



Monday, April 18, 2022
Gold Retreat Star

Tula Rasi: 19.39 Tithi 17
Family Home Evening 268345478
Creative Work Amrita Yoga
Until 6:25AM
Then Routine Work - Marana Yoga

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

Gulika 1:39PM – 3:13PM
Yama 10:31AM – 12:05PM
Rahu 7:23AM – 8:57AM
Svati Until 6:25AM
Siddhi Until 9:21PM
Taitila Until 9:46AM
Dvitiya Until 8:24PM

Ganesha: Clear **Sunrise:** 5:49AM
Muruqa: White **Sunset:** 6:22PM
Nataraja: White
Moon – Green
Chaitra+Chaitra

Yangon, Myanmar
Sutra 1
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

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

1

Tuesday, April 19, 2022

Vrischika Rasi: 4.1 Tithi 18 – 19
278345478
Creative Work Siddha Yoga

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

Gulika 12:05PM – 1:39PM
Yama 8:57AM – 10:31AM
Rahu 3:13PM – 4:48PM
Anuradha Until 2:36AM Wed
Vyatipata* Until 5:59PM
Vanija Until 7:02AM
Tritiya Until 5:37PM

Ganesha: Purple **Sunrise:** 5:48AM
Muruqa: White **Sunset:** 6:22PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Yangon, Myanmar
Sun 1 Sutra 2
Subhakrit 5124
Moon 4 - Phase 1 -
1st Phase

Bhuloka Day

2

Wednesday, April 20, 2022

Vrischika Rasi: 18.43 Tithi 19 – 20
278345478
Creative Work Siddha Yoga

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

Gulika 10:30AM – 12:05PM
Yama 7:22AM – 8:56AM
Rahu 12:05PM – 1:39PM
Jyeshtha* Until 12:30AM Thu
Variyan Until 2:35PM
Kaulava Until 1:31AM Thu
Chaturthi* Until 2:51PM

Ganesha: Purple **Sunrise:** 5:48AM
Muruqa: White **Sunset:** 6:22PM
Nataraja: White
Moon – Orange
Chaitra+Chaitra

Yangon, Myanmar
Sun 2 Sutra 3
Subhakrit 5124
Moon 4 - Phase 1 -
2nd Phase

Bhuloka Day

3

Thursday, April 21, 2022

Dhanus Rasi: 3.13 Tithi 20 – 21
288345478
Creative Work Siddha Yoga

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

Gulika 8:56AM – 10:30AM
Yama 5:47AM – 7:21AM
Rahu 1:39PM – 3:13PM
Mula* Until 10:49PM
Parigha* Until 11:17AM
Gara Until 10:55PM
Panchami Until 12:10PM

Ganesha: Clear **Sunrise:** 5:47AM
Muruqa: White **Sunset:** 6:22PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Yangon, Myanmar
Sun 3 Sutra 4
Subhakrit 5124
Moon 4 - Phase 1 -
3rd Phase

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

4

Friday, April 22, 2022

Dhanus Rasi: 17.37 Tithi 21 – 22
289345478
Routine Work Prabalarishta Yoga
Until 9:13PM
Then Routine Work - Marana Yoga

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

Gulika 7:21AM – 8:55AM
Yama 3:13PM – 4:48PM
Rahu 10:30AM – 12:04PM
Purvashadha* Until 9:13PM
Shiva Until 8:09AM
Visti Until 8:33PM
Shashthi* Until 9:41AM

Ganesha: Purple **Sunrise:** 5:46AM
Muruqa: White **Sunset:** 6:22PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Yangon, Myanmar
Sun 4 Sutra 5
Subhakrit 5124
Moon 4 - Phase 1 -
4th Phase

Devaloka Day

5

Saturday, April 23, 2022
Retreat Star

Makara Rasi: 1.5 Tithi 22 – 23
289345478
Routine Work Marana Yoga
Until 7:45PM
Then Creative Work - Siddha Yoga

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

Gulika 5:46AM – 7:20AM
Yama 1:39PM – 3:13PM
Rahu 8:55AM – 10:30AM
Uttarashadha Until 7:45PM
Sadhya Until 2:30AM Sun
Balava Until 6:28PM
Saptami Until 7:27AM

Ganesha: Purple **Sunrise:** 5:46AM
Muruqa: White **Sunset:** 6:23PM
Nataraja: White
Moon – Light Blue
Chaitra+Chaitra

Yangon, Myanmar
Sun 5 Sutra 6
Subhakrit 5124
Moon 4 - Phase 1 -
5th Phase
Ashtami

Devaloka Day

Sunday, April 24, 2022
Retreat Star

Makara Rasi: 15.52 Tithi 24
299345478
Creative Work Amrita Yoga
Until 6:54PM
Then Routine Work - Marana Yoga

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

Gulika 3:13PM – 4:48PM
Yama 12:04PM – 1:39PM
Rahu 4:48PM – 6:23PM
Shravana Until 6:54PM
Subha Until 12:05AM Mon
Taitila Until 4:42PM
Navami* Until 3:56AM Mon

Ganesha: Clear **Sunrise:** 5:45AM
Muruqa: White **Sunset:** 6:23PM
Nataraja: White
Moon – Purple
Chaitra+Chaitra

Yangon, Myanmar
Sun 6 Sutra 7
Subhakrit 5124
Moon 4 - Phase 1 -
6th Phase
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 Nakshatra Sukla Yoga Vanija/Visli* Karana Dashamyam Titau		Yangon, Myanmar Sun 7 Sutra 8
	Makara Rasi: 29.41 Tithi 25	Gulika 1:39PM – 3:13PM	Dhanishtha Until 6:15PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM
	Family Home Evening	Yama 10:29AM – 12:04PM	Sukla Until 9:56PM	Muruqa: White <i>Sunset:</i> 6:23PM
	Creative Work Siddha Yoga	299345479 Rahu 7:19AM – 8:54AM	Vanija Until 3:17PM	Nataraja: Clear Moon – Purple
		Dashami Until 2:42AM Tue	Chaitra*Chaitra	Devaloka Day

2	Tuesday, April 26, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Brahma Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 8 Sutra 9
	Kumbha Rasi: 13.17 Tithi 26	Gulika 12:04PM – 1:39PM	Shatabhishak Until 5:49PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM
	Routine Work Marana Yoga	Yama 8:54AM – 10:29AM	Brahma Until 8:06PM	Muruqa: White <i>Sunset:</i> 6:23PM
		299345479 Rahu 3:13PM – 4:48PM	Bava Until 2:15PM	Nataraja: Clear Moon – Purple
		Ekadashi* Until 1:51AM Wed	Chaitra*Chaitra	Devaloka Day

3	Wednesday, April 27, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Indra Yoga Kaulava/Taitila Karana Dvadashyam Titau		Yangon, Myanmar Sun 9 Sutra 10
	Kumbha Rasi: 26.4 Tithi 27	Gulika 10:28AM – 12:03PM	Purvaproshtapada* Until 6:06PM	Ganesha: Red <i>Sunrise:</i> 5:43AM
	Creative Work Amrita Yoga	Yama 7:18AM – 8:53AM	Indra Until 6:37PM	Muruqa: White <i>Sunset:</i> 6:24PM
	Until 6:06PM	219345479 Rahu 12:03PM – 1:38PM	Kaulava Until 1:37PM	Nataraja: Clear Moon – Clear
Then Creative Work - Siddha Yoga		Dvadashi* Until 1:26AM Thu	Chaitra*Chaitra	Devaloka Day

4	Thursday, April 28, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 10 Sutra 11
	Meena Rasi: 9.49 Tithi 28	Gulika 8:53AM – 10:28AM	Uttaraproshtapada Until 6:40PM	Ganesha: Red <i>Sunrise:</i> 5:43AM
	Creative Work Siddha Yoga	Yama 5:43AM – 7:18AM	Vaidhriti* Until 5:27PM	Muruqa: White <i>Sunset:</i> 6:24PM
		219345479 Rahu 1:38PM – 3:14PM	Gara Until 1:24PM	Nataraja: Clear Moon – Clear
		Trayodashi* Until 1:27AM Fri	Chaitra*Chaitra	Devaloka Day
<i>Pradosha Vrata (Fasting)</i>				

5	Friday, April 29, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 11 Sutra 12
	Meena Rasi: 22.44 Tithi 29	Gulika 7:17AM – 8:53AM	Revati Until 7:32PM	Ganesha: Blue <i>Sunrise:</i> 5:42AM
	Creative Work Siddha Yoga	Yama 3:14PM – 4:49PM	Vishkambha* Until 4:41PM	Muruqa: White <i>Sunset:</i> 6:24PM
	Until 7:32PM	219445479 Rahu 10:28AM – 12:03PM	Visti Until 1:40PM	Nataraja: Clear Moon – Clear
Then Creative Work - Amrita Yoga		Chaturdashi* Until 1:57AM Sat	Chaitra*Chaitra	Bhuloka Day Devaloka Time: 6:PM to 9:PM

	Saturday, April 30, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Yangon, Myanmar Sun 12 Sutra 13
	Retreat Star	Gulika 5:42AM – 7:17AM	Ashvini Until 9:11PM	Ganesha: Green <i>Sunrise:</i> 5:42AM
	Mesha Rasi: 5.25 Tithi 30	Yama 1:38PM – 3:14PM	Priti Until 4:18PM	Muruqa: White <i>Sunset:</i> 6:24PM
	Creative Work Siddha Yoga	221445479 Rahu 8:52AM – 10:28AM	Catuspada Until 2:25PM	Nataraja: Clear Moon – White
		Amavasya* Until 2:57AM Sun	Chaitra*Chaitra	Bhuloka Day Devaloka Time: 6:PM to 9:PM

Retreat Star	Sunday, May 1, 2022	Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau		Yangon, Myanmar Sun 13 Sutra 14
	Mesha Rasi: 17.52 Tithi 1	Gulika 3:14PM – 4:49PM	Bharani Until 11:10PM	Ganesha: Green <i>Sunrise:</i> 5:41AM
	Routine Work Prabalarishta Yoga	Yama 12:03PM – 1:38PM	Ayushman Until 4:16PM	Muruqa: White <i>Sunset:</i> 6:25PM
	Until 11:10PM	221445479 Rahu 4:49PM – 6:25PM	Kintughna Until 3:40PM	Nataraja: Clear Moon – White
Then Creative Work - Siddha Yoga		Prathama* Until 4:26AM Mon	Vaisaka*Chaitra	Bhuloka Day Devaloka Time: 6:PM to 9:PM

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

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Yangon, Myanmar Sun 14 Sutra 15
1	231445479	Gulika 1:38PM – 3:14PM Yama 10:27AM – 12:03PM Rahu 7:16AM – 8:52AM	Krittika Until 1:25AM Tue Saubhagya Until 4:37PM Balava Until 5:22PM Dvitiya Until 6:21AM Tue	Ganesha: Green Muruqa: White Nataraja: Clear Moon – White Vaisaka-Chaitra	Sunrise: 5:41AM Sunset: 6:25PM	Subhakrit 5124 Moon 4 - Phase 3 - 14 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vishabha Rasi: 0.07 Tithi 2 Family Home Evening Routine Work Marana Yoga Until 1:25AM Tue Then Creative Work - Amrita Yoga						

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Yangon, Myanmar Sun 15 Sutra 16
2	231445479	Gulika 12:03PM – 1:38PM Yama 8:51AM – 10:27AM Rahu 3:14PM – 4:50PM	Rohini Until 4:20AM Wed Sobhana Until 5:17PM Taitila Until 7:28PM Dvitiya Until 6:21AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:40AM Sunset: 6:25PM	Subhakrit 5124 Moon 4 - Phase 3 - 15 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vishabha Rasi: 12.12 Tithi 2 – 3 Creative Work Amrita Yoga Until 4:20AM Wed Then Creative Work - Siddha Yoga						

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Yangon, Myanmar Sun 16 Sutra 17
3	231445479	Gulika 10:27AM – 12:03PM Yama 7:15AM – 8:51AM Rahu 12:03PM – 1:38PM	Mrigashira Until 7:18AM Thu Athiganda* Until 6:08PM Vanija Until 9:51PM Tritiya Until 8:36AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:40AM Sunset: 6:25PM	Subhakrit 5124 Moon 4 - Phase 3 - 16 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Vishabha Rasi: 24.09 Tithi 3 – 4 Creative Work Siddha Yoga Until 7:18AM Thu Then Routine Work - Marana Yoga						

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukarma Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 17 Sutra 18
4	231445479	Gulika 8:51AM – 10:27AM Yama 5:39AM – 7:15AM Rahu 1:38PM – 3:14PM	Mrigashira Until 7:18AM Sukarma Until 7:07PM Bava Until 12:21AM Fri Chaturthi* Until 11:04AM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:39AM Sunset: 6:26PM	Subhakrit 5124 Moon 4 - Phase 3 - 17 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 6.01 Tithi 4 – 5 Routine Work Marana Yoga						

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Dhriti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Yangon, Myanmar Sun 18 Sutra 19
5	231445479	Gulika 7:15AM – 8:51AM Yama 3:14PM – 4:50PM Rahu 10:26AM – 12:02PM	Ardra Until 10:10AM Dhriti Until 8:06PM Kaulava Until 2:48AM Sat Panchami Until 1:34PM	Ganesha: White Muruqa: White Nataraja: Clear Moon – Yellow Vaisaka-Chaitra	Sunrise: 5:39AM Sunset: 6:26PM	Subhakrit 5124 Moon 4 - Phase 3 - 18 3rd Phase Bhuloka Day Devaloka Time: 6:PM to 9:PM
Mithuna Rasi: 17.51 Tithi 5 – 6 Creative Work Siddha Yoga						

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Yangon, Myanmar Sun 19 Sutra 20
6	241445479	Gulika 5:38AM – 7:14AM Yama 1:38PM – 3:14PM Rahu 8:50AM – 10:26AM	Punarvasu Until 1:16PM Shula* Until 8:56PM Gara Until 5:01AM Sun Shashthi* Until 3:56PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:38AM Sunset: 6:26PM	Subhakrit 5124 Moon 4 - Phase 3 - 19 3rd Phase Devaloka Day
Mithuna Rasi: 29.43 Tithi 6 – 7 Creative Work Siddha Yoga						

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Yangon, Myanmar Sun 20 Sutra 21
Retreat Star		Gulika 3:14PM – 4:51PM Yama 12:02PM – 1:38PM Rahu 4:51PM – 6:27PM	Pushya Until 3:55PM Ganda* Until 9:30PM Visti Until 6:50AM Mon Saptami Until 5:58PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:38AM Sunset: 6:27PM	Subhakrit 5124 Moon 4 - Phase 3 - 20 3rd Phase Devaloka Day
Kataka Rasi: 11.4 Tithi 7 – 8 Creative Work Siddha Yoga Mother's Day						

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vriddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 21 Sutra 22
Retreat Star		Gulika 1:38PM – 3:15PM Yama 10:26AM – 12:02PM Rahu 7:14AM – 8:50AM	Ashlesha* Until 5:55PM Vriddhi Until 9:41PM Visti Until 6:50AM Ashtami* Until 7:30PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Blue Vaisaka-Chaitra	Sunrise: 5:37AM Sunset: 6:27PM	Subhakrit 5124 Moon 4 - Phase 3 - 21 Ashtami Devaloka Day
Kataka Rasi: 23.48 Tithi 8 Family Home Evening Creative Work Siddha Yoga Until 5:55PM Then Routine Work - Marana Yoga						

Tuesday, May 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Dhruva Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar Sun 22 Sutra 23
Retreat Star		Gulika 12:02PM – 1:38PM Yama 8:50AM – 10:26AM Rahu 3:15PM – 4:51PM	Magha* Until 7:38PM Dhruva Until 9:19PM Balava Until 8:03AM Navami* Until 8:23PM	Ganesha: Clear Muruqa: White Nataraja: Clear Moon – Red Vaisaka-Chaitra	Sunrise: 5:37AM Sunset: 6:27PM	Subhakrit 5124 Moon 4 - Phase 3 - 22 Navami Devaloka Day
Simha Rasi: 6.1 Tithi 9 Creative Work Siddha Yoga						


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

<h1>1</h1>	Wednesday, May 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Vyaghata* Yoga Taitila/Gara Karana Dashamyam Titau				Yangon, Myanmar Sun 23 Sutra 24
	Simha Rasi: 18.5	Tithi 10	Gulika 10:26AM – 12:02PM	Purvaphalguni Until 8:27PM	Ganesha: Clear <i>Sunrise:</i> 5:37AM		Subhakrit 5124
			Yama 7:13AM – 8:49AM	Vyaghata* Until 8:23PM	Muruqa: White <i>Sunset:</i> 6:28PM		Moon 4 - Phase 4 - 23
	Creative Work Amrita Yoga	252445479	Rahu 12:02PM – 1:38PM	Taitila Until 8:34AM	Nataraja: Clear		4th Phase
			Dashami Until 8:31PM	Moon – Red		Devaloka Day	
				Vaisaka-Chaitra			

<h1>2</h1>	Thursday, May 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Harshana Yoga Vanija/Visti* Karana Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 25
	Kanya Rasi: 1.54	Tithi 11	Gulika 8:49AM – 10:26AM	Uttaraphalguni Until 8:21PM	Ganesha: Clear <i>Sunrise:</i> 5:36AM		Subhakrit 5124
			Yama 5:36AM – 7:13AM	Harshana Until 6:51PM	Muruqa: White <i>Sunset:</i> 6:28PM		Moon 4 - Phase 4 - 24
		Amrita Yoga	252445479	Rahu 1:38PM – 3:15PM	Vanija Until 8:19AM	Nataraja: Clear	4th Phase
Until 8:21PM			Ekadashi Until 7:53PM	Moon – Red		Devaloka Day	
Then Routine Work - Marana Yoga				Vaisaka-Chaitra			

<h1>3</h1>	Friday, May 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Dvadashtyam Titau				Yangon, Myanmar Sun 25 Sutra 26
	Kanya Rasi: 15.22	Tithi 12	Gulika 7:12AM – 8:49AM	Hasta Until 7:49PM	Ganesha: White <i>Sunrise:</i> 5:36AM		Subhakrit 5124
			Yama 3:15PM – 4:52PM	Vajra* Until 4:41PM	Muruqa: White <i>Sunset:</i> 6:28PM		Moon 4 - Phase 4 - 25
	Creative Work Amrita Yoga	262445479	Rahu 10:25AM – 12:02PM	Bava Until 7:17AM	Nataraja: Clear		4th Phase
Until 7:49PM			Dvadashti Until 6:28PM	Moon – Green		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			

<h1>4</h1>	Saturday, May 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 26 Sutra 27
	Kanya Rasi: 29.16	Tithi 13 – 14	Gulika 5:36AM – 7:12AM	Chitra Until 6:28PM	Ganesha: White <i>Sunrise:</i> 5:36AM		Subhakrit 5124
			Yama 1:39PM – 3:15PM	Siddhi Until 1:58PM	Muruqa: White <i>Sunset:</i> 6:28PM		Moon 4 - Phase 4 - 26
	Routine Work Marana Yoga	262445479	Rahu 8:49AM – 10:25AM	Gara Until 3:10AM Sun	Nataraja: Clear		4th Phase
Until 6:28PM			Trayodashi Until 4:24PM	Moon – Green		Sivaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Chaitra			
				<i>Pradosha Vrata</i>			

	Sunday, May 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Yangon, Myanmar Sun 27 Sutra 28
	Copper Retreat Star		Gulika 3:15PM – 4:52PM	Svati Until 4:26PM	Ganesha: White <i>Sunrise:</i> 5:35AM		Subhakrit 5124
	Tula Rasi: 13.35	Tithi 14 – 15	Yama 12:02PM – 1:39PM	Vyatipata* Until 10:49AM	Muruqa: White <i>Sunset:</i> 6:29PM		Moon 4 - Phase 4 - 27
	Creative Work Siddha Yoga	262445479	Rahu 4:52PM – 6:29PM	Visti Until 12:19AM Mon	Nataraja: Clear		Purnima
Until 4:26PM			Chaturdashi* Until 1:46PM	Moon – Green		Sivaloka Day	
Then Routine Work - Marana Yoga				Vaisaka-Vaikasi			

<h1>5</h1>	Monday, May 16, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Yangon, Myanmar Sun 28 Sutra 29
	Silver Retreat Star		Gulika 1:39PM – 3:16PM	Vishakha Until 2:17PM	Ganesha: Yellow <i>Sunrise:</i> 5:35AM		Subhakrit 5124
	Tula Rasi: 28.13	Tithi 15 – 16	Yama 10:25AM – 12:02PM	Variyan Until 7:16AM	Muruqa: White <i>Sunset:</i> 6:29PM		Moon 4 - Phase 4 - Prathama
	Family Home Evening	272445479	Rahu 7:12AM – 8:48AM	Balava Until 9:07PM	Nataraja: Clear		
Routine Work Marana Yoga			Purnima* Until 10:44AM	Moon – Orange		Devaloka Day	
Until 2:17PM				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga							



Tuesday, May 17, 2022
Gold Retreat Star

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

Yangon, Myanmar
Sutra 30

Vrischika Rasi: 13.04 Tithi 16 - 17

272445479

Gulika 12:02PM - 1:39PM
Yama 8:48AM - 10:25AM
Rahu 3:16PM - 4:53PM

Anuradha Until 11:45AM
Shiva Until 11:37PM
Gara Until 4:01AM Wed
Prathama* Until 7:26AM

Ganesha: Yellow *Sunrise:* 5:35AM
Muruqa: White *Sunset:* 6:29PM
Nataraja: Clear
Moon - Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 11:45AM

Then Routine Work - Marana Yoga

Devaloka Day

1

Wednesday, May 18, 2022

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

Yangon, Myanmar
Sun 1 Sutra 31

Vrischika Rasi: 28.01 Tithi 18

272445479

Gulika 10:25AM - 12:02PM
Yama 7:11AM - 8:48AM
Rahu 12:02PM - 1:39PM

Jyeshtha* Until 9:01AM
Siddha Until 7:43PM
Vanija Until 2:19PM
Tritiya Until 12:38AM Thu

Ganesha: Yellow *Sunrise:* 5:34AM
Muruqa: White *Sunset:* 6:30PM
Nataraja: Clear
Moon - Orange
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 9:01AM

Then Routine Work - Marana Yoga

Devaloka Day

2

Thursday, May 19, 2022

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

Yangon, Myanmar
Sun 2 Sutra 32

Dhanus Rasi: 12.56 Tithi 19

282445479

Gulika 8:48AM - 10:25AM
Yama 5:34AM - 7:11AM
Rahu 1:39PM - 3:16PM

Mula* Until 6:37AM
Sadhya Until 3:57PM
Bava Until 11:00AM
Chaturthi* Until 9:25PM

Ganesha: Blue *Sunrise:* 5:34AM
Muruqa: White *Sunset:* 6:30PM
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Friday, May 20, 2022

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

Yangon, Myanmar
Sun 3 Sutra 33

Dhanus Rasi: 27.42 Tithi 20

282445479

Gulika 7:11AM - 8:48AM
Yama 3:16PM - 4:53PM
Rahu 10:25AM - 12:02PM

Uttarashadha Until 2:10AM Sat
Subha Until 12:25PM
Kaulava Until 7:56AM
Panchami Until 6:31PM

Ganesha: Blue *Sunrise:* 5:34AM
Muruqa: White *Sunset:* 6:30PM
Nataraja: Clear
Moon - Light Blue
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Routine Work Marana Yoga

Until 2:10AM Sat

Then Creative Work - Siddha Yoga

Sivaloka Day

4

Saturday, May 21, 2022

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

Yangon, Myanmar
Sun 4 Sutra 34

Makara Rasi: 12.12 Tithi 21 - 22

292445479

Gulika 5:34AM - 7:11AM
Yama 1:39PM - 3:17PM
Rahu 8:48AM - 10:25AM

Shravana Until 12:47AM Sun
Sukla Until 9:11AM
Visti Until 2:58AM Sun
Shashthi* Until 4:01PM

Ganesha: Red *Sunrise:* 5:34AM
Muruqa: White *Sunset:* 6:31PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
1st Phase

Creative Work Siddha Yoga

Until 12:47AM Sun

Then Routine Work - Marana Yoga

Devaloka Day

5

Sunday, May 22, 2022

Retreat Star

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

Yangon, Myanmar
Sun 5 Sutra 35

Makara Rasi: 26.22 Tithi 22 - 23

292445479

Gulika 3:17PM - 4:54PM
Yama 12:02PM - 1:39PM
Rahu 4:54PM - 6:31PM

Dhanishtha Until 11:47PM
Brahma Until 6:21AM
Balava Until 1:15AM Mon
Saptami Until 2:01PM

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: White *Sunset:* 6:31PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Ashtami

Routine Work Marana Yoga

Until 11:47PM

Then Creative Work - Siddha Yoga

Devaloka Day

Monday, May 23, 2022

Retreat Star

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

Yangon, Myanmar
Sun 6 Sutra 36

Kumbha Rasi: 10.12 Tithi 23 - 24

292445479

Gulika 1:40PM - 3:17PM
Yama 10:25AM - 12:02PM
Rahu 7:10AM - 8:48AM

Shatabhishak Until 11:13PM
Vaidhriti* Until 2:04AM Tue
Taitila Until 12:08AM Tue
Ashtami* Until 12:36PM

Ganesha: Red *Sunrise:* 5:33AM
Muruqa: White *Sunset:* 6:32PM
Nataraja: Clear
Moon - Purple
Vaisaka-Vaikasi

Subhakrit 5124
Moon 5 - Phase 5 -
Navami

Creative Work Siddha Yoga

Until 11:13PM

Then Routine Work - Marana Yoga

Devaloka Day

1	Tuesday, May 24, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Yangon, Myanmar Sun 7 Sutra 37
	Kumbha Rasi: 23.41	Tithi 24 – 25	Gulika 12:02PM – 1:40PM	Purvaproshtapada* Until 11:33PM	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Subhakarit 5124
	213545479	Rahu	Yama 8:48AM – 10:25AM	Vishkambha* Until 12:39AM Wed	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 6 - 7
Routine Work Marana Yoga			Vanija Until 11:36PM	Nataraja: Clear		2nd Phase	
Until 11:33PM			Navami* Until 11:46AM	Moon – Clear		Devaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			


2	Wednesday, May 25, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 8 Sutra 38
	Meena Rasi: 6.5	Tithi 25 – 26	Gulika 10:25AM – 12:03PM	Uttaraproshtapada Until 12:18AM Thu	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Subhakarit 5124
	213545479	Rahu	Yama 7:10AM – 8:48AM	Priti Until 11:43PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 6 - 8
Creative Work Siddha Yoga			Bava Until 11:40PM	Nataraja: Clear		2nd Phase	
			Dashami Until 11:32AM	Moon – Clear		Devaloka Day	
				Vaisaka-Vaikasi			

3	Thursday, May 26, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar Sun 9 Sutra 39
	Meena Rasi: 19.41	Tithi 26 – 27	Gulika 8:48AM – 10:25AM	Revati Until 1:27AM Fri	Ganesha: Purple	<i>Sunrise:</i> 5:33AM	Subhakarit 5124
	313545479	Rahu	Yama 5:33AM – 7:10AM	Ayushman Until 11:12PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 9
Creative Work Siddha Yoga			Kaulava Until 12:17AM Fri	Nataraja: Clear		2nd Phase	
Until 1:27AM Fri			Ekadashi* Until 11:53AM	Moon – Clear		Sivaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			

4	Friday, May 27, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Titila/Gara Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar Sun 10 Sutra 40
	Mesha Rasi: 2.17	Tithi 27 – 28	Gulika 7:10AM – 8:48AM	Ashvini Until 3:24AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:33AM	Subhakarit 5124
	323545479	Rahu	Yama 3:18PM – 4:55PM	Saubhagya Until 11:05PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 10
Creative Work Amrita Yoga			Gara Until 1:25AM Sat	Nataraja: Clear		2nd Phase	
Until 3:24AM Sat			Dvadashi* Until 12:47PM	Moon – White		Devaloka Day	
Then Creative Work - Siddha Yoga				Vaisaka-Vaikasi			
				<i>Pradosha Vrata (Fasting)</i>			

5	Saturday, May 28, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 11 Sutra 41
	Mesha Rasi: 14.39	Tithi 28 – 29	Gulika 5:32AM – 7:10AM	Bharani Until 5:38AM Sun	Ganesha: Clear	<i>Sunrise:</i> 5:32AM	Subhakarit 5124
	323545479	Rahu	Yama 1:40PM – 3:18PM	Sobhana Until 11:21PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 11
Creative Work Siddha Yoga			Visti Until 3:00AM Sun	Nataraja: Clear		2nd Phase	
			Trayodashi* Until 2:09PM	Moon – White		Devaloka Day	
				Vaisaka-Vaikasi			

6	Sunday, May 29, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Yangon, Myanmar Sun 12 Sutra 42
	Mesha Rasi: 26.5	Tithi 29 – 30	Gulika 3:18PM – 4:56PM	Krittika Until 8:02AM Mon	Ganesha: Clear	<i>Sunrise:</i> 5:32AM	Subhakarit 5124
	323545479	Rahu	Yama 12:03PM – 1:41PM	Athiganda* Until 11:52PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 6 - 12
Creative Work Siddha Yoga			Catuspada Until 4:58AM Mon	Nataraja: Clear		2nd Phase	
Until 8:02AM Mon			Chaturdashi* Until 3:55PM	Moon – White		Devaloka Day	
Then Creative Work - Amrita Yoga				Vaisaka-Vaikasi			

	Monday, May 30, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma Yoga Naga* Karana Amavasyayam Titau				Yangon, Myanmar Sun 13 Sutra 43
	Retreat Star		Gulika 1:41PM – 3:19PM	Krittika Until 8:02AM	Ganesha: Clear	<i>Sunrise:</i> 5:32AM	Subhakarit 5124
	Vrishabha Rasi: 8.53	Tithi 30	Yama 10:25AM – 12:03PM	Sukarma Until 12:39AM Tue	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 6 - 13
Family Home Evening		323545479	Rahu	7:10AM – 8:48AM	Nataraja: Clear		Amavasya
Routine Work Marana Yoga			Naga Until 6:02PM	Moon – White		Devaloka Day	
Until 8:02AM			Amavasya* Until 6:02PM	Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							

7	Tuesday, May 31, 2022		Subhakar Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Kintughna*/Bava Karana Prathamayam Titau				Yangon, Myanmar Sun 14 Sutra 44
	Retreat Star		Gulika 12:03PM – 1:41PM	Rohini Until 11:03AM	Ganesha: Orange	<i>Sunrise:</i> 5:32AM	Subhakarit 5124
	Vrishabha Rasi: 20.49	Tithi 1	Yama 8:48AM – 10:25AM	Dhriti Until 1:36AM Wed	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 5 - Phase 6 - 14
Creative Work Amrita Yoga		333545479	Rahu	3:19PM – 4:57PM	Nataraja: Clear		Prathama
Until 11:03AM			Kintughna Until 7:12AM	Moon – Yellow		Devaloka Day	
Then Creative Work - Siddha Yoga			Prathama* Until 8:22PM	Jyeshtha-Vaikasi			

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	Wednesday, June 1, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Yangon, Myanmar
	Mithuna Rasi: 2.41	Tithi 2	Gulika 10:26AM – 12:03PM	Mrigashira Until 2:03PM	Ganesha: Orange <i>Sunrise:</i> 5:32AM	Sun 15	Sutra 45
	333545479	Rahu	Yama 7:10AM – 8:48AM	Shula* Until 2:35AM Thu	Muruqa: White <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7 - 15 3rd Phase	
Creative Work	Siddha Yoga		Balava Until 9:37AM	Nataraja: Clear	Devaloka Day		
			Dvitiya Until 10:50PM	Moon – Yellow			
				Jyeshtha-Vaikasi			

2	Thursday, June 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Yangon, Myanmar
	Mithuna Rasi: 14.31	Tithi 3	Gulika 8:48AM – 10:26AM	Ardra Until 4:55PM	Ganesha: Orange <i>Sunrise:</i> 5:32AM	Sun 16	Sutra 46
	333545479	Rahu	Yama 5:32AM – 7:10AM	Ganda* Until 3:36AM Fri	Muruqa: White <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7 - 16 3rd Phase	
Routine Work	Marana Yoga		Taitila Until 12:06PM	Nataraja: Clear	Devaloka Day		
Until 4:55PM			Tritiya Until 1:19AM Fri	Moon – Yellow			
Then Creative Work - Amrita Yoga				Jyeshtha-Vaikasi			

3	Friday, June 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthiyam Titau				Yangon, Myanmar
	Mithuna Rasi: 26.22	Tithi 4	Gulika 7:10AM – 8:48AM	Punarvasu Until 8:05PM	Ganesha: Clear <i>Sunrise:</i> 5:32AM	Sun 17	Sutra 47
	343555479	Rahu	Yama 3:19PM – 4:57PM	Vriddhi Until 4:33AM Sat	Muruqa: Green <i>Sunset:</i> 6:35PM	Moon 5 - Phase 7 - 17 3rd Phase	
Creative Work	Siddha Yoga		Vanija Until 2:33PM	Nataraja: Clear	Devaloka Day		
Until 8:05PM			Chaturthi* Until 3:42AM Sat	Moon – Blue			
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

4	Saturday, June 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Yangon, Myanmar
	Kataka Rasi: 8.14	Tithi 5	Gulika 5:32AM – 7:10AM	Pushya Until 10:53PM	Ganesha: Clear <i>Sunrise:</i> 5:32AM	Sun 18	Sutra 48
	343555479	Rahu	Yama 1:42PM – 3:20PM	Dhruva Until 5:17AM Sun	Muruqa: Green <i>Sunset:</i> 6:36PM	Moon 5 - Phase 7 - 18 3rd Phase	
Creative Work	Siddha Yoga		Bava Until 4:50PM	Nataraja: Clear	Devaloka Day		
Until 10:53PM			Panchami Until 5:51AM Sun	Moon – Blue			
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

5	Sunday, June 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava Karana Shashthiyam Titau				Yangon, Myanmar
	Kataka Rasi: 20.13	Tithi 6	Gulika 3:20PM – 4:58PM	Ashlesha* Until 1:12AM Mon	Ganesha: Clear <i>Sunrise:</i> 5:32AM	Sun 19	Sutra 49
	343555471	Rahu	Yama 12:04PM – 1:42PM	Vyaghata* Until 5:45AM Mon	Muruqa: Green <i>Sunset:</i> 6:36PM	Moon 5 - Phase 7 - 19 3rd Phase	
Creative Work	Siddha Yoga		Kaulava Until 6:49PM	Nataraja: Yellow	Devaloka Day		
Until 1:12AM Mon			Shashthi* Until 7:38AM Mon	Moon – Blue			
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

6	Monday, June 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Taitila/Gara Karana Shashthi/Saplamyam Titau				Yangon, Myanmar
	Simha Rasi: 2.2	Tithi 6 – 7	Gulika 1:42PM – 3:20PM	Magha* Until 3:23AM Tue	Ganesha: Purple <i>Sunrise:</i> 5:32AM	Sun 20	Sutra 50
	353555471	Rahu	Yama 10:26AM – 12:04PM	Harshana Until 5:51AM Tue	Muruqa: Green <i>Sunset:</i> 6:36PM	Moon 5 - Phase 7 - 20 3rd Phase	
Family Home Evening			Gara Until 8:21PM	Nataraja: Yellow	Sivaloka Day		
Routine Work	Marana Yoga		Shashthi* Until 7:38AM	Moon – Red			
Until 3:23AM Tue				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

D	Tuesday, June 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Yangon, Myanmar
	Simha Rasi: 14.41	Tithi 7 – 8	Gulika 12:04PM – 1:42PM	Purvaphalguni Until 4:48AM Wed	Ganesha: Clear <i>Sunrise:</i> 5:32AM	Sun 21	Sutra 51
	354555471	Rahu	Yama 8:48AM – 10:26AM	Vajra* Until 5:25AM Wed	Muruqa: Green <i>Sunset:</i> 6:37PM	Moon 5 - Phase 7 - 21 Ashtami	
Creative Work	Siddha Yoga		Visti Until 9:18PM	Nataraja: Yellow	Devaloka Day		
Until 4:48AM Wed			Saptami Until 8:53AM	Moon – Red			
Then Creative Work - Amrita Yoga				Jyeshtha-Vaikasi			

D	Wednesday, June 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Yangon, Myanmar
	Simha Rasi: 27.17	Tithi 8 – 9	Gulika 10:26AM – 12:05PM	Uttaraphalguni Until 5:21AM Thu	Ganesha: Clear <i>Sunrise:</i> 5:32AM	Sun 22	Sutra 52
	354555471	Rahu	Yama 7:10AM – 8:48AM	Siddhi Until 4:25AM Thu	Muruqa: Green <i>Sunset:</i> 6:37PM	Moon 5 - Phase 7 - 22 Navami	
Creative Work	Amrita Yoga		Balava Until 9:33PM	Nataraja: Yellow	Devaloka Day		
Until 5:21AM Thu			Ashtami* Until 9:30AM	Moon – Red			
Then Routine Work - Marana Yoga				Jyeshtha-Vaikasi			

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Thursday, June 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hashta Nakshatra Vyatipata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Yangon, Myanmar
	Kanya Rasi: 10.16	Tithi 9 – 10	Gulika 8:48AM – 10:27AM	Hasta Until 5:25AM Fri	Ganesha: White <i>Sunrise: 5:32AM</i>	Sun 23	Sutra 53
		364555471	Yama 5:32AM – 7:10AM	Vyatipata* Until 2:49AM Fri	Muruqa: Green <i>Sunset: 6:37PM</i>		Subhakrit 5124
			Rahu 1:43PM – 3:21PM	Taitila Until 9:01PM	Nataraja: Yellow		Moon 5 - Phase 8 - 23
	Routine Work	Marana Yoga		Navami* Until 9:21AM	Moon – Green		4th Phase
	Until 5:25AM Fri				Jyeshtha-Vaikasi	Bhuloka Day	
	Then Creative Work - Siddha Yoga					Devaloka Time: 6:PM to 9:PM	

2	Friday, June 10, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar
	Kanya Rasi: 23.39	Tithi 10 – 11	Gulika 7:10AM – 8:49AM	Chitra Until 4:35AM Sat	Ganesha: White <i>Sunrise: 5:32AM</i>	Sun 24	Sutra 54
		364555471	Yama 3:21PM – 4:59PM	Variyan Until 12:33AM Sat	Muruqa: Green <i>Sunset: 6:38PM</i>		Subhakrit 5124
			Rahu 10:27AM – 12:05PM	Vanija Until 7:42PM	Nataraja: Yellow		Moon 5 - Phase 8 - 24
	Creative Work	Siddha Yoga		Dashami Until 8:26AM	Moon – Green		4th Phase
					Jyeshtha-Vaikasi	Bhuloka Day	
						Devaloka Time: 6:PM to 9:PM	

3	Saturday, June 11, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha* Yoga Visti*/Balava Karana Ekadashi/Dvodashyam Titau				Yangon, Myanmar
	Tula Rasi: 7.29	Tithi 11 – 12	Gulika 5:32AM – 7:11AM	Svati Until 2:54AM Sun	Ganesha: White <i>Sunrise: 5:32AM</i>	Sun 25	Sutra 55
		364555471	Yama 1:43PM – 3:22PM	Parigha* Until 9:43PM	Muruqa: Green <i>Sunset: 6:38PM</i>		Subhakrit 5124
			Rahu 8:49AM – 10:27AM	Balava Until 4:21AM Sun	Nataraja: Yellow		Moon 5 - Phase 8 - 25
	Creative Work	Siddha Yoga		Ekadashi Until 6:44AM	Moon – Green		4th Phase
	Until 2:54AM Sun				Jyeshtha-Vaikasi	Bhuloka Day	
	Then Routine Work - Marana Yoga					Devaloka Time: 6:PM to 9:PM	

4	Sunday, June 12, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva Yoga Kaulava/Taitila Karana Trayodashyam Titau				Yangon, Myanmar
	Tula Rasi: 21.46	Tithi 13	Gulika 3:22PM – 5:00PM	Vishakha Until 12:54AM Mon	Ganesha: Yellow <i>Sunrise: 5:32AM</i>	Sun 26	Sutra 56
		374555471	Yama 12:05PM – 1:44PM	Shiva Until 6:23PM	Muruqa: Green <i>Sunset: 6:38PM</i>		Subhakrit 5124
			Rahu 5:00PM – 6:38PM	Kaulava Until 2:57PM	Nataraja: Yellow		Moon 5 - Phase 8 - 26
	Routine Work	Marana Yoga		Trayodashi Until 1:23AM Mon	Moon – Orange		4th Phase
	Until 12:54AM Mon		Vaikasi Visakam		Jyeshtha-Vaikasi	Devaloka Day	
	Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

5	Monday, June 13, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Chaturdashyam Titau				Yangon, Myanmar
	Vrischika Rasi: 6.28	Tithi 14	Gulika 1:44PM – 3:22PM	Anuradha Until 10:20PM	Ganesha: Yellow <i>Sunrise: 5:33AM</i>	Sun 27	Sutra 57
	Family Home Evening		Yama 10:27AM – 12:06PM	Siddha Until 2:38PM	Muruqa: Green <i>Sunset: 6:39PM</i>		Subhakrit 5124
		374555471	Rahu 7:11AM – 8:49AM	Gara Until 11:45AM	Nataraja: Yellow		Moon 5 - Phase 8 - 27
	Creative Work	Siddha Yoga		Chaturdashi* Until 10:00PM	Moon – Orange		4th Phase
					Jyeshtha-Vaikasi	Devaloka Day	

	Tuesday, June 14, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Purnimayam Titau				Yangon, Myanmar
	Copper Retreat Star		Gulika 12:06PM – 1:44PM	Jyeshtha* Until 7:22PM	Ganesha: Yellow <i>Sunrise: 5:33AM</i>	Sun 27	Sutra 58
	Vrischika Rasi: 21.28	Tithi 15	Yama 8:49AM – 10:27AM	Sadhya Until 10:36AM	Muruqa: Green <i>Sunset: 6:39PM</i>		Subhakrit 5124
		374555471	Rahu 3:22PM – 5:01PM	Visti Until 8:12AM	Nataraja: Yellow		Moon 5 - Phase 8 - Purnima
	Routine Work	Marana Yoga		Purnima* Until 6:19PM	Moon – Orange		
	Until 7:22PM				Jyeshtha-Vaikasi	Devaloka Day	
	Then Creative Work - Amrita Yoga						

○	Wednesday, June 15, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Yangon, Myanmar
	Silver Retreat Star		Gulika 10:28AM – 12:06PM	Mula* Until 4:32PM	Ganesha: Blue <i>Sunrise: 5:33AM</i>	Sun 28	Sutra 59
	Dhanus Rasi: 6.38	Tithi 16 – 17	Yama 7:11AM – 8:49AM	Subha Until 6:27AM	Muruqa: Green <i>Sunset: 6:39PM</i>		Subhakrit 5124
		384555471	Rahu 12:06PM – 1:44PM	Taitila Until 12:39AM Thu	Nataraja: Yellow		Moon 5 - Phase 8 - Prathama
	Routine Work	Marana Yoga		Prathama* Until 2:32PM	Moon – Light Blue		
	Until 4:32PM				Jyeshtha-Ani	Bhuloka Day	
	Then Creative Work - Amrita Yoga					Devaloka Time: 6:PM to 9:PM	



Thursday, June 16, 2022

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 60

Subhakrit 5124

Moon 6 - Phase 9 - 1

1st Phase

Dhanus Rasi: 21.5 Tithi 17 - 18

384555471

Gulika 8:50AM - 10:28AM
Yama 5:33AM - 7:11AM
Rahu 1:44PM - 3:23PM

Purvashadha* Until 1:38PM
Brahma Until 10:10PM
Vanija Until 9:00PM
Dvitiya Until 10:47AM

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

Sunrise: 5:33AM
Sunset: 6:39PM

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 1:38PM

Then Routine Work - Marana Yoga

1

Friday, June 17, 2022

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

Yangon, Myanmar

Sun 2 Sutra 61

Subhakrit 5124

Moon 6 - Phase 9 - 2

1st Phase

Makara Rasi: 6.53 Tithi 18 - 19

384555471

Gulika 7:11AM - 8:50AM
Yama 3:23PM - 5:01PM
Rahu 10:28AM - 12:06PM

Uttarashadha Until 10:51AM
Indra Until 6:21PM
Balava Until 4:04AM Sat
Tritiya Until 7:15AM

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

Sunrise: 5:33AM
Sunset: 6:40PM

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga

2

Saturday, June 18, 2022

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

Yangon, Myanmar

Sun 3 Sutra 62

Subhakrit 5124

Moon 6 - Phase 9 - 3

1st Phase

Makara Rasi: 21.4 Tithi 20

394655471

Gulika 5:33AM - 7:12AM
Yama 1:45PM - 3:23PM
Rahu 8:50AM - 10:28AM

Shravana Until 8:43AM
Vaidhrili* Until 2:53PM
Kaulava Until 2:41PM
Panchami Until 1:24AM Sun

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

Sunrise: 5:33AM
Sunset: 6:40PM

Sivaloka Day

Creative Work Siddha Yoga

3

Sunday, June 19, 2022

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

Yangon, Myanmar

Sun 4 Sutra 63

Subhakrit 5124

Moon 6 - Phase 9 - 4

1st Phase

Kumbha Rasi: 6.04 Tithi 21

395655471

Gulika 3:23PM - 5:02PM
Yama 12:07PM - 1:45PM
Rahu 5:02PM - 6:40PM

Dhanishtha Until 6:59AM
Vishkambha* Until 11:54AM
Gara Until 12:19PM
Shashthi* Until 11:22PM

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

Sunrise: 5:33AM
Sunset: 6:40PM

Devaloka Day

Routine Work Marana Yoga

Until 6:59AM

Then Creative Work - Siddha Yoga

Father's Day

4

Monday, June 20, 2022

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

Yangon, Myanmar

Sun 5 Sutra 64

Subhakrit 5124

Moon 6 - Phase 9 - 5

1st Phase

Kumbha Rasi: 20.02 Tithi 22

315655471

Gulika 1:45PM - 3:24PM
Yama 10:29AM - 12:07PM
Rahu 7:12AM - 8:50AM

Purvaproshtapada* Until 5:35AM Tue
Priti Until 9:30AM
Visti Until 10:38AM
Saptami Until 10:03PM

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

Sunrise: 5:34AM
Sunset: 6:40PM

Devaloka Day

Routine Work Marana Yoga

Until 5:35AM Tue

Then Creative Work - Amrita Yoga

Retreat Star

Tuesday, June 21, 2022

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

Yangon, Myanmar

Sun 6 Sutra 65

Subhakrit 5124

Moon 6 - Phase 9 - 6

Ashtami

Meena Rasi: 3.33 Tithi 23

315655471

Gulika 12:07PM - 1:46PM
Yama 8:51AM - 10:29AM
Rahu 3:24PM - 5:02PM

Uttaraproshtapada Until 6:02AM Wed
Ayushman Until 7:40AM
Balava Until 9:42AM
Ashtami* Until 9:31PM

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

Sunrise: 5:34AM
Sunset: 6:41PM

Devaloka Day

Creative Work Amrita Yoga

Until 6:02AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

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

Yangon, Myanmar

Sun 7 Sutra 66

Subhakrit 5124

Moon 6 - Phase 9 - 7

Navami

Meena Rasi: 16.38 Tithi 24

315655471

Gulika 10:29AM - 12:07PM
Yama 7:12AM - 8:51AM
Rahu 12:07PM - 1:46PM

Uttaraproshtapada Until 6:02AM
Saubhagya Until 6:29AM
Taitila Until 9:33AM
Navami* Until 9:44PM

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

Sunrise: 5:34AM
Sunset: 6:41PM

Devaloka Day

Creative Work Siddha Yoga

Until 6:02AM

Then Routine Work - Marana Yoga

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

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1		Thursday, June 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Athiganda* Yoga Vanija/Visti* Karana Dashamyam Titau		Yangon, Myanmar Sun 8 Sutra 67	
Meena Rasi: 29.22	Tithi 25	Gulika 8:51AM – 10:29AM	Revati Until 7:02AM	Ganesha: Clear	<i>Sunrise:</i> 5:34AM	Subhakrit 5124	
		Yama 5:34AM – 7:13AM	Athiganda* Until 5:49AM Fri	Muruqa: Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 10 - 8	
		315655471 Rahu 1:46PM – 3:24PM	Vanija Until 10:08AM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 10:40PM	Moon – Clear		Devaloka Day	
Until 7:02AM				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga							

2		Friday, June 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 9 Sutra 68	
Mesha Rasi: 11.47	Tithi 26	Gulika 7:13AM – 8:51AM	Ashvini Until 9:01AM	Ganesha: Purple	<i>Sunrise:</i> 5:35AM	Subhakrit 5124	
		Yama 3:25PM – 5:03PM	Sukarma Until 6:11AM Sat	Muruqa: Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 10 - 9	
		325655471 Rahu 10:30AM – 12:08PM	Bava Until 11:23AM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Ekadashi* Until 12:11AM Sat	Moon – White		Bhuloka Day	
Until 9:01AM				Jyeshtha-Ani			
Then Creative Work - Siddha Yoga						Devaloka Time: 6:PM to 9:PM	

3		Saturday, June 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Dvadashyam Titau		Yangon, Myanmar Sun 10 Sutra 69	
Mesha Rasi: 23.58	Tithi 27	Gulika 5:35AM – 7:13AM	Bharani Until 11:22AM	Ganesha: Purple	<i>Sunrise:</i> 5:35AM	Subhakrit 5124	
		Yama 1:46PM – 3:25PM	Sukarma Until 6:11AM	Muruqa: Green	<i>Sunset:</i> 6:41PM	Moon 6 - Phase 10 - 10	
		325655471 Rahu 8:51AM – 10:30AM	Kaulava Until 1:09PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Dvadashi* Until 2:10AM Sun	Moon – White		Bhuloka Day	
Until 11:22AM				Jyeshtha-Ani			
Then Creative Work - Amrita Yoga						Devaloka Time: 6:PM to 9:PM	

4		Sunday, June 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 11 Sutra 70	
Vrishabha Rasi: 5.58	Tithi 28	Gulika 3:25PM – 5:03PM	Krittika Until 1:55PM	Ganesha: Purple	<i>Sunrise:</i> 5:35AM	Subhakrit 5124	
		Yama 12:08PM – 1:47PM	Dhriti Until 6:53AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 10 - 11	
		325655471 Rahu 5:03PM – 6:42PM	Gara Until 3:18PM	Nataraja: Yellow		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 4:27AM Mon	Moon – White		Bhuloka Day	
				Jyeshtha-Ani			
						Devaloka Time: 6:PM to 9:PM	
				<i>Pradosha Vrata (Fasting)</i>			

5		Monday, June 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Shula*/Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 12 Sutra 71	
Vrishabha Rasi: 17.52	Tithi 29	Gulika 1:47PM – 3:25PM	Rohini Until 5:03PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:35AM	Subhakrit 5124	
Family Home Evening		Yama 10:30AM – 12:08PM	Shula* Until 7:47AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 10 - 12	
		335655471 Rahu 7:14AM – 8:52AM	Visti Until 5:41PM	Nataraja: Yellow		2nd Phase	
Creative Work	Amrita Yoga		Chaturdashi* Until 6:55AM Tue	Moon – Yellow		Bhuloka Day	
				Jyeshtha-Ani			
						Devaloka Time: 6:PM to 9:PM	

		Tuesday, June 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Ganda*/Vridhi Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Yangon, Myanmar Sun 13 Sutra 72	
Retreat Star		Gulika 12:09PM – 1:47PM	Mrigashira Until 8:07PM	Ganesha: Light Blue	<i>Sunrise:</i> 5:36AM	Subhakrit 5124	
Vrishabha Rasi: 29.42	Tithi 29 – 30	Yama 8:52AM – 10:30AM	Ganda* Until 8:48AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 10 - 13	
		335655471 Rahu 3:25PM – 5:04PM	Catuspada Until 8:11PM	Nataraja: Yellow		Amavasya	
Creative Work	Siddha Yoga		Chaturdashi* Until 6:55AM	Moon – Yellow		Bhuloka Day	
Until 8:07PM				Jyeshtha-Ani			
Then Routine Work - Marana Yoga						Devaloka Time: 6:PM to 9:PM	

Wednesday, June 29, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Vridhi/Dhruva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 73	
Mithuna Rasi: 11.31	Tithi 30 – 1	Gulika 10:31AM – 12:09PM	Ardra Until 11:00PM	Ganesha: Purple	<i>Sunrise:</i> 5:36AM	Subhakrit 5124	
		Yama 7:14AM – 8:52AM	Vridhi Until 9:52AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 10 - 14	
		336655471 Rahu 12:09PM – 1:47PM	Kintughna Until 10:40PM	Nataraja: Yellow		Prathama	
Creative Work	Siddha Yoga		Amavasya* Until 9:25AM	Moon – Yellow		Bhuloka Day	
				Ashada-Ani			
						Devaloka Time: 6:PM to 9:PM	

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

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1		Thursday, June 30, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 74	
Mithuna Rasi: 23.22	Tithi 1 - 2	Gulika 8:53AM - 10:31AM	Punarvasu Until 2:08AM Fri	Ganesha: Light Blue	<i>Sunrise:</i> 5:36AM	Subhakit 5124	
		Yama 5:36AM - 7:14AM	Dhruva Until 10:52AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 15	
		346655471 Rahu 1:47PM - 3:26PM	Balava Until 1:04AM Fri	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Prathama* Until 11:52AM	Moon - Blue		Bhuloka Day	
Until 2:08AM Fri				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
2		Friday, July 1, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Yangon, Myanmar Sun 16 Sutra 75	
Kataka Rasi: 5.14	Tithi 2 - 3	Gulika 7:15AM - 8:53AM	Pushya Until 4:56AM Sat	Ganesha: Light Blue	<i>Sunrise:</i> 5:36AM	Subhakit 5124	
		Yama 3:26PM - 5:04PM	Vyaghata* Until 11:46AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 16	
		346655471 Rahu 10:31AM - 12:09PM	Taitila Until 3:17AM Sat	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 2:11PM	Moon - Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
3		Saturday, July 2, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Yangon, Myanmar Sun 17 Sutra 76	
Kataka Rasi: 17.11	Tithi 3 - 4	Gulika 5:37AM - 7:15AM	Ashlesha* Until 7:19AM Sun	Ganesha: Light Blue	<i>Sunrise:</i> 5:37AM	Subhakit 5124	
		Yama 1:48PM - 3:26PM	Harshana Until 12:32PM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 17	
		346655471 Rahu 8:53AM - 10:31AM	Vanija Until 5:15AM Sun	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Tritiya Until 4:17PM	Moon - Blue		Bhuloka Day	
				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
4		Sunday, July 3, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vajra*/Siddhi* Yoga Visti* Karana Chaturthyam Titau		Yangon, Myanmar Sun 18 Sutra 77	
Kataka Rasi: 29.14	Tithi 4	Gulika 3:26PM - 5:04PM	Ashlesha* Until 7:19AM	Ganesha: Light Blue	<i>Sunrise:</i> 5:37AM	Subhakit 5124	
		Yama 12:10PM - 1:48PM	Vajra* Until 1:04PM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 18	
		346655471 Rahu 5:04PM - 6:42PM	Visti Until 6:06PM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 6:06PM	Moon - Blue		Bhuloka Day	
Until 7:19AM				Ashada*Ani		Devaloka Time: 6:PM to 9:PM	
Then Routine Work - Marana Yoga							
5		Monday, July 4, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Bava/Balava Karana Panchamyam Titau		Yangon, Myanmar Sun 19 Sutra 78	
Simha Rasi: 11.26	Tithi 5	Gulika 1:48PM - 3:26PM	Magha* Until 9:42AM	Ganesha: Orange	<i>Sunrise:</i> 5:37AM	Subhakit 5124	
Family Home Evening		Yama 10:32AM - 12:10PM	Siddhi Until 1:20PM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 19	
		356655471 Rahu 7:15AM - 8:54AM	Bava Until 6:53AM	Nataraja: Yellow		3rd Phase	
Routine Work	Marana Yoga		Panchami Until 7:32PM	Moon - Red		Devaloka Day	
Until 9:42AM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
6		Tuesday, July 5, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Kaulava/Taitila Karana Shashthyam Titau		Yangon, Myanmar Sun 20 Sutra 79	
Simha Rasi: 23.48	Tithi 6	Gulika 12:10PM - 1:48PM	Purvaphalguni Until 11:29AM	Ganesha: Orange	<i>Sunrise:</i> 5:38AM	Subhakit 5124	
		Yama 8:54AM - 10:32AM	Vyatipata* Until 1:15PM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 20	
		356655471 Rahu 3:26PM - 5:04PM	Kaulava Until 8:05AM	Nataraja: Yellow		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 8:28PM	Moon - Red		Devaloka Day	
Until 11:29AM				Ashada*Ani			
Then Creative Work - Amrita Yoga							
Retreat Star		Wednesday, July 6, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Gara/Vanija Karana Saptamyam Titau		Yangon, Myanmar Sun 21 Sutra 80	
Kanya Rasi: 6.24	Tithi 7	Gulika 10:32AM - 12:10PM	Uttaraphalguni Until 12:34PM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Subhakit 5124	
		Yama 7:16AM - 8:54AM	Variyan Until 12:42PM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 21	
		357655471 Rahu 12:10PM - 1:48PM	Gara Until 8:45AM	Nataraja: Yellow		3rd Phase	
Creative Work	Amrita Yoga		Saptami Until 8:49PM	Moon - Red		Devaloka Day	
Until 12:34PM				Ashada*Ani			
Then Routine Work - Marana Yoga							
Retreat Star		Thursday, July 7, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Ashtamyam Titau		Yangon, Myanmar Sun 22 Sutra 81	
Kanya Rasi: 19.19	Tithi 8	Gulika 8:54AM - 10:32AM	Hasta Until 1:20PM	Ganesha: Clear	<i>Sunrise:</i> 5:38AM	Subhakit 5124	
		Yama 5:38AM - 7:16AM	Parigha* Until 11:38AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 22	
		467655471 Rahu 1:48PM - 3:26PM	Visti Until 8:46AM	Nataraja: Yellow		Ashtami	
Routine Work	Marana Yoga		Ashtami* Until 8:29PM	Moon - Green		Devaloka Day	
Until 1:20PM				Ashada*Ani			
Then Creative Work - Siddha Yoga							
Retreat Star		Friday, July 8, 2022		Subhakit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Navamyam Titau		Yangon, Myanmar Sun 23 Sutra 82	
Tula Rasi: 2.35	Tithi 9	Gulika 7:17AM - 8:55AM	Chitra Until 1:13PM	Ganesha: Clear	<i>Sunrise:</i> 5:39AM	Subhakit 5124	
		Yama 3:27PM - 5:05PM	Shiva Until 10:01AM	Muruqa: Green	<i>Sunset:</i> 6:42PM	Moon 6 - Phase 11 - 23	
		467655471 Rahu 10:33AM - 12:11PM	Balava Until 8:03AM	Nataraja: Yellow		Navami	
Creative Work	Siddha Yoga		Navami* Until 7:25PM	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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Saturday, July 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Siddha/Sadhya Yoga Tailila/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 83
	Tula Rasi: 16.17	Tithi 10 – 11	Gulika 5:39AM – 7:17AM	Svati Until 12:13PM	Ganesha: Clear	Sunrise: 5:39AM	Subhakrit 5124
	467655471	Rahu 8:55AM – 10:33AM	Yama 1:49PM – 3:27PM	Siddha Until 7:46AM	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - 24
	Creative Work Siddha Yoga			Taitila Until 6:37AM	Nataraja: Yellow		4th Phase
			Dashami Until 5:37PM	Ashada*Ani		Devaloka Day	

2	Sunday, July 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar Sun 25 Sutra 84
	Vrischika Rasi: 0.25	Tithi 11 – 12	Gulika 3:27PM – 5:05PM	Vishakha Until 10:50AM	Ganesha: White	Sunrise: 5:39AM	Subhakrit 5124
	477655471	Rahu 5:05PM – 6:42PM	Yama 12:11PM – 1:49PM	Subha Until 1:39AM Mon	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - 25
	Routine Work Marana Yoga			Bava Until 1:43AM Mon	Nataraja: Yellow		4th Phase
			Ekadashi Until 3:09PM	Ashada*Ani		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

3	Monday, July 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar Sun 26 Sutra 85
	Vrischika Rasi: 14.59	Tithi 12 – 13	Gulika 1:49PM – 3:27PM	Anuradha Until 8:43AM	Ganesha: White	Sunrise: 5:39AM	Subhakrit 5124
	Family Home Evening	477655471	Rahu 7:17AM – 8:55AM	Sukla Until 9:54PM	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - 26
	Creative Work Siddha Yoga			Kaulava Until 10:27PM	Nataraja: Yellow		4th Phase
			Dvadashi Until 12:07PM	Ashada*Ani		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
			<i>Pradosha Vrata</i>				

4	Tuesday, July 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar Sun 27 Sutra 86
	Vrischika Rasi: 29.54	Tithi 13 – 14	Gulika 12:11PM – 1:49PM	Jyeshtha* Until 6:01AM	Ganesha: Clear	Sunrise: 5:40AM	Subhakrit 5124
	478655471	Rahu 3:27PM – 5:05PM	Yama 8:55AM – 10:33AM	Brahma Until 5:52PM	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - 27
	Routine Work Marana Yoga			Gara Until 6:50PM	Nataraja: Yellow		4th Phase
Until 6:01AM			Trayodashi Until 8:40AM	Ashada*Ani		Devaloka Day	
Then Creative Work - Amrita Yoga							

○	Wednesday, July 13, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visti/Bava Karana Purnimayam Titau				Yangon, Myanmar Sutra 87
	Copper Retreat Star		Gulika 10:33AM – 12:11PM	Purvashadha* Until 12:16AM Thu	Ganesha: Yellow	Sunrise: 5:40AM	Subhakrit 5124
	Dhanus Rasi: 15.03	Tithi 15	Yama 7:18AM – 8:56AM	Indra Until 1:41PM	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - Purnima
	488755471	Rahu 12:11PM – 1:49PM	Satguru Purnima	Visti Until 3:02PM	Nataraja: Yellow		Purnima
Creative Work Amrita Yoga			Purnima* Until 1:05AM Thu	Ashada*Ani		Devaloka Day	
Until 12:16AM Thu							
Then Routine Work - Marana Yoga							

○	Thursday, July 14, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Prathamayam Titau				Yangon, Myanmar Sutra 88
	Silver Retreat Star		Gulika 8:56AM – 10:34AM	Uttarashadha Until 9:10PM	Ganesha: Yellow	Sunrise: 5:40AM	Subhakrit 5124
	Makara Rasi: 0.18	Tithi 16	Yama 5:40AM – 7:18AM	Vaidhriti* Until 9:25AM	Muruqa: Green	Sunset: 6:42PM	Moon 6 - Phase 12 - Prathama
	488755471	Rahu 1:49PM – 3:27PM	Satguru Purnima	Balava Until 11:11AM	Nataraja: Yellow		Prathama
Routine Work Marana Yoga			Prathama* Until 9:17PM	Ashada*Ani		Devaloka Day	
Until 9:10PM							
Then Creative Work - Siddha Yoga							

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

Krishna Yajur Veda

times are standard time. Calculated for Yangon, Myanmar on 5/1.

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Friday, July 15, 2022
Gold Retreat Star

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

Yangon, Myanmar
Sun 1 Sutra 89

Makara Rasi: 15.28 Tithi 17 - 18

Gulika 7:18AM - 8:56AM
Yama 3:27PM - 5:04PM
498755471 **Rahu** 10:34AM - 12:11PM

Shravana Until 6:34PM
Priti Until 1:24AM Sat
Taitila Until 7:29AM
Dvitiya Until 5:43PM

Ganesha: Blue *Sunrise: 5:41AM*
Muruqa: Green *Sunset: 6:42PM*
Nataraja: Yellow
Moon - Purple
Ashada*Ani

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

Routine Work Marana Yoga
Until 6:34PM
Then Creative Work - Siddha Yoga

1

Saturday, July 16, 2022

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

Yangon, Myanmar
Sun 2 Sutra 90

Kumbha Rasi: 0.23 Tithi 18 - 19

Gulika 5:41AM - 7:19AM
Yama 1:49PM - 3:27PM
498755471 **Rahu** 8:56AM - 10:34AM

Dhanishtha Until 4:14PM
Ayushman Until 9:52PM
Bava Until 1:10AM Sun
Tritiya Until 2:32PM

Ganesha: Blue *Sunrise: 5:41AM*
Muruqa: Green *Sunset: 6:42PM*
Nataraja: Yellow
Moon - Purple
Ashada*Adi

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

Creative Work Siddha Yoga
Until 4:14PM
Then Creative Work - Amrita Yoga

2

Sunday, July 17, 2022

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

Yangon, Myanmar
Sun 3 Sutra 91

Kumbha Rasi: 14.57 Tithi 19 - 20

Gulika 3:27PM - 5:04PM
Yama 12:12PM - 1:49PM
498755472 **Rahu** 5:04PM - 6:42PM

Shatabhishak Until 2:20PM
Saubhagya Until 6:52PM
Kaulava Until 10:52PM
Chaturthi* Until 11:55AM

Ganesha: Blue *Sunrise: 5:41AM*
Muruqa: Green *Sunset: 6:42PM*
Nataraja: White
Moon - Purple
Ashada*Adi

Bhuloka Day

Creative Work Siddha Yoga

3

Monday, July 18, 2022

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

Yangon, Myanmar
Sun 4 Sutra 92

Kumbha Rasi: 29.03 Tithi 20 - 21

Family Home Evening

418755472

Gulika 1:49PM - 3:27PM
Yama 10:34AM - 12:12PM
Rahu 7:19AM - 8:57AM

Purvaprosarthapada* Until 1:26PM
Sobhana Until 4:28PM
Gara Until 9:20PM
Panchami Until 9:59AM

Ganesha: White *Sunrise: 5:42AM*
Muruqa: Green *Sunset: 6:42PM*
Nataraja: White
Moon - Clear
Ashada*Adi

Bhuloka Day

Routine Work Marana Yoga
Until 1:26PM
Then Creative Work - Siddha Yoga

4

Tuesday, July 19, 2022

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

Yangon, Myanmar
Sun 5 Sutra 93

Meena Rasi: 12.4 Tithi 21 - 22

419755472

Gulika 12:12PM - 1:49PM
Yama 8:57AM - 10:34AM
Rahu 3:27PM - 5:04PM

Uttaraprosarthapada Until 1:12PM
Athiganda* Until 2:43PM
Visti Until 8:39PM
Shashthi* Until 8:52AM

Ganesha: Clear *Sunrise: 5:42AM*
Muruqa: Green *Sunset: 6:41PM*
Nataraja: White
Moon - Clear
Ashada*Adi

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

Creative Work Amrita Yoga
Until 1:12PM
Then Creative Work - Siddha Yoga

Retreat Star

Wednesday, July 20, 2022

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

Yangon, Myanmar
Sun 6 Sutra 94

Meena Rasi: 25.48 Tithi 22 - 23

419755472

Gulika 10:34AM - 12:12PM
Yama 7:20AM - 8:57AM
Rahu 12:12PM - 1:49PM

Revati Until 1:40PM
Sukarma Until 1:41PM
Balava Until 8:49PM
Saptami Until 8:36AM

Ganesha: Clear *Sunrise: 5:42AM*
Muruqa: Green *Sunset: 6:41PM*
Nataraja: White
Moon - Clear
Ashada*Adi

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

Routine Work Marana Yoga

Thursday, July 21, 2022

Retreat Star

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

Yangon, Myanmar
Sun 7 Sutra 95

Mesha Rasi: 8.31 Tithi 23 - 24

429755472

Gulika 8:57AM - 10:35AM
Yama 5:43AM - 7:20AM
Rahu 1:49PM - 3:26PM

Ashvini Until 3:16PM
Dhriti Until 1:19PM
Taitila Until 9:49PM
Ashtami* Until 9:12AM

Ganesha: Purple *Sunrise: 5:43AM*
Muruqa: Green *Sunset: 6:41PM*
Nataraja: White
Moon - White
Ashada*Adi

Devaloka Day

Creative Work Amrita Yoga
Until 3:16PM
Then Creative Work - Siddha Yoga

1	Friday, July 22, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam		Yangon, Myanmar
	Mesha Rasi: 20.52 Tithi 24 – 25	Bharani/Krittika Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 8 Sutra 96
	429755472	Gulika 7:20AM – 8:57AM Yama 3:26PM – 5:04PM Rahu 10:35AM – 12:12PM	Bharani Until 5:24PM Shula* Until 1:29PM Vanija Until 11:29PM Navami* Until 10:33AM	Ganesha: Purple <i>Sunrise:</i> 5:43AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: White Moon – White
	Creative Work Siddha Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 8 2nd Phase Devaloka Day


2	Saturday, July 23, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam		Yangon, Myanmar
	Vrishabha Rasi: 2.59 Tithi 25 – 26	Krittika Nakshatra Ganda*/Vridhi Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 9 Sutra 97
	429755472	Gulika 5:43AM – 7:20AM Yama 1:49PM – 3:26PM Rahu 8:58AM – 10:35AM	Krittika Until 7:54PM Ganda* Until 2:07PM Bava Until 1:38AM Sun Dashami Until 12:29PM	Ganesha: Purple <i>Sunrise:</i> 5:43AM Muruqa: Green <i>Sunset:</i> 6:41PM Nataraja: White Moon – White
	Creative Work Amrita Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 9 2nd Phase Devaloka Day


3	Sunday, July 24, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam		Yangon, Myanmar
	Vrishabha Rasi: 14.55 Tithi 26 – 27	Rohini Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 10 Sutra 98
	439755472	Gulika 3:26PM – 5:03PM Yama 12:12PM – 1:49PM Rahu 5:03PM – 6:40PM	Rohini Until 11:02PM Vridhi Until 3:02PM Kaulava Until 4:04AM Mon Ekadashi* Until 2:48PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM Muruqa: Green <i>Sunset:</i> 6:40PM Nataraja: White Moon – Yellow
	Creative Work Siddha Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 10 2nd Phase Bhuloka Day Devaloka Time: 9:AM to 12:PM

4	Monday, July 25, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam		Yangon, Myanmar
	Vrishabha Rasi: 26.45 Tithi 27 – 28	Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau		Sun 11 Sutra 99
	439755472	Gulika 1:49PM – 3:26PM Yama 10:35AM – 12:12PM Rahu 7:21AM – 8:58AM	Mrigashira Until 2:07AM Tue Dhruva Until 4:04PM Gara Until 6:36AM Tue Dvadashi* Until 5:19PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM Muruqa: Green <i>Sunset:</i> 6:40PM Nataraja: White Moon – Yellow
	Family Home Evening Creative Work Amrita Yoga Until 2:07AM Tue Then Routine Work - Marana Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 11 2nd Phase Bhuloka Day Devaloka Time: 9:AM to 12:PM <i>Pradosha Vrata (Fasting)</i>

5	Tuesday, July 26, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam		Yangon, Myanmar
	Mithuna Rasi: 8.34 Tithi 28	Ardra Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 100
	439755472	Gulika 12:12PM – 1:49PM Yama 8:58AM – 10:35AM Rahu 3:26PM – 5:03PM	Ardra Until 5:00AM Wed Vyaghata* Until 5:08PM Gara Until 6:36AM Trayodashi* Until 7:50PM	Ganesha: Clear <i>Sunrise:</i> 5:44AM Muruqa: Green <i>Sunset:</i> 6:40PM Nataraja: White Moon – Yellow
	Routine Work Marana Yoga Until 5:00AM Wed Then Creative Work - Siddha Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 12 2nd Phase Bhuloka Day Devaloka Time: 9:AM to 12:PM

6	Wednesday, July 27, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam		Yangon, Myanmar
	Mithuna Rasi: 20.24 Tithi 29	Punarvasu Nakshatra Harshana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13 Sutra 101
	441755472	Gulika 10:35AM – 12:12PM Yama 7:21AM – 8:58AM Rahu 12:12PM – 1:49PM	Punarvasu Until 8:05AM Thu Harshana Until 6:07PM Visti Until 9:04AM Chaturdashi* Until 10:14PM	Ganesha: Yellow <i>Sunrise:</i> 5:45AM Muruqa: Green <i>Sunset:</i> 6:39PM Nataraja: White Moon – Blue
	Creative Work Siddha Yoga Until 8:05AM Thu Then Creative Work - Amrita Yoga			Subhakarit 5124 Moon 7 - Phase 14 - 13 2nd Phase Bhuloka Day Devaloka Time: 9:AM to 12:PM

	Thursday, July 28, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam		Yangon, Myanmar
	Retreat Star	Punarvasu/Pushya Nakshatra Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14 Sutra 102
	Kataka Rasi: 2.17 Tithi 30			Subhakarit 5124
	441755472	Gulika 8:58AM – 10:35AM Yama 5:45AM – 7:22AM Rahu 1:49PM – 3:26PM	Punarvasu Until 8:05AM Vajra* Until 6:56PM Catuspada Until 11:22AM Amavasya* Until 12:25AM Fri	Ganesha: Yellow <i>Sunrise:</i> 5:45AM Muruqa: Green <i>Sunset:</i> 6:39PM Nataraja: White Moon – Blue

	Friday, July 29, 2022	Subhakar Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam		Yangon, Myanmar
	Retreat Star	Pushya/Ashlesha* Nakshatra Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15 Sutra 103
	Kataka Rasi: 14.16 Tithi 1			Subhakarit 5124
	441755472	Gulika 7:22AM – 8:59AM Yama 3:25PM – 5:02PM Rahu 10:35AM – 12:12PM	Pushya Until 10:46AM Siddhi Until 7:34PM Kintughna Until 1:27PM Prathama* Until 2:21AM Sat	Ganesha: Yellow <i>Sunrise:</i> 5:45AM Muruqa: Green <i>Sunset:</i> 6:39PM Nataraja: White Moon – Blue

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* Yoga Balava/Kaulava Karana Dvitiyayam Titau			Yangon, Myanmar Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 26.21	Tithi 2	Gulika 5:45AM – 7:22AM	Ashlesha* Until 1:01PM	Ganesha: Yellow	Sunrise: 5:45AM	Moon 7 - Phase 15 - 16	3rd Phase
		Yama 1:49PM – 3:25PM	Vyatipata* Until 8:00PM	Muruqa: Green	Sunset: 6:38PM		
		441755472 Rahu 8:59AM – 10:35AM	Balava Until 3:14PM	Nataraja: White			
Routine Work	Marana Yoga		Dvitiya Until 3:59AM Sun	Moon – Blue		Bhuloka Day	Devaloka Time: 9:AM to12:PM
Until 1:01PM				Sravana*Adi			
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 Variyan Yoga Taitila/Gara Karana Tritiyayam Titau			Yangon, Myanmar Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 8.33	Tithi 3	Gulika 3:25PM – 5:02PM	Magha* Until 3:18PM	Ganesha: Red	Sunrise: 5:46AM	Moon 7 - Phase 15 - 17	3rd Phase
		Yama 12:12PM – 1:48PM	Variyan Until 8:09PM	Muruqa: Green	Sunset: 6:38PM		
		451755472 Rahu 5:02PM – 6:38PM	Taitila Until 4:42PM	Nataraja: White			
Routine Work	Marana Yoga		Tritiya Until 5:17AM Mon	Moon – Red		Bhuloka Day	Devaloka Time: 9:AM to12:PM
Until 3:18PM				Sravana*Adi			
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* Yoga Vanija/Visti* Karana Chaturthyam Titau			Yangon, Myanmar Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 20.54	Tithi 4	Gulika 1:48PM – 3:25PM	Purvaphalguni Until 5:05PM	Ganesha: Red	Sunrise: 5:46AM	Moon 7 - Phase 15 - 18	3rd Phase
Family Home Evening		Yama 10:35AM – 12:12PM	Parigha* Until 8:02PM	Muruqa: Green	Sunset: 6:38PM		
		451755472 Rahu 7:22AM – 8:59AM	Vanija Until 5:49PM	Nataraja: White			
Creative Work	Siddha Yoga		Chaturthi* Until 6:13AM Tue	Moon – Red		Bhuloka Day	Devaloka Time: 9:AM to12:PM
				Sravana*Adi			

4		Tuesday, August 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Yangon, Myanmar Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 3.25	Tithi 4 – 5	Gulika 12:12PM – 1:48PM	Uttaraphalguni Until 6:18PM	Ganesha: Red	Sunrise: 5:46AM	Moon 7 - Phase 15 - 19	3rd Phase
		Yama 8:59AM – 10:35AM	Shiva Until 7:36PM	Muruqa: Green	Sunset: 6:37PM		
		451755472 Rahu 3:25PM – 5:01PM	Bava Until 6:32PM	Nataraja: White			
Creative Work	Amrita Yoga		Chaturthi* Until 6:13AM	Moon – Red		Bhuloka Day	Devaloka Time: 9:AM to12:PM
Until 6:18PM		Nag Panchami		Sravana*Adi			
Then Creative Work - Siddha Yoga							

5		Wednesday, August 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Yangon, Myanmar Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 16.08	Tithi 5 – 6	Gulika 10:35AM – 12:12PM	Hasta Until 7:23PM	Ganesha: Blue	Sunrise: 5:47AM	Moon 7 - Phase 15 - 20	3rd Phase
		Yama 7:23AM – 8:59AM	Siddha Until 6:47PM	Muruqa: Green	Sunset: 6:37PM		
		461755472 Rahu 12:12PM – 1:48PM	Kaulava Until 6:47PM	Nataraja: White			
Routine Work	Marana Yoga		Panchami Until 6:42AM	Moon – Green		Devaloka Day	
Until 7:23PM				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 Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Yangon, Myanmar Sun 21 Sutra 109 Subhakrit 5124
Kanya Rasi: 29.05	Tithi 6 – 7	Gulika 8:59AM – 10:35AM	Chitra Until 7:47PM	Ganesha: Blue	Sunrise: 5:47AM	Moon 7 - Phase 15 - 21	3rd Phase
		Yama 5:47AM – 7:23AM	Sadhya Until 5:33PM	Muruqa: Green	Sunset: 6:36PM		
		461755472 Rahu 1:48PM – 3:24PM	Gara Until 6:30PM	Nataraja: White			
Creative Work	Siddha Yoga		Shashthi* Until 6:41AM	Moon – Green		Devaloka Day	
Until 7:47PM				Sravana*Adi			
Then Creative Work - Amrita Yoga							

Friday, August 5, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Subha/Sukla Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau			Yangon, Myanmar Sun 22 Sutra 110 Subhakrit 5124
Tula Rasi: 12.2	Tithi 7 – 8	Gulika 7:23AM – 8:59AM	Svati Until 7:28PM	Ganesha: Blue	Sunrise: 5:47AM	Moon 7 - Phase 15 - 22	Ashtami
		Yama 3:24PM – 5:00PM	Subha Until 3:52PM	Muruqa: White	Sunset: 6:36PM		
		461765472 Rahu 10:35AM – 12:12PM	Bava Until 4:56AM Sat	Nataraja: White			
Creative Work	Siddha Yoga		Saptami Until 6:07AM	Moon – Green		Devaloka Day	
		Varalakshmi Vratam		Sravana*Adi			

Saturday, August 6, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau			Yangon, Myanmar Sun 23 Sutra 111 Subhakrit 5124
Tula Rasi: 25.55	Tithi 9	Gulika 5:47AM – 7:23AM	Vishakha Until 6:49PM	Ganesha: White	Sunrise: 5:47AM	Moon 7 - Phase 15 - 23	Navami
		Yama 1:47PM – 3:23PM	Sukla Until 1:39PM	Muruqa: White	Sunset: 6:36PM		
		472765472 Rahu 8:59AM – 10:35AM	Balava Until 4:08PM	Nataraja: White			
Creative Work	Siddha Yoga		Navami* Until 3:08AM Sun	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

times are standard time. Calculated for Yangon, Myanmar on 5/1,


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1	Sunday, August 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam				Yangon, Myanmar
			Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Sun 24 Sutra 112
	Vrischika Rasi: 9.52	Tithi 10	Gulika 3:23PM – 4:59PM	Anuradha Until 5:26PM	Ganesha: Yellow	<i>Sunrise:</i> 5:48AM	Subhakrit 5124
	472865472	Rahu 4:59PM – 6:35PM	Yama 12:11PM – 1:47PM	Brahma Until 10:58AM	Muruqa: White	<i>Sunset:</i> 6:35PM	Moon 7 - Phase 16 - 24
Routine Work	Marana Yoga		Taitila Until 2:02PM	Nataraja: White		4th Phase	
			Dashami Until 12:46AM Mon	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				Yangon, Myanmar
			Jyeshtha*/Mula* Nakshatra Indra/Vaidhrili* Yoga Vanija/Visti* Karana Ekadashyam Titau				Sun 25 Sutra 113
	Vrischika Rasi: 24.13	Tithi 11	Gulika 1:47PM – 3:23PM	Jyeshtha* Until 3:23PM	Ganesha: Yellow	<i>Sunrise:</i> 5:48AM	Subhakrit 5124
	472865472	Rahu 7:24AM – 9:00AM	Yama 10:35AM – 12:11PM	Indra Until 7:50AM	Muruqa: White	<i>Sunset:</i> 6:35PM	Moon 7 - Phase 16 - 25
Family Home Evening			Vanija Until 11:25AM	Nataraja: White		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 9:55PM	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				Yangon, Myanmar
			Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Dvodashyam Titau				Sun 26 Sutra 114
	Dhanus Rasi: 8.52	Tithi 12	Gulika 12:11PM – 1:47PM	Mula* Until 1:11PM	Ganesha: White	<i>Sunrise:</i> 5:48AM	Subhakrit 5124
	482865472	Rahu 3:23PM – 4:58PM	Yama 9:00AM – 10:35AM	Vishkambha* Until 12:29AM Wed	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 7 - Phase 16 - 26
Creative Work	Amrita Yoga		Bava Until 8:21AM	Nataraja: White		4th Phase	
Until 1:11PM			Dvadashi Until 6:40PM	Moon – Light Blue		Devaloka Day	
Then Creative Work - Siddha Yoga				Sravana*Adi			

4	Wednesday, August 10, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam				Yangon, Myanmar
			Purvashadha*/Uttarashadha Nakshatra Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Sun 27 Sutra 115
	Dhanus Rasi: 23.47	Tithi 13 – 14	Gulika 10:35AM – 12:11PM	Purvashadha* Until 10:34AM	Ganesha: White	<i>Sunrise:</i> 5:48AM	Subhakrit 5124
	482865472	Rahu 12:11PM – 1:47PM	Yama 7:24AM – 9:00AM	Priti Until 8:31PM	Muruqa: White	<i>Sunset:</i> 6:34PM	Moon 7 - Phase 16 - 27
Creative Work	Amrita Yoga		Gara Until 1:25AM Thu	Nataraja: White		4th Phase	
			Trayodashi Until 3:11PM	Moon – Light Blue		Devaloka Day	
				Sravana*Adi			
				<i>Pradosha Vrata</i>			

	Thursday, August 11, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam				Yangon, Myanmar
			Uttarashadha*/Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Sutra 116
	Makara Rasi: 8.51	Tithi 14 – 15	Gulika 9:00AM – 10:35AM	Uttarashadha Until 7:41AM	Ganesha: White	<i>Sunrise:</i> 5:49AM	Subhakrit 5124
	482865472	Rahu 1:46PM – 3:22PM	Yama 5:49AM – 7:24AM	Ayushman Until 4:29PM	Muruqa: White	<i>Sunset:</i> 6:33PM	Moon 7 - Phase 16 -
Routine Work	Marana Yoga		Visti Until 9:50PM	Nataraja: White		Purnima	
Until 7:41AM			Chaturdashi* Until 11:36AM	Moon – Light Blue		Devaloka Day	
Then Creative Work - Siddha Yoga		Raksha Bandhan		Sravana*Adi			

Friday, August 12, 2022	Friday, August 12, 2022		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam				Yangon, Myanmar
			Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Sutra 117
	Makara Rasi: 23.53	Tithi 15 – 16	Gulika 7:24AM – 9:00AM	Dhanishtha Until 2:36AM Sat	Ganesha: Clear	<i>Sunrise:</i> 5:49AM	Subhakrit 5124
	492865472	Rahu 10:35AM – 12:11PM	Yama 3:22PM – 4:57PM	Saubhagya Until 12:32PM	Muruqa: White	<i>Sunset:</i> 6:32PM	Moon 7 - Phase 16 -
Creative Work	Siddha Yoga		Balava Until 6:25PM	Nataraja: White		Prathama	
Until 2:36AM Sat			Purnima* Until 8:05AM	Moon – Purple		Bhuloka Day	
Then Creative Work - Amrita Yoga				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

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Saturday, August 13, 2022
Gold Retreat Star

Kumbha Rasi: 8.44 Tithi 17
492865472
Creative Work Amrita Yoga
Until 12:21AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 5:49AM – 7:24AM
Yama 1:46PM – 3:21PM
Rahu 9:00AM – 10:35AM
Shatabhishak **Until 12:21AM Sun**
Sobhana Until 8:50AM
Taitila Until 3:20PM
Dvitiya **Until 1:56AM Sun**

Ganesha: Clear *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:32PM
Nataraja: White
Moon – Purple
Sravana*Adi

Yangon, Myanmar
Sutra 118
Subhakrit 5124
Moon 8 - Phase 17 -
1st Phase

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

1

Sunday, August 14, 2022

Kumbha Rasi: 23.17 Tithi 18
412865472
Creative Work Siddha Yoga
Until 10:57PM
Then Creative Work - Amrita Yoga

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

Gulika 3:21PM – 4:56PM
Yama 12:10PM – 1:46PM
Rahu 4:56PM – 6:31PM
Purvaproshtapada* **Until 10:57PM**
Sukarma Until 2:38AM Mon
Vanija Until 12:43PM
Tritiya **Until 11:38PM**

Ganesha: Yellow *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:31PM
Nataraja: White
Moon – Clear
Sravana*Adi

Yangon, Myanmar
Sun 1 Sutra 119
Subhakrit 5124
Moon 8 - Phase 17 - 1
1st Phase

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

2

Monday, August 15, 2022

Meena Rasi: 7.26 Tithi 19
412865472
Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:45PM – 3:20PM
Yama 10:35AM – 12:10PM
Rahu 7:25AM – 9:00AM
Uttaraproshtapada **Until 10:07PM**
Dhriti Until 12:23AM Tue
Bava Until 10:46AM
Chaturthi* **Until 10:03PM**

Ganesha: Yellow *Sunrise:* 5:49AM
Muruqa: White *Sunset:* 6:31PM
Nataraja: White
Moon – Clear
Sravana*Adi

Yangon, Myanmar
Sun 2 Sutra 120
Subhakrit 5124
Moon 8 - Phase 17 - 2
1st Phase

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

3

Tuesday, August 16, 2022

Meena Rasi: 21.05 Tithi 20
412865472
Creative Work Siddha Yoga

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

Gulika 12:10PM – 1:45PM
Yama 9:00AM – 10:35AM
Rahu 3:20PM – 4:55PM
Revati **Until 9:57PM**
Shula* Until 10:48PM
Kaulava Until 9:35AM
Panchami **Until 9:18PM**

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:30PM
Nataraja: White
Moon – Clear
Sravana*Adi

Yangon, Myanmar
Sun 3 Sutra 121
Subhakrit 5124
Moon 8 - Phase 17 - 3
1st Phase

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

4

Wednesday, August 17, 2022

Mesha Rasi: 4.17 Tithi 21
422865472
Routine Work Marana Yoga
Until 10:57PM
Then Creative Work - Siddha Yoga

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

Gulika 10:35AM – 12:10PM
Yama 7:25AM – 9:00AM
Rahu 12:10PM – 1:45PM
Ashvini **Until 10:57PM**
Ganda* Until 9:55PM
Gara Until 9:16AM
Shashthi* **Until 9:25PM**

Ganesha: Blue *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:29PM
Nataraja: White
Moon – White
Sravana*Avani

Yangon, Myanmar
Sun 4 Sutra 122
Subhakrit 5124
Moon 8 - Phase 17 - 4
1st Phase

Devaloka Day

5

Thursday, August 18, 2022

Mesha Rasi: 17.02 Tithi 22
522865472
Creative Work Siddha Yoga

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

Gulika 9:00AM – 10:35AM
Yama 5:50AM – 7:25AM
Rahu 1:44PM – 3:19PM
Bharani **Until 12:36AM Fri**
Vriddhi Until 9:42PM
Visti Until 9:49AM
Saptami **Until 10:23PM**

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:29PM
Nataraja: White
Moon – White
Sravana*Avani

Yangon, Myanmar
Sun 5 Sutra 123
Subhakrit 5124
Moon 8 - Phase 17 - 5
1st Phase

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

D

Friday, August 19, 2022
Retreat Star

Mesha Rasi: 29.25 Tithi 23
522865472
Creative Work Siddha Yoga
Until 2:46AM Sat
Then Creative Work - Amrita Yoga

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

Gulika 7:25AM – 9:00AM
Yama 3:19PM – 4:53PM
Rahu 10:34AM – 12:09PM
Krittika **Until 2:46AM Sat**
Dhruva Until 10:00PM
Balava Until 11:10AM
Ashtami* **Until 12:03AM Sat**

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:28PM
Nataraja: White
Moon – White
Sravana*Avani

Yangon, Myanmar
Sun 6 Sutra 124
Subhakrit 5124
Moon 8 - Phase 17 - 6
Ashtami

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

Saturday, August 20, 2022

Retreat Star

Vrishabha Rasi: 11.32 Tithi 24
533865472
Creative Work Amrita Yoga
Until 5:43AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 5:50AM – 7:25AM
Yama 1:44PM – 3:18PM
Rahu 9:00AM – 10:34AM
Rohini **Until 5:43AM Sun**
Vyaghata* Until 10:43PM
Taitila Until 1:07PM
Navami* **Until 2:14AM Sun**

Ganesha: Yellow *Sunrise:* 5:50AM
Muruqa: White *Sunset:* 6:28PM
Nataraja: White
Moon – Yellow
Sravana*Avani

Yangon, Myanmar
Sun 7 Sutra 125
Subhakrit 5124
Moon 8 - Phase 17 - 7
Navami

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

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1 Sunday, August 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuklayam		Yangon, Myanmar	
Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 8 Sutra 126	
Wishabha Rasi: 23.28 Tithi 25		Gulika 3:18PM – 4:52PM	Mrigashira Until 8:44AM Mon	Ganesha: Yellow <i>Sunrise:</i> 5:51AM	Subhakrit 5124
533865472		Yama 12:09PM – 1:43PM	Harshana Until 11:41PM	Muruqa: White <i>Sunset:</i> 6:27PM	Moon 8 - Phase 18 - 8
Creative Work Siddha Yoga		Rahu 4:52PM – 6:27PM	Vanija Until 3:27PM	Nataraja: White	2nd Phase
			Dashami Until 4:40AM Mon	Moon – Yellow	
				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

2 Monday, August 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuklayam		Yangon, Myanmar	
Mrigashira/Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Sun 9 Sutra 127	
Mithuna Rasi: 5.19 Tithi 26		Gulika 1:43PM – 3:17PM	Mrigashira Until 8:44AM	Ganesha: Yellow <i>Sunrise:</i> 5:51AM	Subhakrit 5124
Family Home Evening		Yama 10:34AM – 12:08PM	Vajra* Until 12:41AM Tue	Muruqa: White <i>Sunset:</i> 6:26PM	Moon 8 - Phase 18 - 9
Creative Work Amrita Yoga		Rahu 7:25AM – 9:00AM	Bava Until 5:57PM	Nataraja: White	2nd Phase
Until 8:44AM			Ekadashi* Until 7:10AM Tue	Moon – Yellow	
Then Creative Work - Siddha Yoga				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

3 Tuesday, August 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuklayam		Yangon, Myanmar	
Ardra/Punarvasu Nakshatra Siddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 128	
Mithuna Rasi: 17.08 Tithi 26 – 27		Gulika 12:08PM – 1:43PM	Ardra Until 11:35AM	Ganesha: Yellow <i>Sunrise:</i> 5:51AM	Subhakrit 5124
533865472		Yama 9:00AM – 10:34AM	Siddhi Until 1:37AM Wed	Muruqa: White <i>Sunset:</i> 6:26PM	Moon 8 - Phase 18 - 10
Routine Work Marana Yoga		Rahu 3:17PM – 4:51PM	Kaulava Until 8:24PM	Nataraja: White	2nd Phase
Until 11:35AM			Ekadashi* Until 7:10AM	Moon – Yellow	
Then Creative Work - Siddha Yoga				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

4 Wednesday, August 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuklayam		Yangon, Myanmar	
Punarvasu/Pushya Nakshatra Vyatipata* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 129	
Mithuna Rasi: 29.01 Tithi 27 – 28		Gulika 10:34AM – 12:08PM	Punarvasu Until 2:38PM	Ganesha: Blue <i>Sunrise:</i> 5:51AM	Subhakrit 5124
533865472		Yama 7:25AM – 9:00AM	Vyatipata* Until 2:24AM Thu	Muruqa: White <i>Sunset:</i> 6:25PM	Moon 8 - Phase 18 - 11
Creative Work Siddha Yoga		Rahu 12:08PM – 1:42PM	Gara Until 10:38PM	Nataraja: White	2nd Phase
			Dvadashi* Until 9:32AM	Moon – Blue	
				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

Pradosha Vrata (Fasting)

5 Thursday, August 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuklayam		Yangon, Myanmar	
Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 130	
Kataka Rasi: 11 Tithi 28 – 29		Gulika 8:59AM – 10:34AM	Pushya Until 5:15PM	Ganesha: Blue <i>Sunrise:</i> 5:51AM	Subhakrit 5124
533865472		Yama 5:51AM – 7:25AM	Variyan Until 2:54AM Fri	Muruqa: White <i>Sunset:</i> 6:24PM	Moon 8 - Phase 18 - 12
Creative Work Amrita Yoga		Rahu 1:42PM – 3:16PM	Visti Until 12:34AM Fri	Nataraja: White	2nd Phase
Until 5:15PM			Trayodashi* Until 11:38AM	Moon – Blue	
Then Creative Work - Siddha Yoga				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

Friday, August 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuklayam		Yangon, Myanmar	
Ashlesha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 131	
Kataka Rasi: 23.07 Tithi 29 – 30		Gulika 7:25AM – 8:59AM	Ashlesha* Until 7:21PM	Ganesha: Blue <i>Sunrise:</i> 5:51AM	Subhakrit 5124
533865472		Yama 3:15PM – 4:49PM	Parigha* Until 3:08AM Sat	Muruqa: White <i>Sunset:</i> 6:24PM	Moon 8 - Phase 18 - 13
Routine Work Marana Yoga		Rahu 10:33AM – 12:07PM	Catuspada Until 2:08AM Sat	Nataraja: White	Amavasya
			Chaturdashi* Until 1:23PM	Moon – Blue	
				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

Saturday, August 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuklayam		Yangon, Myanmar	
Magha* Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sun 14 Sutra 132	
Simha Rasi: 5.22 Tithi 30 – 1		Gulika 5:52AM – 7:25AM	Magha* Until 9:24PM	Ganesha: Blue <i>Sunrise:</i> 5:52AM	Subhakrit 5124
533865472		Yama 1:41PM – 3:15PM	Shiva Until 3:05AM Sun	Muruqa: White <i>Sunset:</i> 6:23PM	Moon 8 - Phase 18 - 14
Creative Work Amrita Yoga		Rahu 8:59AM – 10:33AM	Kintughna Until 3:19AM Sun	Nataraja: White	Prathama
Until 9:24PM			Amavasya* Until 2:45PM	Moon – Red	
Then Creative Work - Siddha Yoga				Bhuloka Day	
				Devaloka Time: 6:AM to 9:AM	

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1 Sunday, August 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 133 Subhakrit 5124	
Simha Rasi: 17.48	Tithi 1 – 2	Gulika 3:14PM – 4:48PM	Purvaphalguni Until 10:54PM	Ganesha: Blue <i>Sunrise:</i> 5:52AM	
		Yama 12:07PM – 1:41PM	Siddha Until 2:41AM Mon	Muruqa: White <i>Sunset:</i> 6:22PM	Moon 8 - Phase 19 - 15
	553865473	Rahu 4:48PM – 6:22PM	Balava Until 4:06AM Mon	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Prathama* Until 3:44PM	Bhadrapada*Avani	Bhuloka Day
Until 10:54PM					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		Yangon, Myanmar Sun 16 Sutra 134 Subhakrit 5124	
Kanya Rasi: 0.24	Tithi 2 – 3	Gulika 1:40PM – 3:14PM	Uttaraphalguni Until 11:52PM	Ganesha: Blue <i>Sunrise:</i> 5:52AM	
Family Home Evening		Yama 10:33AM – 12:07PM	Sadhya Until 2:00AM Tue	Muruqa: White <i>Sunset:</i> 6:21PM	Moon 8 - Phase 19 - 16
	553865473	Rahu 7:25AM – 8:59AM	Taitila Until 4:29AM Tue	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Dvitiya Until 4:19PM	Bhadrapada*Avani	Bhuloka Day
					Devaloka Time: 6:PM to 9:PM

3 Tuesday, August 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Yangon, Myanmar Sun 17 Sutra 135 Subhakrit 5124	
Kanya Rasi: 13.11	Tithi 3 – 4	Gulika 12:06PM – 1:40PM	Hasta Until 12:47AM Wed	Ganesha: Blue <i>Sunrise:</i> 5:52AM	
		Yama 8:59AM – 10:33AM	Subha Until 1:02AM Wed	Muruqa: White <i>Sunset:</i> 6:21PM	Moon 8 - Phase 19 - 17
	563865473	Rahu 3:13PM – 4:47PM	Vanija Until 4:30AM Wed	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Tritiya Until 4:31PM	Bhadrapada*Avani	Bhuloka Day
					Devaloka Time: 6:PM to 9:PM

4 Wednesday, August 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Yangon, Myanmar Sun 18 Sutra 136 Subhakrit 5124	
Kanya Rasi: 26.1	Tithi 4 – 5	Gulika 10:32AM – 12:06PM	Chitra Until 1:09AM Thu	Ganesha: Blue <i>Sunrise:</i> 5:52AM	
		Yama 7:26AM – 8:59AM	Sukla Until 11:44PM	Muruqa: White <i>Sunset:</i> 6:20PM	Moon 8 - Phase 19 - 18
	563865473	Rahu 12:06PM – 1:39PM	Bava Until 4:08AM Thu	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Chaturthi* Until 4:21PM	Bhadrapada*Avani	Bhuloka Day
Until 1:09AM Thu					Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga					

5 Thursday, September 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 137 Subhakrit 5124	
Tula Rasi: 9.2	Tithi 5 – 6	Gulika 8:59AM – 10:32AM	Svati Until 1:00AM Fri	Ganesha: Red <i>Sunrise:</i> 5:52AM	
		Yama 5:52AM – 7:26AM	Brahma Until 10:08PM	Muruqa: White <i>Sunset:</i> 6:19PM	Moon 8 - Phase 19 - 19
	563965473	Rahu 1:39PM – 3:12PM	Kaulava Until 3:22AM Fri	Nataraja: Clear	3rd Phase
Creative Work	Amrita Yoga		Panchami Until 3:47PM	Bhadrapada*Avani	Devaloka Day
Until 1:00AM Fri					
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 Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 138 Subhakrit 5124	
Tula Rasi: 22.43	Tithi 6 – 7	Gulika 7:26AM – 8:59AM	Vishakha Until 12:44AM Sat	Ganesha: Blue <i>Sunrise:</i> 5:52AM	
		Yama 3:12PM – 4:45PM	Indra Until 8:13PM	Muruqa: White <i>Sunset:</i> 6:18PM	Moon 8 - Phase 19 - 20
	573965473	Rahu 10:32AM – 12:05PM	Gara Until 2:11AM Sat	Nataraja: Clear	3rd Phase
Creative Work	Siddha Yoga		Shashthi* Until 2:48PM	Bhadrapada*Avani	Sivaloka Day

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 139 Subhakrit 5124	
Vrischika Rasi: 6.2	Tithi 7 – 8	Gulika 5:52AM – 7:26AM	Anuradha Until 11:54PM	Ganesha: Yellow <i>Sunrise:</i> 5:52AM	
		Yama 1:38PM – 3:11PM	Vaidhriti* Until 5:56PM	Muruqa: White <i>Sunset:</i> 6:18PM	Moon 8 - Phase 19 - 21
	574965473	Rahu 8:59AM – 10:32AM	Visti Until 12:35AM Sun	Nataraja: Clear	Ashtami
Creative Work	Siddha Yoga		Saptami Until 1:25PM	Bhadrapada*Avani	Devaloka Day

Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 140 Subhakrit 5124	
Vrischika Rasi: 20.13	Tithi 8 – 9	Gulika 3:11PM – 4:44PM	Jyeshtha* Until 10:31PM	Ganesha: Yellow <i>Sunrise:</i> 5:53AM	
		Yama 12:05PM – 1:38PM	Vishkambha* Until 3:19PM	Muruqa: White <i>Sunset:</i> 6:17PM	Moon 8 - Phase 19 - 22
	574965473	Rahu 4:44PM – 6:17PM	Balava Until 10:35PM	Nataraja: Clear	Navami
Routine Work	Marana Yoga		Ashtami* Until 11:37AM	Bhadrapada*Avani	Devaloka Day
Until 10:31PM					
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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Monday, September 5, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Yangon, Myanmar Sun 23 Sutra 141 Subhakrit 5124
	Dhanus Rasi: 4.2 Tilthi 9 – 10	Gulika 1:37PM – 3:10PM	Mula* Until 9:02PM	Ganesha: White <i>Sunrise:</i> 5:53AM
Family Home Evening	584965473	Yama 10:31AM – 12:04PM	Priti Until 12:25PM	Muruqa: White <i>Sunset:</i> 6:16PM
Creative Work Siddha Yoga		Rahu 7:26AM – 8:59AM	Taitila Until 8:12PM	Nataraja: Clear
Until 9:02PM			Navami* Until 9:25AM	Moon – Light Blue
Then Routine Work - Marana Yoga				Bhadrpada*Avani
				Bhuloka Day Devaloka Time: 6:PM to 9:PM

2	Tuesday, September 6, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha* Nakshatra Ayushman/Saubhagya Yoga Gara/Visti* Karana Dashami/Ekadashyam Titau		Yangon, Myanmar Sun 24 Sutra 142 Subhakrit 5124
	Dhanus Rasi: 18.43 Tilthi 10 – 11	Gulika 12:04PM – 1:37PM	Purvashadha* Until 7:06PM	Ganesha: White <i>Sunrise:</i> 5:53AM
584965473	Yama 8:58AM – 10:31AM	Ayushman Until 9:12AM	Visti Until 4:03AM Wed	Muruqa: White <i>Sunset:</i> 6:15PM
Creative Work Siddha Yoga		Rahu 3:10PM – 4:42PM	Dashami Until 6:52AM	Nataraja: Clear
Until 7:06PM				Moon – Light Blue
Then Routine Work - Prabararishta Yoga				Bhadrpada*Avani
				Bhuloka Day Devaloka Time: 6:PM to 9:PM

3	Wednesday, September 7, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau		Yangon, Myanmar Sun 25 Sutra 143 Subhakrit 5124
	Makara Rasi: 3.17 Tilthi 12	Gulika 10:31AM – 12:04PM	Uttarashadha Until 4:50PM	Ganesha: White <i>Sunrise:</i> 5:53AM
584965473	Yama 7:26AM – 8:58AM	Sobhana Until 2:14AM Thu	Bava Until 2:35PM	Muruqa: White <i>Sunset:</i> 6:14PM
Creative Work Amrita Yoga		Rahu 12:04PM – 1:36PM	Dvadashi Until 1:04AM Thu	Nataraja: Clear
Until 4:50PM				Moon – Light Blue
Then Creative Work - Siddha Yoga				Bhadrpada*Avani
				Bhuloka Day Devaloka Time: 6:PM to 9:PM

4	Thursday, September 8, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Yangon, Myanmar Sun 26 Sutra 144 Subhakrit 5124
	Makara Rasi: 17.58 Tilthi 13	Gulika 8:58AM – 10:31AM	Shravana Until 2:45PM	Ganesha: Clear <i>Sunrise:</i> 5:53AM
594965473	Yama 5:53AM – 7:26AM	Athiganda* Until 10:39PM	Kaulava Until 11:34AM	Muruqa: White <i>Sunset:</i> 6:14PM
Creative Work Siddha Yoga		Rahu 1:36PM – 3:08PM	Trayodashi Until 10:03PM	Nataraja: Clear
		Avani Avittam		Moon – Purple
				Bhadrpada*Avani
				Devaloka Day
				<i>Pradosha Vrata</i>

5	Friday, September 9, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukarma Yoga Gara/Vanija Karana Chaturdashyam Titau		Yangon, Myanmar Sun 27 Sutra 145 Subhakrit 5124
	Kumbha Rasi: 2.39 Tilthi 14	Gulika 7:26AM – 8:58AM	Dhanishtha Until 12:34PM	Ganesha: Clear <i>Sunrise:</i> 5:53AM
594965473	Yama 3:08PM – 4:40PM	Sukarma Until 7:10PM	Gara Until 8:35AM	Muruqa: White <i>Sunset:</i> 6:13PM
Creative Work Siddha Yoga		Rahu 10:31AM – 12:03PM	Chaturdashi* Until 7:08PM	Nataraja: Clear
		Chidambaram Abhishekam		Moon – Purple
				Bhadrpada*Avani
				Devaloka Day

	Saturday, September 10, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Shalabhishak/Purvaprosarthapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Yangon, Myanmar Sutra 146 Subhakrit 5124
	Kumbha Rasi: 17.13 Tilthi 15 – 16	Gulika 5:53AM – 7:26AM	Shatabhishak Until 10:28AM	Ganesha: Clear <i>Sunrise:</i> 5:53AM
594965473	Yama 1:35PM – 3:07PM	Dhriti Until 3:55PM	Balava Until 3:19AM Sun	Muruqa: White <i>Sunset:</i> 6:12PM
Creative Work Amrita Yoga		Rahu 8:58AM – 10:30AM	Purnima* Until 4:29PM	Nataraja: Clear
Until 10:28AM				Moon – Purple
Then Routine Work - Marana Yoga				Bhadrpada*Avani
				Devaloka Day

Silver Retreat Star	Sunday, September 11, 2022	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaprosarthapada*/Uttaraprosarthapada Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sutra 147 Subhakrit 5124
	Meena Rasi: 1.32 Tilthi 16 – 17	Gulika 3:07PM – 4:39PM	Purvaprosarthapada* Until 9:01AM	Ganesha: Clear <i>Sunrise:</i> 5:53AM
514965473	Yama 12:02PM – 1:35PM	Shula* Until 12:58PM	Taitila Until 1:21AM Mon	Muruqa: White <i>Sunset:</i> 6:11PM
Creative Work Siddha Yoga		Rahu 4:39PM – 6:11PM	Prathama* Until 2:15PM	Nataraja: Clear
Until 9:01AM		Grandparent's Day		Moon – Clear
Then Creative Work - Amrita Yoga				Bhadrpada*Avani
				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



Monday, September 12, 2022

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 15.32 Tithi 17 - 18

Family Home Evening

Creative Work Siddha Yoga

514965473

Gulika

1:34PM - 3:06PM

Yama

10:30AM - 12:02PM

Rahu

7:26AM - 8:58AM

Uttaraproshtapada Until 7:57AM

Ganda* Until 10:29AM

Vanija Until 12:01AM Tue

Dvitiya Until 12:35PM

Ganesha: Clear

Sunrise: 5:53AM

Muruqa: White

Sunset: 6:10PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Bhadrapada-Avani

1 Tuesday, September 13, 2022

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

Yangon, Myanmar

Sun 2 Sutra 149

Subhakrit 5124

Meena Rasi: 29.07 Tithi 18 - 19

Creative Work Siddha Yoga

514965473

Gulika

12:02PM - 1:34PM

Yama

8:58AM - 10:30AM

Rahu

3:06PM - 4:38PM

Revati Until 7:25AM

Vridhi Until 8:34AM

Bava Until 11:26PM

Tritiya Until 11:36AM

Ganesha: Clear

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:10PM

Nataraja: Clear

Moon - Clear

Devaloka Day

Bhadrapada-Avani

2 Wednesday, September 14, 2022

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

Yangon, Myanmar

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 12.17 Tithi 19 - 20

Routine Work Marana Yoga

Until 7:55AM

Then Creative Work - Siddha Yoga

524965473

Gulika

10:29AM - 12:01PM

Yama

7:26AM - 8:57AM

Rahu

12:01PM - 1:33PM

Ashvini Until 7:55AM

Dhruva Until 7:14AM

Kaulava Until 11:39PM

Chaturthi* Until 11:25AM

Ganesha: White

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:09PM

Nataraja: Clear

Moon - White

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Bhadrapada-Avani

3 Thursday, September 15, 2022

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

Yangon, Myanmar

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 25.03 Tithi 20 - 21

Creative Work Siddha Yoga

Until 9:04AM

Then Routine Work - Marana Yoga

525965473

Gulika

8:57AM - 10:29AM

Yama

5:54AM - 7:26AM

Rahu

1:33PM - 3:04PM

Bharani Until 9:04AM

Vyaghata* Until 6:33AM

Gara Until 12:38AM Fri

Panchami Until 12:02PM

Ganesha: Clear

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:08PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada-Avani

4 Friday, September 16, 2022

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

Yangon, Myanmar

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 7.28 Tithi 21 - 22

Creative Work Siddha Yoga

Until 10:47AM

Then Routine Work - Marana Yoga

525965473

Gulika

7:26AM - 8:57AM

Yama

3:04PM - 4:36PM

Rahu

10:29AM - 12:01PM

Krittika Until 10:47AM

Harshana Until 6:29AM

Visti Until 2:19AM Sat

Shashthi* Until 1:23PM

Ganesha: Clear

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:07PM

Nataraja: Clear

Moon - White

Devaloka Day

Bhadrapada-Avani

5 Saturday, September 17, 2022

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

Yangon, Myanmar

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 19.37 Tithi 22 - 23

Creative Work Amrita Yoga

Until 1:25PM

Then Creative Work - Siddha Yoga

535965473

Gulika

5:54AM - 7:26AM

Yama

1:32PM - 3:03PM

Rahu

8:57AM - 10:29AM

Rohini Until 1:25PM

Vajra* Until 6:52AM

Balava Until 4:28AM Sun

Saptami Until 3:20PM

Ganesha: White

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:06PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 1.35 Tithi 23 - 24

Creative Work Siddha Yoga

535965473

Gulika

3:03PM - 4:34PM

Yama

12:00PM - 1:31PM

Rahu

4:34PM - 6:06PM

Mrigashira Until 4:14PM

Siddhi Until 7:36AM

Taitila Until 6:53AM Mon

Ashtami* Until 5:39PM

Ganesha: White

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:06PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

Monday, September 19, 2022

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 155

Subhakrit 5124

Mithuna Rasi: 13.28 Tithi 24

Family Home Evening

Creative Work Siddha Yoga

Until 7:03PM

Then Creative Work - Amrita Yoga

535965473

Gulika

1:31PM - 3:02PM

Yama

10:28AM - 11:59AM

Rahu

7:25AM - 8:57AM

Ardra Until 7:03PM

Vyatipata* Until 8:31AM

Taitila Until 6:53AM

Navami* Until 8:06PM

Ganesha: White

Sunrise: 5:54AM

Muruqa: White

Sunset: 6:05PM

Nataraja: Clear

Moon - Yellow

Sivaloka Day

Bhadrapada-Puratasi

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Tuesday, September 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Dashamyam Titau				Yangon, Myanmar Sun 9 Sutra 156
	Mithuna Rasi: 25.2	Tithi 25	Gulika 11:59AM – 1:30PM	Punarvasu Until 10:06PM	Ganesha: Yellow <i>Sunrise:</i> 5:54AM		Subhakrit 5124
			Yama 8:57AM – 10:28AM	Variyan Until 9:24AM	Muruqa: White <i>Sunset:</i> 6:04PM		Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga	545965473	Rahu 3:02PM – 4:33PM	Vanija Until 9:19AM	Nataraja: Clear		2nd Phase
			Dashami Until 10:28PM	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

2	Wednesday, September 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Pushya Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Yangon, Myanmar Sun 10 Sutra 157
	Kataka Rasi: 7.16	Tithi 26	Gulika 10:28AM – 11:59AM	Pushya Until 12:45AM Thu	Ganesha: Yellow <i>Sunrise:</i> 5:54AM		Subhakrit 5124
			Yama 7:25AM – 8:57AM	Parigha* Until 10:10AM	Muruqa: White <i>Sunset:</i> 6:03PM		Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga	545965473	Rahu 11:59AM – 1:30PM	Bava Until 11:35AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 12:34AM Thu	Moon – Blue		Devaloka Day	
				Bhadrapada-Puratasi			

3	Thursday, September 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Yangon, Myanmar Sun 11 Sutra 158
	Kataka Rasi: 19.18	Tithi 27	Gulika 8:56AM – 10:27AM	Ashlesha* Until 2:50AM Fri	Ganesha: Yellow <i>Sunrise:</i> 5:54AM		Subhakrit 5124
			Yama 5:54AM – 7:25AM	Shiva Until 10:42AM	Muruqa: White <i>Sunset:</i> 6:02PM		Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga	545965473	Rahu 1:29PM – 3:00PM	Kaulava Until 1:29PM	Nataraja: Clear		2nd Phase
Until 2:50AM Fri			Dvadashi* Until 2:16AM Fri	Moon – Blue		Devaloka Day	
Then Routine Work - Marana Yoga				Bhadrapada-Puratasi			

4	Friday, September 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Yangon, Myanmar Sun 12 Sutra 159
	Simha Rasi: 1.31	Tithi 28	Gulika 7:25AM – 8:56AM	Magha* Until 4:48AM Sat	Ganesha: Red <i>Sunrise:</i> 5:55AM		Subhakrit 5124
			Yama 3:00PM – 4:31PM	Siddha Until 10:51AM	Muruqa: White <i>Sunset:</i> 6:01PM		Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga	555965473	Rahu 10:27AM – 11:58AM	Gara Until 2:57PM	Nataraja: Clear		2nd Phase
Until 4:48AM Sat			Trayodashi* Until 3:29AM Sat	Moon – Red		Devaloka Day	
Then Creative Work - Siddha Yoga				Bhadrapada-Puratasi			
				<i>Pradosha Vrata (Fasting)</i>			

5	Saturday, September 24, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Yangon, Myanmar Sun 13 Sutra 160
	Simha Rasi: 13.57	Tithi 29	Gulika 5:55AM – 7:25AM	Purvaphalguni Until 6:06AM Sun	Ganesha: Red <i>Sunrise:</i> 5:55AM		Subhakrit 5124
			Yama 1:28PM – 2:59PM	Sadhya Until 10:39AM	Muruqa: White <i>Sunset:</i> 6:01PM		Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga	555965473	Rahu 8:56AM – 10:27AM	Visti Until 3:56PM	Nataraja: Clear		2nd Phase
Until 6:06AM Sun			Chaturdashi* Until 4:12AM Sun	Moon – Red		Devaloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi			

●	Sunday, September 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Yangon, Myanmar Sun 14 Sutra 161
	Retreat Star		Gulika 2:59PM – 4:29PM	Purvaphalguni Until 6:06AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM		Subhakrit 5124
	Simha Rasi: 26.36	Tithi 30	Yama 11:57AM – 1:28PM	Subha Until 10:04AM	Muruqa: White <i>Sunset:</i> 6:00PM		Moon 9 - Phase 22 - 14
	Creative Work Siddha Yoga	556165473	Rahu 4:29PM – 6:00PM	Catuspada Until 4:23PM	Nataraja: Clear		Amavasya
Until 6:06AM			Amavasya* Until 4:24AM Mon	Moon – Red		Bhuloka Day	
Then Creative Work - Amrita Yoga				Bhadrapada-Puratasi		Devaloka Time: 6:PM to 9:PM	

●	Monday, September 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Yangon, Myanmar Sun 15 Sutra 162
	Retreat Star		Gulika 1:28PM – 2:58PM	Uttaraphalguni Until 6:45AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM		Subhakrit 5124
	Kanya Rasi: 9.3	Tithi 1	Yama 10:26AM – 11:57AM	Sukla Until 9:03AM	Muruqa: White <i>Sunset:</i> 5:59PM		Moon 9 - Phase 22 - 15
	Family Home Evening	556165473	Rahu 7:25AM – 8:56AM	Kintughna Until 4:20PM	Nataraja: Clear		Prathama
Creative Work Siddha Yoga			Prathama* Until 4:08AM Tue	Moon – Red		Bhuloka Day	
				Ashvina-Puratasi		Devaloka Time: 6:PM to 9:PM	
			Navaratri Begins				

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Tuesday, September 27, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau				Yangon, Myanmar Sun 16 Sutra 163
	Kanya Rasi: 22.38	Tithi 2	Gulika 11:57AM – 1:27PM	Hasta Until 7:15AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM	<i>Sunset:</i> 5:58PM	Subhakarit 5124
			Yama 8:56AM – 10:26AM	Brahma Until 7:41AM	Muruga: White		Moon 9 - Phase 23 - 16
	566165473	Rahu 2:57PM – 4:28PM	Balava Until 3:51PM	Dvitiya Until 3:27AM Wed	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

2	Wednesday, September 28, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau				Yangon, Myanmar Sun 17 Sutra 164
	Tula Rasi: 5.59	Tithi 3	Gulika 10:26AM – 11:56AM	Chitra Until 7:11AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM	<i>Sunset:</i> 5:57PM	Subhakarit 5124
			Yama 7:25AM – 8:56AM	Indra Until 6:01AM	Muruga: White		Moon 9 - Phase 23 - 17
	666165473	Rahu 11:56AM – 1:27PM	Taitila Until 2:59PM	Tritiya Until 2:24AM Thu	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

3	Thursday, September 29, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkamba* Yoga Vanija/Visiti* Karana Chaturthyam Titau				Yangon, Myanmar Sun 18 Sutra 165
	Tula Rasi: 19.32	Tithi 4	Gulika 8:56AM – 10:26AM	Svati Until 6:39AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM	<i>Sunset:</i> 5:57PM	Subhakarit 5124
			Yama 5:55AM – 7:25AM	Vishkamba* Until 1:49AM Fri	Muruga: White		Moon 9 - Phase 23 - 18
	666165473	Rahu 1:26PM – 2:56PM	Vanija Until 1:47PM	Chaturthi* Until 1:04AM Fri	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga			Moon – Green		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
Until 6:39AM							
Then Creative Work - Siddha Yoga							

4	Friday, September 30, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti Yoga Bava/Vanija Karana Panchamyam Titau				Yangon, Myanmar Sun 19 Sutra 166
	Vrischika Rasi: 3.16	Tithi 5	Gulika 7:25AM – 8:56AM	Vishakha Until 6:07AM	Ganesha: Blue <i>Sunrise:</i> 5:55AM	<i>Sunset:</i> 5:56PM	Subhakarit 5124
			Yama 2:56PM – 4:26PM	Priti Until 11:26PM	Muruga: White		Moon 9 - Phase 23 - 19
	676165473	Rahu 10:26AM – 11:56AM	Bava Until 12:19PM	Panchami Until 11:28PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Moon – Orange		Bhuloka Day Devaloka Time: 6:PM to 9:PM	

5	Saturday, October 1, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau				Yangon, Myanmar Sun 20 Sutra 167
	Vrischika Rasi: 17.07	Tithi 6	Gulika 5:56AM – 7:25AM	Jyeshtha* Until 3:56AM Sun	Ganesha: Blue <i>Sunrise:</i> 5:56AM	<i>Sunset:</i> 5:58PM	Subhakarit 5124
			Yama 1:25PM – 2:55PM	Ayushman Until 8:51PM	Muruga: White		Moon 9 - Phase 23 - 20
	676165473	Rahu 8:55AM – 10:25AM	Kaulava Until 10:37AM	Shashthi* Until 9:40PM	Nataraja: Clear		3rd Phase
Creative Work	Siddha Yoga			Moon – Orange		Bhuloka Day Devaloka Time: 6:PM to 9:PM	
Until 3:56AM Sun							
Then Creative Work - Amrita Yoga							

6	Sunday, October 2, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya Yoga Gara/Vanija Karana Saplamyam Titau				Yangon, Myanmar Sun 21 Sutra 168
	Dhanus Rasi: 1.07	Tithi 7	Gulika 2:55PM – 4:24PM	Mula* Until 2:47AM Mon	Ganesha: Blue <i>Sunrise:</i> 5:56AM	<i>Sunset:</i> 5:54PM	Subhakarit 5124
			Yama 11:55AM – 1:25PM	Saubhagya Until 6:08PM	Muruga: Green		Moon 9 - Phase 23 - 21
	687166473	Rahu 4:24PM – 5:54PM	Gara Until 8:43AM	Saptami Until 7:42PM	Nataraja: Clear		3rd Phase
Creative Work	Amrita Yoga			Moon – Light Blue		Sivaloka Day	
Until 2:47AM Mon				Ashvina+Puratasi			
Then Routine Work - Marana Yoga							

D	Monday, October 3, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Visiti*/Balava Karana Ashtami/Navamyam Titau				Yangon, Myanmar Sun 22 Sutra 169
	Retreat Star		Gulika 1:24PM – 2:54PM	Purvashadha* Until 1:22AM Tue	Ganesha: Blue <i>Sunrise:</i> 5:56AM	<i>Sunset:</i> 5:54PM	Subhakarit 5124
	Dhanus Rasi: 15.13	Tithi 8 – 9	Yama 10:25AM – 11:55AM	Sobhana Until 3:18PM	Muruga: Green		Moon 9 - Phase 23 - 22
	Family Home Evening	687166473	Rahu 7:26AM – 8:55AM	Visiti Until 6:40AM	Nataraja: Clear		Ashtami
Routine Work	Marana Yoga			Moon – Light Blue		Sivaloka Day	
Until 1:22AM Tue		Durga Ashtami	Ashtami* Until 5:35PM	Ashvina+Puratasi			
Then Routine Work - Prabalarishta Yoga							

D	Tuesday, October 4, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Yangon, Myanmar Sun 23 Sutra 170
	Retreat Star		Gulika 11:54AM – 1:24PM	Uttarashadha Until 11:42PM	Ganesha: Blue <i>Sunrise:</i> 5:56AM	<i>Sunset:</i> 5:53PM	Subhakarit 5124
	Dhanus Rasi: 29.24	Tithi 9 – 10	Yama 8:55AM – 10:25AM	Athiganda* Until 12:21PM	Muruga: Green		Moon 9 - Phase 23 - 23
	687166473	Rahu 2:54PM – 4:23PM	Taitila Until 2:13AM Wed	Navami* Until 3:20PM	Nataraja: Clear		Navami
Routine Work	Prabalarishta Yoga			Moon – Light Blue		Sivaloka Day	
Until 11:42PM		Saraswathi Puja (Tamil Nadu)		Ashvina+Puratasi			
Then Creative Work - Siddha Yoga							

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,


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1	Wednesday, October 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau				Yangon, Myanmar
	Makara Rasi: 13.39	Tithi 10 - 11	Gulika 10:25AM - 11:54AM	Shravana Until 10:16PM	Ganesha: Yellow <i>Sunrise:</i> 5:56AM	Sun 24	Sutra 171
			Yama 7:26AM - 8:55AM	Sukarma Until 9:20AM	Muruqa: Green <i>Sunset:</i> 5:52PM		Subhakrit 5124
		697166473	Rahu 11:54AM - 1:24PM	Vanija Until 11:54PM	Nataraja: Clear	Moon 9 - Phase 24 - 24	4th Phase
Creative Work Siddha Yoga			Vijaya Dasami	Dashami Until 1:02PM	Ashvina+Puratasi	Devaloka Day	
Until 10:16PM							
Then Routine Work - Prabalarishta Yoga							

2	Thursday, October 6, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar
	Makara Rasi: 27.55	Tithi 11 - 12	Gulika 8:55AM - 10:24AM	Dhanishtha Until 8:44PM	Ganesha: Yellow <i>Sunrise:</i> 5:56AM	Sun 25	Sutra 172
			Yama 5:56AM - 7:26AM	Dhriti Until 6:20AM	Muruqa: Green <i>Sunset:</i> 5:51PM		Subhakrit 5124
		697166473	Rahu 1:23PM - 2:53PM	Bava Until 9:37PM	Nataraja: Clear	Moon 9 - Phase 24 - 25	4th Phase
Creative Work Siddha Yoga			Ekadashi Until 10:44AM	Ashvina+Puratasi	Devaloka Day		

3	Friday, October 7, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Kumbha Rasi: 12.08	Tithi 12 - 13	Gulika 7:26AM - 8:55AM	Shatabhishak Until 7:11PM	Ganesha: Yellow <i>Sunrise:</i> 5:56AM	Sun 26	Sutra 173
			Yama 2:52PM - 4:21PM	Ganda* Until 12:31AM Sat	Muruqa: Green <i>Sunset:</i> 5:51PM		Subhakrit 5124
		697166473	Rahu 10:24AM - 11:53AM	Kaulava Until 7:28PM	Nataraja: Clear	Moon 9 - Phase 24 - 26	4th Phase
Creative Work Siddha Yoga			Dvadashi Until 8:30AM	Ashvina+Puratasi	Devaloka Day		
			<i>Pradosha Vrata</i>				

4	Saturday, October 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Vriddhi Yoga Talita/Vanija Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Kumbha Rasi: 26.15	Tithi 13 - 14	Gulika 5:57AM - 7:26AM	Purvaproshtapada* Until 6:09PM	Ganesha: White <i>Sunrise:</i> 5:57AM	Sun 27	Sutra 174
			Yama 1:22PM - 2:51PM	Vriddhi Until 9:55PM	Muruqa: Green <i>Sunset:</i> 5:50PM		Subhakrit 5124
		618166474	Rahu 8:55AM - 10:24AM	Vanija Until 4:43AM Sun	Nataraja: Purple	Moon 9 - Phase 24 - 27	4th Phase
Routine Work Marana Yoga			Trayodashi Until 6:28AM	Ashvina+Puratasi	Bhuloka Day		
Until 6:09PM							
Then Creative Work - Siddha Yoga			Chidambaram Abhishekam				

	Sunday, October 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Dhruva Yoga Visti*/Bava Karana Purnimayam Titau				Yangon, Myanmar
	Copper Retreat Star		Gulika 2:51PM - 4:20PM	Uttaraproshtapada Until 5:20PM	Ganesha: White <i>Sunrise:</i> 5:57AM	Sun 28	Sutra 175
	Meena Rasi: 10.1	Tithi 15	Yama 11:53AM - 1:22PM	Dhruva Until 7:35PM	Muruqa: Green <i>Sunset:</i> 5:49PM		Subhakrit 5124
		618166474	Rahu 4:20PM - 5:49PM	Visti Until 4:01PM	Nataraja: Purple	Moon 9 - Phase 24 - 24	Purnima
Creative Work Amrita Yoga			Purnima* Until 3:24AM Mon	Ashvina+Puratasi	Bhuloka Day		

	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				Yangon, Myanmar
	Silver Retreat Star		Gulika 1:22PM - 2:50PM	Revati Until 4:51PM	Ganesha: White <i>Sunrise:</i> 5:57AM	Sun 29	Sutra 176
	Meena Rasi: 23.5	Tithi 16	Yama 10:24AM - 11:53AM	Vyaghata* Until 5:40PM	Muruqa: Green <i>Sunset:</i> 5:48PM		Subhakrit 5124
	Family Home Evening	618166474	Rahu 7:26AM - 8:55AM	Balava Until 2:58PM	Nataraja: Purple	Moon 9 - Phase 24 - 24	Prathama
Creative Work Siddha Yoga			Prathama* Until 2:37AM Tue	Ashvina+Puratasi	Bhuloka Day		



Tuesday, October 11, 2022

Gold Retreat Star

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

Yangon, Myanmar

Sutra 177

Subhakarit 5124

Mesha Rasi: 7.11 Tithi 17

628176474

Gulika 11:52AM – 1:21PM
Yama 8:55AM – 10:24AM
Rahu 2:50PM – 4:19PM

Ashvini Until 5:15PM
Harshana Until 4:14PM
Taitila Until 2:29PM

Ganesha: Yellow *Sunrise:* 5:57AM
Muruqa: White *Sunset:* 5:48PM
Nataraja: Purple

Moon 10 - Phase 25 - 1st Phase

Creative Work Siddha Yoga

Dvitiya Until 2:28AM Wed

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

1

Wednesday, October 12, 2022

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

Yangon, Myanmar

Sun 1 Sutra 178

Subhakarit 5124

Mesha Rasi: 20.12 Tithi 18

628176474

Gulika 10:23AM – 11:52AM
Yama 7:26AM – 8:55AM
Rahu 11:52AM – 1:21PM

Bharani Until 6:08PM
Vajra* Until 3:17PM
Vanija Until 2:40PM

Ganesha: Yellow *Sunrise:* 5:57AM
Muruqa: White *Sunset:* 5:47PM
Nataraja: Purple

Moon 10 - Phase 25 - 1st Phase

Creative Work Siddha Yoga

Tritiya Until 3:00AM Thu

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Until 6:08PM

Then Creative Work - Amrita Yoga

2

Thursday, October 13, 2022

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

Yangon, Myanmar

Sun 2 Sutra 179

Subhakarit 5124

Vrishabha Rasi: 2.53 Tithi 19

628176474

Gulika 8:55AM – 10:23AM
Yama 5:58AM – 7:26AM
Rahu 1:20PM – 2:49PM

Krittika Until 7:31PM
Siddhi Until 2:53PM
Bava Until 3:32PM

Ganesha: Yellow *Sunrise:* 5:58AM
Muruqa: White *Sunset:* 5:46PM
Nataraja: Purple

Moon 10 - Phase 25 - 2 1st Phase

Routine Work Marana Yoga

Chaturthi* Until 4:11AM Fri

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

3

Friday, October 14, 2022

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

Yangon, Myanmar

Sun 3 Sutra 180

Subhakarit 5124

Vrishabha Rasi: 15.17 Tithi 20

638176474

Gulika 7:26AM – 8:55AM
Yama 2:49PM – 4:17PM
Rahu 10:23AM – 11:52AM

Rohini Until 9:49PM
Vyatipata* Until 2:58PM
Kaulava Until 5:02PM

Ganesha: Blue *Sunrise:* 5:58AM
Muruqa: White *Sunset:* 5:46PM
Nataraja: Purple

Moon 10 - Phase 25 - 3 1st Phase

Routine Work Marana Yoga

Panchami Until 5:57AM Sat

Ashvina+Puratasi

Bhuloka Day

Until 9:49PM

Then Creative Work - Siddha Yoga

4

Saturday, October 15, 2022

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

Yangon, Myanmar

Sun 4 Sutra 181

Subhakarit 5124

Vrishabha Rasi: 27.26 Tithi 21

639176474

Gulika 5:58AM – 7:26AM
Yama 1:20PM – 2:48PM
Rahu 8:55AM – 10:23AM

Mrigashira Until 12:25AM Sun
Variyan Until 3:26PM
Gara Until 7:02PM

Ganesha: Red *Sunrise:* 5:58AM
Muruqa: White *Sunset:* 5:45PM
Nataraja: Purple

Moon 10 - Phase 25 - 4 1st Phase

Creative Work Siddha Yoga

Shashthi* Until 8:09AM Sun

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

5

Sunday, October 16, 2022

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

Yangon, Myanmar

Sun 5 Sutra 182

Subhakarit 5124

Mithuna Rasi: 9.26 Tithi 21 – 22

639176474

Gulika 2:48PM – 4:16PM
Yama 11:51AM – 1:19PM
Rahu 4:16PM – 5:44PM

Ardra Until 3:07AM Mon
Parigha* Until 4:10PM
Visti Until 9:22PM

Ganesha: Red *Sunrise:* 5:58AM
Muruqa: White *Sunset:* 5:44PM
Nataraja: Purple

Moon 10 - Phase 25 - 5 1st Phase

Creative Work Siddha Yoga

Shashthi* Until 8:09AM

Ashvina+Puratasi

Bhuloka Day

Devaloka Time: 9:AM to 12:PM

Until 3:07AM Mon

Then Creative Work - Amrita Yoga

6

Monday, October 17, 2022

Retreat Star

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

Yangon, Myanmar

Sun 6 Sutra 183

Subhakarit 5124

Mithuna Rasi: 21.2 Tithi 22 – 23

649176474

Gulika 1:19PM – 2:47PM
Yama 10:23AM – 11:51AM
Rahu 7:27AM – 8:55AM

Punarvasu Until 6:12AM Tue
Shiva Until 5:02PM
Balava Until 11:48PM

Ganesha: Green *Sunrise:* 5:58AM
Muruqa: White *Sunset:* 5:44PM
Nataraja: Purple

Moon 10 - Phase 25 - 6 Ashtami

Creative Work Amrita Yoga

Saptami Until 10:34AM

Ashvina+Puratasi

Devaloka Day

Until 6:12AM Tue

Then Creative Work - Siddha Yoga

Tuesday, October 18, 2022

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 184

Subhakarit 5124

Kataka Rasi: 3.13 Tithi 23 – 24

649176474

Gulika 11:51AM – 1:19PM
Yama 8:55AM – 10:23AM
Rahu 2:47PM – 4:15PM

Punarvasu Until 6:12AM
Siddha Until 5:50PM
Taitila Until 2:09AM Wed

Ganesha: Green *Sunrise:* 5:59AM
Muruqa: White *Sunset:* 5:43PM
Nataraja: Purple

Moon 10 - Phase 25 - 7 Navami

Creative Work Siddha Yoga

Ashtami* Until 12:59PM

Ashvina+Puratasi

Devaloka Day

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

www.gurudeva.org/panchang

1		Wednesday, October 19, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sadhya Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Yangon, Myanmar Sun 8 Sutra 185 Subhakarit 5124	
Kataka Rasi: 15.1	Tithi 24 – 25	649176474	Gulika 10:23AM – 11:51AM Yama 7:27AM – 8:55AM Rahu 11:51AM – 1:19PM	Pushya Until 8:59AM Sadhya Until 6:28PM Vanija Until 4:12AM Thu Navami* Until 3:12PM	Ganesha: Green <i>Sunrise: 5:59AM</i> Muruqa: White <i>Sunset: 5:42PM</i> Nataraja: Purple Moon – Blue	Devaloka Day Moon 10 - Phase 26 - 8 2nd Phase	
Creative Work Siddha Yoga				Ashvina•Aipasi			

2		Thursday, October 20, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha Yoga Visti*/Bava Karana Dashami/Ekodashyam Titau		Yangon, Myanmar Sun 9 Sutra 186 Subhakarit 5124	
Kataka Rasi: 27.14	Tithi 25 – 26	649276474	Gulika 8:55AM – 10:23AM Yama 5:59AM – 7:27AM Rahu 1:18PM – 2:46PM	Ashlesha* Until 11:17AM Subha Until 6:49PM Bava Until 5:47AM Fri Dashami Until 5:02PM	Ganesha: Red <i>Sunrise: 5:59AM</i> Muruqa: White <i>Sunset: 5:42PM</i> Nataraja: Purple Moon – Blue	Bhuloka Day Devaloka Time: 6:AM to 9:AM Moon 10 - Phase 26 - 9 2nd Phase	
Creative Work Siddha Yoga Until 11:17AM Then Creative Work - Amrita Yoga				Ashvina•Aipasi			

3		Friday, October 21, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla Yoga Balava Karana Ekadashyam Titau		Yangon, Myanmar Sun 10 Sutra 187 Subhakarit 5124	
Simha Rasi: 9.29	Tithi 26	659276474	Gulika 7:27AM – 8:55AM Yama 2:46PM – 4:13PM Rahu 10:23AM – 11:50AM	Magha* Until 1:25PM Sukla Until 6:43PM Balava Until 6:21PM Ekadashi* Until 6:21PM	Ganesha: Green <i>Sunrise: 5:59AM</i> Muruqa: White <i>Sunset: 5:41PM</i> Nataraja: Purple Moon – Red	Bhuloka Day Moon 10 - Phase 26 - 10 2nd Phase	
Routine Work Marana Yoga Until 1:25PM Then Creative Work - Siddha Yoga				Ashvina•Aipasi			

4		Saturday, October 22, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvadashyam Titau		Yangon, Myanmar Sun 11 Sutra 188 Subhakarit 5124	
Simha Rasi: 21.59	Tithi 27	659276474	Gulika 6:00AM – 7:27AM Yama 1:18PM – 2:45PM Rahu 8:55AM – 10:22AM	Purvaphalguni Until 2:48PM Brahma Until 6:09PM Kaulava Until 6:48AM Dvadashi* Until 7:03PM	Ganesha: Green <i>Sunrise: 6:00AM</i> Muruqa: White <i>Sunset: 5:40PM</i> Nataraja: Purple Moon – Red	Bhuloka Day Moon 10 - Phase 26 - 11 2nd Phase	
Creative Work Siddha Yoga Until 2:48PM Then Routine Work - Marana Yoga				Ashvina•Aipasi			

5		Sunday, October 23, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Trayodashyam Titau		Yangon, Myanmar Sun 12 Sutra 189 Subhakarit 5124	
Kanya Rasi: 4.47	Tithi 28	651276474	Gulika 2:45PM – 4:12PM Yama 11:50AM – 1:17PM Rahu 4:12PM – 5:40PM	Uttaraphalguni Until 3:25PM Indra Until 5:07PM Gara Until 7:10AM Trayodashi* Until 7:05PM	Ganesha: Purple <i>Sunrise: 6:00AM</i> Muruqa: White <i>Sunset: 5:40PM</i> Nataraja: Purple Moon – Red	Bhuloka Day Moon 10 - Phase 26 - 12 2nd Phase	
Creative Work Amrita Yoga				Ashvina•Aipasi			
				<i>Pradosha Vrata (Fasting)</i>			

6		Monday, October 24, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 13 Sutra 190 Subhakarit 5124	
Kanya Rasi: 17.55	Tithi 29	661276474	Gulika 1:17PM – 2:45PM Yama 10:22AM – 11:50AM Rahu 7:28AM – 8:55AM	Hasta Until 3:43PM Vaidhriti* Until 3:32PM Visti Until 6:53AM Chaturdashi* Until 6:30PM	Ganesha: Light Blue <i>Sunrise: 6:00AM</i> Muruqa: White <i>Sunset: 5:39PM</i> Nataraja: Purple Moon – Green	Bhuloka Day Moon 10 - Phase 26 - 13 2nd Phase	
Family Home Evening Creative Work Siddha Yoga Until 3:43PM Then Routine Work - Prabalarishta Yoga				Deepavali Hindu Solidarity Day			

Retreat Star		Tuesday, October 25, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Priti Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 191 Subhakarit 5124	
Tula Rasi: 1.22	Tithi 30 – 1	661276474	Gulika 11:50AM – 1:17PM Yama 8:55AM – 10:22AM Rahu 2:44PM – 4:12PM	Chitra Until 3:17PM Vishkambha* Until 1:31PM Kintughna Until 6:00AM Amavasya* Until 5:20PM	Ganesha: Light Blue <i>Sunrise: 6:01AM</i> Muruqa: White <i>Sunset: 5:39PM</i> Nataraja: Purple Moon – Green	Bhuloka Day Moon 10 - Phase 26 - 14 Amavasya	
Creative Work Siddha Yoga				Subramuniyaswami Mahasamadhi			

Retreat Star		Wednesday, October 26, 2022		Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 192 Subhakarit 5124	
Tula Rasi: 15.07	Tithi 1 – 2	661276474	Gulika 10:22AM – 11:50AM Yama 7:28AM – 8:55AM Rahu 11:50AM – 1:17PM	Svati Until 2:15PM Priti Until 11:07AM Balava Until 2:46AM Thu Prathama* Until 3:43PM	Ganesha: Light Blue <i>Sunrise: 6:01AM</i> Muruqa: White <i>Sunset: 5:38PM</i> Nataraja: Purple Moon – Green	Bhuloka Day Moon 10 - Phase 26 - 15 Prathama	
Creative Work Siddha Yoga				Skanda Shasthi Begins			
				Karttika•Aipasi			

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Thursday, October 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dviliya/Tritiyayam Titau				Yangon, Myanmar Sun 16 Sutra 193
	Tula Rasi: 29.07	Tithi 2 - 3	671276574	Gulika 8:55AM - 10:22AM	Vishakha Until 1:08PM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange	Sunrise: 6:01AM Sunset: 5:38PM Moon 10 - Phase 27 - 16 3rd Phase
	Creative Work	Siddha Yoga		Yama 6:01AM - 7:28AM	Ayushman Until 8:24AM	Karttika•Aipasi	Bhuloka Day Devaloka Time: 3:PM to 6:PM
				Rahu 1:17PM - 2:44PM	Taitila Until 12:39AM Fri Dvitiya Until 1:43PM		

2	Friday, October 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Yangon, Myanmar Sun 17 Sutra 194
	Vrischika Rasi: 13.19	Tithi 3 - 4	671276574	Gulika 7:28AM - 8:55AM	Anuradha Until 11:37AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange	Sunrise: 6:01AM Sunset: 5:37PM Moon 10 - Phase 27 - 17 3rd Phase
	Creative Work	Siddha Yoga		Yama 2:43PM - 4:10PM	Sobhana Until 2:24AM Sat Vanija Until 10:20PM	Karttika•Aipasi	Bhuloka Day Devaloka Time: 3:PM to 6:PM
				Rahu 10:22AM - 11:49AM	Tritiya Until 11:30AM		

3	Saturday, October 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha/Mula Nakshatra Athiganda* Yoga Visti/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 18 Sutra 195
	Vrischika Rasi: 27.37	Tithi 4 - 5	671276574	Gulika 6:02AM - 7:29AM	Jyeshtha* Until 9:51AM	Ganesha: Purple Muruqa: Clear Nataraja: Clear Moon - Orange	Sunrise: 6:02AM Sunset: 5:37PM Moon 10 - Phase 27 - 18 3rd Phase
	Creative Work	Siddha Yoga		Yama 1:16PM - 2:43PM	Athiganda* Until 11:15PM Bava Until 7:57PM	Karttika•Aipasi	Bhuloka Day Devaloka Time: 3:PM to 6:PM
				Rahu 8:56AM - 10:22AM	Chaturthi* Until 9:08AM		

4	Sunday, October 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula/Purvashadha Nakshatra Sukarma Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Yangon, Myanmar Sun 19 Sutra 196
	Dhanus Rasi: 11.56	Tithi 5 - 6	681276574	Gulika 2:43PM - 4:10PM	Mula* Until 8:19AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue	Sunrise: 6:02AM Sunset: 5:36PM Moon 10 - Phase 27 - 19 3rd Phase
	Creative Work	Amrita Yoga		Yama 11:49AM - 1:16PM	Sukarma Until 8:09PM Taitila Until 4:22AM Mon	Karttika•Aipasi	Devaloka Day
				Rahu 4:10PM - 5:36PM	Panchami Until 6:44AM		

5	Monday, October 31, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Saplamyam Titau				Yangon, Myanmar Sun 20 Sutra 197
	Dhanus Rasi: 26.14	Tithi 7	681276574	Gulika 1:16PM - 2:42PM	Purvashadha* Until 6:41AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon - Light Blue	Sunrise: 6:02AM Sunset: 5:36PM Moon 10 - Phase 27 - 20 3rd Phase
	Family Home Evening	Routine Work	Marana Yoga	Yama 10:22AM - 11:49AM	Dhriti Until 5:07PM Gara Until 3:15PM	Karttika•Aipasi	Devaloka Day
				Rahu 7:29AM - 8:56AM	Saptami Until 2:08AM Tue		

D	Tuesday, November 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula*/Ganda* Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar Sun 21 Sutra 198		
	Retreat Star		Makara Rasi: 10.28	Tithi 8	691276574	Gulika 11:49AM - 1:16PM	Shravana Until 3:51AM Wed	Ganesha: White Muruqa: Clear Nataraja: Clear Moon - Purple	Sunrise: 6:03AM Sunset: 5:35PM Moon 10 - Phase 27 - 21 Ashtami
	Creative Work	Siddha Yoga				Yama 8:56AM - 10:23AM	Shula* Until 2:11PM Visti Until 1:05PM	Karttika•Aipasi	Bhuloka Day Devaloka Time: 3:PM to 6:PM
						Rahu 2:42PM - 4:09PM	Ashtami* Until 12:03AM Wed		

D	Wednesday, November 2, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar Sun 22 Sutra 199		
	Retreat Star		Makara Rasi: 24.35	Tithi 9	692276574	Gulika 10:23AM - 11:49AM	Dhanishtha Until 2:44AM Thu	Ganesha: Green Muruqa: Clear Nataraja: Clear Moon - Purple	Sunrise: 6:03AM Sunset: 5:35PM Moon 10 - Phase 27 - 22 Navami
	Routine Work	Prabalarishta Yoga				Yama 7:30AM - 8:56AM	Ganda* Until 11:25AM Balava Until 11:07AM	Karttika•Aipasi	Bhuloka Day Devaloka Time: 3:PM to 6:PM
						Rahu 11:49AM - 1:16PM	Navami* Until 10:11PM		

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Thursday, November 3, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Yangon, Myanmar Sun 23 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 8.33	Tithi 10	Gulika 8:56AM – 10:23AM	Shatabhishak Until 1:42AM Fri	Ganesha: Green	<i>Sunrise:</i> 6:04AM	
			Yama 6:04AM – 7:30AM	Vriddhi Until 8:50AM	Muruqa: Clear	<i>Sunset:</i> 5:35PM	Moon 10 - Phase 28 - 23
	692276574		Rahu 1:15PM – 2:42PM	Taitila Until 9:21AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dashami Until 8:33PM	Moon – Purple		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
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2	Friday, November 4, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Yangon, Myanmar Sun 24 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 22.22	Tithi 11	Gulika 7:30AM – 8:57AM	Purvaproshtapada* Until 1:14AM Sat	Ganesha: Blue	<i>Sunrise:</i> 6:04AM	
			Yama 2:42PM – 4:08PM	Dhruva Until 6:26AM	Muruqa: Clear	<i>Sunset:</i> 5:34PM	Moon 10 - Phase 28 - 24
	612276574		Rahu 10:23AM – 11:49AM	Vanija Until 7:52AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 7:12PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
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3	Saturday, November 5, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Yangon, Myanmar Sun 25 Sutra 202 Subhakrit 5124
	Meena Rasi: 6.01	Tithi 12	Gulika 6:04AM – 7:31AM	Uttaraproshtapada Until 12:58AM Sun	Ganesha: Blue	<i>Sunrise:</i> 6:04AM	
			Yama 1:15PM – 2:41PM	Harshana Until 2:24AM Sun	Muruqa: Clear	<i>Sunset:</i> 5:34PM	Moon 10 - Phase 28 - 25
	612276574		Rahu 8:57AM – 10:23AM	Bava Until 6:40AM	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 6:10PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 12:58AM Sun				Karttika-Aipasi			
Then Creative Work - Amrita Yoga							
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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				Yangon, Myanmar Sun 26 Sutra 203 Subhakrit 5124
	Meena Rasi: 19.28	Tithi 13 – 14	Gulika 2:41PM – 4:07PM	Revati Until 12:55AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:05AM	
			Yama 11:49AM – 1:15PM	Vajra* Until 12:48AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:33PM	Moon 10 - Phase 28 - 26
	612276574		Rahu 4:07PM – 5:33PM	Gara Until 5:22AM Mon	Nataraja: Clear		4th Phase
Creative Work	Amrita Yoga		Trayodashi Until 5:31PM	Moon – Clear		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 12:55AM Mon				Karttika-Aipasi			
Then Creative Work - Siddha Yoga							
<i>Pradosha Vrata</i>							
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5	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				Yangon, Myanmar Sun 27 Sutra 204 Subhakrit 5124
	Mesha Rasi: 2.41	Tithi 14 – 15	Gulika 1:15PM – 2:41PM	Ashvini Until 1:37AM Tue	Ganesha: Blue	<i>Sunrise:</i> 6:05AM	
			Yama 10:23AM – 11:49AM	Siddhi Until 11:35PM	Muruqa: Clear	<i>Sunset:</i> 5:33PM	Moon 10 - Phase 28 - 27
	722276574		Rahu 7:31AM – 8:57AM	Visti Until 5:22AM Tue	Nataraja: Clear		4th Phase
Creative Work	Siddha Yoga		Chaturdashi* Until 5:17PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
				Karttika-Aipasi			
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○	Tuesday, November 8, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Yangon, Myanmar Sutra 205 Subhakrit 5124
	Copper Retreat Star		Gulika 11:49AM – 1:15PM	Bharani Until 2:38AM Wed	Ganesha: Blue	<i>Sunrise:</i> 6:06AM	
	Mesha Rasi: 15.41	Tithi 15 – 16	Yama 8:57AM – 10:23AM	Vyatipata* Until 10:44PM	Muruqa: Clear	<i>Sunset:</i> 5:33PM	Moon 10 - Phase 28 - Purnima
	722276574		Rahu 2:41PM – 4:07PM	Balava Until 5:53AM Wed	Nataraja: Clear		
Creative Work	Siddha Yoga		Purnima* Until 5:32PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 2:38AM Wed				Karttika-Aipasi			
Then Creative Work - Amrita Yoga							
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○	Wednesday, November 9, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Krittika Nakshatra Variyan Yoga Kaulava Karana Prathamayam Titau				Yangon, Myanmar Sutra 206 Subhakrit 5124
	Silver Retreat Star		Gulika 10:24AM – 11:49AM	Krittika Until 3:59AM Thu	Ganesha: Blue	<i>Sunrise:</i> 6:06AM	
	Mesha Rasi: 28.26	Tithi 16	Yama 7:32AM – 8:58AM	Variyan Until 10:16PM	Muruqa: Clear	<i>Sunset:</i> 5:33PM	Moon 10 - Phase 28 - Prathama
	722276574		Rahu 11:49AM – 1:15PM	Kaulava Until 6:19PM	Nataraja: Clear		
Creative Work	Amrita Yoga		Prathama* Until 6:19PM	Moon – White		Bhuloka Day Devaloka Time: 3:PM to 6:PM	
Until 3:59AM Thu				Karttika-Aipasi			
Then Routine Work - Marana Yoga							
<hr/>							

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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Thursday, November 10, 2022

Gold Retreat Star

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

Yangon, Myanmar

Sun 1 Sutra 207

Subhakit 5124

Vrishabha Rasi: 10.56 Tithi 17

732276574

Gulika 8:58AM – 10:24AM
Yama 6:07AM – 7:32AM
Rahu 1:15PM – 2:41PM

Rohini Until 6:09AM Fri
Parigha* Until 10:12PM
Taitila Until 6:55AM
Dvitiya Until 7:36PM

Ganesha: Red *Sunrise:* 6:07AM
Muruqa: Clear *Sunset:* 5:32PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 1
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 6:09AM Fri

Then Creative Work - Siddha Yoga

1

Friday, November 11, 2022

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

Yangon, Myanmar

Sun 2 Sutra 208

Subhakit 5124

Vrishabha Rasi: 23.14 Tithi 18

732276574

Gulika 7:33AM – 8:58AM
Yama 2:41PM – 4:06PM
Rahu 10:24AM – 11:50AM

Rohini Until 6:09AM
Shiva Until 10:30PM
Vanija Until 8:26AM
Tritiya Until 9:21PM

Ganesha: Red *Sunrise:* 6:07AM
Muruqa: Clear *Sunset:* 5:32PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 2
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 6:09AM

Then Creative Work - Siddha Yoga

2

Saturday, November 12, 2022

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

Yangon, Myanmar

Sun 3 Sutra 209

Subhakit 5124

Mithuna Rasi: 5.22 Tithi 19

732276574

Gulika 6:07AM – 7:33AM
Yama 1:15PM – 2:41PM
Rahu 8:59AM – 10:24AM

Mrigashira Until 8:35AM
Siddha Until 11:04PM
Bava Until 10:25AM
Chaturthi* Until 11:30PM

Ganesha: Red *Sunrise:* 6:07AM
Muruqa: Clear *Sunset:* 5:32PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 3
1st Phase

Devaloka Day

Creative Work Siddha Yoga

3

Sunday, November 13, 2022

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

Yangon, Myanmar

Sun 4 Sutra 210

Subhakit 5124

Mithuna Rasi: 17.2 Tithi 20

732276574

Gulika 2:41PM – 4:06PM
Yama 11:50AM – 1:15PM
Rahu 4:06PM – 5:32PM

Ardra Until 11:09AM
Sadhya Until 11:49PM
Kaulava Until 12:42PM
Panchami Until 1:54AM Mon

Ganesha: Red *Sunrise:* 6:08AM
Muruqa: Clear *Sunset:* 5:32PM
Nataraja: Clear
Moon – Yellow
Kartika-Aipasi

Moon 11 - Phase 29 - 4
1st Phase

Devaloka Day

Creative Work Siddha Yoga

4

Monday, November 14, 2022

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

Yangon, Myanmar

Sun 5 Sutra 211

Subhakit 5124

Mithuna Rasi: 29.14 Tithi 21

742376574

Gulika 1:15PM – 2:41PM
Yama 10:25AM – 11:50AM
Rahu 7:34AM – 8:59AM

Punarvasu Until 2:15PM
Subha Until 12:41AM Tue
Gara Until 3:11PM
Shashthi* Until 4:24AM Tue

Ganesha: White *Sunrise:* 6:08AM
Muruqa: Clear *Sunset:* 5:31PM
Nataraja: Clear
Moon – Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 5
1st Phase

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

Creative Work Amrita Yoga

Until 2:15PM

Then Creative Work - Siddha Yoga

5

Tuesday, November 15, 2022

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

Yangon, Myanmar

Sun 6 Sutra 212

Subhakit 5124

Kataka Rasi: 11.07 Tithi 22

743376574

Gulika 11:50AM – 1:15PM
Yama 8:59AM – 10:25AM
Rahu 2:41PM – 4:06PM

Pushya Until 5:10PM
Sukla Until 1:27AM Wed
Visti Until 5:39PM
Saptami Until 6:48AM Wed

Ganesha: Green *Sunrise:* 6:09AM
Muruqa: Clear *Sunset:* 5:31PM
Nataraja: Clear
Moon – Blue
Kartika-Aipasi

Moon 11 - Phase 29 - 6
1st Phase

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

Creative Work Siddha Yoga

D

Wednesday, November 16, 2022

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 213

Subhakit 5124

Kataka Rasi: 23.02 Tithi 22 – 23

743376574

Gulika 10:25AM – 11:50AM
Yama 7:35AM – 9:00AM
Rahu 11:50AM – 1:15PM

Ashlesha* Until 7:45PM
Brahma Until 2:03AM Thu
Balava Until 7:56PM
Saptami Until 6:48AM

Ganesha: Green *Sunrise:* 6:09AM
Muruqa: Clear *Sunset:* 5:31PM
Nataraja: Clear
Moon – Blue
Kartika-Kartikai

Moon 11 - Phase 29 - 7
Ashtami

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

Creative Work Siddha Yoga

Thursday, November 17, 2022

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 214

Subhakit 5124

Simha Rasi: 5.04 Tithi 23 – 24

753376575

Gulika 9:00AM – 10:25AM
Yama 6:10AM – 7:35AM
Rahu 1:16PM – 2:41PM

Magha* Until 10:17PM
Indra Until 2:19AM Fri
Taitila Until 9:49PM
Ashtami* Until 8:54AM

Ganesha: Orange *Sunrise:* 6:10AM
Muruqa: Clear *Sunset:* 5:31PM
Nataraja: Purple
Moon – Red
Kartika-Kartikai

Moon 11 - Phase 29 - 8
Navami

Sivaloka Day

Creative Work Amrita Yoga

Until 10:17PM

Then Creative Work - Siddha Yoga

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

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1		Friday, November 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Yangon, Myanmar Sun 9 Sutra 215 Subhakrit 5124
Simha Rasi: 17.17	Tithi 24 – 25	753376575	Gulika 7:35AM – 9:01AM Yama 2:41PM – 4:06PM Rahu 10:26AM – 11:51AM	Purvaphalguni Until 12:05AM Sat Vaidhriti* Until 2:07AM Sat Vanija Until 11:07PM Navami* Until 10:31AM	Ganesha: Orange Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 6:10AM Sunset: 5:31PM	Moon 11 - Phase 30 - 9 2nd Phase Sivaloka Day Karttika-Karttikai
Creative Work Siddha Yoga Until 12:05AM Sat Then Routine Work - Marana Yoga							

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/Ekadashyam Titau			Yangon, Myanmar Sun 10 Sutra 216 Subhakrit 5124
Simha Rasi: 29.45	Tithi 25 – 26	753376575	Gulika 6:11AM – 7:36AM Yama 1:16PM – 2:41PM Rahu 9:01AM – 10:26AM	Uttaraphalguni Until 1:04AM Sun Vishkambha* Until 1:23AM Sun Bava Until 11:43PM Dashami Until 11:30AM	Ganesha: Orange Muruqa: Clear Nataraja: Purple Moon – Red	Sunrise: 6:11AM Sunset: 5:31PM	Moon 11 - Phase 30 - 10 2nd Phase Sivaloka Day Karttika-Karttikai
Routine Work Marana Yoga Until 1:04AM Sun Then Creative Work - Amrita Yoga							

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/Dvadashyam Titau			Yangon, Myanmar Sun 11 Sutra 217 Subhakrit 5124
Kanya Rasi: 12.34	Tithi 26 – 27	763376575	Gulika 2:41PM – 4:06PM Yama 11:51AM – 1:16PM Rahu 4:06PM – 5:31PM	Hasta Until 1:37AM Mon Priti Until 12:03AM Mon Kaulava Until 11:33PM Ekadashi* Until 11:43AM	Ganesha: Light Blue Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 6:11AM Sunset: 5:31PM	Moon 11 - Phase 30 - 11 2nd Phase Devaloka Day Karttika-Karttikai
Creative Work Amrita Yoga Until 1:37AM Mon Then Routine Work - Prabalarishta Yoga							

4		Monday, November 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau			Yangon, Myanmar Sun 12 Sutra 218 Subhakrit 5124
Kanya Rasi: 25.46	Tithi 27 – 28	763376575	Gulika 1:16PM – 2:41PM Yama 10:26AM – 11:51AM Rahu 7:37AM – 9:02AM	Chitra Until 1:15AM Tue Ayushman Until 10:06PM Gara Until 10:37PM Dvadashi* Until 11:10AM	Ganesha: Light Blue Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 6:12AM Sunset: 5:31PM	Moon 11 - Phase 30 - 12 2nd Phase Devaloka Day Karttika-Karttikai
Family Home Evening Routine Work Prabalarishta Yoga Until 1:15AM Tue Then Creative Work - Siddha Yoga		Pradosha Vrata (Fasting)					

5		Tuesday, November 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Yangon, Myanmar Sun 13 Sutra 219 Subhakrit 5124
Tula Rasi: 9.23	Tithi 28 – 29	763376575	Gulika 11:52AM – 1:16PM Yama 9:02AM – 10:27AM Rahu 2:41PM – 4:06PM	Svati Until 12:04AM Wed Saubhagya Until 7:37PM Visti Until 9:00PM Trayodashi* Until 9:52AM	Ganesha: Light Blue Muruqa: Clear Nataraja: Purple Moon – Green	Sunrise: 6:13AM Sunset: 5:31PM	Moon 11 - Phase 30 - 13 2nd Phase Devaloka Day Karttika-Karttikai
Creative Work Siddha Yoga							

		Wednesday, November 23, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Yangon, Myanmar Sun 14 Sutra 220 Subhakrit 5124		
Retreat Star		Tula Rasi: 23.24	Tithi 29 – 30	773376575	Gulika 10:27AM – 11:52AM Yama 7:38AM – 9:02AM Rahu 11:52AM – 1:16PM	Vishakha Until 10:37PM Sobhana Until 4:39PM Catuspada Until 6:46PM Chaturdashi* Until 7:56AM	Ganesha: Purple Muruqa: Clear Nataraja: Purple Moon – Orange	Sunrise: 6:13AM Sunset: 5:31PM	Moon 11 - Phase 30 - 14 Amavasya Devaloka Day Karttika-Karttikai
Creative Work Siddha Yoga									

Thursday, November 24, 2022		Retreat Star		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau			Yangon, Myanmar Sun 15 Sutra 221 Subhakrit 5124
Vrischika Rasi: 7.46	Tithi 1	773376575	Gulika 9:03AM – 10:27AM Yama 6:14AM – 7:38AM Rahu 1:17PM – 2:41PM	Anuradha Until 8:36PM Athiganda* Until 1:18PM Kintughna Until 4:06PM Prathama* Until 2:38AM Fri	Ganesha: Purple Muruqa: Clear Nataraja: Purple Moon – Orange	Sunrise: 6:14AM Sunset: 5:31PM	Moon 11 - Phase 30 - 15 Prathama Devaloka Day Margasira-Karttikai
Creative Work Siddha Yoga Until 8:36PM Then Routine Work - Prabalarishta Yoga							

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

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1		Friday, November 25, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau		Yangon, Myanmar Sun 16 Sutra 222 Subhakrit 5124	
Vrischika Rasi: 22.25	Tithi 2	Gulika 7:39AM – 9:03AM	Jyeshtha* Until 6:11PM	Ganesha: Purple	<i>Sunrise:</i> 6:14AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 2:41PM – 4:06PM	Sukarma Until 9:41AM	Nataraja: Purple		Moon 11 - Phase 31 - 16	
		773376575 Rahu 10:28AM – 11:52AM	Balava Until 1:09PM	Moon – Orange		3rd Phase	
Routine Work	Marana Yoga		Dvitiya Until 11:35PM	Margasira-Karttikai		Devaloka Day	
Until 6:11PM							
Then Creative Work - Amrita Yoga							

2		Saturday, November 26, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*Purvashadha* Nakshatra Shula* Yoga Taitila/Gara Karana Tritiyayam Titau		Yangon, Myanmar Sun 17 Sutra 223 Subhakrit 5124	
Dhanus Rasi: 7.11	Tithi 3	Gulika 6:15AM – 7:39AM	Mula* Until 3:56PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:15AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 1:17PM – 2:42PM	Shula* Until 2:11AM Sun	Nataraja: Purple		Moon 11 - Phase 31 - 17	
		783376575 Rahu 9:04AM – 10:28AM	Taitila Until 10:02AM	Moon – Light Blue		3rd Phase	
Creative Work	Siddha Yoga		Tritiya Until 8:27PM	Margasira-Karttikai		Devaloka Day	

3		Sunday, November 27, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau		Yangon, Myanmar Sun 18 Sutra 224 Subhakrit 5124	
Dhanus Rasi: 21.59	Tithi 4 – 5	Gulika 2:42PM – 4:06PM	Purvashadha* Until 1:36PM	Ganesha: Light Blue	<i>Sunrise:</i> 6:15AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 11:53AM – 1:17PM	Ganda* Until 10:30PM	Nataraja: Purple		Moon 11 - Phase 31 - 18	
		783376575 Rahu 4:06PM – 5:31PM	Vanija Until 6:56AM	Moon – Light Blue		3rd Phase	
Creative Work	Siddha Yoga		Chaturthi* Until 5:25PM	Margasira-Karttikai		Devaloka Day	
Until 1:36PM							
Then Creative Work - Amrita Yoga							

4		Monday, November 28, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 225 Subhakrit 5124	
Makara Rasi: 6.41	Tithi 5 – 6	Gulika 1:18PM – 2:42PM	Uttarashadha Until 11:19AM	Ganesha: Light Blue	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
Family Home Evening		Yama 10:29AM – 11:53AM	Vriddhi Until 7:02PM	Nataraja: Purple		Moon 11 - Phase 31 - 19	
Routine Work	Marana Yoga	783376575 Rahu 7:40AM – 9:05AM	Kaulava Until 1:17AM Tue	Moon – Light Blue		3rd Phase	
Until 11:19AM			Panchami Until 2:34PM	Margasira-Karttikai		Devaloka Day	
Then Creative Work - Amrita Yoga							

5		Tuesday, November 29, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 226 Subhakrit 5124	
Makara Rasi: 21.1	Tithi 6 – 7	Gulika 11:54AM – 1:18PM	Shravana Until 9:36AM	Ganesha: Orange	<i>Sunrise:</i> 6:16AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 9:05AM – 10:29AM	Dhruva Until 3:50PM	Nataraja: Purple		Moon 11 - Phase 31 - 20	
		793376575 Rahu 2:42PM – 4:07PM	Gara Until 10:58PM	Moon – Purple		3rd Phase	
Creative Work	Siddha Yoga		Shashthi* Until 12:04PM	Margasira-Karttikai		Sivaloka Day	

Retreat Star		Wednesday, November 30, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 227 Subhakrit 5124	
Kumbha Rasi: 5.23	Tithi 7 – 8	Gulika 10:30AM – 11:54AM	Dhanishtha Until 8:09AM	Ganesha: Clear	<i>Sunrise:</i> 6:17AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 7:41AM – 9:06AM	Vyaghata* Until 12:59PM	Nataraja: Purple		Moon 11 - Phase 31 - 21	
		794376575 Rahu 11:54AM – 1:18PM	Visti Until 9:07PM	Moon – Purple		Ashtami	
Routine Work	Prabalarishta Yoga		Saptami Until 9:58AM	Margasira-Karttikai		Sivaloka Day	
Until 8:09AM							
Then Creative Work - Siddha Yoga							

Retreat Star		Thursday, December 1, 2022		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 228 Subhakrit 5124	
Kumbha Rasi: 19.19	Tithi 8 – 9	Gulika 9:06AM – 10:30AM	Shatabhishak Until 7:02AM	Ganesha: Clear	<i>Sunrise:</i> 6:18AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM
		Yama 6:18AM – 7:42AM	Harshana Until 10:32AM	Nataraja: Purple		Moon 11 - Phase 31 - 22	
		794376575 Rahu 1:19PM – 2:43PM	Balava Until 7:45PM	Moon – Purple		Navami	
Creative Work	Siddha Yoga		Ashtami* Until 8:21AM	Margasira-Karttikai		Sivaloka Day	


1		Friday, December 2, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau		Yangon, Myanmar Sun 23 Sutra 229	
Meena Rasi: 2.56	Tithi 9 – 10	Gulika 7:42AM – 9:07AM	Purvaproshtapada* Until 6:42AM	Ganesha: Red	<i>Sunrise:</i> 6:18AM			Subhakrit 5124	
		Yama 2:43PM – 4:07PM	Vajra* Until 8:27AM	Muruqa: Clear	<i>Sunset:</i> 5:31PM			Moon 11 - Phase 32 - 23	
		714376575 Rahu 10:31AM – 11:55AM	Taitila Until 6:55PM	Nataraja: Purple				4th Phase	
Creative Work	Siddha Yoga		Navami* Until 7:15AM	Moon – Clear				Sivaloka Day	
				Margasira-Karttikai					

2		Saturday, December 3, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Siddhi/Vyatiyata* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Yangon, Myanmar Sun 24 Sutra 230	
Meena Rasi: 16.15	Tithi 10 – 11	Gulika 6:19AM – 7:43AM	Uttaraproshtapada Until 6:44AM	Ganesha: Red	<i>Sunrise:</i> 6:19AM			Subhakrit 5124	
		Yama 1:19PM – 2:43PM	Siddhi Until 6:48AM	Muruqa: Clear	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 32 - 24	
		714376575 Rahu 9:07AM – 10:31AM	Vanija Until 6:35PM	Nataraja: Purple				4th Phase	
Creative Work	Siddha Yoga		Dashami Until 6:40AM	Moon – Clear				Sivaloka Day	
Until 6:44AM		Gita Jayanthi		Margasira-Karttikai					
Then Routine Work - Prabalarishta Yoga									

3		Sunday, December 4, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Varyan Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Yangon, Myanmar Sun 25 Sutra 231	
Meena Rasi: 29.19	Tithi 11 – 12	Gulika 2:44PM – 4:08PM	Revati Until 7:07AM	Ganesha: Red	<i>Sunrise:</i> 6:19AM			Subhakrit 5124	
		Yama 11:56AM – 1:20PM	Variyan Until 4:40AM Mon	Muruqa: Clear	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 32 - 25	
		714376575 Rahu 4:08PM – 5:32PM	Bava Until 6:45PM	Nataraja: Purple				4th Phase	
Creative Work	Amrita Yoga		Ekadashi Until 6:36AM	Moon – Clear				Sivaloka Day	
Until 7:07AM				Margasira-Karttikai					
Then Creative Work - Siddha Yoga									

4		Monday, December 5, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Parigha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Yangon, Myanmar Sun 26 Sutra 232	
Mesha Rasi: 12.08	Tithi 12 – 13	Gulika 1:20PM – 2:44PM	Ashvini Until 8:15AM	Ganesha: Blue	<i>Sunrise:</i> 6:20AM			Subhakrit 5124	
Family Home Evening		Yama 10:32AM – 11:56AM	Parigha* Until 4:07AM Tue	Muruqa: Clear	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 32 - 26	
		724376575 Rahu 7:44AM – 9:08AM	Kaulava Until 7:23PM	Nataraja: Purple				4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 7:00AM	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 Bharani/Krittika Nakshatra Shiva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Yangon, Myanmar Sun 27 Sutra 233	
Mesha Rasi: 24.45	Tithi 13 – 14	Gulika 11:56AM – 1:20PM	Bharani Until 9:39AM	Ganesha: Blue	<i>Sunrise:</i> 6:21AM			Subhakrit 5124	
		Yama 9:08AM – 10:32AM	Shiva Until 3:53AM Wed	Muruqa: Clear	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 32 - 27	
		724376575 Rahu 2:44PM – 4:08PM	Gara Until 8:26PM	Nataraja: Purple				4th Phase	
Creative Work	Siddha Yoga		Trayodashi Until 7:50AM	Moon – White				Devaloka Day	
		Krittika Deepam		Margasira-Karttikai					

		Wednesday, December 7, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Yangon, Myanmar Sutra 234	
Copper Retreat Star		Gulika 10:33AM – 11:57AM	Krittika Until 11:17AM	Ganesha: Blue	<i>Sunrise:</i> 6:21AM			Subhakrit 5124	
Vrishabha Rasi: 7.11	Tithi 14 – 15	Yama 7:45AM – 9:09AM	Siddha Until 3:55AM Thu	Muruqa: Clear	<i>Sunset:</i> 5:32PM			Moon 11 - Phase 32 - Purnima	
		724376575 Rahu 11:57AM – 1:21PM	Visti Until 9:52PM	Nataraja: Purple					
Creative Work	Amrita Yoga		Chaturdashi* Until 9:05AM	Moon – White				Devaloka Day	
Until 11:17AM				Margasira-Karttikai					
Then Creative Work - Siddha Yoga									

○		Thursday, December 8, 2022				Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Yangon, Myanmar Sutra 235	
Silver Retreat Star		Gulika 9:10AM – 10:33AM	Rohini Until 1:35PM	Ganesha: Yellow	<i>Sunrise:</i> 6:22AM			Subhakrit 5124	
Vrishabha Rasi: 19.28	Tithi 15 – 16	Yama 6:22AM – 7:46AM	Sadhya Until 4:13AM Fri	Muruqa: Clear	<i>Sunset:</i> 5:33PM			Moon 11 - Phase 32 - Prathama	
		734376575 Rahu 1:21PM – 2:45PM	Balava Until 11:40PM	Nataraja: Purple					
Routine Work	Marana Yoga		Purnima* Until 10:42AM	Moon – Yellow				Sivaloka Day	
				Margasira-Karttikai					
		Vinayaga Viratam Begins							

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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Friday, December 9, 2022

Gold Retreat Star

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

Yangon, Myanmar

Sutra 236

Subhakrit 5124

Mithuna Rasi: 1.37 Tithi 16 - 17

734476575

Gulika 7:46AM - 9:10AM
Yama 2:45PM - 4:09PM
Rahu 10:34AM - 11:58AM

Mrigashira Until 4:02PM
Subha Until 4:44AM Sat
Taitila Until 1:45AM Sat
Prathama* Until 12:39PM

Ganesha: Red *Sunrise:* 6:22AM
Muruqa: Clear *Sunset:* 5:33PM
Nataraja: Purple
Moon - Yellow
Sivaloka Day
Margasira-Karttikai

Creative Work Siddha Yoga

1

Saturday, December 10, 2022

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

Yangon, Myanmar

Sun 1 Sutra 237

Subhakrit 5124

Mithuna Rasi: 13.39 Tithi 17 - 18

734476575

Gulika 6:23AM - 7:47AM
Yama 1:22PM - 2:46PM
Rahu 9:11AM - 10:34AM

Ardra Until 6:33PM
Sukla Until 5:24AM Sun
Vanija Until 4:05AM Sun
Dvitiya Until 2:52PM

Ganesha: Red *Sunrise:* 6:23AM
Muruqa: Clear *Sunset:* 5:33PM
Nataraja: Purple
Moon - Yellow
Sivaloka Day
Margasira-Karttikai

Creative Work Siddha Yoga

2

Sunday, December 11, 2022

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

Yangon, Myanmar

Sun 2 Sutra 238

Subhakrit 5124

Mithuna Rasi: 25.35 Tithi 18 - 19

744476575

Gulika 2:46PM - 4:10PM
Yama 11:59AM - 1:22PM
Rahu 4:10PM - 5:34PM

Punarvasu Until 9:36PM
Brahma Until 6:12AM Mon
Bava Until 6:34AM Mon
Tritiya Until 5:17PM

Ganesha: Green *Sunrise:* 6:23AM
Muruqa: Clear *Sunset:* 5:34PM
Nataraja: Purple
Moon - Blue
Devaloka Day
Margasira-Karttikai

Creative Work Siddha Yoga

3

Monday, December 12, 2022

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

Yangon, Myanmar

Sun 3 Sutra 239

Subhakrit 5124

Kataka Rasi: 7.29 Tithi 19

745476575

Family Home Evening

Creative Work Siddha Yoga

Gulika 1:23PM - 2:47PM
Yama 10:35AM - 11:59AM
Rahu 7:48AM - 9:12AM

Pushya Until 12:33AM Tue
Brahma Until 6:12AM
Bava Until 6:34AM
Chaturthi* Until 7:49PM

Ganesha: White *Sunrise:* 6:24AM
Muruqa: Clear *Sunset:* 5:34PM
Nataraja: Purple
Moon - Blue
Devaloka Day
Margasira-Karttikai

4

Tuesday, December 13, 2022

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

Yangon, Myanmar

Sun 4 Sutra 240

Subhakrit 5124

Kataka Rasi: 19.21 Tithi 20

745476575

Creative Work Siddha Yoga

Gulika 12:00PM - 1:23PM
Yama 9:12AM - 10:36AM
Rahu 2:47PM - 4:11PM

Ashlesha* Until 3:18AM Wed
Indra Until 7:03AM
Kaulava Until 9:06AM
Panchami Until 10:19PM

Ganesha: White *Sunrise:* 6:25AM
Muruqa: Clear *Sunset:* 5:34PM
Nataraja: Purple
Moon - Blue
Devaloka Day
Margasira-Karttikai

5

Wednesday, December 14, 2022

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

Yangon, Myanmar

Sun 5 Sutra 241

Subhakrit 5124

Simha Rasi: 1.14 Tithi 21

755476575

Creative Work Siddha Yoga

Gulika 10:36AM - 12:00PM
Yama 7:49AM - 9:13AM
Rahu 12:00PM - 1:24PM

Magha* Until 6:12AM Thu
Vaidhriti* Until 7:49AM
Gara Until 11:33AM
Shashthi* Until 12:40AM Thu

Ganesha: Clear *Sunrise:* 6:25AM
Muruqa: Clear *Sunset:* 5:35PM
Nataraja: Purple
Moon - Red
Sivaloka Day
Margasira-Karttikai

6

Thursday, December 15, 2022

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

Yangon, Myanmar

Sun 6 Sutra 242

Subhakrit 5124

Simha Rasi: 13.13 Tithi 22

755476575

Creative Work Amrita Yoga

Until 6:12AM

Then Creative Work - Siddha Yoga

Gulika 9:13AM - 10:37AM
Yama 6:26AM - 7:49AM
Rahu 1:24PM - 2:48PM

Magha* Until 6:12AM
Vishkambha* Until 8:25AM
Visti Until 1:44PM
Saptami Until 2:38AM Fri

Ganesha: Clear *Sunrise:* 6:26AM
Muruqa: Clear *Sunset:* 5:35PM
Nataraja: Purple
Moon - Red
Sivaloka Day
Margasira-Karttikai

7

Friday, December 16, 2022

Retreat Star

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

Yangon, Myanmar

Sun 7 Sutra 243

Subhakrit 5124

Simha Rasi: 25.22 Tithi 23

755476575

Creative Work Siddha Yoga

Gulika 7:50AM - 9:14AM
Yama 2:48PM - 4:12PM
Rahu 10:37AM - 12:01PM

Purvaphalguni Until 8:32AM
Priti Until 8:43AM
Balava Until 3:27PM
Ashtami* Until 4:03AM Sat

Ganesha: Clear *Sunrise:* 6:26AM
Muruqa: Clear *Sunset:* 5:36PM
Nataraja: Purple
Moon - Red
Sivaloka Day
Margasira-Markali

Markali Pillaiyar

8

Saturday, December 17, 2022

Retreat Star

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

Yangon, Myanmar

Sun 8 Sutra 244

Subhakrit 5124

Kanya Rasi: 7.44 Tithi 24

855476575

Routine Work Marana Yoga

Gulika 6:27AM - 7:51AM
Yama 1:25PM - 2:49PM
Rahu 9:14AM - 10:38AM

Uttaraphalguni Until 10:08AM
Ayushman Until 8:32AM
Taitila Until 4:31PM
Navami* Until 4:44AM Sun

Ganesha: White *Sunrise:* 6:27AM
Muruqa: Clear *Sunset:* 5:36PM
Nataraja: Purple
Moon - Red
Devaloka Day
Margasira-Markali

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1		Sunday, December 18, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Vistil* Karana Dashamyam Titau			Yangon, Myanmar Sun 9 Sutra 245 Subhakrit 5124
Kanya Rasi: 20.27	Tithi 25	Gulika 2:49PM – 4:13PM	Hasta Until 11:19AM	Ganesha: Clear	<i>Sunrise:</i> 6:27AM	Muruqa: Clear	<i>Sunset:</i> 5:37PM
		Yama 12:02PM – 1:26PM	Saubhagya Until 7:47AM	Nataraja: Purple		Moon 12 - Phase 34 - 9	2nd Phase
		865476575 Rahu 4:13PM – 5:37PM	Vanija Until 4:47PM	Moon – Green		Sivaloka Day	
Creative Work	Amrita Yoga		Dashami Until 4:35AM Mon	Margasira*Markali			
Until 11:19AM							
Then Creative Work - Siddha Yoga							

2		Monday, December 19, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau			Yangon, Myanmar Sun 10 Sutra 246 Subhakrit 5124
Tula Rasi: 3.34	Tithi 26	Gulika 1:26PM – 2:50PM	Chitra Until 11:31AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Muruqa: Clear	<i>Sunset:</i> 5:37PM
Family Home Evening		Yama 10:39AM – 12:02PM	Sobhana Until 6:24AM	Nataraja: Purple		Moon 12 - Phase 34 - 10	2nd Phase
Routine Work	Prabalarishta Yoga	865476575 Rahu 7:52AM – 9:15AM	Bava Until 4:12PM	Moon – Green		Sivaloka Day	
Until 11:31AM			Ekadashi* Until 3:34AM Tue	Margasira*Markali			
Then Creative Work - Amrita Yoga							

3		Tuesday, December 20, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau			Yangon, Myanmar Sun 11 Sutra 247 Subhakrit 5124
Tula Rasi: 17.09	Tithi 27	Gulika 12:03PM – 1:27PM	Svati Until 10:45AM	Ganesha: Clear	<i>Sunrise:</i> 6:28AM	Muruqa: Clear	<i>Sunset:</i> 5:37PM
		Yama 9:16AM – 10:39AM	Sukarma Until 1:37AM Wed	Nataraja: Purple		Moon 12 - Phase 34 - 11	2nd Phase
		865476575 Rahu 2:50PM – 4:14PM	Kaulava Until 2:47PM	Moon – Green		Sivaloka Day	
Creative Work	Siddha Yoga		Dvadashi* Until 1:45AM Wed	Margasira*Markali			
Until 10:45AM							
Then Routine Work - Marana Yoga							

4		Wednesday, December 21, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau			Yangon, Myanmar Sun 12 Sutra 248 Subhakrit 5124
Vrischika Rasi: 1.13	Tithi 28	Gulika 10:40AM – 12:03PM	Vishakha Until 9:31AM	Ganesha: Purple	<i>Sunrise:</i> 6:29AM	Muruqa: Clear	<i>Sunset:</i> 5:38PM
		Yama 7:53AM – 9:16AM	Dhriti Until 10:22PM	Nataraja: Purple		Moon 12 - Phase 34 - 12	2nd Phase
		875476575 Rahu 12:03PM – 1:27PM	Gara Until 12:36PM	Moon – Orange		Devaloka Day	
Creative Work	Siddha Yoga		Trayodashi* Until 11:15PM	Margasira*Markali			
			<i>Pradosha Vrata (Fasting)</i>				

5		Thursday, December 22, 2022		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Shula* Yoga Vistil*/Sakuni* Karana Chaturdashyam Titau			Yangon, Myanmar Sun 13 Sutra 249 Subhakrit 5124
Vrischika Rasi: 15.44	Tithi 29	Gulika 9:17AM – 10:40AM	Anuradha Until 7:30AM	Ganesha: Clear	<i>Sunrise:</i> 6:29AM	Muruqa: Clear	<i>Sunset:</i> 5:38PM
		Yama 6:29AM – 7:53AM	Shula* Until 6:39PM	Nataraja: Purple		Moon 12 - Phase 34 - 13	2nd Phase
		876476575 Rahu 1:28PM – 2:51PM	Vistil Until 9:48AM	Moon – Orange		Sivaloka Day	
Creative Work	Siddha Yoga		Chaturdashi* Until 8:12PM	Margasira*Markali			
Until 7:30AM							
Then Routine Work - Prabalarishta Yoga							

Retreat Star		Friday, December 23, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhi Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau			Yangon, Myanmar Sun 14 Sutra 250 Subhakrit 5124
Dhanus Rasi: 0.37	Tithi 30 – 1	Gulika 7:54AM – 9:17AM	Mula* Until 2:12AM Sat	Ganesha: Orange	<i>Sunrise:</i> 6:30AM	Muruqa: Clear	<i>Sunset:</i> 5:39PM
		Yama 2:52PM – 4:15PM	Ganda* Until 2:38PM	Nataraja: Purple		Moon 12 - Phase 34 - 14	Amavasya
		886476575 Rahu 10:41AM – 12:04PM	Catuspada Until 6:32AM	Moon – Light Blue		Sivaloka Day	
Creative Work	Amrita Yoga		Amavasya* Until 4:46PM	Margasira*Markali			
Until 2:12AM Sat							
Then Creative Work - Siddha Yoga							

Retreat Star		Saturday, December 24, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Yangon, Myanmar Sun 15 Sutra 251 Subhakrit 5124
Dhanus Rasi: 15.43	Tithi 1 – 2	Gulika 6:30AM – 7:54AM	Purvashadha* Until 11:16PM	Ganesha: Orange	<i>Sunrise:</i> 6:30AM	Muruqa: Clear	<i>Sunset:</i> 5:39PM
		Yama 1:29PM – 2:52PM	Vridhi Until 10:26AM	Nataraja: Purple		Moon 12 - Phase 34 - 15	Prathama
		886476575 Rahu 9:18AM – 10:41AM	Balava Until 11:19PM	Moon – Light Blue		Sivaloka Day	
Creative Work	Siddha Yoga		Prathama* Until 1:08PM	Pausha*Markali			
Until 11:16PM							
Then Routine Work - Marana Yoga							

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

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1		Sunday, December 25, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Yangon, Myanmar Sun 16 Sutra 252 Subhakrit 5124	
Makara Rasi: 0.55	Tithi 2 - 3	886486575	Gulika 2:53PM - 4:16PM Yama 12:05PM - 1:29PM Rahu 4:16PM - 5:40PM	Uttarashadha Until 8:16PM Dhruva Until 6:10AM Taitila Until 7:41PM Dvitiya Until 9:28AM	Ganesha: Orange Muruqa: Purple Nataraja: Purple Moon - Light Blue Pausha-Markali	<i>Sunrise:</i> 6:31AM <i>Sunset:</i> 5:40PM	Moon 12 - Phase 35 - 16 3rd Phase
Creative Work	Amrita Yoga	Day 5 of Pancha Ganapati		Subha Sivaloka Day			

2		Monday, December 26, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana Yoga Vanija/Visli* Karana Chaturthyam Titau		Yangon, Myanmar Sun 17 Sutra 253 Subhakrit 5124	
Makara Rasi: 16.01	Tithi 4	896486575	Gulika 1:30PM - 2:53PM Yama 10:42AM - 12:06PM Rahu 7:55AM - 9:19AM	Shravana Until 5:45PM Harshana Until 10:05PM Vanija Until 4:18PM Chaturthi* Until 2:43AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Purple Moon - Purple Pausha-Markali	<i>Sunrise:</i> 6:31AM <i>Sunset:</i> 5:41PM	Moon 12 - Phase 35 - 17 3rd Phase
Family Home Evening	Amrita Yoga			Subha Sivaloka Day			
Until 5:45PM	Then Creative Work - Siddha Yoga						

3		Tuesday, December 27, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra* Yoga Bava/Balava Karana Panchamyam Titau		Yangon, Myanmar Sun 18 Sutra 254 Subhakrit 5124	
Kumbha Rasi: 0.52	Tithi 5	896486576	Gulika 12:06PM - 1:30PM Yama 9:19AM - 10:43AM Rahu 2:54PM - 4:17PM	Dhanishtha Until 3:30PM Vajra* Until 6:28PM Bava Until 1:17PM Panchami Until 11:57PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	<i>Sunrise:</i> 6:32AM <i>Sunset:</i> 5:41PM	Moon 12 - Phase 35 - 18 3rd Phase
Creative Work	Siddha Yoga			Sivaloka Day			
Until 3:30PM	Then Routine Work - Marana Yoga						

4		Wednesday, December 28, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 255 Subhakrit 5124	
Kumbha Rasi: 15.23	Tithi 6	896486576	Gulika 10:43AM - 12:07PM Yama 7:56AM - 9:20AM Rahu 12:07PM - 1:31PM	Shatabhishak Until 1:38PM Siddhi Until 3:20PM Kaulava Until 10:48AM Shashthi* Until 9:46PM	Ganesha: Clear Muruqa: Purple Nataraja: Clear Moon - Purple Pausha-Markali	<i>Sunrise:</i> 6:32AM <i>Sunset:</i> 5:42PM	Moon 12 - Phase 35 - 19 3rd Phase
Creative Work	Siddha Yoga	Vinayaga Viratam Ends		Sivaloka Day			
Until 1:38PM	Then Creative Work - Amrita Yoga						

5		Thursday, December 29, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Gara/Vanija Karana Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 256 Subhakrit 5124	
Kumbha Rasi: 29.28	Tithi 7	817486576	Gulika 9:20AM - 10:44AM Yama 6:33AM - 7:56AM Rahu 1:31PM - 2:55PM	Purvaproshtapada* Until 12:42PM Vyatipata* Until 12:44PM Gara Until 8:57AM Saptami Until 8:17PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	<i>Sunrise:</i> 6:33AM <i>Sunset:</i> 5:42PM	Moon 12 - Phase 35 - 20 3rd Phase
Creative Work	Siddha Yoga			Devaloka Day			

Retreat Star		Friday, December 30, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Visli*/Bava Karana Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 257 Subhakrit 5124	
Meena Rasi: 13.07	Tithi 8	817486576	Gulika 7:57AM - 9:21AM Yama 2:55PM - 4:19PM Rahu 10:44AM - 12:08PM	Uttaraproshtapada Until 12:21PM Variyan Until 10:41AM Visli Until 7:50AM Ashtami* Until 7:32PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	<i>Sunrise:</i> 6:33AM <i>Sunset:</i> 5:43PM	Moon 12 - Phase 35 - 21 Ashtami
Creative Work	Siddha Yoga			Devaloka Day			

Retreat Star		Saturday, December 31, 2022		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 258 Subhakrit 5124	
Meena Rasi: 26.21	Tithi 9	817486576	Gulika 6:33AM - 7:57AM Yama 1:32PM - 2:56PM Rahu 9:21AM - 10:45AM	Revati Until 12:34PM Parigha* Until 9:14AM Balava Until 7:27AM Navami* Until 7:31PM	Ganesha: Blue Muruqa: Purple Nataraja: Clear Moon - Clear Pausha-Markali	<i>Sunrise:</i> 6:33AM <i>Sunset:</i> 5:43PM	Moon 12 - Phase 35 - 22 Navami
Routine Work	Prabalarishta Yoga			Devaloka Day			
Until 12:34PM	Then Creative Work - Siddha Yoga						

1 Sunday, January 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam			Yangon, Myanmar
Mesha Rasi: 9.13		Ashvini/Bharani Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Dashamyam Titau			Sun 23 Sutra 259
Tithi 10		Gulika 2:56PM – 4:20PM	Ashvini Until 1:46PM	Ganesha: Yellow <i>Sunrise:</i> 6:34AM	Subhakrit 5124
827486576		Yama 12:09PM – 1:33PM	Shiva Until 8:21AM	Muruqa: Purple <i>Sunset:</i> 5:44PM	Moon 12 - Phase 36 - 23
Creative Work Siddha Yoga		Rahu 4:20PM – 5:44PM	Taitila Until 7:47AM	Nataraja: Clear	4th Phase
Until 1:46PM			Dashami Until 8:11PM	Moon – White	Sivaloka Day
Then Routine Work - Prabalarishta Yoga				Pausha-Markali	

2 Monday, January 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam			Yangon, Myanmar
Mesha Rasi: 21.48		Bharani/Krittika Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Ekadashyam Titau			Sun 24 Sutra 260
Tithi 11		Gulika 1:33PM – 2:57PM	Bharani Until 3:23PM	Ganesha: Yellow <i>Sunrise:</i> 6:34AM	Subhakrit 5124
Family Home Evening		Yama 10:46AM – 12:09PM	Siddha Until 7:54AM	Muruqa: Purple <i>Sunset:</i> 5:44PM	Moon 12 - Phase 36 - 24
827486576		Rahu 7:58AM – 9:22AM	Vanija Until 8:46AM	Nataraja: Clear	4th Phase
Creative Work Siddha Yoga			Ekadashi Until 9:25PM	Moon – White	Sivaloka Day
Until 3:23PM		Vaikuntha Ekadasi		Pausha-Markali	
Then Routine Work - Marana Yoga					

3 Tuesday, January 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam			Yangon, Myanmar
Vrishabha Rasi: 4.09		Krittika/Rohini Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Dvodashyam Titau			Sun 25 Sutra 261
Tithi 12		Gulika 12:10PM – 1:34PM	Krittika Until 5:17PM	Ganesha: Yellow <i>Sunrise:</i> 6:35AM	Subhakrit 5124
827486576		Yama 9:22AM – 10:46AM	Sadhya Until 7:52AM	Muruqa: Purple <i>Sunset:</i> 5:45PM	Moon 12 - Phase 36 - 25
Creative Work Siddha Yoga		Rahu 2:57PM – 4:21PM	Bava Until 10:14AM	Nataraja: Clear	4th Phase
Until 5:17PM			Dvadashi Until 11:06PM	Moon – White	Sivaloka Day
Then Creative Work - Amrita Yoga				Pausha-Markali	

4 Wednesday, January 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam			Yangon, Myanmar
Vrishabha Rasi: 16.2		Rohini Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Sun 26 Sutra 262
Tithi 13		Gulika 10:46AM – 12:10PM	Rohini Until 7:51PM	Ganesha: White <i>Sunrise:</i> 6:35AM	Subhakrit 5124
838586576		Yama 7:59AM – 9:23AM	Subha Until 8:08AM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 12 - Phase 36 - 26
Creative Work Siddha Yoga		Rahu 12:10PM – 1:34PM	Kaulava Until 12:05PM	Nataraja: Clear	4th Phase
			Trayodashi Until 1:06AM Thu	Moon – Yellow	Devaloka Day
				Pausha-Markali	
					<i>Pradosha Vrata</i>

5 Thursday, January 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam			Yangon, Myanmar
Vrishabha Rasi: 28.25		Mrigashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Sun 27 Sutra 263
Tithi 14		Gulika 9:23AM – 10:47AM	Mrigashira Until 10:29PM	Ganesha: White <i>Sunrise:</i> 6:35AM	Subhakrit 5124
838586576		Yama 6:35AM – 7:59AM	Sukla Until 8:35AM	Muruqa: Purple <i>Sunset:</i> 5:46PM	Moon 12 - Phase 36 - 27
Routine Work Marana Yoga		Rahu 1:35PM – 2:59PM	Gara Until 2:13PM	Nataraja: Clear	4th Phase
		Subramuniyaswami Jayanti	Chaturdashi* Until 3:20AM Fri	Moon – Yellow	Devaloka Day
				Pausha-Markali	

○ Friday, January 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam			Yangon, Myanmar
Copper Retreat Star		Ardra Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Purnimayam Titau			Sutra 264
Mithuna Rasi: 10.24		Gulika 7:59AM – 9:23AM	Ardra Until 1:06AM Sat	Ganesha: White <i>Sunrise:</i> 6:36AM	Subhakrit 5124
Tithi 15		Yama 2:59PM – 4:23PM	Brahma Until 9:12AM	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 12 - Phase 36 - Purnima
838586576		Rahu 10:47AM – 12:11PM	Visti* Until 4:31PM	Nataraja: Clear	
Creative Work Siddha Yoga			Purnima* Until 5:42AM Sat	Moon – Yellow	Devaloka Day
				Pausha-Markali	
		Ardra Darshanam			

Saturday, January 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam			Yangon, Myanmar
Silver Retreat Star		Punarvasu Nakshatra Indra/Vaidhriti* Yoga Balava Karana Prathamayam Titau			Sutra 265
Mithuna Rasi: 22.2		Gulika 6:36AM – 8:00AM	Punarvasu Until 4:08AM Sun	Ganesha: Clear <i>Sunrise:</i> 6:36AM	Subhakrit 5124
Tithi 16		Yama 1:36PM – 3:00PM	Indra Until 9:55AM	Muruqa: Purple <i>Sunset:</i> 5:47PM	Moon 12 - Phase 36 - Prathama
848586576		Rahu 9:24AM – 10:48AM	Balava Until 6:56PM	Nataraja: Clear	
Creative Work Siddha Yoga			Prathama* Until 8:09AM Sun	Moon – Blue	Sivaloka Day
				Pausha-Markali	

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



Sunday, January 8, 2023
Gold Retreat Star

Kataka Rasi: 4.15 Tithi 16 – 17

848586576

Creative Work Siddha Yoga

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

Gulika 3:00PM – 4:24PM
Yama 12:12PM – 1:36PM
Rahu 4:24PM – 5:48PM

Pushya Until 7:03AM Mon
Vaidhriti* Until 10:40AM
Taitila Until 9:25PM
Prathama* Until 8:09AM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 6:36AM
Sunset: 5:48PM

Yangon, Myanmar
Sutra 266
Subhakrit 5124
Moon 1 - Phase 37 -
1st Phase

Sivaloka Day

1

Monday, January 9, 2023

Kataka Rasi: 16.08 Tithi 17 – 18

848586576

Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:37PM – 3:01PM
Yama 10:48AM – 12:13PM
Rahu 8:00AM – 9:24AM

Pushya Until 7:03AM
Vishkambha* Until 11:27AM
Vanija Until 11:55PM
Dvitiya Until 10:39AM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 6:36AM
Sunset: 5:49PM

Yangon, Myanmar
Sun 1 Sutra 267
Subhakrit 5124
Moon 1 - Phase 37 - 1
1st Phase

Sivaloka Day

2

Tuesday, January 10, 2023

Kataka Rasi: 28.02 Tithi 18 – 19

848586576

Creative Work Siddha Yoga

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

Gulika 12:13PM – 1:37PM
Yama 9:25AM – 10:49AM
Rahu 3:01PM – 4:25PM

Ashlesha* Until 9:47AM
Priti Until 12:15PM
Bava Until 2:21AM Wed
Tritiya Until 1:07PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Blue
Pausha-Markali

Sunrise: 6:37AM
Sunset: 5:49PM

Yangon, Myanmar
Sun 2 Sutra 268
Subhakrit 5124
Moon 1 - Phase 37 - 2
1st Phase

Sivaloka Day

3

Wednesday, January 11, 2023

Simha Rasi: 9.57 Tithi 19 – 20

859586576

Creative Work Siddha Yoga
Until 12:46PM
Then Creative Work - Amrita Yoga

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

Gulika 10:49AM – 12:13PM
Yama 8:01AM – 9:25AM
Rahu 12:13PM – 1:37PM

Magha* Until 12:46PM
Ayushman Until 12:56PM
Kaulava Until 4:37AM Thu
Chaturthi* Until 3:29PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 6:37AM
Sunset: 5:50PM

Yangon, Myanmar
Sun 3 Sutra 269
Subhakrit 5124
Moon 1 - Phase 37 - 3
1st Phase

Sivaloka Day

4

Thursday, January 12, 2023

Simha Rasi: 21.57 Tithi 20 – 21

859586576

Creative Work Siddha Yoga

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

Gulika 9:25AM – 10:50AM
Yama 6:37AM – 8:01AM
Rahu 1:38PM – 3:02PM

Purvaphalguni Until 3:21PM
Saubhagya Until 1:28PM
Gara Until 6:33AM Fri
Panchami Until 5:37PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 6:37AM
Sunset: 5:51PM

Yangon, Myanmar
Sun 4 Sutra 270
Subhakrit 5124
Moon 1 - Phase 37 - 4
1st Phase

Sivaloka Day

5

Friday, January 13, 2023

Kanya Rasi: 4.04 Tithi 21

859586576

Creative Work Siddha Yoga
Until 5:25PM
Then Creative Work - Amrita Yoga

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

Gulika 8:01AM – 9:26AM
Yama 3:03PM – 4:27PM
Rahu 10:50AM – 12:14PM

Uttaraphalguni Until 5:25PM
Sobhana Until 1:43PM
Gara Until 6:33AM
Shashthi* Until 7:20PM

Ganesha: Clear
Muruqa: Purple
Nataraja: Clear
Moon – Red
Pausha-Markali

Sunrise: 6:37AM
Sunset: 5:51PM

Yangon, Myanmar
Sun 5 Sutra 271
Subhakrit 5124
Moon 1 - Phase 37 - 5
1st Phase

Sivaloka Day

6

Saturday, January 14, 2023

Kanya Rasi: 16.23 Tithi 22

869586576

Routine Work Marana Yoga

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

Gulika 6:37AM – 8:02AM
Yama 1:39PM – 3:03PM
Rahu 9:26AM – 10:50AM

Hasta Until 7:16PM
Athiganda* Until 1:33PM
Visti Until 8:00AM
Saptami Until 8:28PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 6:37AM
Sunset: 5:52PM

Yangon, Myanmar
Sun 6 Sutra 272
Subhakrit 5124
Moon 1 - Phase 37 - 6
1st Phase

Subha Sivaloka Day

Thai Pongal

Retreat Star

Sunday, January 15, 2023

Kanya Rasi: 29 Tithi 23

869586576

Creative Work Siddha Yoga

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

Gulika 3:04PM – 4:28PM
Yama 12:15PM – 1:39PM
Rahu 4:28PM – 5:52PM

Chitra Until 8:15PM
Sukarma Until 12:51PM
Balava Until 8:47AM
Ashtami* Until 8:51PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 6:37AM
Sunset: 5:52PM

Yangon, Myanmar
Sun 7 Sutra 273
Subhakrit 5124
Moon 1 - Phase 37 - 7
Ashtami

Subha Sivaloka Day

Monday, January 16, 2023

Retreat Star

Tula Rasi: 11.59 Tithi 24

869586576

Family Home Evening
Creative Work Amrita Yoga
Until 8:16PM
Then Routine Work - Marana Yoga

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

Gulika 1:40PM – 3:04PM
Yama 10:51AM – 12:15PM
Rahu 8:02AM – 9:26AM

Svati Until 8:16PM
Dhriti Until 11:33AM
Taitila Until 8:45AM
Navami* Until 8:24PM

Ganesha: White
Muruqa: Purple
Nataraja: Clear
Moon – Green
Pausha-Thai

Sunrise: 6:38AM
Sunset: 5:53PM

Yangon, Myanmar
Sun 8 Sutra 274
Subhakrit 5124
Moon 1 - Phase 37 - 8
Navami

Subha Sivaloka Day

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,


www.gurudeva.org/panchang

1	Tuesday, January 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Mangala Vasara Yuktayam				Yangon, Myanmar
			Vishakha Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Dashamyam Titau				Sun 9 Sutra 275
	Tula Rasi: 25.25	Tithi 25	Gulika 12:16PM – 1:40PM	Vishakha Until 7:45PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 9:27AM – 10:51AM	Shula* Until 9:33AM	Muruqa: Purple	<i>Sunset:</i> 5:54PM	Moon 1 - Phase 38 - 9
		879586576 Rahu 3:05PM – 4:29PM	Vanija Until 7:53AM	Nataraja: Clear		2nd Phase	
Routine Work Marana Yoga				Moon – Orange		Sivaloka Day	
Until 7:45PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							

2	Wednesday, January 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Budha Vasara Yuktayam				Yangon, Myanmar
			Anuradha Nakshatra Ganda*/Vridhi Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sun 10 Sutra 276
	Vischika Rasi: 9.2	Tithi 26 – 27	Gulika 10:51AM – 12:16PM	Anuradha Until 6:18PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 8:02AM – 9:27AM	Ganda* Until 6:54AM	Muruqa: Purple	<i>Sunset:</i> 5:54PM	Moon 1 - Phase 38 - 10
		879586576 Rahu 12:16PM – 1:40PM	Bava Until 6:10AM	Nataraja: Clear		2nd Phase	
Creative Work Siddha Yoga				Moon – Orange		Sivaloka Day	
				Pausha*Thai			

3	Thursday, January 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Guru Vasara Yuktayam				Yangon, Myanmar
			Jyeshtha*/Mula* Nakshatra Dhruva Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau				Sun 11 Sutra 277
	Vischika Rasi: 23.44	Tithi 27 – 28	Gulika 9:27AM – 10:52AM	Jyeshtha* Until 4:03PM	Ganesha: Yellow	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 6:38AM – 8:02AM	Dhruva Until 11:56PM	Muruqa: Purple	<i>Sunset:</i> 5:55PM	Moon 1 - Phase 38 - 11
		871586576 Rahu 1:41PM – 3:05PM	Gara Until 12:39AM Fri	Nataraja: Clear		2nd Phase	
Routine Work Prabalarishta Yoga				Moon – Orange		Sivaloka Day	
Until 4:03PM				Pausha*Thai			
Then Creative Work - Siddha Yoga							

4	Friday, January 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Sukra Vasara Yuktayam				Yangon, Myanmar
			Mula*/Purvashadha* Nakshatra Vyaghata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sun 12 Sutra 278
	Dhanus Rasi: 8.34	Tithi 28 – 29	Gulika 8:02AM – 9:27AM	Mula* Until 1:34PM	Ganesha: Red	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 3:06PM – 4:31PM	Vyaghata* Until 7:50PM	Muruqa: Purple	<i>Sunset:</i> 5:55PM	Moon 1 - Phase 38 - 12
		881586576 Rahu 10:52AM – 12:17PM	Visti Until 9:08PM	Nataraja: Clear		2nd Phase	
Creative Work Amrita Yoga				Moon – Light Blue		Sivaloka Day	
Until 1:34PM				Pausha*Thai			
Then Routine Work - Prabalarishta Yoga							

	Saturday, January 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Paksh Manta Vasara Yuktayam				Yangon, Myanmar
			Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau				Sun 13 Sutra 279
	Dhanus Rasi: 23.44	Tithi 29 – 30	Gulika 6:38AM – 8:03AM	Purvashadha* Until 10:36AM	Ganesha: Red	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 1:42PM – 3:06PM	Harshana Until 3:31PM	Muruqa: Purple	<i>Sunset:</i> 5:56PM	Moon 1 - Phase 38 - 13
		881586576 Rahu 9:27AM – 10:52AM	Naga Until 3:23AM Sun	Nataraja: Clear		Amavasya	
Creative Work Siddha Yoga				Moon – Light Blue		Sivaloka Day	
Until 10:36AM				Pausha*Thai			
Then Routine Work - Marana Yoga							

Retreat Star	Sunday, January 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Paksh Bhanu Vasara Yuktayam				Yangon, Myanmar
			Uttarashadha*/Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Sun 14 Sutra 280
	Makara Rasi: 9.02	Tithi 1	Gulika 3:07PM – 4:32PM	Uttarashadha Until 7:21AM	Ganesha: Red	<i>Sunrise:</i> 6:38AM	Subhakrit 5124
			Yama 12:17PM – 1:42PM	Vajra* Until 11:04AM	Muruqa: Purple	<i>Sunset:</i> 5:56PM	Moon 1 - Phase 38 - 14
		881586576 Rahu 4:32PM – 5:56PM	Kintughna Until 1:27PM	Nataraja: Clear		Prathama	
Creative Work Amrita Yoga				Moon – Light Blue		Sivaloka Day	
				Magha*Thai			

Monday, January 23, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Dvitiyayam Titau			Yangon, Myanmar Sun 15 Sutra 281 Subhakrit 5124
1	Makara Rasi: 24.21 Tithi 2	Gulika 1:42PM – 3:07PM	Dhanishtha Until 1:30AM Tue	Ganesha: Yellow <i>Sunrise: 6:38AM</i>	
Family Home Evening	891586576	Yama 10:52AM – 12:17PM	Siddhi Until 6:41AM	Muruqa: Purple <i>Sunset: 5:57PM</i>	Moon 1 - Phase 39 - 15
Creative Work Siddha Yoga		Rahu 8:03AM – 9:28AM	Balava Until 9:39AM	Nataraja: Clear	3rd Phase
Until 1:30AM Tue			Dvitiya Until 7:49PM	Moon – Purple	Sivaloka Day
Then Routine Work - Marana Yoga				Magha*Thai	

Tuesday, January 24, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Tailila/Vanija Karana Tritiya/Chaturthyam Titau			Yangon, Myanmar Sun 16 Sutra 282 Subhakrit 5124
2	Kumbha Rasi: 9.28 Tithi 3 – 4	Gulika 12:18PM – 1:43PM	Shatabhishak Until 10:54PM	Ganesha: Yellow <i>Sunrise: 6:38AM</i>	
	891586576	Yama 9:28AM – 10:53AM	Variyan Until 10:39PM	Muruqa: Purple <i>Sunset: 5:57PM</i>	Moon 1 - Phase 39 - 16
Routine Work Marana Yoga		Rahu 3:08PM – 4:33PM	Taitila Until 6:06AM	Nataraja: Clear	3rd Phase
			Tritiya Until 4:29PM	Moon – Purple	Sivaloka Day
				Magha*Thai	

Wednesday, January 25, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaprossthapada* Nakshatra Parigha* Yoga Visti*/Bava Karana Chalurthi/Panchamyam Titau			Yangon, Myanmar Sun 17 Sutra 283 Subhakrit 5124
3	Kumbha Rasi: 24.14 Tithi 4 – 5	Gulika 10:53AM – 12:18PM	Purvaprossthapada* Until 9:08PM	Ganesha: Blue <i>Sunrise: 6:38AM</i>	
	911586576	Yama 8:03AM – 9:28AM	Parigha* Until 7:16PM	Muruqa: Purple <i>Sunset: 5:58PM</i>	Moon 1 - Phase 39 - 17
Creative Work Amrita Yoga		Rahu 12:18PM – 1:43PM	Bava Until 12:31AM Thu	Nataraja: Clear	3rd Phase
Until 9:08PM			Chaturthi* Until 1:39PM	Moon – Clear	Subha Sivaloka Day
Then Creative Work - Siddha Yoga				Magha*Thai	

Thursday, January 26, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraprossthapada Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Yangon, Myanmar Sun 18 Sutra 284 Subhakrit 5124
4	Meena Rasi: 8.34 Tithi 5 – 6	Gulika 9:28AM – 10:53AM	Uttaraprossthapada Until 7:56PM	Ganesha: Blue <i>Sunrise: 6:38AM</i>	
	911586576	Yama 6:38AM – 8:03AM	Shiva Until 4:29PM	Muruqa: Purple <i>Sunset: 5:59PM</i>	Moon 1 - Phase 39 - 18
Creative Work Siddha Yoga		Rahu 1:43PM – 3:08PM	Kaulava Until 10:45PM	Nataraja: Clear	3rd Phase
			Panchami Until 11:31AM	Moon – Clear	Subha Sivaloka Day
				Magha*Thai	

Friday, January 27, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Shashthi/Saptamyam Titau			Yangon, Myanmar Sun 19 Sutra 285 Subhakrit 5124
5	Meena Rasi: 22.23 Tithi 6 – 7	Gulika 8:03AM – 9:28AM	Revati Until 7:25PM	Ganesha: Blue <i>Sunrise: 6:37AM</i>	
	911586576	Yama 3:09PM – 4:34PM	Siddha Until 2:18PM	Muruqa: Purple <i>Sunset: 5:59PM</i>	Moon 1 - Phase 39 - 19
Creative Work Siddha Yoga		Rahu 10:53AM – 12:18PM	Gara Until 9:50PM	Nataraja: Clear	3rd Phase
Until 7:25PM			Shashthi* Until 10:10AM	Moon – Clear	Subha Sivaloka Day
Then Creative Work - Amrita Yoga				Magha*Thai	

Saturday, January 28, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Yangon, Myanmar Sun 20 Sutra 286 Subhakrit 5124
Retreat Star	Mesha Rasi: 5.44 Tithi 7 – 8	Gulika 6:37AM – 8:03AM	Ashvini Until 8:02PM	Ganesha: Yellow <i>Sunrise: 6:37AM</i>	
	921586576	Yama 1:44PM – 3:09PM	Sadhya Until 12:50PM	Muruqa: Purple <i>Sunset: 6:00PM</i>	Moon 1 - Phase 39 - 20
Creative Work Siddha Yoga		Rahu 9:28AM – 10:53AM	Visti Until 9:48PM	Nataraja: Clear	Ashtami
			Saptami Until 9:41AM	Moon – White	Sivaloka Day
				Magha*Thai	

Sunday, January 29, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Yangon, Myanmar Sun 21 Sutra 287 Subhakrit 5124
Retreat Star	Mesha Rasi: 18.38 Tithi 8 – 9	Gulika 3:09PM – 4:35PM	Bharani Until 9:18PM	Ganesha: Yellow <i>Sunrise: 6:37AM</i>	
	922686576	Yama 12:19PM – 1:44PM	Subha Until 12:01PM	Muruqa: Purple <i>Sunset: 6:00PM</i>	Moon 1 - Phase 39 - 21
Routine Work Prabalarishta Yoga		Rahu 4:35PM – 6:00PM	Balava Until 10:34PM	Nataraja: Clear	Navami
Until 9:18PM			Ashtami* Until 10:04AM	Moon – White	Sivaloka Day
Then Creative Work - Siddha Yoga				Magha*Thai	

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

Monday, January 30, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Yangon, Myanmar Sun 22 Sutra 288 Subhakarit 5124	
1	922686576	Gulika 1:44PM – 3:10PM Yama 10:53AM – 12:19PM Rahu 8:02AM – 9:28AM	Krittika Until 11:05PM Sukla Until 11:46AM Taitila Until 12:02AM Tue Navami* Until 11:12AM	Ganesha: Yellow Muruqa: Purple Nataraja: Clear Moon – White Magha-Thai	Sivaloka Day Sunrise: 6:37AM Sunset: 6:01PM Moon 1 - Phase 40 - 22 4th Phase
Vrishabha Rasi: 1.1 Tithi 9 – 10 Family Home Evening Routine Work Marana Yoga Until 11:05PM Then Creative Work - Amrita Yoga					

Tuesday, January 31, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Yangon, Myanmar Sun 23 Sutra 289 Subhakarit 5124	
2	932686576	Gulika 12:19PM – 1:45PM Yama 9:28AM – 10:53AM Rahu 3:10PM – 4:36PM	Rohini Until 1:41AM Wed Brahma Until 11:58AM Vanija Until 2:01AM Wed Dashami Until 12:57PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Subha Sivaloka Day Sunrise: 6:37AM Sunset: 6:01PM Moon 1 - Phase 40 - 23 4th Phase
Vrishabha Rasi: 13.25 Tithi 10 – 11 Creative Work Amrita Yoga Until 1:41AM Wed Then Creative Work - Siddha Yoga					

Wednesday, February 1, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Yangon, Myanmar Sun 24 Sutra 290 Subhakarit 5124	
3	932686576	Gulika 10:53AM – 12:19PM Yama 8:02AM – 9:28AM Rahu 12:19PM – 1:45PM	Mrigashira Until 4:26AM Thu Indra Until 12:31PM Bava Until 4:20AM Thu Ekadashi Until 3:07PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Subha Sivaloka Day Sunrise: 6:37AM Sunset: 6:01PM Moon 1 - Phase 40 - 24 4th Phase
Vrishabha Rasi: 25.29 Tithi 11 – 12 Creative Work Siddha Yoga Until 4:26AM Thu Then Routine Work - Marana Yoga					

Thursday, February 2, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Yangon, Myanmar Sun 25 Sutra 291 Subhakarit 5124	
4	932686576	Gulika 9:28AM – 10:54AM Yama 6:37AM – 8:02AM Rahu 1:45PM – 3:11PM	Ardra Until 7:10AM Fri Vaidhriti* Until 1:13PM Kaulava Until 6:48AM Fri Dvadashi Until 5:32PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Subha Sivaloka Day Sunrise: 6:37AM Sunset: 6:02PM Moon 1 - Phase 40 - 25 4th Phase
Mithuna Rasi: 7.26 Tithi 12 – 13 Routine Work Marana Yoga Until 7:10AM Fri Then Creative Work - Siddha Yoga <i>Pradosha Vrata</i>					

Friday, February 3, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Yangon, Myanmar Sun 26 Sutra 292 Subhakarit 5124	
5	932686576	Gulika 8:02AM – 9:28AM Yama 3:11PM – 4:37PM Rahu 10:54AM – 12:19PM	Ardra Until 7:10AM Vishkambha* Until 2:02PM Kaulava Until 6:48AM Trayodashi Until 8:02PM	Ganesha: White Muruqa: Purple Nataraja: Clear Moon – Yellow Magha-Thai	Subha Sivaloka Day Sunrise: 6:36AM Sunset: 6:02PM Moon 1 - Phase 40 - 26 4th Phase
Mithuna Rasi: 19.19 Tithi 13 Creative Work Siddha Yoga					

Saturday, February 4, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Punarvasu/Pushya Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Chaturdashyam Titau		Yangon, Myanmar Sun 27 Sutra 293 Subhakarit 5124	
6	942686577	Gulika 6:36AM – 8:02AM Yama 1:45PM – 3:11PM Rahu 9:28AM – 10:54AM	Punarvasu Until 10:17AM Priti Until 2:52PM Gara Until 9:19AM Chaturdashi* Until 10:32PM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sivaloka Day Sunrise: 6:36AM Sunset: 6:03PM Moon 1 - Phase 40 - 27 4th Phase
Kataka Rasi: 1.12 Tithi 14 Creative Work Siddha Yoga Thai Pusam					

Sunday, February 5, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau		Yangon, Myanmar Sutra 294 Subhakarit 5124	
○	942686577	Gulika 3:11PM – 4:37PM Yama 12:20PM – 1:46PM Rahu 4:37PM – 6:03PM	Pushya Until 1:11PM Ayushman Until 3:38PM Visti Until 11:47AM Purnima* Until 12:57AM Mon	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sivaloka Day Sunrise: 6:36AM Sunset: 6:03PM Moon 1 - Phase 40 - Purnima
Kataka Rasi: 13.05 Tithi 15 Creative Work Siddha Yoga					

Monday, February 6, 2023		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau		Yangon, Myanmar Sutra 295 Subhakarit 5124	
○	942686577	Gulika 1:46PM – 3:12PM Yama 10:54AM – 12:20PM Rahu 8:02AM – 9:28AM	Ashlesha* Until 3:49PM Saubhagya Until 4:20PM Balava Until 2:09PM Prathama* Until 3:16AM Tue	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Blue Magha-Thai	Sivaloka Day Sunrise: 6:36AM Sunset: 6:04PM Moon 1 - Phase 40 - Prathama
Kataka Rasi: 25.01 Tithi 16 Family Home Evening Creative Work Siddha Yoga Until 3:49PM Then Routine Work - Marana Yoga					



Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 6.59 Tithi 17

952686577

Creative Work Siddha Yoga

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

Gulika 12:20PM - 1:46PM
Yama 9:28AM - 10:54AM
Rahu 3:12PM - 4:38PM

Magha* Until 6:40PM
Sobhana Until 4:57PM
Tailila Until 4:24PM
Dvitiya Until 5:25AM Wed

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:35AM
Sunset: 6:04PM

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

Subha Sivaloka Day

1

Wednesday, February 8, 2023

Simha Rasi: 19.01 Tithi 18

952686577

Creative Work Amrita Yoga

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

Gulika 10:54AM - 12:20PM
Yama 8:01AM - 9:27AM
Rahu 12:20PM - 1:46PM

Purvaphalguni Until 9:10PM
Athiganda* Until 5:24PM
Vanija Until 6:27PM
Tritiya Until 7:22AM Thu

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:35AM
Sunset: 6:05PM

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

Subha Sivaloka Day

2

Thursday, February 9, 2023

Kanya Rasi: 1.07 Tithi 18 - 19

952686577

Amrita Yoga

Until 11:15PM
Then Routine Work - Marana Yoga

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

Gulika 9:27AM - 10:54AM
Yama 6:35AM - 8:01AM
Rahu 1:46PM - 3:12PM

Uttaraphalguni Until 11:15PM
Sukarma Until 5:41PM
Bava Until 8:14PM
Tritiya Until 7:22AM

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Red
Magha*Thai

Sunrise: 6:35AM
Sunset: 6:05PM

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

Subha Sivaloka Day

3

Friday, February 10, 2023

Kanya Rasi: 13.22 Tithi 19 - 20

962686577

Amrita Yoga

Until 1:18AM Sat
Then Routine Work - Marana Yoga

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

Gulika 8:01AM - 9:27AM
Yama 3:13PM - 4:39PM
Rahu 10:54AM - 12:20PM

Hasta Until 1:18AM Sat
Dhriti Until 5:43PM
Kaulava Until 9:41PM
Chaturthi* Until 8:59AM

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:34AM
Sunset: 6:06PM

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

Sivaloka Day

4

Saturday, February 11, 2023

Kanya Rasi: 25.46 Tithi 20 - 21

963686577

Marana Yoga

Until 2:43AM Sun
Then Creative Work - Siddha Yoga

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

Gulika 6:34AM - 8:00AM
Yama 1:46PM - 3:13PM
Rahu 9:27AM - 10:53AM

Chitra Until 2:43AM Sun
Shula* Until 5:22PM
Gara Until 10:38PM
Panchami Until 10:12AM

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:34AM
Sunset: 6:06PM

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

Devaloka Day

5

Sunday, February 12, 2023

Tula Rasi: 8.24 Tithi 21 - 22

963686577

Siddha Yoga

Until 3:22AM Mon
Then Routine Work - Marana Yoga

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

Gulika 3:13PM - 4:40PM
Yama 12:20PM - 1:47PM
Rahu 4:40PM - 6:06PM

Svati Until 3:22AM Mon
Ganda* Until 4:36PM
Visti Until 10:59PM
Shashthi* Until 10:52AM

Ganesha: Purple
Muruga: Purple
Nataraja: Orange
Moon - Green
Magha*Thai

Sunrise: 6:34AM
Sunset: 6:06PM

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

Devaloka Day

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 21.2 Tithi 22 - 23

973686577

Family Home Evening

Marana Yoga

Until 3:38AM Tue
Then Creative Work - Siddha Yoga

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

Gulika 1:47PM - 3:13PM
Yama 10:53AM - 12:20PM
Rahu 8:00AM - 9:27AM

Vishakha Until 3:38AM Tue
Vridhhi Until 3:19PM
Balava Until 10:37PM
Saptami Until 10:52AM

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Orange
Magha-Masi

Sunrise: 6:33AM
Sunset: 6:07PM

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

Sivaloka Day

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 4.39 Tithi 23 - 24

973686577

Siddha Yoga

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

Gulika 12:20PM - 1:47PM
Yama 9:26AM - 10:53AM
Rahu 3:14PM - 4:40PM

Anuradha Until 3:02AM Wed
Dhruva Until 1:26PM
Tailila Until 9:32PM
Ashtami* Until 10:09AM

Ganesha: Clear
Muruga: Purple
Nataraja: Orange
Moon - Orange
Magha-Masi

Sunrise: 6:33AM
Sunset: 6:07PM

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

Sivaloka Day

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

times are standard time. Calculated for Yangon, Myanmar on 5/1,

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1	Wednesday, February 15, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Yangon, Myanmar Sun 8 Sutra 304	
	Wrischika Rasi: 18.22	Tithi 24 – 25	Gulika 10:53AM – 12:20PM	Yama 7:59AM – 9:26AM	Rahu 12:20PM – 1:47PM	Jyeshtha* Until 1:35AM Thu Vyaghata* Until 10:59AM Vanija Until 7:43PM Navami* Until 8:41AM	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Orange Magha-Masi	Sunrise: 6:32AM Sunset: 6:08PM Moon 2 - Phase 42 - 8 2nd Phase Sivaloka Day
	Creative Work Siddha Yoga		983686577					

2	Thursday, February 16, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Harshana/Vajra* Yoga Visti/Balava Karana Dashami/Ekadashyam Titau				Yangon, Myanmar Sun 9 Sutra 305	
	Dhanus Rasi: 2.32	Tithi 25 – 26	Gulika 9:26AM – 10:53AM	Yama 6:32AM – 7:59AM	Rahu 1:47PM – 3:14PM	Mula* Until 11:48PM Harshana Until 7:59AM Balava Until 3:46AM Fri Dashami Until 6:32AM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:32AM Sunset: 6:08PM Moon 2 - Phase 42 - 9 2nd Phase Devaloka Day
	Creative Work Siddha Yoga		983686577					

3	Friday, February 17, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvodashyam Titau				Yangon, Myanmar Sun 10 Sutra 306	
	Dhanus Rasi: 17.07	Tithi 27	Gulika 7:58AM – 9:26AM	Yama 3:14PM – 4:41PM	Rahu 10:53AM – 12:20PM	Purvashadha* Until 9:23PM Siddhi Until 12:38AM Sat Kaulava Until 2:13PM Dvadashi* Until 12:32AM Sat	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:31AM Sunset: 6:08PM Moon 2 - Phase 42 - 10 2nd Phase Devaloka Day
	Routine Work Prabalarishta Yoga Until 9:23PM Then Routine Work - Marana Yoga		983686577					

4	Saturday, February 18, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyatipata* Yoga Gara/Vanija Karana Trayodashyam Titau				Yangon, Myanmar Sun 11 Sutra 307	
	Makara Rasi: 2.02	Tithi 28	Gulika 6:31AM – 7:58AM	Yama 1:47PM – 3:14PM	Rahu 9:25AM – 10:53AM	Uttarashadha Until 6:29PM Vyatipata* Until 8:31PM Gara Until 10:49AM Trayodashi* Until 8:59PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:31AM Sunset: 6:09PM Moon 2 - Phase 42 - 11 2nd Phase Devaloka Day
	Routine Work Marana Yoga Until 6:29PM Then Creative Work - Siddha Yoga		983686577					
	<i>Pradosha Vrata (Fasting)</i>							

5	Sunday, February 19, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Varyani/Parigha* Yoga Visti/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Yangon, Myanmar Sun 12 Sutra 308	
	Makara Rasi: 17.11	Tithi 29 – 30	Gulika 3:14PM – 4:42PM	Yama 12:20PM – 1:47PM	Rahu 4:42PM – 6:09PM	Shravana Until 3:41PM Variyan Until 4:15PM Visti Until 7:10AM Chaturdashi* Until 5:17PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:30AM Sunset: 6:09PM Moon 2 - Phase 42 - 12 2nd Phase Devaloka Day
	Creative Work Amrita Yoga Until 3:41PM Then Routine Work - Marana Yoga		993686577					

●	Monday, February 20, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Yangon, Myanmar Sun 13 Sutra 309			
	Retreat Star		Kumbha Rasi: 2.23	Tithi 30 – 1	Gulika 1:47PM – 3:15PM	Yama 10:52AM – 12:20PM	Rahu 7:57AM – 9:25AM	Dhanishtha Until 12:46PM Parigha* Until 12:01PM Kintughna Until 11:51PM Amavasya* Until 1:37PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:30AM Sunset: 6:09PM Moon 2 - Phase 42 - 13 Amavasya Devaloka Day
	Family Home Evening Creative Work Siddha Yoga		993686577							

●	Tuesday, February 21, 2023		Subhakar Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak/Purvaprosithapada* Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Yangon, Myanmar Sun 14 Sutra 310			
	Retreat Star		Kumbha Rasi: 17.29	Tithi 1 – 2	Gulika 12:20PM – 1:47PM	Yama 9:24AM – 10:52AM	Rahu 3:15PM – 4:42PM	Shatabhishak Until 9:53AM Shiva Until 7:57AM Balava Until 8:32PM Prathama* Until 10:08AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Phalgun-Masi	Sunrise: 6:29AM Sunset: 6:10PM Moon 2 - Phase 42 - 14 Prathama Devaloka Day
	Routine Work Marana Yoga		993686577							

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

times are standard time. Calculated for Yangon, Myanmar on 5/1.

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1	Wednesday, February 22, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Sadhya Yoga Kaulava/Gara Karana Dviliya/Trityayam Titau				Yangon, Myanmar
	Meena Rasi: 2.19	Tithi 2 - 3	Gulika 10:52AM - 12:19PM	Purvaproshtapada* Until 7:40AM	Ganesha: Red	<i>Sunrise:</i> 6:29AM	Sun 15 Sutra 311
	913686577	Rahu 12:19PM - 1:47PM	Yama 7:56AM - 9:24AM	Sadhya Until 12:46AM Thu	Muruqa: Purple	<i>Sunset:</i> 6:10PM	Subhakrit 5124
Creative Work Amrita Yoga				Gara Until 4:27AM Thu	Nataraja: Orange		Moon 2 - Phase 43 - 15
Until 7:40AM				Dvitiya Until 7:01AM	Moon - Clear		3rd Phase
Then Creative Work - Siddha Yoga					Phalguna-Masi	Sivaloka Day	

2	Thursday, February 23, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha Yoga Vanija/Visti* Karana Chaturthyam Titau				Yangon, Myanmar
	Meena Rasi: 16.44	Tithi 4	Gulika 9:24AM - 10:52AM	Revati Until 4:35AM Fri	Ganesha: Blue	<i>Sunrise:</i> 6:28AM	Sun 16 Sutra 312
	913786577	Rahu 1:47PM - 3:15PM	Yama 6:28AM - 7:56AM	Subha Until 9:57PM	Muruqa: Purple	<i>Sunset:</i> 6:10PM	Subhakrit 5124
Creative Work Siddha Yoga				Vanija Until 3:27PM	Nataraja: Orange		Moon 2 - Phase 43 - 16
Until 4:35AM Fri				Chaturthi* Until 2:35AM Fri	Moon - Clear		3rd Phase
Then Creative Work - Amrita Yoga		Subramuniyaswami Siva Vision Day			Phalguna-Masi	Subha Sivaloka Day	

3	Friday, February 24, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla Yoga Bava/Balava Karana Panchamyam Titau				Yangon, Myanmar
	Mesha Rasi: 0.43	Tithi 5	Gulika 7:56AM - 9:23AM	Ashvini Until 4:25AM Sat	Ganesha: Yellow	<i>Sunrise:</i> 6:28AM	Sun 17 Sutra 313
	923786577	Rahu 10:51AM - 12:19PM	Yama 3:15PM - 4:43PM	Sukla Until 7:45PM	Muruqa: Purple	<i>Sunset:</i> 6:11PM	Subhakrit 5124
Creative Work Amrita Yoga				Bava Until 1:58PM	Nataraja: Orange		Moon 2 - Phase 43 - 17
Until 4:25AM Sat				Panchami Until 1:32AM Sat	Moon - White		3rd Phase
Then Creative Work - Siddha Yoga					Phalguna-Masi	Sivaloka Day	

4	Saturday, February 25, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma Yoga Kaulava/Taitila Karana Shashthyam Titau				Yangon, Myanmar
	Mesha Rasi: 14.12	Tithi 6	Gulika 6:27AM - 7:55AM	Bharani Until 4:57AM Sun	Ganesha: Yellow	<i>Sunrise:</i> 6:27AM	Sun 18 Sutra 314
	923786577	Rahu 9:23AM - 10:51AM	Yama 1:47PM - 3:15PM	Brahma Until 6:14PM	Muruqa: Purple	<i>Sunset:</i> 6:11PM	Subhakrit 5124
Creative Work Siddha Yoga				Kaulava Until 1:21PM	Nataraja: Orange		Moon 2 - Phase 43 - 18
				Shashthi* Until 1:20AM Sun	Moon - White		3rd Phase
					Phalguna-Masi	Sivaloka Day	

5	Sunday, February 26, 2023		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Yangon, Myanmar
	Mesha Rasi: 27.13	Tithi 7	Gulika 3:15PM - 4:43PM	Krittika Until 6:09AM Mon	Ganesha: Blue	<i>Sunrise:</i> 6:27AM	Sun 19 Sutra 315
	924786577	Rahu 4:43PM - 6:11PM	Yama 12:19PM - 1:47PM	Indra Until 5:25PM	Muruqa: Purple	<i>Sunset:</i> 6:11PM	Subhakrit 5124
Creative Work Siddha Yoga				Gara Until 1:35PM	Nataraja: Orange		Moon 2 - Phase 43 - 19
Until 6:09AM Mon				Saptami Until 2:00AM Mon	Moon - White		3rd Phase
Then Creative Work - Amrita Yoga					Phalguna-Masi	Devaloka Day	

Monday, February 27, 2023	Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Yangon, Myanmar
	Vrishabha Rasi: 9.5	Tithi 8	Gulika 1:47PM - 3:15PM	Krittika Until 6:09AM	Ganesha: Blue	<i>Sunrise:</i> 6:26AM	Sun 20 Sutra 316
	924786577	Rahu 7:54AM - 9:22AM	Yama 10:51AM - 12:19PM	Vaidhriti* Until 5:11PM	Muruqa: Purple	<i>Sunset:</i> 6:12PM	Subhakrit 5124
Family Home Evening				Visti Until 2:39PM	Nataraja: Orange		Moon 2 - Phase 43 - 20
Routine Work Marana Yoga				Ashtami* Until 3:25AM Tue	Moon - White		Ashtami
Until 6:09AM					Phalguna-Masi	Devaloka Day	
Then Creative Work - Amrita Yoga							

Tuesday, February 28, 2023	Retreat Star		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar
	Vrishabha Rasi: 22.08	Tithi 9	Gulika 12:19PM - 1:47PM	Rohini Until 8:21AM	Ganesha: Yellow	<i>Sunrise:</i> 6:25AM	Sun 21 Sutra 317
	934786577	Rahu 3:15PM - 4:44PM	Yama 9:22AM - 10:50AM	Vishkambha* Until 5:27PM	Muruqa: Purple	<i>Sunset:</i> 6:12PM	Subhakrit 5124
Creative Work Amrita Yoga				Balava Until 4:22PM	Nataraja: Orange		Moon 2 - Phase 43 - 21
Until 8:21AM				Navami* Until 5:24AM Wed	Moon - Yellow		Navami
Then Creative Work - Siddha Yoga					Phalguna-Masi	Sivaloka Day	

1	Wednesday, March 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti Yoga Taitila Karana Dashamyam Titau				Yangon, Myanmar
	Mithuna Rasi: 4.12	Tithi 10	Gulika 10:50AM – 12:18PM	Mrigashira Until 10:54AM	Ganesha: Yellow	<i>Sunrise:</i> 6:24AM	Sun 22 Sutra 318
			Yama 7:53AM – 9:21AM	Priti Until 6:04PM	Muruqa: Purple	<i>Sunset:</i> 6:12PM	Subhakrit 5124
	934786577	Rahu 12:18PM – 1:47PM	Taitila Until 6:34PM	Nataraja: Orange			Moon 2 - Phase 44 - 22 4th Phase
Creative Work	Siddha Yoga		Dashami Until 7:45AM Thu	Moon – Yellow		Sivaloka Day	
				Phalguna-Masi			


2	Thursday, March 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Yangon, Myanmar
	Mithuna Rasi: 16.08	Tithi 10 – 11	Gulika 9:21AM – 10:49AM	Ardra Until 1:36PM	Ganesha: Yellow	<i>Sunrise:</i> 6:23AM	Sun 23 Sutra 319
			Yama 6:23AM – 7:52AM	Ayushman Until 6:52PM	Muruqa: Purple	<i>Sunset:</i> 6:13PM	Subhakrit 5124
	934786577	Rahu 1:47PM – 3:15PM	Vanija Until 9:01PM	Nataraja: Orange			Moon 2 - Phase 44 - 23 4th Phase
Routine Work	Marana Yoga		Dashami Until 7:45AM	Moon – Yellow		Sivaloka Day	
Until 1:36PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

3	Friday, March 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Yangon, Myanmar
	Mithuna Rasi: 28.01	Tithi 11 – 12	Gulika 7:52AM – 9:20AM	Punarvasu Until 4:44PM	Ganesha: White	<i>Sunrise:</i> 6:23AM	Sun 24 Sutra 320
			Yama 3:15PM – 4:44PM	Saubhagya Until 7:44PM	Muruqa: Purple	<i>Sunset:</i> 6:13PM	Subhakrit 5124
	944786577	Rahu 10:49AM – 12:18PM	Bava Until 11:32PM	Nataraja: Orange			Moon 2 - Phase 44 - 24 4th Phase
Creative Work	Siddha Yoga		Ekadashi Until 10:15AM	Moon – Blue		Devaloka Day	
Until 4:44PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							

4	Saturday, March 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Kataka Rasi: 9.53	Tithi 12 – 13	Gulika 6:22AM – 7:51AM	Pushya Until 7:40PM	Ganesha: White	<i>Sunrise:</i> 6:22AM	Sun 25 Sutra 321
			Yama 1:47PM – 3:15PM	Sobhana Until 8:35PM	Muruqa: Purple	<i>Sunset:</i> 6:13PM	Subhakrit 5124
	944786577	Rahu 9:20AM – 10:49AM	Kaulava Until 1:58AM Sun	Nataraja: Orange			Moon 2 - Phase 44 - 25 4th Phase
Creative Work	Siddha Yoga		Dvadashi Until 12:45PM	Moon – Blue		Devaloka Day	
Until 7:40PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata</i>			

5	Sunday, March 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Kataka Rasi: 21.47	Tithi 13 – 14	Gulika 3:15PM – 4:44PM	Ashlesha* Until 10:17PM	Ganesha: White	<i>Sunrise:</i> 6:21AM	Sun 26 Sutra 322
			Yama 12:17PM – 1:46PM	Athiganda* Until 9:17PM	Muruqa: Purple	<i>Sunset:</i> 6:13PM	Subhakrit 5124
	944786577	Rahu 4:44PM – 6:13PM	Gara Until 4:14AM Mon	Nataraja: Orange			Moon 2 - Phase 44 - 26 4th Phase
Creative Work	Siddha Yoga		Trayodashi Until 3:07PM	Moon – Blue		Devaloka Day	
Until 10:17PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							

6	Monday, March 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Yangon, Myanmar
	Simha Rasi: 3.46	Tithi 14 – 15	Gulika 1:46PM – 3:15PM	Magha* Until 1:01AM Tue	Ganesha: Clear	<i>Sunrise:</i> 6:21AM	Sun 27 Sutra 323
			Yama 10:48AM – 12:17PM	Sukarma Until 9:49PM	Muruqa: Purple	<i>Sunset:</i> 6:14PM	Subhakrit 5124
	154786577	Rahu 7:50AM – 9:19AM	Visti Until 6:15AM Tue	Nataraja: Orange			Moon 2 - Phase 44 - 27 4th Phase
Family Home Evening	Marana Yoga		Chaturdashi* Until 5:15PM	Moon – Red		Sivaloka Day	
Routine Work		Chidambaram Abhishekam		Phalguna-Masi			
Until 1:01AM Tue							
Then Creative Work - Siddha Yoga							

	Tuesday, March 7, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti Yoga Visti*/Bava Karana Purnimayam Titau				Yangon, Myanmar
	Copper Retreat Star		Gulika 12:17PM – 1:46PM	Purvaphalguni Until 3:18AM Wed	Ganesha: Clear	<i>Sunrise:</i> 6:20AM	Sun 28 Sutra 324
	Simha Rasi: 15.5	Tithi 15	Yama 9:18AM – 10:48AM	Dhriti Until 10:10PM	Muruqa: Purple	<i>Sunset:</i> 6:14PM	Subhakrit 5124
			154786577 Rahu 3:15PM – 4:45PM	Visti Until 6:15AM	Nataraja: Orange		Moon 2 - Phase 44 - Purnima
Creative Work	Siddha Yoga		Purnima* Until 7:08PM	Moon – Red		Sivaloka Day	
Until 3:18AM Wed		Holi		Phalguna-Masi			
Then Creative Work - Amrita Yoga							

○	Wednesday, March 8, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Shula* Yoga Balava/Kaulava Karana Prathamayam Titau				Yangon, Myanmar
	Silver Retreat Star		Gulika 10:47AM – 12:17PM	Uttaraphalguni Until 5:07AM Thu	Ganesha: Clear	<i>Sunrise:</i> 6:19AM	Sun 29 Sutra 325
	Simha Rasi: 28.02	Tithi 16	Yama 7:49AM – 9:18AM	Shula* Until 10:14PM	Muruqa: Purple	<i>Sunset:</i> 6:14PM	Subhakrit 5124
			154786577 Rahu 12:17PM – 1:46PM	Balava Until 7:58AM	Nataraja: Orange		Moon 2 - Phase 44 - Prathama
Creative Work	Amrita Yoga		Prathama* Until 8:41PM	Moon – Red		Sivaloka Day	
Until 5:07AM Thu				Phalguna-Masi			
Then Routine Work - Marana Yoga							

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



Thursday, March 9, 2023
Gold Retreat Star

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

Yangon, Myanmar
Sun 1 Sutra 326

Kanya Rasi: 10.22 Tithi 17

Gulika 9:18AM – 10:47AM
Yama 6:19AM – 7:48AM
164786577 **Rahu** 1:46PM – 3:15PM

Hasta **Until 6:55AM Fri**
Ganda* **Until 10:04PM**
Taitila **Until 9:22AM**
Dvitiya **Until 9:54PM**

Ganesha: White *Sunrise: 6:19AM*
Muruqa: Purple *Sunset: 6:14PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 1
1st Phase

Routine Work Marana Yoga
Until 6:55AM Fri
Then Creative Work - Siddha Yoga

Devaloka Day

1

Friday, March 10, 2023

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

Yangon, Myanmar
Sun 2 Sutra 327

Kanya Rasi: 22.5 Tithi 18

Gulika 7:47AM – 9:17AM
Yama 3:15PM – 4:45PM
165786577 **Rahu** 10:47AM – 12:16PM

Hasta **Until 6:55AM**
Vriddhi **Until 9:37PM**
Vanija **Until 10:23AM**
Tritiya **Until 10:43PM**

Ganesha: Yellow *Sunrise: 6:18AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 2
1st Phase

Creative Work Amrita Yoga
Until 6:55AM
Then Creative Work - Siddha Yoga

Sivaloka Day

2

Saturday, March 11, 2023

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

Yangon, Myanmar
Sun 3 Sutra 328

Tula Rasi: 5.3 Tithi 19

Gulika 6:17AM – 7:47AM
Yama 1:46PM – 3:15PM
165786577 **Rahu** 9:17AM – 10:46AM

Chitra **Until 8:10AM**
Dhruva **Until 8:49PM**
Bava **Until 11:00AM**
Chaturthi* **Until 11:08PM**

Ganesha: Yellow *Sunrise: 6:17AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 3
1st Phase

Routine Work Marana Yoga
Until 8:10AM
Then Creative Work - Siddha Yoga

Sivaloka Day

3

Sunday, March 12, 2023

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

Yangon, Myanmar
Sun 4 Sutra 329

Tula Rasi: 18.22 Tithi 20

Gulika 3:15PM – 4:45PM
Yama 12:16PM – 1:45PM
165786577 **Rahu** 4:45PM – 6:15PM

Svati **Until 8:51AM**
Vyaghata* **Until 7:41PM**
Kaulava **Until 11:11AM**
Panchami **Until 11:04PM**

Ganesha: Yellow *Sunrise: 6:16AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Green
Phalguna-Masi

Moon 3 - Phase 45 - 4
1st Phase

Creative Work Siddha Yoga
Until 8:51AM
Then Routine Work - Marana Yoga

Sivaloka Day

4

Monday, March 13, 2023

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

Yangon, Myanmar
Sun 5 Sutra 330

Vrischika Rasi: 1.28 Tithi 21

Family Home Evening

Gulika 1:45PM – 3:15PM
Yama 10:46AM – 12:15PM
175786577 **Rahu** 7:46AM – 9:16AM

Vishakha **Until 9:22AM**
Harshana **Until 6:10PM**
Gara **Until 10:53AM**
Shashthi* **Until 10:31PM**

Ganesha: Blue *Sunrise: 6:16AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 5
1st Phase

Routine Work Marana Yoga
Until 9:22AM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

5

Tuesday, March 14, 2023

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

Yangon, Myanmar
Sun 6 Sutra 331

Vrischika Rasi: 14.5 Tithi 22

Gulika 12:15PM – 1:45PM
Yama 9:15AM – 10:45AM
175786577 **Rahu** 3:15PM – 4:45PM

Anuradha **Until 9:14AM**
Vajra* **Until 4:13PM**
Visti **Until 10:03AM**
Saptami **Until 9:26PM**

Ganesha: Blue *Sunrise: 6:15AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Orange
Phalguna-Masi

Moon 3 - Phase 45 - 6
1st Phase

Creative Work Siddha Yoga
Until 9:14AM
Then Routine Work - Marana Yoga

Subha Sivaloka Day

D

Wednesday, March 15, 2023

Retreat Star

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

Yangon, Myanmar
Sun 7 Sutra 332

Vrischika Rasi: 28.3 Tithi 23

Gulika 10:45AM – 12:15PM
Yama 7:44AM – 9:15AM
175786577 **Rahu** 12:15PM – 1:45PM

Jyeshtha* **Until 8:26AM**
Siddhi **Until 1:52PM**
Balava **Until 8:42AM**
Ashtami* **Until 7:49PM**

Ganesha: Blue *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:15PM*
Nataraja: Orange
Moon – Orange
Phalguna-Panguni

Moon 3 - Phase 45 - 7
Ashtami

Creative Work Siddha Yoga
Until 8:26AM
Then Routine Work - Marana Yoga

Subha 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
Mula*/Purvashadha* Nakshatra Vyatipala*/Variyan Yoga Taitila/Vanija Karana Navami/Dashamyam Titau

Yangon, Myanmar
Sun 8 Sutra 333

Dhanus Rasi: 12.29 Tithi 24 – 25

Gulika 9:14AM – 10:44AM
Yama 6:14AM – 7:44AM
185786578 **Rahu** 1:45PM – 3:15PM

Mula* **Until 7:25AM**
Vyatipala* **Until 11:07AM**
Taitila **Until 6:50AM**
Navami* **Until 5:42PM**

Ganesha: Red *Sunrise: 6:14AM*
Muruqa: Purple *Sunset: 6:16PM*
Nataraja: Clear
Moon – Light Blue
Phalguna-Panguni

Moon 3 - Phase 45 - 8
Navami

Creative Work Siddha Yoga

Sivaloka Day


1		Friday, March 17, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Variyan/Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Yangon, Myanmar Sun 9 Sutra 334	
Dhanus Rasi: 26.47	Tithi 25 - 26	Gulika 7:43AM - 9:14AM	Uttarashadha Until 3:38AM Sat	Ganesha: Red	<i>Sunrise:</i> 6:13AM		Subhakrit 5124
		Yama 3:15PM - 4:45PM	Variyan Until 7:58AM	Muruqa: Purple	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 9	
		185786578 Rahu 10:44AM - 12:14PM	Bava Until 1:46AM Sat	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga		Dashami Until 3:09PM	Moon - Light Blue		Sivaloka Day	
Until 3:38AM Sat				Phalgunya-Panguni			
Then Creative Work - Siddha Yoga							

2		Saturday, March 18, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau		Yangon, Myanmar Sun 10 Sutra 335	
Makara Rasi: 11.21	Tithi 26 - 27	Gulika 6:12AM - 7:43AM	Shravana Until 1:29AM Sun	Ganesha: Green	<i>Sunrise:</i> 6:12AM		Subhakrit 5124
		Yama 1:45PM - 3:15PM	Shiva Until 12:53AM Sun	Muruqa: Purple	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 10	
		195786578 Rahu 9:13AM - 10:44AM	Kaulava Until 10:45PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 12:16PM	Moon - Purple		Subha Sivaloka Day	
Until 1:29AM Sun				Phalgunya-Panguni			
Then Routine Work - Marana Yoga							

3		Sunday, March 19, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha Yoga Tailita/Gara Karana Dvadhshi/Trayodashyam Titau		Yangon, Myanmar Sun 11 Sutra 336	
Makara Rasi: 26.06	Tithi 27 - 28	Gulika 3:15PM - 4:46PM	Dhanishtha Until 11:04PM	Ganesha: Green	<i>Sunrise:</i> 6:11AM		Subhakrit 5124
		Yama 12:14PM - 1:44PM	Siddha Until 9:05PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 11	
		195796578 Rahu 4:46PM - 6:16PM	Gara Until 7:34PM	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga		Dvadhshi* Until 9:09AM	Moon - Purple		Sivaloka Day	
Until 11:04PM				Phalgunya-Panguni			
Then Creative Work - Siddha Yoga							

Pradosha Vrata (Fasting)

4		Monday, March 20, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shatabhishak Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Yangon, Myanmar Sun 12 Sutra 337	
Kumbha Rasi: 10.56	Tithi 29	Gulika 1:44PM - 3:15PM	Shatabhishak Until 8:31PM	Ganesha: Green	<i>Sunrise:</i> 6:10AM		Subhakrit 5124
Family Home Evening		Yama 10:43AM - 12:13PM	Sadhya Until 5:19PM	Muruqa: Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 46 - 12	
Creative Work	Siddha Yoga	196896578 Rahu 7:41AM - 9:12AM	Visti Until 4:23PM	Nataraja: Clear		2nd Phase	
Until 8:31PM			Chaturdashi* Until 2:49AM Tue	Moon - Purple		Sivaloka Day	
Then Routine Work - Marana Yoga				Phalgunya-Panguni			

		Tuesday, March 21, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Yangon, Myanmar Sun 13 Sutra 338	
Retreat Star		Gulika 12:13PM - 1:44PM	Purvaproshtapada* Until 6:25PM	Ganesha: Orange	<i>Sunrise:</i> 6:10AM		Subhakrit 5124
Kumbha Rasi: 25.44	Tithi 30	Yama 9:11AM - 10:42AM	Subha Until 1:41PM	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 46 - 13	
		116896578 Rahu 3:15PM - 4:46PM	Catuspada Until 1:20PM	Nataraja: Clear		Amavasya	
Routine Work	Marana Yoga		Amavasya* Until 11:54PM	Moon - Clear		Devaloka Day	
Until 6:25PM				Phalgunya-Panguni			
Then Creative Work - Amrita Yoga							

Retreat Star		Wednesday, March 22, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Sukla/Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau		Yangon, Myanmar Sun 14 Sutra 339	
Retreat Star		Gulika 10:42AM - 12:13PM	Uttaraproshtapada Until 4:31PM	Ganesha: Orange	<i>Sunrise:</i> 6:09AM		Subhakrit 5124
Meena Rasi: 10.2	Tithi 1	Yama 7:40AM - 9:11AM	Sukla Until 10:15AM	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 46 - 14	
		116896578 Rahu 12:13PM - 1:44PM	Kintughna Until 10:36AM	Nataraja: Clear		Prathama	
Creative Work	Siddha Yoga		Prathama* Until 9:22PM	Moon - Clear		Devaloka Day	
Until 4:31PM		Yugadhi		Chaitra-Panguni			
Then Routine Work - Marana Yoga							

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

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1		Thursday, March 23, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvitiyayam Titau		Yangon, Myanmar Sun 15 Sutra 340	
Meena Rasi: 24.39	Tithi 2	Gulika 9:10AM – 10:41AM	Revati Until 2:58PM	Ganesha: Orange	<i>Sunrise:</i> 6:08AM		Subhakit 5124
		Yama 6:08AM – 7:39AM	Brahma Until 7:13AM	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 47 - 15	
		116896578 Rahu 1:44PM – 3:15PM	Balava Until 8:18AM	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Moon – Clear		Devaloka Day	
Until 2:58PM		Chellappaswami Mahasamadhi	Dvitiya Until 7:21PM	Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

2		Friday, March 24, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Tritiyayam Titau		Yangon, Myanmar Sun 16 Sutra 341	
Mesha Rasi: 8.35	Tithi 3	Gulika 7:39AM – 9:10AM	Ashvini Until 2:20PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM		Subhakit 5124
		Yama 3:15PM – 4:46PM	Vaidhriti* Until 2:40AM Sat	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 47 - 16	
		126896578 Rahu 10:41AM – 12:12PM	Taitila Until 6:36AM	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga				Moon – White		Devaloka Day	
Until 2:20PM			Tritiya Until 6:00PM	Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

3		Saturday, March 25, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkamba* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Yangon, Myanmar Sun 17 Sutra 342	
Mesha Rasi: 22.05	Tithi 4 – 5	Gulika 6:07AM – 7:38AM	Bharani Until 2:18PM	Ganesha: Clear	<i>Sunrise:</i> 6:07AM		Subhakit 5124
		Yama 1:43PM – 3:15PM	Vishkamba* Until 1:18AM Sun	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 47 - 17	
		126896578 Rahu 9:09AM – 10:41AM	Bava Until 5:25AM Sun	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Moon – White		Devaloka Day	
Until 2:18PM			Chaturthi* Until 5:24PM	Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

4		Sunday, March 26, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Yangon, Myanmar Sun 18 Sutra 343	
Vrishabha Rasi: 5.1	Tithi 5 – 6	Gulika 3:15PM – 4:46PM	Krittika Until 2:52PM	Ganesha: Clear	<i>Sunrise:</i> 6:06AM		Subhakit 5124
		Yama 12:12PM – 1:43PM	Priti Until 12:33AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:17PM	Moon 3 - Phase 47 - 18	
		126896578 Rahu 4:46PM – 6:17PM	Kaulava Until 6:00AM Mon	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Moon – White		Devaloka Day	
			Panchami Until 5:35PM	Chaitra•Panguni			

5		Monday, March 27, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Kaulava/Taitila Karana Shashthyam Titau		Yangon, Myanmar Sun 19 Sutra 344	
Vrishabha Rasi: 17.52	Tithi 6	Gulika 1:43PM – 3:14PM	Rohini Until 4:29PM	Ganesha: Clear	<i>Sunrise:</i> 6:05AM		Subhakit 5124
Family Home Evening		Yama 10:40AM – 12:11PM	Ayushman Until 12:20AM Tue	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47 - 19	
		137896578 Rahu 7:37AM – 9:08AM	Taitila Until 6:00AM	Nataraja: Clear		3rd Phase	
Creative Work Amrita Yoga				Moon – Yellow		Devaloka Day	
			Shashthi* Until 6:32PM	Chaitra•Panguni			

6		Tuesday, March 28, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Saubhagya Yoga Gara/Vanija Karana Saptamyam Titau		Yangon, Myanmar Sun 20 Sutra 345	
Mithuna Rasi: 0.16	Tithi 7	Gulika 12:11PM – 1:43PM	Mrigashira Until 6:35PM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM		Subhakit 5124
		Yama 9:08AM – 10:39AM	Saubhagya Until 12:37AM Wed	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47 - 20	
		137896578 Rahu 3:14PM – 4:46PM	Gara Until 7:17AM	Nataraja: Clear		3rd Phase	
Creative Work Siddha Yoga				Moon – Yellow		Devaloka Day	
Until 6:35PM			Saptami Until 8:08PM	Chaitra•Panguni			
Then Routine Work - Marana Yoga							

Retreat Star		Wednesday, March 29, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Sobhana Yoga Visti*/Bava Karana Ashtamyam Titau		Yangon, Myanmar Sun 21 Sutra 346	
Mithuna Rasi: 12.24	Tithi 8	Gulika 10:39AM – 12:11PM	Ardra Until 9:00PM	Ganesha: Clear	<i>Sunrise:</i> 6:04AM		Subhakit 5124
		Yama 7:35AM – 9:07AM	Sobhana Until 1:15AM Thu	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47 - 21	
		137896578 Rahu 12:11PM – 1:43PM	Visti Until 9:09AM	Nataraja: Clear		Ashtami	
Creative Work Siddha Yoga				Moon – Yellow		Devaloka Day	
			Ashtami* Until 10:12PM	Chaitra•Panguni			

Retreat Star		Thursday, March 30, 2023		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Yangon, Myanmar Sun 22 Sutra 347	
Mithuna Rasi: 24.23	Tithi 9	Gulika 9:07AM – 10:39AM	Punarvasu Until 12:00AM Fri	Ganesha: White	<i>Sunrise:</i> 6:03AM		Subhakit 5124
		Yama 6:03AM – 7:35AM	Athiganda* Until 2:02AM Fri	Muruqa: Clear	<i>Sunset:</i> 6:18PM	Moon 3 - Phase 47 - 22	
		147896578 Rahu 1:42PM – 3:14PM	Balava Until 11:23AM	Nataraja: Clear		Navami	
Creative Work Amrita Yoga				Moon – Blue		Bhuloka Day	
		Sri Rama Navami	Navami* Until 12:33AM Fri	Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

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

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1		Friday, March 31, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau		Yangon, Myanmar Sun 23 Sutra 348 Subhakrit 5124	
Kataka Rasi: 6.17	Tithi 10	Gulika 7:34AM – 9:06AM	Pushya Until 2:56AM Sat	Ganesha: White	Sunrise: 6:02AM	Muruga: Clear	Sunset: 6:18PM
147896578	Rahu 10:38AM – 12:10PM	Yama 3:14PM – 4:46PM	Sukarma Until 2:53AM Sat	Nataraja: Clear		Moon 3 - Phase 48 - 23	4th Phase
Routine Work	Marana Yoga		Taitila Until 1:47PM	Moon – Blue		Bhuloka Day	
			Dashami Until 2:59AM Sat	Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
2		Saturday, April 1, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau		Yangon, Myanmar Sun 24 Sutra 349 Subhakrit 5124	
Kataka Rasi: 18.11	Tithi 11	Gulika 6:02AM – 7:34AM	Ashlesha* Until 5:35AM Sun	Ganesha: White	Sunrise: 6:02AM	Muruga: Clear	Sunset: 6:18PM
147896578	Rahu 9:06AM – 10:38AM	Yama 1:42PM – 3:14PM	Dhriti Until 3:41AM Sun	Nataraja: Clear		Moon 3 - Phase 48 - 24	4th Phase
Routine Work	Marana Yoga		Vanija Until 4:11PM	Moon – Blue		Bhuloka Day	
		Yogaswami Mahasamadhi	Ekadashi Until 5:18AM Sun	Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
3		Sunday, April 2, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava Karana Dvadashyam Titau		Yangon, Myanmar Sun 25 Sutra 350 Subhakrit 5124	
Simha Rasi: 0.07	Tithi 12	Gulika 3:14PM – 4:46PM	Magha* Until 8:20AM Mon	Ganesha: Red	Sunrise: 6:01AM	Muruga: Clear	Sunset: 6:18PM
158896578	Rahu 4:46PM – 6:18PM	Yama 12:10PM – 1:42PM	Shula* Until 4:16AM Mon	Nataraja: Clear		Moon 3 - Phase 48 - 25	4th Phase
Routine Work	Marana Yoga		Bava Until 6:24PM	Moon – Red		Devaloka Day	
Until 8:20AM Mon			Dvadashi Until 7:22AM Mon	Chaitra•Panguni			
Then Creative Work - Siddha Yoga							
4		Monday, April 3, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Ganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Yangon, Myanmar Sun 26 Sutra 351 Subhakrit 5124	
Simha Rasi: 12.08	Tithi 12 – 13	Gulika 1:42PM – 3:14PM	Magha* Until 8:20AM	Ganesha: Red	Sunrise: 6:01AM	Muruga: Clear	Sunset: 6:19PM
158896578	Rahu 7:33AM – 9:05AM	Yama 10:37AM – 12:10PM	Ganda* Until 4:36AM Tue	Nataraja: Clear		Moon 3 - Phase 48 - 26	4th Phase
Family Home Evening	Marana Yoga		Kaulava Until 8:18PM	Moon – Red		Devaloka Day	
Routine Work			Dvadashi Until 7:22AM	Chaitra•Panguni			
Until 8:20AM							
Then Creative Work - Siddha Yoga							
						<i>Pradosha Vrata</i>	
5		Tuesday, April 4, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Yangon, Myanmar Sun 27 Sutra 352 Subhakrit 5124	
Simha Rasi: 24.19	Tithi 13 – 14	Gulika 12:09PM – 1:42PM	Purvaphalguni Until 10:34AM	Ganesha: Red	Sunrise: 6:00AM	Muruga: Clear	Sunset: 6:19PM
158896578	Rahu 3:14PM – 4:46PM	Yama 9:04AM – 10:37AM	Vriddhi Until 4:37AM Wed	Nataraja: Clear		Moon 3 - Phase 48 - 27	4th Phase
Creative Work	Siddha Yoga		Gara Until 9:47PM	Moon – Red		Devaloka Day	
Until 10:34AM			Trayodashi Until 9:04AM	Chaitra•Panguni			
Then Creative Work - Amrita Yoga							
○		Wednesday, April 5, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Yangon, Myanmar Sutra 353 Subhakrit 5124	
Kanya Rasi: 6.41	Tithi 14 – 15	Gulika 10:36AM – 12:09PM	Uttaraphalguni Until 12:12PM	Ganesha: Red	Sunrise: 5:59AM	Muruga: Clear	Sunset: 6:19PM
158896578	Rahu 12:09PM – 1:41PM	Yama 7:31AM – 9:04AM	Dhruva Until 4:14AM Thu	Nataraja: Clear		Moon 3 - Phase 48 - Purnima	
Creative Work	Amrita Yoga		Visti Until 10:47PM	Moon – Red		Devaloka Day	
Until 12:12PM			Chaturdashi* Until 10:20AM	Chaitra•Panguni			
Then Routine Work - Marana Yoga		Panguni Uttiram Hanuman Jayanti					
○		Thursday, April 6, 2023		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Yangon, Myanmar Sutra 354 Subhakrit 5124	
Kanya Rasi: 19.15	Tithi 15 – 16	Gulika 9:03AM – 10:36AM	Hasta Until 1:41PM	Ganesha: Blue	Sunrise: 5:58AM	Muruga: Clear	Sunset: 6:19PM
168896578	Rahu 1:41PM – 3:14PM	Yama 5:58AM – 7:31AM	Vyaghata* Until 3:30AM Fri	Nataraja: Clear		Moon 3 - Phase 48 - Prathama	
Routine Work	Marana Yoga		Balava Until 11:19PM	Moon – Green		Bhuloka Day	
Until 1:41PM			Purnima* Until 11:06AM	Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
Then Creative Work - Siddha Yoga							

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

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Friday, April 7, 2023
Gold Retreat Star

Tula Rasi: 2.02 Tithi 16 – 17

Creative Work Siddha Yoga

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

Gulika 7:30AM – 9:03AM
Yama 3:14PM – 4:46PM
168896578 **Rahu** 10:36AM – 12:08PM

Chitra **Until 2:33PM**
Harshana **Until 2:24AM Sat**
Taitila **Until 11:21PM**
Prathama* Until 11:22AM

Ganesha: Blue *Sunrise: 5:58AM*
Muruqa: Clear *Sunset: 6:19PM*
Nataraja: Clear
Moon – Green
Chaitra*Panguni

Yangon, Myanmar
Sutra 355
Subhakrit 5124
Moon 4 - Phase 49 -
1st Phase

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

1

Saturday, April 8, 2023

Tula Rasi: 15.04 Tithi 17 – 18

Creative Work Siddha Yoga

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

Gulika 5:57AM – 7:30AM
Yama 1:41PM – 3:14PM
168896578 **Rahu** 9:02AM – 10:35AM

Svati **Until 2:48PM**
Vajra* **Until 12:56AM Sun**
Vanija **Until 10:57PM**
Dvitiya **Until 11:11AM**

Ganesha: Blue *Sunrise: 5:57AM*
Muruqa: Clear *Sunset: 6:19PM*
Nataraja: Clear
Moon – Green
Chaitra*Panguni

Yangon, Myanmar
Sun 1 Sutra 356
Subhakrit 5124
Moon 4 - Phase 49 - 1
1st Phase

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

2

Sunday, April 9, 2023

Tula Rasi: 28.19 Tithi 18 – 19

Routine Work Marana Yoga

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

Gulika 3:14PM – 4:47PM
Yama 12:08PM – 1:41PM
179896578 **Rahu** 4:47PM – 6:20PM

Vishakha **Until 2:58PM**
Siddhi **Until 11:10PM**
Bava **Until 10:10PM**
Tritiya **Until 10:35AM**

Ganesha: Red *Sunrise: 5:56AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Yangon, Myanmar
Sun 2 Sutra 357
Subhakrit 5124
Moon 4 - Phase 49 - 2
1st Phase

Devaloka Day

3

Monday, April 10, 2023

Vrischika Rasi: 11.47 Tithi 19 – 20

Family Home Evening
Creative Work Siddha Yoga

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

Gulika 1:41PM – 3:14PM
Yama 10:34AM – 12:07PM
179896578 **Rahu** 7:28AM – 9:01AM

Anuradha **Until 2:37PM**
Vyatipata* **Until 9:08PM**
Kaulava **Until 9:00PM**
Chaturthi* Until 9:36AM

Ganesha: Red *Sunrise: 5:55AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Yangon, Myanmar
Sun 3 Sutra 358
Subhakrit 5124
Moon 4 - Phase 49 - 3
1st Phase

Devaloka Day

4

Tuesday, April 11, 2023

Vrischika Rasi: 25.26 Tithi 20 – 21

Routine Work Marana Yoga
Until 1:47PM
Then Creative Work - Amrita Yoga

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

Gulika 12:07PM – 1:40PM
Yama 9:01AM – 10:34AM
179896578 **Rahu** 3:14PM – 4:47PM

Jyeshtha* **Until 1:47PM**
Variyan **Until 6:49PM**
Gara **Until 7:32PM**
Panchami **Until 8:17AM**

Ganesha: Red *Sunrise: 5:55AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Orange
Chaitra*Panguni

Yangon, Myanmar
Sun 4 Sutra 359
Subhakrit 5124
Moon 4 - Phase 49 - 4
1st Phase

Devaloka Day

5

Wednesday, April 12, 2023

Dhanus Rasi: 9.16 Tithi 21 – 22

Routine Work Marana Yoga
Until 12:58PM
Then Creative Work - Amrita Yoga

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

Gulika 10:34AM – 12:07PM
Yama 7:27AM – 9:00AM
189896578 **Rahu** 12:07PM – 1:40PM

Mula* **Until 12:58PM**
Parigha* **Until 4:17PM**
Bava **Until 4:46AM Thu**
Shashthi* **Until 6:40AM**

Ganesha: Green *Sunrise: 5:54AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Yangon, Myanmar
Sun 5 Sutra 360
Subhakrit 5124
Moon 4 - Phase 49 - 5
1st Phase

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

D

Thursday, April 13, 2023

Retreat Star

Dhanus Rasi: 23.17 Tithi 23

Creative Work Siddha Yoga
Until 11:44AM
Then Routine Work - Marana Yoga

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

Gulika 9:00AM – 10:33AM
Yama 5:53AM – 7:27AM
189996578 **Rahu** 1:40PM – 3:13PM

Purvashadha* **Until 11:44AM**
Shiva **Until 1:34PM**
Balava **Until 3:45PM**
Ashtami* **Until 2:39AM Fri**

Ganesha: White *Sunrise: 5:53AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Light Blue
Chaitra*Panguni

Yangon, Myanmar
Sun 6 Sutra 361
Subhakrit 5124
Moon 4 - Phase 49 - 6
Ashtami

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

Friday, April 14, 2023

Retreat Star

Makara Rasi: 7.26 Tithi 24

Routine Work Marana Yoga

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

Gulika 7:26AM – 8:59AM
Yama 3:13PM – 4:47PM
189996578 **Rahu** 10:33AM – 12:06PM

Chidambaram Abhishekam
Tamil New Year

Uttarashadha **Until 10:09AM**
Siddha **Until 10:38AM**
Taitila **Until 1:31PM**
Navami* **Until 12:19AM Sat**

Ganesha: White *Sunrise: 5:52AM*
Muruqa: Clear *Sunset: 6:20PM*
Nataraja: Clear
Moon – Light Blue
Chaitra*Chaitra

Yangon, Myanmar
Sun 7 Sutra 362
Sobhana 5125
Moon 4 - Phase 49 - 7
Navami


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


1	Saturday, April 15, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya/Subha Yoga Vanija/Visti* Karana Dashamyam Titau				Yangon, Myanmar
	Makara Rasi: 21.44	Tithi 25	Gulika 5:52AM – 7:25AM	Shravana Until 8:40AM	Ganesha: White	<i>Sunrise:</i> 5:52AM	Sun 8 Sutra 363
			Yama 1:40PM – 3:13PM	Sadhya Until 7:35AM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Sobhana 5125
		299996578	Rahu 8:59AM – 10:33AM	Vanija Until 11:08AM	Nataraja: Clear		Moon 4 - Phase 1 - 8
Creative Work	Siddha Yoga		Dashami Until 9:52PM	Moon – Purple		2nd Phase	
				Chaitra*Chaitra		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 Dhanishtha/Shalabhishak Nakshatra Sukla Yoga Bava/Balava Karana Ekadashyam Titau				Yangon, Myanmar
	Kumbha Rasi: 6.05	Tithi 26	Gulika 3:13PM – 4:47PM	Dhanishtha Until 6:56AM	Ganesha: White	<i>Sunrise:</i> 5:51AM	Sun 9 Sutra 364
			Yama 12:06PM – 1:40PM	Sukla Until 1:16AM Mon	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Sobhana 5125
		299996578	Rahu 4:47PM – 6:21PM	Bava Until 8:38AM	Nataraja: Clear		Moon 4 - Phase 1 - 9
Routine Work	Marana Yoga			Moon – Purple		2nd Phase	
Until 6:56AM			Ekadashi* Until 7:21PM	Chaitra*Chaitra		Bhuloka Day	
Then Creative Work - Siddha Yoga						Devaloka Time: 3:PM to 6:PM	

3	Monday, April 17, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma Yoga Kaulava/Gara Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar
	Kumbha Rasi: 20.28	Tithi 27 – 28	Gulika 1:39PM – 3:13PM	Purvaproshtapada* Until 3:31AM Tue	Ganesha: Orange	<i>Sunrise:</i> 5:50AM	Sun 10 Sutra 1
	Family Home Evening		Yama 10:32AM – 12:06PM	Brahma Until 10:09PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Sobhana 5125
		211996578	Rahu 7:24AM – 8:58AM	Kaulava Until 6:07AM	Nataraja: Clear		Moon 4 - Phase 1 - 10
Routine Work	Marana Yoga			Moon – Clear		2nd Phase	
Until 3:31AM Tue			Dvadashi* Until 4:52PM	Chaitra*Chaitra		Devaloka Day	
Then Creative Work - Amrita Yoga			<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 Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Yangon, Myanmar
	Meena Rasi: 4.48	Tithi 28 – 29	Gulika 12:05PM – 1:39PM	Uttaraproshtapada Until 2:02AM Wed	Ganesha: Orange	<i>Sunrise:</i> 5:50AM	Sun 11 Sutra 2
			Yama 8:58AM – 10:31AM	Indra Until 7:10PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Sobhana 5125
		211996578	Rahu 3:13PM – 4:47PM	Visti Until 1:27AM Wed	Nataraja: Clear		Moon 4 - Phase 1 - 11
Creative Work	Amrita Yoga			Moon – Clear		2nd Phase	
Until 2:02AM Wed			Trayodashi* Until 2:31PM	Chaitra*Chaitra		Devaloka Day	
Then Routine Work - Marana Yoga							

	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				Yangon, Myanmar
	Retreat Star		Gulika 10:31AM – 12:05PM	Revati Until 12:44AM Thu	Ganesha: Orange	<i>Sunrise:</i> 5:49AM	Sun 12 Sutra 3
	Meena Rasi: 18.59	Tithi 29 – 30	Yama 7:23AM – 8:57AM	Vaidhriti* Until 4:24PM	Muruqa: Clear	<i>Sunset:</i> 6:21PM	Sobhana 5125
		211996578	Rahu 12:05PM – 1:39PM	Catuspada Until 11:32PM	Nataraja: Clear		Moon 4 - Phase 1 - 12
Routine Work	Marana Yoga			Moon – Clear		Amavasya	
Until 12:44AM Thu			Chaturdashi* Until 12:25PM	Chaitra*Chaitra		Devaloka Day	
Then Creative Work - Amrita Yoga							

	Thursday, April 20, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Yangon, Myanmar
	Retreat Star		Gulika 8:57AM – 10:31AM	Ashvini Until 12:09AM Fri	Ganesha: Clear	<i>Sunrise:</i> 5:48AM	Sun 13 Sutra 4
	Mesha Rasi: 2.57	Tithi 30 – 1	Yama 5:48AM – 7:22AM	Vishkambha* Until 1:58PM	Muruqa: Clear	<i>Sunset:</i> 6:22PM	Sobhana 5125
		221996578	Rahu 1:39PM – 3:13PM	Kintughna Until 10:02PM	Nataraja: Clear		Moon 4 - Phase 1 - 13
Creative Work	Amrita Yoga			Moon – White		Prathama	
Until 12:09AM Fri			Amavasya* Until 10:42AM	Vaisaka*Chaitra		Devaloka Day	
Then Creative Work - Siddha Yoga							

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

times are standard time. Calculated for Yangon, Myanmar on 5/1.

www.gurudeva.org/panchang

1	Friday, April 21, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Yangon, Myanmar Sun 14 Sutra 5 Sobhana 5125
	Mesha Rasi: 16.38 Tithi 1 – 2	Gulika 7:22AM – 8:56AM	Bharani Until 11:58PM	Ganesha: Clear Sunrise: 5:48AM	Muruqa: Clear Sunset: 6:22PM	Moon 4 - Phase 2 - 14 3rd Phase
	221996578 Rahu 10:30AM – 12:05PM	Yama 3:13PM – 4:48PM	Priti Until 11:57AM	Nataraja: Clear	Moon – White	Devaloka Day
	Creative Work Siddha Yoga					Vaisaka-Chaitra

2	Saturday, April 22, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Yangon, Myanmar Sun 15 Sutra 6 Sobhana 5125
	Mesha Rasi: 29.59 Tithi 2 – 3	Gulika 5:47AM – 7:21AM	Krittika Until 12:14AM Sun	Ganesha: Clear Sunrise: 5:47AM	Muruqa: Clear Sunset: 6:22PM	Moon 4 - Phase 2 - 15 3rd Phase
	221996578 Rahu 8:56AM – 10:30AM	Yama 1:39PM – 3:13PM	Ayushman Until 10:23AM	Nataraja: Clear	Moon – White	Devaloka Day
	Creative Work Amrita Yoga Until 12:14AM Sun Then Creative Work - Siddha Yoga	Rahu 8:56AM – 10:30AM	Taitila Until 8:45PM			Vaisaka-Chaitra

3	Sunday, April 23, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Yangon, Myanmar Sun 16 Sutra 7 Sobhana 5125
	Vrishabha Rasi: 13 Tithi 3 – 4	Gulika 3:13PM – 4:48PM	Rohini Until 1:28AM Mon	Ganesha: Orange Sunrise: 5:46AM	Muruqa: Clear Sunset: 6:22PM	Moon 4 - Phase 2 - 16 3rd Phase
	231996578 Rahu 4:48PM – 6:22PM	Yama 12:04PM – 1:39PM	Saubhagya Until 9:21AM	Nataraja: Clear	Moon – Yellow	Devaloka Day
	Creative Work Siddha Yoga Until 1:28AM Mon Then Creative Work - Amrita Yoga	Rahu 4:48PM – 6:22PM	Vanija Until 9:05PM			Vaisaka-Chaitra

4	Monday, April 24, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Yangon, Myanmar Sun 17 Sutra 8 Sobhana 5125
	Vrishabha Rasi: 25.41 Tithi 4 – 5	Gulika 1:39PM – 3:13PM	Mrigashira Until 3:10AM Tue	Ganesha: Orange Sunrise: 5:46AM	Muruqa: Clear Sunset: 6:22PM	Moon 4 - Phase 2 - 17 3rd Phase
	231996578 Rahu 7:20AM – 8:55AM	Yama 10:30AM – 12:04PM	Sobhana Until 8:50AM	Nataraja: Clear	Moon – Yellow	Devaloka Day
	Creative Work Amrita Yoga Until 3:10AM Tue Then Routine Work - Marana Yoga	Rahu 7:20AM – 8:55AM	Bava Until 10:04PM			Vaisaka-Chaitra

5	Tuesday, April 25, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Athiganda*/Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Yangon, Myanmar Sun 18 Sutra 9 Sobhana 5125
	Mithuna Rasi: 8.06 Tithi 5 – 6	Gulika 12:04PM – 1:39PM	Ardra Until 5:14AM Wed	Ganesha: Orange Sunrise: 5:45AM	Muruqa: Clear Sunset: 6:23PM	Moon 4 - Phase 2 - 18 3rd Phase
	231996579 Rahu 3:13PM – 4:48PM	Yama 8:55AM – 10:29AM	Athiganda* Until 8:47AM	Nataraja: Purple	Moon – Yellow	Sivaloka Day
	Routine Work Marana Yoga Until 5:14AM Wed Then Creative Work - Siddha Yoga	Rahu 3:13PM – 4:48PM	Kaulava Until 11:37PM			Vaisaka-Chaitra

6	Wednesday, April 26, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Yangon, Myanmar Sun 19 Sutra 10 Sobhana 5125
	Mithuna Rasi: 20.17 Tithi 6 – 7	Gulika 10:29AM – 12:04PM	Punarvasu Until 8:01AM Thu	Ganesha: Green Sunrise: 5:45AM	Muruqa: Clear Sunset: 6:23PM	Moon 4 - Phase 2 - 19 3rd Phase
	241996579 Rahu 12:04PM – 1:39PM	Yama 7:19AM – 8:54AM	Sukarma Until 9:08AM	Nataraja: Purple	Moon – Blue	Subha Sivaloka Day
	Creative Work Siddha Yoga Until 8:01AM Thu Then Creative Work - Amrita Yoga	Rahu 12:04PM – 1:39PM	Gara Until 1:36AM Thu			Vaisaka-Chaitra

☾	Thursday, April 27, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhriti/Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Yangon, Myanmar Sun 20 Sutra 11 Sobhana 5125
	Retreat Star	Gulika 8:54AM – 10:29AM	Punarvasu Until 8:01AM	Ganesha: Red Sunrise: 5:44AM	Muruqa: Clear Sunset: 6:23PM	Moon 4 - Phase 2 - 20 Ashtami
	Kataka Rasi: 2.19 Tithi 7 – 8	Yama 5:44AM – 7:19AM	Dhriti Until 9:48AM	Nataraja: Purple	Moon – Blue	Sivaloka Day
	242996579 Rahu 1:38PM – 3:13PM	Rahu 1:38PM – 3:13PM	Visti Until 3:51AM Fri			Vaisaka-Chaitra

☾	Friday, April 28, 2023	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Yangon, Myanmar Sun 21 Sutra 12 Sobhana 5125
	Retreat Star	Gulika 7:18AM – 8:53AM	Pushya Until 10:51AM	Ganesha: Red Sunrise: 5:43AM	Muruqa: Clear Sunset: 6:23PM	Moon 4 - Phase 2 - 21 Navami
	Kataka Rasi: 14.15 Tithi 8 – 9	Yama 3:13PM – 4:48PM	Shula* Until 10:36AM	Nataraja: Purple	Moon – Blue	Sivaloka Day
	242996579 Rahu 10:28AM – 12:03PM	Rahu 10:28AM – 12:03PM	Balava Until 6:12AM Sat			Vaisaka-Chaitra

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

1	Saturday, April 29, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Ganda*/Vridhi* Yoga Balava/Kaulava Karana Navamyam Titau				Yangon, Myanmar
	Kataka Rasi: 26.09	Tithi 9	Gulika 5:43AM – 7:18AM	Ashlesha* Until 1:33PM	Ganesha: Red	Sunrise: 5:43AM	Sun 22 Sutra 13
		242996579	Yama 1:38PM – 3:13PM	Ganda* Until 11:27AM	Muruqa: Clear	Sunset: 6:24PM	Sobhana 5125
			Rahu 8:53AM – 10:28AM	Balava Until 6:12AM	Nataraja: Purple		Moon 4 - Phase 3 - 22
	Routine Work Marana Yoga			Navami* Until 7:19PM	Moon – Blue		4th Phase
	Until 1:33PM				Vaisaka*Chaitra		Sivaloka Day
	Then Creative Work - Amrita Yoga						

2	Sunday, April 30, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vridhi/Dhruva Yoga Taitila/Gara Karana Dashamyam Titau				Yangon, Myanmar
	Simha Rasi: 8.06	Tithi 10	Gulika 3:14PM – 4:49PM	Magha* Until 4:26PM	Ganesha: Blue	Sunrise: 5:42AM	Sun 23 Sutra 14
		252996579	Yama 12:03PM – 1:38PM	Vridhi Until 12:12PM	Muruqa: Clear	Sunset: 6:24PM	Sobhana 5125
			Rahu 4:49PM – 6:24PM	Taitila Until 8:25AM	Nataraja: Purple		Moon 4 - Phase 3 - 23
	Routine Work Marana Yoga			Dashami Until 9:25PM	Moon – Red		4th Phase
	Until 4:26PM				Vaisaka*Chaitra		Devaloka Day
	Then Creative Work - Siddha Yoga						

3	Monday, May 1, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Ekadashyam Titau				Yangon, Myanmar
	Simha Rasi: 20.1	Tithi 11	Gulika 1:38PM – 3:14PM	Purvaphalguni Until 6:47PM	Ganesha: Blue	Sunrise: 5:41AM	Sun 24 Sutra 15
		252996579	Yama 10:27AM – 12:03PM	Dhruva Until 12:40PM	Muruqa: Clear	Sunset: 6:24PM	Sobhana 5125
	Family Home Evening		Rahu 7:17AM – 8:52AM	Vanija Until 10:21AM	Nataraja: Purple		Moon 4 - Phase 3 - 24
	Creative Work Siddha Yoga			Ekadashi Until 11:08PM	Moon – Red		4th Phase
					Vaisaka*Chaitra		Devaloka Day

4	Tuesday, May 2, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau				Yangon, Myanmar
	Kanya Rasi: 2.23	Tithi 12	Gulika 12:03PM – 1:38PM	Uttaraphalguni Until 8:30PM	Ganesha: Blue	Sunrise: 5:41AM	Sun 25 Sutra 16
		252996579	Yama 8:52AM – 10:27AM	Vyaghata* Until 12:47PM	Muruqa: Clear	Sunset: 6:25PM	Sobhana 5125
			Rahu 3:14PM – 4:49PM	Bava Until 11:49AM	Nataraja: Purple		Moon 4 - Phase 3 - 25
	Creative Work Amrita Yoga			Dvadashi Until 12:18AM Wed	Moon – Red		4th Phase
	Until 8:30PM				Vaisaka*Chaitra		Devaloka Day
	Then Creative Work - Siddha Yoga						

5	Wednesday, May 3, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Yangon, Myanmar
	Kanya Rasi: 14.52	Tithi 13	Gulika 10:27AM – 12:03PM	Hasta Until 9:57PM	Ganesha: Yellow	Sunrise: 5:40AM	Sun 26 Sutra 17
		262996579	Yama 7:16AM – 8:51AM	Harshana Until 12:28PM	Muruqa: Clear	Sunset: 6:25PM	Sobhana 5125
			Rahu 12:03PM – 1:38PM	Kaulava Until 12:41PM	Nataraja: Purple		Moon 4 - Phase 3 - 26
	Routine Work Marana Yoga			Trayodashi Until 12:52AM Thu	Moon – Green		4th Phase
	Until 9:57PM				Vaisaka*Chaitra		Sivaloka Day
	Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

6	Thursday, May 4, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Yangon, Myanmar
	Kanya Rasi: 27.38	Tithi 14	Gulika 8:51AM – 10:27AM	Chitra Until 10:37PM	Ganesha: Yellow	Sunrise: 5:40AM	Sun 27 Sutra 18
		262996579	Yama 5:40AM – 7:15AM	Vajra* Until 11:37AM	Muruqa: Clear	Sunset: 6:25PM	Sobhana 5125
			Rahu 1:38PM – 3:14PM	Gara Until 12:56PM	Nataraja: Purple		Moon 4 - Phase 3 - 27
	Creative Work Siddha Yoga			Chaturdashi* Until 12:48AM Fri	Moon – Green		4th Phase
	Until 10:37PM				Vaisaka*Chaitra		Sivaloka Day
	Then Creative Work - Amrita Yoga						

○	Friday, May 5, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau				Yangon, Myanmar
	Copper Retreat Star		Gulika 7:15AM – 8:51AM	Svati Until 10:32PM	Ganesha: Yellow	Sunrise: 5:39AM	Sun 28 Sutra 19
	Tula Rasi: 10.43	Tithi 15	Yama 3:14PM – 4:50PM	Siddhi Until 10:18AM	Muruqa: Clear	Sunset: 6:26PM	Sobhana 5125
		262996579	Rahu 10:27AM – 12:02PM	Visti Until 12:33PM	Nataraja: Purple		Moon 4 - Phase 3 -
	Creative Work Siddha Yoga			Purnima* Until 12:07AM Sat	Moon – Green		Purnima
			Budha Purnima (Tamil Nadu)		Vaisaka*Chaitra		Sivaloka Day

○	Saturday, May 6, 2023		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha Nakshatra Vyalipata*/Variyan Yoga Balava/Kaulava Karana Prathamayam Titau				Yangon, Myanmar
	Silver Retreat Star		Gulika 5:39AM – 7:15AM	Vishakha Until 10:13PM	Ganesha: White	Sunrise: 5:39AM	Sun 29 Sutra 20
	Tula Rasi: 24.06	Tithi 16	Yama 1:38PM – 3:14PM	Vyalipata* Until 8:31AM	Muruqa: Clear	Sunset: 6:26PM	Sobhana 5125
		272996579	Rahu 8:51AM – 10:26AM	Balava Until 11:35AM	Nataraja: Purple		Moon 4 - Phase 3 -
	Creative Work Siddha Yoga			Prathama* Until 10:54PM	Moon – Orange		Prathama
					Vaisaka*Chaitra		Devaloka Day

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