Muruqa: Clear	Sunset: 7:01PM	Sobhana 5125
	Creative Work Amrita Yoga			Bava Until 4:34PM	Nataraja: Clear		Moon 4 - Phase 2 - 17 3rd Phase
Until 9:40PM			Panchami Until 5:15AM Tue	Moon – Yellow		Devaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

5	Tuesday, April 25, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Kaulava Karana Shashthyam Titau				Trieste, Italy
	Mithuna Rasi: 10.55	Tithi 6	Gulika 12:05PM – 1:49PM	Ardra Until 11:44PM	Ganesha: Orange	Sunrise: 5:07AM	Sun 18 Sutra 9
	231996579	Rahu 3:34PM – 5:18PM	Yama 8:36AM – 10:20AM	Sukarma Until 3:38AM Wed	Muruqa: Clear	Sunset: 7:03PM	Sobhana 5125
	Routine Work Marana Yoga			Kaulava Until 6:07PM	Nataraja: Purple		Moon 4 - Phase 2 - 18 3rd Phase
Until 11:44PM			Shashthi* Until 7:02AM Wed	Moon – Yellow		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

6	Wednesday, April 26, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau				Trieste, Italy
	Mithuna Rasi: 23.04	Tithi 6 – 7	Gulika 10:20AM – 12:05PM	Punarvasu Until 2:31AM Thu	Ganesha: Green	Sunrise: 5:05AM	Sun 19 Sutra 10
	241996579	Rahu 12:05PM – 1:49PM	Yama 6:50AM – 8:35AM	Dhriti Until 4:18AM Thu	Muruqa: Clear	Sunset: 7:04PM	Sobhana 5125
	Creative Work Siddha Yoga			Gara Until 8:06PM	Nataraja: Purple		Moon 4 - Phase 2 - 19 3rd Phase
Until 2:31AM Thu			Shashthi* Until 7:02AM	Moon – Blue		Subha Sivaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra			

☾	Thursday, April 27, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Trieste, Italy
	Retreat Star		Gulika 8:34AM – 10:19AM	Pushya Until 5:21AM Fri	Ganesha: Red	Sunrise: 5:03AM	Sun 20 Sutra 11
	Kataka Rasi: 5.04	Tithi 7 – 8	Yama 5:03AM – 6:49AM	Shula* Until 5:06AM Fri	Muruqa: Clear	Sunset: 7:05PM	Sobhana 5125
	242996579	Rahu 1:50PM – 3:35PM		Visti Until 10:21PM	Nataraja: Purple		Moon 4 - Phase 2 - 20 Ashtami
Creative Work Amrita Yoga			Saptami Until 9:11AM	Moon – Blue		Sivaloka Day	
Until 5:21AM Fri				Vaisaka-Chaitra			
Then Routine Work - Marana Yoga							

☽	Friday, April 28, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha* Nakshatra Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Trieste, Italy
	Retreat Star		Gulika 6:47AM – 8:33AM	Ashlesha* Until 8:03AM Sat	Ganesha: Red	Sunrise: 5:02AM	Sun 21 Sutra 12
	Kataka Rasi: 16.59	Tithi 8 – 9	Yama 3:35PM – 5:21PM	Ganda* Until 5:57AM Sat	Muruqa: Clear	Sunset: 7:07PM	Sobhana 5125
	242996579	Rahu 10:19AM – 12:04PM		Balava Until 12:42AM Sat	Nataraja: Purple		Moon 4 - Phase 2 - 21 Navami
Routine Work Marana Yoga			Ashtami* Until 11:30AM	Moon – Blue		Sivaloka Day	
Until 8:03AM Sat				Vaisaka-Chaitra			
Then Creative Work - Amrita Yoga							

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yukhtayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Trieste, Italy Sun 22 Sutra 13
	Kataka Rasi: 28.53	Tithi 9 – 10	Gulika 5:00AM – 6:46AM Yama 1:50PM – 3:36PM Rahu 8:32AM – 10:18AM	Ashlesha* Until 8:03AM Vriddhi Until 6:42AM Sun Taitila Until 2:55AM Sun Navami* Until 1:49PM	Ganesha: Red Muruqa: Clear Nataraja: Purple Moon – Blue	Sunrise: 5:00AM Sunset: 7:08PM	Sobhana 5125 Moon 4 - Phase 3 - 22 4th Phase
	Routine Work Until 8:03AM Then Creative Work - Amrita Yoga	Marana Yoga					Sivaloka Day

2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yukhtayam Magha*/Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Trieste, Italy Sun 23 Sutra 14
	Simha Rasi: 10.51	Tithi 10 – 11	Gulika 3:37PM – 5:23PM Yama 12:04PM – 1:50PM Rahu 5:23PM – 7:09PM	Magha* Until 10:56AM Vriddhi Until 6:42AM Vanija Until 4:51AM Mon Dashami Until 3:55PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 4:59AM Sunset: 7:09PM	Sobhana 5125 Moon 4 - Phase 3 - 23 4th Phase
	Routine Work Until 10:56AM Then Creative Work - Siddha Yoga	Marana Yoga					Devaloka Day

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yukhtayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Trieste, Italy Sun 24 Sutra 15
	Simha Rasi: 22.56	Tithi 11 – 12	Gulika 1:51PM – 3:38PM Yama 10:17AM – 12:04PM Rahu 6:43AM – 8:30AM	Purvaphalguni Until 1:17PM Dhruva Until 7:10AM Bava Until 6:19AM Tue Ekadashi Until 5:38PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 4:56AM Sunset: 7:12PM	Sobhana 5125 Moon 4 - Phase 3 - 24 4th Phase
	Family Home Evening Creative Work	Marana Yoga Siddha Yoga					Devaloka Day

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yukhtayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Trieste, Italy Sun 25 Sutra 16
	Kanya Rasi: 5.14	Tithi 12	Gulika 12:03PM – 1:51PM Yama 8:29AM – 10:16AM Rahu 3:38PM – 5:26PM	Uttaraphalguni Until 3:00PM Vyaghata* Until 7:17AM Bava Until 6:19AM Dvadashi Until 6:48PM	Ganesha: Blue Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 4:54AM Sunset: 7:13PM	Sobhana 5125 Moon 4 - Phase 3 - 25 4th Phase
	Creative Work Until 3:00PM Then Creative Work - Siddha Yoga	Amrita Yoga					Devaloka Day

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yukhtayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Trieste, Italy Sun 26 Sutra 17
	Kanya Rasi: 17.46	Tithi 13	Gulika 10:16AM – 12:03PM Yama 6:40AM – 8:28AM Rahu 12:03PM – 1:51PM	Hasta Until 4:27PM Harshana Until 6:58AM Kaulava Until 7:11AM Trayodashi Until 7:22PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 4:53AM Sunset: 7:14PM	Sobhana 5125 Moon 4 - Phase 3 - 26 4th Phase
	Routine Work Until 4:27PM Then Creative Work - Siddha Yoga	Marana Yoga					Sivaloka Day

6	Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yukhtayam Chitra/Svati Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Trieste, Italy Sun 27 Sutra 18
	Tula Rasi: 1	Tithi 14	Gulika 8:27AM – 10:15AM Yama 4:51AM – 6:39AM Rahu 1:51PM – 3:39PM	Chitra Until 5:07PM Vajra* Until 6:07AM Gara Until 7:26AM Chaturdashi* Until 7:18PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 4:51AM Sunset: 7:15PM	Sobhana 5125 Moon 4 - Phase 3 - 27 4th Phase
	Creative Work Until 5:07PM Then Creative Work - Amrita Yoga	Siddha Yoga					Sivaloka Day

○	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yukhtayam Svati/Vishakha Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Trieste, Italy Sun 27 Sutra 19
	Tula Rasi: 13.45	Tithi 15	Gulika 6:38AM – 8:26AM Yama 3:40PM – 5:28PM Rahu 10:15AM – 12:03PM	Svati Until 5:02PM Vyatipata* Until 3:01AM Sat Visti Until 7:03AM Purnima* Until 6:37PM	Ganesha: Yellow Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 4:50AM Sunset: 7:17PM	Sobhana 5125 Moon 4 - Phase 3 - Purnima
	Creative Work	Siddha Yoga	Budha Purnima (Tamil Nadu)				Sivaloka Day

○	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yukhtayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Taitila Karana Prathama/Dvitiyayam Titau				Trieste, Italy Sun 28 Sutra 20
	Tula Rasi: 27.13	Tithi 16 – 17	Gulika 4:48AM – 6:37AM Yama 1:52PM – 3:40PM Rahu 8:26AM – 10:14AM	Vishakha Until 4:43PM Variyan Until 12:50AM Sun Balava Until 6:05AM Prathama* Until 5:24PM	Ganesha: White Muruqa: Clear Nataraja: Purple Moon – Orange	Sunrise: 4:48AM Sunset: 7:18PM	Sobhana 5125 Moon 4 - Phase 3 - Prathama
	Creative Work	Siddha Yoga					Devaloka Day

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