



Monday, April 14, 2025

Gold Retreat Star

Tula Rasi: 10.45 Tithi 16 - 17
Family Home Evening
Creative Work Amrita Yoga
Until 12:34AM Tue
Then Routine Work - Marana Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Indu Vasara Yuktayam
Svali Nakshatra Vajra\* Yoga Kaulava/Tailita Karana Prathama/Dwilyaya Tilau
Svali Until 12:34AM Tue
Vajra\* Until 11:07PM
Tailita Until 10:16PM
Prathama\* Until 8:59AM

Dushanbe, Tajikistan
Sutra 364
Vasarasu 5127
Moon 4 - Phase 1 - 1st Phase

1

Tuesday, April 15, 2025

Tula Rasi: 22.35 Tithi 17 - 18
Routine Work Marana Yoga
Until 3:40AM Wed
Then Creative Work - Siddha Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mangala Vasara Yuktayam
Vishaka Nakshatra Siddhi Yoga Gara/Vanija Karana Dwilyaya/Tritiyayam Tilau
Vishaka Until 3:40AM Wed
Siddhi Until 12:01AM Wed
Vanija Until 12:41AM Wed
Dwitiya Until 11:28AM

Dushanbe, Tajikistan
Sun 1 Sutra 1
Vasarasu 5127
Moon 4 - Phase 1 - 1st Phase
Bhuloka Day
Devaloka Time: 3PM to 6PM

2

Wednesday, April 16, 2025

Wishika Rasi: 4.29 Tithi 18 - 19
Creative Work Siddha Yoga
Until 6:24AM Thu
Then Routine Work - Prabarashita Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Batha Vasara Yuktayam
Anuradha Nakshatra Vyatipata\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Tilau
Anuradha Until 6:24AM Thu
Vyatipata\* Until 12:47AM Thu
Bava Until 2:55AM Thu
Tritiya Until 1:49PM

Dushanbe, Tajikistan
Sun 2 Sutra 2
Vasarasu 5127
Moon 4 - Phase 1 - 2 1st Phase
Bhuloka Day
Devaloka Time: 3PM to 6PM

3

Thursday, April 17, 2025

Wishika Rasi: 16.27 Tithi 19 - 20
Creative Work Siddha Yoga
Until 6:24AM Thu
Then Routine Work - Prabarashita Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Guru Vasara Yuktayam
Anuradha/Jyeshtha\* Nakshatra Varyan Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Tilau
Anuradha Until 6:24AM
Varyan Until 1:17AM Fri
Kaulava Until 4:51AM Fri
Chaturthi\* Until 3:54PM

Dushanbe, Tajikistan
Sun 3 Sutra 3
Vasarasu 5127
Moon 4 - Phase 1 - 3 1st Phase
Bhuloka Day
Devaloka Time: 3PM to 6PM

4

Friday, April 18, 2025

Wishika Rasi: 28.33 Tithi 20 - 21
Routine Work Marana Yoga
Until 8:40AM
Then Creative Work - Amrita Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Sakra Vasara Yuktayam
Jyeshtha\*/Mula\* Nakshatra Parigha\* Yoga Tailita/Gara Karana Panchami/Shashthyam Tilau
Jyeshtha\* Until 8:40AM
Parigha\* Until 1:31AM Sat
Gara Until 6:22AM Sat
Panchami Until 5:39PM

Dushanbe, Tajikistan
Sun 4 Sutra 4
Vasarasu 5127
Moon 4 - Phase 1 - 4 1st Phase
Bhuloka Day
Devaloka Time: 3PM to 6PM

5

Saturday, April 19, 2025

Dhanus Rasi: 10.49 Tithi 21
Creative Work Siddha Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mania Vasara Yuktayam
Mula\*/Purvashada\* Nakshatra Shiva Yoga Gara/Vanija Karana Saptamyam Tilau
Mula\* Until 10:51AM
Shiva Until 1:23AM Sun
Gara Until 6:22AM
Shashthi\* Until 6:55PM

Dushanbe, Tajikistan
Sun 5 Sutra 5
Vasarasu 5127
Moon 4 - Phase 1 - 5 1st Phase
Devaloka Day

6

Sunday, April 20, 2025

Dhanus Rasi: 23.19 Tithi 22
Creative Work Siddha Yoga
Until 12:20PM
Then Creative Work - Amrita Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Bhanu Vasara Yuktayam
Purvashada\*/Uttarashada Nakshatra Siddha Yoga Visti\*/Bava Karana Saptamyam Tilau
Purvashada\* Until 12:20PM
Siddha Until 12:44AM Mon
Visti Until 7:22AM
Saptami Until 7:36PM

Dushanbe, Tajikistan
Sun 6 Sutra 6
Vasarasu 5127
Moon 4 - Phase 1 - 6 1st Phase
Devaloka Day

D

Monday, April 21, 2025

Retreat Star

Makara Rasi: 6.05 Tithi 23
Family Home Evening
Routine Work Marana Yoga
Until 1:02PM
Then Creative Work - Amrita Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Indu Vasara Yuktayam
Uttarashada/Shravana Nakshatra Sadhya Yoga Balava/Kaulava Karana Ashtamyam Tilau
Uttarashada Until 1:02PM
Sadhya Until 11:32PM
Balava Until 7:42AM
Ashlami\* Until 7:35PM

Dushanbe, Tajikistan
Sun 7 Sutra 7
Vasarasu 5127
Moon 4 - Phase 1 - 7 Ashtami
Devaloka Day

Tuesday, April 22, 2025

Retreat Star

Makara Rasi: 19.14 Tithi 24
Creative Work Siddha Yoga

Viswastu Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mangala Vasara Yuktayam
Shravana/Dhanishtha Nakshatra Subha Yoga Tailita/Gara Karana Navamyam Tilau
Shravana Until 1:18PM
Subha Until 9:46PM
Tailita Until 7:19AM
Navam\* Until 6:49PM

Dushanbe, Tajikistan
Sun 8 Sutra 8
Vasarasu 5127
Moon 4 - Phase 1 - 8 Navami
Bhuloka Day
Devaloka Time: 3PM to 6PM

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                  |  |                                  |  |   |  |
|----------------------------------|--|----------------------------------|--|---|--|
| <b>1</b>                         |  | <b>Wednesday, April 23, 2025</b> |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Кгішна Паіше Бауша Весага Уктыяям Dushanbe, Tajikistan Sun 9 Sufra 9 |  |
| Kumbha Rasi: 2.49                |  | Tithi 25 – 26                    |  | Gulika 11:44AM – 1:25PM Dhanishtha Untill 12:40PM   |  |
| Routine Work                     |  | Prabalarishtha Yoga              |  | Ganesha: Green Sunrise: 6:40AM  |  |
| Untill 12:40PM                   |  | 293298578                        |  | Sunset: 8:09PM  |  |
| Then Creative Work - Siddha Yoga |  | Yama 8:21AM – 10:02AM            |  | Moon 4 - Phase 2 - 9  |  |
|                                  |  | Rahu 1:25PM – 3:06PM             |  | Nataraja: Clear   |  |
|                                  |  |                                  |  | Moon - Purple   |  |
|                                  |  |                                  |  | Chaitra-Chaitra   |  |
|                                  |  |                                  |  | Bhuloka Day   |  |
|                                  |  |                                  |  | Devaloka Time: 3PM to 6PM   |  |

|   |  |                                 |  |  |  |
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| <b>2</b>                                |  | <b>Thursday, April 24, 2025</b> |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Кгішна Паіше: Garu Visara Yuktayam Dushanbe, Tajikistan Sun 10 Sufra 10 |  |
| Kumbha Rasi: 16.49                      |  | Tithi 26 – 27                   |  | Gulika 10:02AM – 11:43AM Shalabhshikha Untill 11:10AM  |  |
| Creative Work                           |  | Siddha Yoga                     |  | Ganesha: Green Sunrise: 6:39AM   |  |
| Untill 6:52AM                           |  | 293298578                       |  | Sunset: 8:10PM   |  |
| Then Routine Work - Prabalarishtha Yoga |  | Yama 6:39AM – 8:20AM            |  | Moon 4 - Phase 2 - 10  |  |
|   |  | Rahu 3:06PM – 4:47PM            |  | Nataraja: Clear  |  |
|   |  |                                 |  | Moon - Purple  |  |
|   |  |                                 |  | Chaitra-Chaitra  |  |
|   |  |                                 |  | Bhuloka Day  |  |
|   |  |                                 |  | Devaloka Time: 3PM to 6PM  |  |

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| <b>3</b>                                |  | <b>Friday, April 25, 2025</b> |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Кгішна Паіше: Sukra Visara Yuktayam Dushanbe, Tajikistan Sun 11 Sufra 11 |  |
| Meena Rasi: 1.17                        |  | Tithi 27 – 28                 |  | Gulika 8:19AM – 10:01AM Purvaprashthapada* Untill 9:20AM  |  |
| Creative Work                           |  | Siddha Yoga                   |  | Ganesha: Purple Sunrise: 6:38AM   |  |
| Untill 6:52AM                           |  | 213298579                     |  | Sunset: 8:11PM  |  |
| Then Routine Work - Prabalarishtha Yoga |  | Yama 4:48PM – 6:30PM          |  | Moon 4 - Phase 2 - 11   |  |
|   |  | Rahu 11:43AM – 1:24PM         |  | Nataraja: Purple  |  |
|   |  |                               |  | Moon - Clear  |  |
|   |  |                               |  | Chaitra-Chaitra   |  |
|   |  |                               |  | Devaloka Day  |  |
|   |  |                               |  | Devaloka Time: 3PM to 6PM   |  |

Pradosha Vata (Fasting)

|   |  |                                 |  |   |  |
|---|--|---------------------------------|--|---|--|
| <b>4</b>                                |  | <b>Saturday, April 26, 2025</b> |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Кгішна Паіше: Manta Visara Yuktayam Dushanbe, Tajikistan Sun 12 Sufra 12 |  |
| Meena Rasi: 16.07                       |  | Tithi 28 – 29                   |  | Gulika 6:36AM – 8:18AM Uttaraprashthapada Untill 6:52AM   |  |
| Creative Work                           |  | Siddha Yoga                     |  | Ganesha: Purple Sunrise: 6:36AM   |  |
| Untill 6:52AM                           |  | 213298579                       |  | Sunset: 8:12PM  |  |
| Then Routine Work - Prabalarishtha Yoga |  | Yama 3:06PM – 4:48PM            |  | Moon 4 - Phase 2 - 12   |  |
|   |  | Rahu 10:00AM – 11:42AM          |  | Nataraja: Purple  |  |
|   |  |                                 |  | Moon - Clear  |  |
|   |  |                                 |  | Chaitra-Chaitra   |  |
|   |  |                                 |  | Devaloka Day  |  |
|   |  |                                 |  | Devaloka Time: 3PM to 6PM   |  |

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|---|--|-------------------------------|--|---|--|
| <b>●</b>                                |  | <b>Sunday, April 27, 2025</b> |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Кгішна Паіше: Bhanu Visara Yuktayam Dushanbe, Tajikistan Sun 13 Sufra 13 |  |
| Mesha Rasi: 1.13                        |  | Tithi 30                      |  | Gulika 4:49PM – 6:31PM Ashvini Untill 1:05AM Mon  |  |
| Creative Work                           |  | Siddha Yoga                   |  | Ganesha: Light Blue Sunrise: 6:25AM   |  |
| Untill 10:06PM                          |  | 223298579                     |  | Sunset: 8:13PM  |  |
| Then Routine Work - Prabalarishtha Yoga |  | Yama 1:24PM – 3:06PM          |  | Moon 4 - Phase 2 - 13   |  |
|   |  | Rahu 6:31PM – 8:13PM          |  | Nataraja: Purple  |  |
|   |  |                               |  | Moon - White  |  |
|   |  |                               |  | Chaitra-Chaitra   |  |
|   |  |                               |  | Devaloka Day  |  |
|   |  |                               |  | Devaloka Time: 3PM to 6PM   |  |

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| <b>Monday, April 28, 2025</b>   |  | <b>Retreat Star</b>  |  | Viswasa Nama Samvatsara Uтарыяне Наратна Рітау Меша Месе Sukra Paikshe Indu Visara Yuktayam Dushanbe, Tajikistan Sun 14 Sufra 14 |  |
| Mesha Rasi: 16.26               |  | Tithi 1              |  | Gulika 3:06PM – 4:49PM Bharani Untill 10:06PM  |  |
| Family Home Evening             |  | 224298579            |  | Ganesha: Orange Sunrise: 6:34AM  |  |
| Creative Work                   |  | Siddha Yoga          |  | Sunset: 8:14PM   |  |
| Untill 10:06PM                  |  | Rahu 8:16AM – 9:59AM |  | Moon 4 - Phase 2 - 14  |  |
| Then Routine Work - Marana Yoga |  |                      |  | Nataraja: Purple   |  |
|                                 |  |                      |  | Moon - White   |  |
|                                 |  |                      |  | Vaisaka-Chaitra  |  |
|                                 |  |                      |  | Sivaloka Day   |  |
|                                 |  |                      |  | Devaloka Time: 3PM to 6PM  |  |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                  |             |   |                             |                         |                       |
|----------------------------------|-------------|---|-----------------------------|-------------------------|-----------------------|
| <b>1 Tuesday, April 29, 2025</b> |             | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Мंगала Васара Yuktayam Dushanbe, Tajikistan |                             |                         |                       |
|                                  |             | Kritika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvityayam Titau Sun 15 Sufra 15                  |                             |                         |                       |
| Wishabha Rasi: 1.38              | Tilthi 2    | <b>Gulika</b> 1:24PM - 3:07PM   | <b>Kritika Until 7:10PM</b> | <b>Ganesh:</b> Clear    | Sunrise: 6:20AM       |
|                                  |             | <b>Yama</b> 9:58AM - 11:41AM  | Saubhagya Until 4:23PM      | <b>Muruga:</b> Orange   | Sunset: 8:19PM        |
|                                  |             | <b>Rahu</b> 4:49PM - 6:32PM   | Balava Until 7:51AM         | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 15 |
| Creative Work                    | Siddha Yoga |   | <b>Dvitiya Until 6:03PM</b> | Moon - White            | 3rd Phase             |
| Until 7:10PM                     |             |   |                             | Vaisaka-Chaitra         | <b>Sivaloka Day</b>   |
| Then Creative Work - Amrita Yoga |             |   |                             |                         |                       |

|                                    |              |  |                             |                         |                       |
|------------------------------------|--------------|--|-----------------------------|-------------------------|-----------------------|
| <b>2 Wednesday, April 30, 2025</b> |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Будаи Васара Yuktayam Dushanbe, Tajikistan |                             |                         |                       |
|                                    |              | Rohini/Mrigashira Nakshatra Sobhana/Ahiganda* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau Sun 16 Sufra 16 |                             |                         |                       |
| Mithuna Rasi: 16.39                | Tilthi 3 - 4 | <b>Gulika</b> 11:41AM - 1:24PM   | <b>Rohini Until 4:50PM</b>  | <b>Ganesh:</b> Clear    | Sunrise: 6:31AM       |
|                                    |              | <b>Yama</b> 8:14AM - 9:57AM  | Sobhana Until 12:33PM       | <b>Muruga:</b> Clear    | Sunset: 8:16PM        |
|                                    |              | <b>Rahu</b> 1:24PM - 3:07PM  | Vanija Until 1:19AM Thu     | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 16 |
| Creative Work                      | Siddha Yoga  |  |                             | Moon - Yellow           | 3rd Phase             |
|                                    |              | <b>Akshaya Tritiya</b>   | <b>Tritiya Until 2:46PM</b> | Vaisaka-Chaitra         | <b>Sivaloka Day</b>   |

|                                |              |   |                                 |                         |                       |
|--------------------------------|--------------|---|---------------------------------|-------------------------|-----------------------|
| <b>3 Thursday, May 1, 2025</b> |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Гуро Васара Yuktayam Dushanbe, Tajikistan |                                 |                         |                       |
|                                |              | Mrigashira/Ardra Nakshatra Ahiganda*/Sukarma Yoga Vohi/Bava Karana Chaturthi/Panchamam Titau Sun 17 Sufra 17  |                                 |                         |                       |
| Mithuna Rasi: 1.19             | Tilthi 4 - 5 | <b>Gulika</b> 9:57AM - 11:40AM  | <b>Mrigashira Until 2:53PM</b>  | <b>Ganesh:</b> Purple   | Sunrise: 6:30AM       |
|                                |              | <b>Yama</b> 6:30AM - 8:13AM   | Ahiganda* Until 9:05AM          | <b>Muruga:</b> Clear    | Sunset: 8:17PM        |
|                                |              | <b>Rahu</b> 3:07PM - 4:50PM   | Bava Until 10:49PM              | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 17 |
| Routine Work                   | Marana Yoga  |   |                                 | Moon - Yellow           | 3rd Phase             |
|                                |              | <b>Adi Sankara Jayanti</b>  | <b>Chaturthi* Until 11:58AM</b> | Vaisaka-Chaitra         | <b>Devaloka Day</b>   |

|                              |              |  |                              |                         |                       |
|------------------------------|--------------|--|------------------------------|-------------------------|-----------------------|
| <b>4 Friday, May 2, 2025</b> |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Сакра Васара Yuktayam Dushanbe, Tajikistan |                              |                         |                       |
|                              |              | Ardra/Punarvasu Nakshatra Sukarma/Uthili Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau Sun 18 Sufra 18 |                              |                         |                       |
| Mithuna Rasi: 15.34          | Tilthi 5 - 6 | <b>Gulika</b> 8:12AM - 9:56AM  | <b>Ardra Until 1:27PM</b>    | <b>Ganesh:</b> Purple   | Sunrise: 6:29AM       |
|                              |              | <b>Yama</b> 4:51PM - 6:34PM  | Sukarma Until 6:09AM         | <b>Muruga:</b> Clear    | Sunset: 8:18PM        |
|                              |              | <b>Rahu</b> 11:40AM - 1:23PM   | Kaulava Until 9:02PM         | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 18 |
| Creative Work                | Siddha Yoga  |  |                              | Moon - Yellow           | 3rd Phase             |
|                              |              |  | <b>Panchami Until 9:49AM</b> | Vaisaka-Chaitra         | <b>Devaloka Day</b>   |

|                                |              |  |                               |                         |                       |
|--------------------------------|--------------|--|-------------------------------|-------------------------|-----------------------|
| <b>5 Saturday, May 3, 2025</b> |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Манта Васара Yuktayam Dushanbe, Tajikistan |                               |                         |                       |
|                                |              | Punarvasu/Pushya Nakshatra Shula* Yoga Talila/Gara Karana Shashthi/Saptamam Titau Sun 19 Sufra 19              |                               |                         |                       |
| Mithuna Rasi: 29.21            | Tilthi 6 - 7 | <b>Gulika</b> 6:28AM - 8:12AM  | <b>Punarvasu Until 1:04PM</b> | <b>Ganesh:</b> Clear    | Sunrise: 6:28AM       |
|                                |              | <b>Yama</b> 3:07PM - 4:51PM  | Shula* Until 2:09AM Sun       | <b>Muruga:</b> Clear    | Sunset: 8:19PM        |
|                                |              | <b>Rahu</b> 9:55AM - 11:39AM   | Gara Until 8:02PM             | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 19 |
| Creative Work                  | Siddha Yoga  |  |                               | Moon - Blue             | 3rd Phase             |
|                                |              |  | <b>Shashthi* Until 8:24AM</b> | Vaisaka-Chaitra         | <b>Sivaloka Day</b>   |

|                            |              |  |                             |                         |                       |
|----------------------------|--------------|--|-----------------------------|-------------------------|-----------------------|
| <b>Sunday, May 4, 2025</b> |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Бһану Васара Yuktayam Dushanbe, Tajikistan |                             |                         |                       |
| <b>Retreat Star</b>        |              | Ashlesha/Magha* Nakshatra Ganda* Yoga Vanija/Visi* Karana Saptami/Ashramam Titau Sun 20 Sufra 20               |                             |                         |                       |
| Kataka Rasi: 12.4          | Tilthi 7 - 8 | <b>Gulika</b> 4:51PM - 6:36PM  | <b>Pushya Until 1:22PM</b>  | <b>Ganesh:</b> Clear    | Sunrise: 6:27AM       |
|                            |              | <b>Yama</b> 1:23PM - 3:07PM  | Ganda* Until 1:09AM Mon     | <b>Muruga:</b> Clear    | Sunset: 8:20PM        |
|                            |              | <b>Rahu</b> 6:36PM - 8:20PM  | Visi Until 7:53PM           | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 20 |
| Creative Work              | Siddha Yoga  |  |                             | Moon - Blue             | Ashtami               |
|                            |              |  | <b>Saptami Until 7:50AM</b> | Vaisaka-Chaitra         | <b>Sivaloka Day</b>   |

|                                 |              |   |                               |                         |                       |
|---------------------------------|--------------|---|-------------------------------|-------------------------|-----------------------|
| <b>Monday, May 5, 2025</b>      |              | Viswvasu Nama Samvatsare Uтарыне Нартаи Рітаи Меша Месе Суліа Пакше Инду Васара Yuktayam Dushanbe, Tajikistan |                               |                         |                       |
| <b>Retreat Star</b>             |              | Ashlesha/Magha* Nakshatra Viddhi Yoga Bava/Balava Karana Ashtami/Navamam Titau Sun 21 Sufra 21                |                               |                         |                       |
| Kataka Rasi: 25.32              | Tilthi 8 - 9 | <b>Gulika</b> 3:07PM - 4:52PM   | <b>Ashlesha* Until 2:20PM</b> | <b>Ganesh:</b> Clear    | Sunrise: 6:25AM       |
|                                 |              | <b>Yama</b> 11:39AM - 1:23PM  | Viddhi Until 12:48AM Tue      | <b>Muruga:</b> Red      | Sunset: 8:21PM        |
|                                 |              | <b>Rahu</b> 8:10AM - 9:54AM   | Balava Until 8:33PM           | <b>Nataraja:</b> Purple | Moon 4 - Phase 3 - 21 |
| Family Home Evening             |              |   |                               | Moon - Blue             | Navami                |
| Creative Work                   | Siddha Yoga  |   | <b>Ashtami* Until 8:06AM</b>  | Vaisaka-Chaitra         | <b>Sivaloka Day</b>   |
| Until 2:20PM                    |              |   |                               |                         |                       |
| Then Routine Work - Marana Yoga |              |   |                               |                         |                       |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|--|--------------|--|------------------|--------------------------|---------------------------------|
| <b>1</b> Tuesday, May 6, 2025  |              | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Mangala Vasara Yuktayam Dushanbe, Tajikistan |                  |                          |                                 |
| Magha* Purvaphalguni Nakshatra Dhruva Yoga Kaulava/Tailita Karana Navami/Dashmashyam Titau Sufra 22 Sufra 22 |              | Gulika   | 1:23PM - 3:08PM  | Magha* Until 4:20PM      | Ganesha: White Sunrise: 6:24AM  |
| Simha Rasi: 8.02   | Tithi 9 - 10 | Yama   | 9:54AM - 11:38AM | Dhruva Until 12:57AM Wed | Muruga: Red Sunset: 8:29PM      |
| Creative Work  | Siddha Yoga  | Rahu   | 4:52PM - 6:37PM  | Tailita Until 9:56PM     | Moon 4 - Phase 4 - 23 4th Phase |
|  |              |  |                  | Navami* Until 9:09AM     | Devaloka Day                    |
|  |              |  |                  |                          | Vaisaka-Chaitra                 |

|  |               |  |                  |                            |                                 |
|--|---------------|--|------------------|----------------------------|---------------------------------|
| <b>2</b> Wednesday, May 7, 2025  |               | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Budha Vasara Yuktayam Dushanbe, Tajikistan |                  |                            |                                 |
| Purvaphalguni Nakshatra Vyaghata* Yoga Gara/Vanija Karana Dashmi/Dvadashtyam Titau Sufra 23 Sufra 23 |               | Gulika   | 11:38AM - 1:23PM | Purvaphalguni Until 6:46PM | Ganesha: White Sunrise: 6:23AM  |
| Simha Rasi: 20.14  | Tithi 10 - 11 | Yama   | 8:08AM - 9:53AM  | Vyaghata* Until 1:33AM Thu | Muruga: Red Sunset: 8:29PM      |
| Creative Work  | Amrita Yoga   | Rahu   | 1:23PM - 3:08PM  | Vanija Until 11:54PM       | Moon 4 - Phase 4 - 23 4th Phase |
|  |               |  |                  | Dashmi Until 10:50AM       | Devaloka Day                    |
|  |               |  |                  |                            | Vaisaka-Chaitra                 |

|   |               |   |                  |                             |                                 |
|---|---------------|---|------------------|-----------------------------|---------------------------------|
| <b>3</b> Thursday, May 8, 2025  |               | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Guru Vasara Yuktayam Dushanbe, Tajikistan |                  |                             |                                 |
| Uttaraphalguni Nakshatra Harshana Yoga Visi* Bava Karana Ekadashi/Dvadashtyam Titau Sufra 24 Sufra 24 |               | Gulika  | 9:53AM - 11:38AM | Uttaraphalguni Until 9:27PM | Ganesha: White Sunrise: 6:22AM  |
| Kanya Rasi: 2.15  | Tithi 11 - 12 | Yama  | 6:22AM - 8:07AM  | Harshana Until 2:27AM Fri   | Muruga: Red Sunset: 8:29PM      |
| Amrita Yoga   |               | Rahu  | 3:08PM - 4:53PM  | Bava Until 2:15AM Fri       | Moon 4 - Phase 4 - 24 4th Phase |
| Until 9:27PM  |               |   |                  | Ekadashi Until 1:01PM       | Devaloka Day                    |
| Then Routine Work - Marana Yoga   |               |   |                  |                             | Vaisaka-Chaitra                 |

|  |               |  |                  |                          |                                 |
|--|---------------|--|------------------|--------------------------|---------------------------------|
| <b>4</b> Friday, May 9, 2025   |               | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Sukra Vasara Yuktayam Dushanbe, Tajikistan |                  |                          |                                 |
| Hasta Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadasht/Trayodashtyam Titau Sufra 25 Sufra 25 |               | Gulika   | 8:07AM - 9:52AM  | Hasta Until 12:40AM Sat  | Ganesha: Yellow Sunrise: 6:21AM |
| Kanya Rasi: 14.08  | Tithi 12 - 13 | Yama   | 4:54PM - 6:39PM  | Vajra* Until 3:28AM Sat  | Muruga: Red Sunset: 8:29PM      |
| Creative Work  | Amrita Yoga   | Rahu   | 11:37AM - 1:23PM | Kaulava Until 4:48AM Sat | Moon 4 - Phase 4 - 25 4th Phase |
| Until 12:40AM Sat  |               |  |                  | Dvadashti Until 3:29PM   | Sivaloka Day                    |
| Then Routine Work - Marana Yoga  |               |  |                  |                          | Vaisaka-Chaitra                 |
|  |               | <i>Pradosha Vata</i>   |                  |                          |                                 |

|   |             |  |                  |                         |                                 |
|---|-------------|--|------------------|-------------------------|---------------------------------|
| <b>5</b> Saturday, May 10, 2025   |             | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Manta Vasara Yuktayam Dushanbe, Tajikistan |                  |                         |                                 |
| Chitra Nakshatra Siddhi Yoga Tailita Karana Trayodashtyam Titau Sufra 26 Sufra 26 |             | Gulika   | 6:20AM - 8:06AM  | Chitra Until 3:47AM Sun | Ganesha: White Sunrise: 6:20AM  |
| Kanya Rasi: 25.56   | Tithi 13    | Yama   | 3:08PM - 4:54PM  | Siddhi Until 4:31AM Sun | Muruga: Red Sunset: 8:29PM      |
| Routine Work  | Marana Yoga | Rahu   | 9:51AM - 11:37AM | Tailita Until 6:04PM    | Moon 4 - Phase 4 - 26 4th Phase |
| Until 3:47AM Sun  |             |  |                  | Trayodashi Until 6:04PM | Subha Sivaloka Day              |
| Then Creative Work - Siddha Yoga  |             |  |                  |                         | Vaisaka-Chaitra                 |

|   |             |  |                 |                              |                                 |
|---|-------------|--|-----------------|------------------------------|---------------------------------|
| <b>6</b> Sunday, May 11, 2025   |             | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Bhanu Vasara Yuktayam Dushanbe, Tajikistan |                 |                              |                                 |
| Svati Nakshatra Vyagripata* Yoga Gara/Vanija Karana Chaturdashyam Titau Sufra 27 Sufra 27 |             | Gulika   | 4:54PM - 6:40PM | Svati Until 6:39AM Mon       | Ganesha: White Sunrise: 6:19AM  |
| Tula Rasi: 7.45   | Tithi 14    | Yama   | 1:23PM - 3:09PM | Vyagripata* Until 5:32AM Mon | Muruga: Red Sunset: 8:29PM      |
| Creative Work   | Siddha Yoga | Rahu   | 6:40PM - 8:26PM | Gara Until 7:22AM            | Moon 4 - Phase 4 - 27 4th Phase |
| Until 6:39AM Mon  |             |  |                 | Chaturdash* Until 8:36PM     | Subha Sivaloka Day              |
| Then Routine Work - Marana Yoga   |             |  |                 |                              | Vaisaka-Chaitra                 |
|   |             | Mother's Day   |                 |                              |                                 |

|                                 |             |   |                  |                          |                                |
|---------------------------------|-------------|---|------------------|--------------------------|--------------------------------|
| <b>Monday, May 12, 2025</b>     |             | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Сукія Пакше Indu Vasara Yuktayam Dushanbe, Tajikistan |                  |                          |                                |
| <b>Copper Retreat Star</b>      |             | Svati/Vishakha Nakshatra Varjyan Yoga Visi* Bava Karana Purnimayam Titau Sufra 28 Sufra 28                      |                  |                          |                                |
| Tula Rasi: 19.35                | Tithi 15    | Gulika  | 3:09PM - 4:55PM  | Svati Until 6:39AM       | Ganesha: White Sunrise: 6:18AM |
| Family Home Evening             |             | Yama  | 11:37AM - 1:23PM | Varjyan Until 6:22AM Tue | Muruga: Red Sunset: 8:29PM     |
| Until 6:39AM                    | Amrita Yoga | Rahu  | 8:04AM - 9:50AM  | Visi Until 9:50AM        | Moon 4 - Phase 4 - Purnima     |
| Then Routine Work - Marana Yoga |             |   |                  | Purnima* Until 10:59PM   | Subha Sivaloka Day             |
|                                 |             |   |                  |                          | Vaisaka-Chaitra                |

|                                  |             |   |                  |                            |                                 |
|----------------------------------|-------------|---|------------------|----------------------------|---------------------------------|
| <b>Tuesday, May 13, 2025</b>     |             | Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Krihna Palakhe Mangala Vasara Yuktayam Dushanbe, Tajikistan |                  |                            |                                 |
| <b>Silver Retreat Star</b>       |             | Vishakha/Anuradha Nakshatra Varjyan/Parigraha* Yoga Balava/Kaulava Karana Prathamayam Titau Sufra 29 Sufra 29         |                  |                            |                                 |
| Wishika Rasi: 1.29               | Tithi 16    | Gulika  | 1:23PM - 3:09PM  | Vishakha Until 9:40AM      | Ganesha: Yellow Sunrise: 6:17AM |
| Routine Work                     | Marana Yoga | Yama  | 9:50AM - 11:36AM | Varjyan Until 6:22AM       | Muruga: Red Sunset: 8:29PM      |
| Until 9:40AM                     |             | Rahu  | 4:55PM - 6:42PM  | Balava Until 12:07PM       | Nataraja: Purple                |
| Then Creative Work - Siddha Yoga |             |   |                  | Prathama* Until 1:08AM Wed | Moon - Orange                   |
|                                  |             |   |                  |                            | Sivaloka Day                    |
|                                  |             |   |                  |                            | Vaisaka-Chaitra                 |

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

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**Wednesday, May 14, 2025****Gold Retreat Star**

Wischika Rasi: 13.29 Tithi 17

Creative Work Siddha Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Бадха Васара Уктыягам

Anuradha/Jyeshtha\* Nakshatra Parigha\*Shiva Yoga Talilla/Gara Karana Dvityayam Tilau

Gulika 11:36AM - 1:23PM Anuradha Untill 12:17PM

Yama 8:03AM - 9:49AM Parigha\* Untill 7:03AM

Rahu 1:23PM - 3:09PM Talilla Untill 2:08PM

Ganesha: Yellow

Sunrise: 6:16AM

Muruga: Red

Sunset: 8:29PM

Nataraja: Purple

Moon - Orange

Dushanbe, Tajikistan

Sun 1 Sufra 30

Viswastu 5:17

Moon 5 - Phase 5 - 1

1st Phase

Sivaloka Day

**Thursday, May 15, 2025**

Wischika Rasi: 25.37 Tithi 18

Routine Work Prabalarishta Yoga

Untill 2:27PM

Then Creative Work - Siddha Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Гуну Васара Уктыягам

Jyeshtha\*/Mula\* Nakshatra Shiva/Siddha Yoga Vanija/Visli\* Karana Tritityayam Tilau

Gulika 9:49AM - 11:36AM Jyeshtha\* Untill 2:27PM

Yama 6:15AM - 8:02AM Shiva Untill 7:31AM

Rahu 3:09PM - 4:56PM Shiva Untill 3:51PM

Tritiya Untill 4:34AM Fri

Ganesha: Yellow

Sunrise: 6:15AM

Muruga: Red

Sunset: 8:30PM

Nataraja: Purple

Moon - Orange

Dushanbe, Tajikistan

Sun 2 Sufra 31

Viswastu 5:17

Moon 5 - Phase 5 - 1

1st Phase

Sivaloka Day

**Friday, May 16, 2025**

Dhanus Rasi: 7.52 Tithi 19

Creative Work Amrita Yoga

Untill 4:37PM

Then Routine Work - Prabalarishta Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Sukra Vasara Uктыягам

Mula\*/Purvashadha\* Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Chaturthayam Tilau

Gulika 8:02AM - 9:49AM Mula\* Untill 4:37PM

Yama 4:57PM - 6:44PM Siddha Untill 7:42AM

Rahu 11:36AM - 1:23PM Bava Untill 5:14PM

Chaturthi\* Untill 5:46AM Sat

Ganesha: Blue

Sunrise: 6:15AM

Muruga: Red

Sunset: 8:31PM

Nataraja: Purple

Moon - Light Blue

Dushanbe, Tajikistan

Sun 3 Sufra 32

Viswastu 5:17

Moon 5 - Phase 5 - 1

1st Phase

Subha Sivaloka Day

**Saturday, May 17, 2025**

Dhanus Rasi: 20.16 Tithi 20

Creative Work Siddha Yoga

Untill 6:14PM

Then Routine Work - Marana Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Mantu Vasara Uктыягам

Purvashadha\*/Sadhya/Subha Yoga Kaulava Karana Pancham Yam Tilau

Gulika 6:14AM - 8:01AM Purvashadha\* Untill 6:14PM

Yama 3:10PM - 4:57PM Sadhya Untill 7:37AM

Rahu 9:48AM - 11:35AM Kaulava Untill 6:13PM

Panchami Untill 6:31AM Sun

Ganesha: Blue

Sunrise: 6:14AM

Muruga: Red

Sunset: 8:32PM

Nataraja: Purple

Moon - Light Blue

Dushanbe, Tajikistan

Sun 4 Sufra 33

Viswastu 5:17

Moon 5 - Phase 5 - 4

1st Phase

Subha Sivaloka Day

**Sunday, May 18, 2025**

Makara Rasi: 2.51 Tithi 20 - 21

Creative Work Amrita Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Bhanu Vasara Uктыягам

Uttarashadha Nakshatra Subha/Sukla Yoga Talilla/Gara Karana Panchami/Shashthiyam Tilau

Gulika 4:58PM - 6:45PM Uttarashadha Untill 7:15PM

Yama 1:23PM - 3:10PM Subha Untill 7:13AM

Rahu 6:45PM - 8:32PM Gara Untill 6:45PM

Panchami Untill 6:31AM

Ganesha: Blue

Sunrise: 6:13AM

Muruga: Red

Sunset: 8:33PM

Nataraja: Purple

Moon - Light Blue

Dushanbe, Tajikistan

Sun 5 Sufra 34

Viswastu 5:17

Moon 5 - Phase 5 - 5

1st Phase

Subha Sivaloka Day

**Monday, May 19, 2025**

Makara Rasi: 15.41 Tithi 21 - 22

Family Home Evening

Creative Work Amrita Yoga

Untill 8:03PM

Then Creative Work - Siddha Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Indu Vasara Uктыягам

Shravana Nakshatra Sukla/Brahma Yoga Vanija/Visli\* Karana Shashthi/Saptam Yam Tilau

Gulika 3:10PM - 4:58PM Shravana Untill 8:03PM

Yama 11:35AM - 1:23PM Sukla Untill 6:24AM

Rahu 8:00AM - 9:47AM Visli Untill 6:43PM

Shashthi\* Untill 6:47AM

Ganesha: Blue

Sunrise: 6:12AM

Muruga: Red

Sunset: 8:33PM

Nataraja: Purple

Moon - Purple

Dushanbe, Tajikistan

Sun 6 Sufra 35

Viswastu 5:17

Moon 5 - Phase 5 - 6

1st Phase

Devaloka Day

**Tuesday, May 20, 2025**

Retreat Star

Makara Rasi: 28.47 Tithi 22 - 23

Creative Work Siddha Yoga

Untill 8:06PM

Then Routine Work - Marana Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Mangala Vasara Uктыягам

Dhanishtha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtam Yam Tilau

Gulika 1:23PM - 3:11PM Dhanishtha Untill 8:06PM

Yama 9:47AM - 11:35AM Indra Untill 3:23AM Wed

Rahu 4:58PM - 6:46PM Balava Untill 6:06PM

Saptami Untill 6:28AM

Ganesha: Blue

Sunrise: 6:11AM

Muruga: Red

Sunset: 8:34PM

Nataraja: Purple

Moon - Purple

Dushanbe, Tajikistan

Sun 7 Sufra 36

Viswastu 5:17

Moon 5 - Phase 5 - 7

Ashtami

Devaloka Day

**Wednesday, May 21, 2025**

Retreat Star

Kumbha Rasi: 12.15 Tithi 24

Creative Work Siddha Yoga

Untill 7:22PM

Then Creative Work - Amrita Yoga

Viswastu Nama Samvatsare Uтарыяне Нартапа Рітау Вішэбха Маса Кгішна Пакше Budha Vasara Uктыягам

Shatabhishak Nakshatra Vaidhriti\* Shiva Talilla/Gara Karana Navam Yam Tilau

Gulika 11:35AM - 1:23PM Shatabhishak Untill 7:22PM

Yama 7:59AM - 9:47AM Vaidhriti\* Untill 1:05AM Thu

Rahu 1:23PM - 3:11PM Talilla Untill 4:50PM

Navam\* Untill 3:56AM Thu

Ganesha: Blue

Sunrise: 6:11AM

Muruga: Red

Sunset: 8:35PM

Nataraja: Purple

Moon - Purple

Dushanbe, Tajikistan

Sun 8 Sufra 37

Viswastu 5:17

Moon 5 - Phase 5 - 8

Navami

Devaloka Day

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

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|                    |             |                                   |  |   |                 |                      |  |
|--------------------|-------------|-----------------------------------|--|---|-----------------|----------------------|--|
| <b>1</b>           |             | <b>Thursday, May 22, 2025</b>     |  | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Крішна Паікхе Сору Васара Үктыгам<br>Puravproshthapada* Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Dashamyam Tilau |                 |                      | Dushanbe, Tajikistan<br>Sun 9 Sufra 38 |
| Kumbha Rasi: 26.05 | Tithi 25    | <b>Gulika</b><br>9:46AM - 11:35AM | <b>Puravproshthapada* Until 6:17PM</b> | <b>Ganesh:</b> White  | Sunrise: 6:10AM | Vasvasu 5:17         |  |
|                    |             | <b>Yama</b><br>6:10AM - 7:58AM    | <b>Vishkambha* Until 10:18PM</b>       | <b>Muruga:</b> Red  | Sunset: 8:36PM  | Moon 5 - Phase 6 - 9 | 2nd Phase                              |
| Creative Work      | Siddha Yoga | <b>Rahu</b><br>3:11PM - 4:59PM    | <b>Vanija Until 2:55PM</b>             | <b>Nataraja:</b> Purple   |                 |                      |  |
|                    |             |                                   | <b>Dashami Until 1:43AM Fri</b>        | <b>Moon - Clear</b>   |                 |                      | <b>Devaloka Day</b>                    |
|                    |             |                                   |  | <b>Vaisaka-Vaikasi</b>  |                 |                      |  |

|                    |             |                                  |                                       |   |                 |                       |   |
|--------------------|-------------|----------------------------------|---------------------------------------|---|-----------------|-----------------------|---|
| <b>2</b>           |             | <b>Friday, May 23, 2025</b>      |                                       | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Крішна Паікхе Сукра Васара Үктыгам<br>Uttaraproshtapada/Revati Nakshatra Priti Yoga Bava/Balava Karana Ekadashyam Tilau |                 |                       | Dushanbe, Tajikistan<br>Sun 10 Sufra 39 |
| Meesha Rasi: 10.19 | Tithi 26    | <b>Gulika</b><br>7:58AM - 9:46AM | <b>Uttaraproshtapada Until 4:30PM</b> | <b>Ganesh:</b> White  | Sunrise: 6:09AM | Vasvasu 5:17          |   |
|                    |             | <b>Yama</b><br>5:00PM - 6:48PM   | <b>Priti Until 7:03PM</b>             | <b>Muruga:</b> Red  | Sunset: 8:27PM  | Moon 5 - Phase 6 - 10 | 2nd Phase                               |
| Creative Work      | Siddha Yoga | <b>Rahu</b><br>11:35AM - 1:23PM  | <b>Bava Until 12:26PM</b>             | <b>Nataraja:</b> Purple   |                 |                       |   |
|                    |             |                                  | <b>Ekadashi* Until 10:58PM</b>        | <b>Moon - Clear</b>   |                 |                       | <b>Devaloka Day</b>                     |
|                    |             |                                  |                                       | <b>Vaisaka-Vaikasi</b>  |                 |                       |   |

|                                  |                    |                                  |                               |   |                 |                       |   |
|----------------------------------|--------------------|----------------------------------|-------------------------------|---|-----------------|-----------------------|---|
| <b>3</b>                         |                    | <b>Saturday, May 24, 2025</b>    |                               | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Крішна Паікхе Манга Васара Үктыгам<br>Revati/Ashvini Nakshatra Ayushman/Saubhagya Yoga Kaulava/Falita Karana Dvadashyam Tilau |                 |                       | Dushanbe, Tajikistan<br>Sun 11 Sufra 40 |
| Meesha Rasi: 24.55               | Tithi 27           | <b>Gulika</b><br>6:09AM - 7:57AM | <b>Revati Until 2:06PM</b>    | <b>Ganesh:</b> White  | Sunrise: 6:09AM | Vasvasu 5:17          |   |
|                                  |                    | <b>Yama</b><br>3:12PM - 5:00PM   | <b>Ayushman Until 3:25PM</b>  | <b>Muruga:</b> Red  | Sunset: 8:27PM  | Moon 5 - Phase 6 - 11 | 2nd Phase                               |
| Routine Work                     | Prabalarishta Yoga | <b>Rahu</b><br>9:46AM - 11:34AM  | <b>Kaulava Until 9:26AM</b>   | <b>Nataraja:</b> Purple   |                 |                       |   |
| Until 2:06PM                     |                    |                                  | <b>Dvadashi* Until 7:47PM</b> | <b>Moon - Clear</b>   |                 |                       | <b>Devaloka Day</b>                     |
| Then Creative Work - Siddha Yoga |                    |                                  |                               | <b>Vaisaka-Vaikasi</b>  |                 |                       |   |

|  |               |                                  |                                 |  |                 |                       |   |
|--|---------------|----------------------------------|---------------------------------|--|-----------------|-----------------------|---|
| <b>4</b>                               |               | <b>Sunday, May 25, 2025</b>      |                                 | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Крішна Паікхе Бһану Васара Үктыгам<br>Ashvini/Bharani Nakshatra Saubhagya/Sobhana Yoga Gara/Vidhi* Karana Trayodashi/Chaturdashyam Tilau |                 |                       | Dushanbe, Tajikistan<br>Sun 12 Sufra 41 |
| Mesha Rasi: 9.48                       | Tithi 28 - 29 | <b>Gulika</b><br>5:01PM - 6:49PM | <b>Ashvini Until 11:37AM</b>    | <b>Ganesh:</b> Green   | Sunrise: 6:08AM | Vasvasu 5:17          |   |
|  |               | <b>Yama</b><br>1:23PM - 3:12PM   | <b>Saubhagya Until 11:30AM</b>  | <b>Muruga:</b> Red   | Sunset: 8:38PM  | Moon 5 - Phase 6 - 12 | 2nd Phase                               |
| Creative Work                          | Siddha Yoga   | <b>Rahu</b><br>6:49PM - 8:38PM   | <b>Gara Until 6:05AM</b>        | <b>Nataraja:</b> Purple  |                 |                       |   |
| Until 11:37AM                          |               |                                  | <b>Trayodashi* Until 4:18PM</b> | <b>Moon - White</b>  |                 |                       | <b>Devaloka Day</b>                     |
| Then Routine Work - Prabalarishta Yoga |               |                                  |                                 | <b>Vaisaka-Vaikasi</b>   |                 |                       |   |
|  |               |                                  |                                 | <b>Pradosha Vata (Fasting)</b>   |                 |                       |   |

|                                 |               |  |                                   |                         |   |                       |                     |
|---------------------------------|---------------|--|-----------------------------------|-------------------------|---|-----------------------|---------------------|
| <b>Monday, May 26, 2025</b>     |               | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Крішна Паікхе Инду Васара Үктыгам<br>Bharani/Kritika Nakshatra Sobhana/Ahigandha* Yoga Sakuni*/Caluspada* Karana Chaturdashi/Amavasyayam Tilau |                                   |                         | Dushanbe, Tajikistan<br>Sun 13 Sufra 42 |                       |                     |
| <b>Retreat Star</b>             |               | <b>Gulika</b><br>3:12PM - 5:01PM   | <b>Bharani Until 8:49AM</b>       | <b>Ganesh:</b> Clear    | Sunrise: 6:07AM                         | Vasvasu 5:17          |                     |
| Mesha Rasi: 24.53               | Tithi 29 - 30 | <b>Yama</b><br>11:34AM - 1:23PM  | <b>Sobhana Until 7:27AM</b>       | <b>Muruga:</b> Red      | Sunset: 8:39PM                          | Moon 5 - Phase 6 - 13 | Amavasya            |
| <b>Family Home Evening</b>      |               | <b>Rahu</b><br>7:56AM - 9:45AM   | <b>Caluspada Until 10:51PM</b>    | <b>Nataraja:</b> Purple |   |                       |                     |
| Creative Work                   | Siddha Yoga   |  | <b>Chaturdashi* Until 12:39PM</b> | <b>Moon - White</b>     |   |                       | <b>Sivaloka Day</b> |
| Until 8:49AM                    |               |  |                                   | <b>Vaisaka-Vaikasi</b>  |   |                       |                     |
| Then Routine Work - Marana Yoga |               |  |                                   |                         |   |                       |                     |

|                                  |              |  |                                |                         |   |                       |                     |
|----------------------------------|--------------|--|--------------------------------|-------------------------|---|-----------------------|---------------------|
| <b>Tuesday, May 27, 2025</b>     |              | Visvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішвабха Маса Сукра Паікхе Манга Васара Үктыгам<br>Rohini Nakshatra Sukarma Yoga Nagai*/Kintughna* Karana Amavasya/Prathamayam Tilau |                                |                         | Dushanbe, Tajikistan<br>Sun 14 Sufra 43 |                       |                     |
| <b>Retreat Star</b>              |              | <b>Gulika</b><br>1:23PM - 3:12PM   | <b>Rohini Until 3:21AM Wed</b> | <b>Ganesh:</b> White    | Sunrise: 6:07AM                         | Vasvasu 5:17          |                     |
| Wishabha Rasi: 9.59              | Tithi 30 - 1 | <b>Yama</b><br>9:45AM - 11:34AM  | <b>Sukarma Until 11:23PM</b>   | <b>Muruga:</b> Red      | Sunset: 8:40PM                          | Moon 5 - Phase 6 - 14 | Prathama            |
| Creative Work                    | Amrita Yoga  | <b>Rahu</b><br>5:02PM - 6:51PM   | <b>Kintughna Until 7:17PM</b>  | <b>Nataraja:</b> Purple |   |                       |                     |
| Until 3:21AM Wed                 |              |  | <b>Amavasya* Until 9:01AM</b>  | <b>Moon - White</b>     |   |                       | <b>Devaloka Day</b> |
| Then Creative Work - Siddha Yoga |              |  |                                | <b>Jyeshtha-Vaikasi</b> |   |                       |                     |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                  |         |  |  |   |
|----------------------------------|---------|--|--|---|
| <b>1 Wednesday, May 28, 2025</b> |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Бадха Васара Yuktayam Dushanbe, Tajikistan<br>Mrigashira Nakshatra Dhrivi Yoga Balava/Kaulava Karana Dvilyayam Titau Sun 15 Sufra 44                         |  |   |
|                                  |         | <b>Gulika</b> 11:34AM - 1:23PM   | <b>Mrigashira Until 1:01AM Thu</b>                                       | <b>Ganesh:</b> Green Sunrise: 6:04AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Yellow<br>Jyeshtha-Vaikasi |
| Wishbara Rasi: 24.58             | Tilhi 2 | Yama 7:54M - 9:45AM<br>Rahu 1:23PM - 3:13PM  | Dhrivi Until 7:40PM<br>Balava Until 3:59PM<br>Dvitiya Until 2:28AM Thu   | Vasavasu 5:127<br>Moon 5 - Phase 7 - 15<br>3rd Phase  |
| Creative Work Siddha Yoga        |         |  |  | <b>Devaloka Day</b>   |
| Until 1:01AM Thu                 |         |  |  |   |
| Then Routine Work - Marana Yoga  |         |  |  |   |
| <b>2 Thursday, May 29, 2025</b>  |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Гору Васара Yuktayam Dushanbe, Tajikistan<br>Andra Nakshatra Shula*Ganda* Yoga Talilla/Gara Karana Trilyayam Titau Sun 16 Sufra 45                           |  |   |
|                                  |         | <b>Gulika</b> 9:45AM - 11:34AM   | <b>Andra Until 11:03PM</b>   | <b>Ganesh:</b> Green Sunrise: 6:04AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Yellow<br>Jyeshtha-Vaikasi |
| Mithuna Rasi: 9.41               | Tilhi 3 | Yama 6:06AM - 7:55AM<br>Rahu 3:13PM - 5:02PM   | Shula* Until 4:18PM<br>Talilla Until 1:07PM<br>Tritiya Until 11:53PM     | Vasavasu 5:127<br>Moon 5 - Phase 7 - 16<br>3rd Phase  |
| Routine Work Marana Yoga         |         |  |  | <b>Devaloka Day</b>   |
| Until 11:03PM                    |         |  |  |   |
| Then Creative Work - Amrita Yoga |         |  |  |   |
| <b>3 Friday, May 30, 2025</b>    |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Sukra Vasara Yuktayam Dushanbe, Tajikistan<br>Punarvasu Nakshatra Ganda*Vidhih Yoga Vanja/Visil* Karana Chaturiyam Titau Sun 17 Sufra 46                     |  |   |
|                                  |         | <b>Gulika</b> 7:55AM - 9:44AM  | <b>Punarvasu Until 10:02PM</b>   | <b>Ganesh:</b> White Sunrise: 6:05AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Blue<br>Jyeshtha-Vaikasi   |
| Mithuna Rasi: 24.01              | Tilhi 4 | Yama 5:03PM - 6:52PM<br>Rahu 11:34AM - 1:24PM  | Ganda* Until 1:28PM<br>Vanija Until 10:50AM<br>Chaturthi* Until 9:57PM   | Vasavasu 5:127<br>Moon 5 - Phase 7 - 17<br>3rd Phase  |
| Creative Work Siddha Yoga        |         |  |  | <b>Devaloka Day</b>   |
| Until 10:02PM                    |         |  |  |   |
| Then Routine Work - Marana Yoga  |         |  |  |   |
| <b>4 Saturday, May 31, 2025</b>  |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Marta Vasara Yuktayam Dushanbe, Tajikistan<br>Pushya Nakshatra Vridhdh/Dhruva Yoga Bava/Balava Karana Panchamyam Titau Sun 18 Sufra 47                       |  |   |
|                                  |         | <b>Gulika</b> 6:05AM - 7:55AM  | <b>Pushya Until 9:39PM</b>   | <b>Ganesh:</b> White Sunrise: 6:05AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Blue<br>Jyeshtha-Vaikasi   |
| Kalkata Rasi: 7.52               | Tilhi 5 | Yama 3:14PM - 5:03PM<br>Rahu 9:44AM - 11:34AM  | Vridhhi Until 11:15AM<br>Bava Until 9:18AM<br>Panchami Until 8:49PM      | Vasavasu 5:127<br>Moon 5 - Phase 7 - 18<br>3rd Phase  |
| Creative Work Siddha Yoga        |         |  |  | <b>Devaloka Day</b>   |
| Until 9:39PM                     |         |  |  |   |
| Then Routine Work - Marana Yoga  |         |  |  |   |
| <b>5 Sunday, June 1, 2025</b>    |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Bhanu Vasara Yuktayam Dushanbe, Tajikistan<br>Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Talilla Karana Shachiyam Titau Sun 19 Sufra 48               |  |   |
|                                  |         | <b>Gulika</b> 5:04PM - 6:54PM  | <b>Ashlesha* Until 9:58PM</b>  | <b>Ganesh:</b> White Sunrise: 6:04AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Blue<br>Jyeshtha-Vaikasi   |
| Kalkata Rasi: 21.16              | Tilhi 6 | Yama 1:24PM - 3:14PM<br>Rahu 6:54PM - 8:43PM   | Dhruva Until 9:41AM<br>Kaulava Until 8:35AM<br>Shashthi* Until 8:32PM    | Vasavasu 5:127<br>Moon 5 - Phase 7 - 19<br>3rd Phase  |
| Creative Work Siddha Yoga        |         |  |  | <b>Devaloka Day</b>   |
| Until 9:58PM                     |         |  |  |   |
| Then Routine Work - Marana Yoga  |         |  |  |   |
| <b>6 Monday, June 2, 2025</b>    |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Indu Vasara Yuktayam Dushanbe, Tajikistan<br>Magha* Nakshatra Vyaghata*Harshana Yoga Gara/Vanija Karana Saplamyam Titau Sun 20 Sufra 49                      |  |   |
|                                  |         | <b>Gulika</b> 3:14PM - 5:04PM  | <b>Magha* Until 11:26PM</b>  | <b>Ganesh:</b> White Sunrise: 6:04AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Red<br>Jyeshtha-Vaikasi    |
| Simha Rasi: 4.11                 | Tilhi 7 | Yama 11:34AM - 1:24PM<br>Rahu 7:54AM - 9:44AM  | Vyaghata* Until 8:50AM<br>Gara Until 8:45AM<br>Saptami Until 9:08PM      | Vasavasu 5:127<br>Moon 5 - Phase 7 - 20<br>3rd Phase  |
| Family Home Evening              |         |  |  | <b>Subha Sivaloka Day</b>   |
| Until 11:26PM                    |         |  |  |   |
| Then Creative Work - Siddha Yoga |         |  |  |   |
| <b>Tuesday, June 3, 2025</b>     |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Mangala Vasara Yuktayam Dushanbe, Tajikistan<br>Retreat Star Purvaphalguni Nakshatra Harshana/Vajra* Yoga Visil*/Bava Karana Ashtamyam Titau Sun 21 Sufra 50 |  |   |
|                                  |         | <b>Gulika</b> 1:24PM - 3:14PM  | <b>Purvaphalguni Until 1:30AM Wed</b>                                    | <b>Ganesh:</b> White Sunrise: 6:04AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Red<br>Jyeshtha-Vaikasi    |
| Simha Rasi: 16.43                | Tilhi 8 | Yama 9:44AM - 11:34AM<br>Rahu 5:05PM - 6:55PM  | Harshana Until 8:39AM<br>Visil Until 9:45AM<br>Ashtami* Until 10:30PM    | Vasavasu 5:127<br>Moon 5 - Phase 7 - 21<br>Ashtami  |
| Creative Work Siddha Yoga        |         |  |  | <b>Subha Sivaloka Day</b>   |
| Until 1:30AM Wed                 |         |  |  |   |
| Then Creative Work - Amrita Yoga |         |  |  |   |
| <b>Wednesday, June 4, 2025</b>   |         | Vishvasu Nama Samvatsara Uтарыяне Наратана Рітау Вішабха Маса Сукта Пакше Budha Vasara Yuktayam Dushanbe, Tajikistan<br>Retreat Star Uttaraphalguni Nakshatra Vajra* Siddhih Yoga Balava/Kaulava Karana Navamyam Titau Sun 22 Sufra 51 |  |   |
|                                  |         | <b>Gulika</b> 11:34AM - 1:24PM   | <b>Uttaraphalguni Until 3:58AM Thu</b>                                   | <b>Ganesh:</b> White Sunrise: 6:03AM<br><b>Muruga:</b> Red Sunset: 8:49PM<br><b>Nataraja:</b> Purple<br>Moon - Red<br>Jyeshtha-Vaikasi    |
| Simha Rasi: 28.55                | Tilhi 9 | Yama 7:54AM - 9:44AM<br>Rahu 1:24PM - 3:15PM   | Vajra* Until 8:59AM<br>Balava Until 11:26AM<br>Navami* Until 12:28AM Thu | Vasavasu 5:127<br>Moon 5 - Phase 7 - 22<br>Navami   |
| Creative Work Amrita Yoga        |         |  |  | <b>Subha Sivaloka Day</b>   |
| Until 3:58AM Thu                 |         |  |  |   |
| Then Routine Work - Marana Yoga  |         |  |  |   |

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

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|                                  |               |   |                                    |                         |                             |
|----------------------------------|---------------|---|------------------------------------|-------------------------|-----------------------------|
| <b>1 Thursday, June 5, 2025</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Гору Васара Yuktayam Dushanbe, Tajikistan<br>Hasta Nakshatra Siddhi/Vyapata* Yoga Talila/Gara Karana Dashamyam Titau Sun 23 Sutra 52                         |                                    |                         |                             |
| Kanya Rasi: 10.55                | Tithi 10      | <b>Gulika</b> 9:44AM - 11:34AM  | <b>Hasta</b> Untill 7:06AM Fri     | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
|                                  |               | <b>Yama</b> 6:03AM - 7:53AM   | <b>Siddhi</b> Untill 9:45AM        | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 3:15PM - 5:05PM   | <b>Tailila</b> Untill 1:39PM       | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - 24       |
| Routine Work - Marana Yoga       |               |   | <b>Dashami</b> Untill 2:51AM Fri   | <b>Moons - Green</b>    | <b>Sivaloka Day</b>         |
| Untill 7:06AM Fri                |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Creative Work - Siddha Yoga |               |   |                                    |                         |                             |
| <b>2 Friday, June 6, 2025</b>    |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Sakra Vasara Yuktayam Dushanbe, Tajikistan<br>Hasta/Chitra Nakshatra Vyapata*/Varjaya Yoga Vanija/Vesil* Karana Ekadashyam Titau Sun 24 Sutra 53             |                                    |                         |                             |
| Kanya Rasi: 22.47                | Tithi 11      | <b>Gulika</b> 7:53AM - 9:44AM   | <b>Hasta</b> Untill 7:06AM         | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
|                                  |               | <b>Yama</b> 5:06PM - 6:56PM   | <b>Vyapata*</b> Untill 10:45AM     | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 11:34AM - 1:25PM  | <b>Bava</b> Untill 4:08PM          | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - 24       |
| Creative Work - Amrita Yoga      |               |   | <b>Ekadashi</b> Untill 5:23AM Sat  | <b>Moons - Green</b>    | <b>Sivaloka Day</b>         |
| Untill 7:06AM                    |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Creative Work - Siddha Yoga |               |   |                                    |                         |                             |
| <b>3 Saturday, June 7, 2025</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Mania Vasara Yuktayam Dushanbe, Tajikistan<br>Chitra/Svali Nakshatra Varjaya/Parigra* Yoga Bava Karana Dvadashyam Titau Sun 25 Sutra 54                      |                                    |                         |                             |
| Tula Rasi: 4.35                  | Tithi 12      | <b>Gulika</b> 6:03AM - 7:53AM   | <b>Chitra</b> Untill 10:12AM       | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
|                                  |               | <b>Yama</b> 3:16PM - 5:06PM   | <b>Varjaya</b> Untill 11:48AM      | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 9:44AM - 11:34AM  | <b>Bava</b> Untill 6:40PM          | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - 25       |
| Routine Work - Marana Yoga       |               |   | <b>Dvadashi</b> Untill 7:52AM Sun  | <b>Moons - Green</b>    | <b>Sivaloka Day</b>         |
| Untill 10:12AM                   |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Creative Work - Siddha Yoga |               |   |                                    |                         |                             |
| <b>4 Sunday, June 8, 2025</b>    |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Bhrnu Vasara Yuktayam Dushanbe, Tajikistan<br>Svali/Vishakha Nakshatra Parigra*/Shiva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau Sun 26 Sutra 55 |                                    |                         |                             |
| Tula Rasi: 16.25                 | Tithi 12 - 13 | <b>Gulika</b> 5:06PM - 6:57PM   | <b>Svali</b> Untill 1:04PM         | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
|                                  |               | <b>Yama</b> 1:25PM - 3:16PM   | <b>Parigra*</b> Untill 12:49PM     | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 6:57PM - 8:48PM   | <b>Kaulava</b> Untill 9:04PM       | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - 26       |
| Creative Work - Siddha Yoga      |               | <b>Vaikasi Visakam</b>  | <b>Dvadashi</b> Untill 7:52AM      | <b>Moons - Green</b>    | <b>Sivaloka Day</b>         |
| Untill 1:04PM                    |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Routine Work - Marana Yoga  |               |   | <i>Pradosha Vata</i>               |                         |                             |
| <b>5 Monday, June 9, 2025</b>    |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Indu Vasara Yuktayam Dushanbe, Tajikistan<br>Vishakha/Anuradha Nakshatra Shiva/Siddha Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 56 |                                    |                         |                             |
| Tula Rasi: 28.19                 | Tithi 13 - 14 | <b>Gulika</b> 3:16PM - 5:07PM   | <b>Vishakha</b> Untill 4:03PM      | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
| <b>Family Home Evening</b>       |               | <b>Yama</b> 11:34AM - 1:25PM  | <b>Shiva</b> Untill 1:40PM         | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
| Routine Work - Marana Yoga       |               | <b>Rahu</b> 7:53AM - 9:44AM   | <b>Gara</b> Untill 11:13PM         | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - 27       |
| Untill 4:03PM                    |               |   | <b>Trayodashi</b> Untill 10:10AM   | <b>Moons - Orange</b>   | <b>Sivaloka Day</b>         |
| Then Creative Work - Siddha Yoga |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| <b>○ Tuesday, June 10, 2025</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Mangala Vasara Yuktayam Dushanbe, Tajikistan<br>Anuradha Nakshatra Siddha/Sadhya Yoga Vanija/Vesil* Karana Chaturdashni/Purnimayam Titau Sun 28 Sutra 57     |                                    |                         |                             |
| <b>Copper Retreat Star</b>       |               | <b>Gulika</b> 1:25PM - 3:16PM   | <b>Anuradha</b> Untill 6:33PM      | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
| Witschika Rasi: 10.19            | Tithi 14 - 15 | <b>Yama</b> 9:44AM - 11:35AM  | <b>Siddha</b> Untill 2:14PM        | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 5:07PM - 6:58PM   | <b>Vesil</b> Untill 1:01AM Wed     | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - Purnima  |
| Creative Work - Siddha Yoga      |               |   | <b>Chaturdashi*</b> Untill 12:09PM | <b>Moons - Orange</b>   | <b>Sivaloka Day</b>         |
| Untill 6:33PM                    |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Routine Work - Marana Yoga  |               |   |                                    |                         |                             |
| <b>Wednesday, June 11, 2025</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Нартана Рібаві Вішэбха Маса Сукла Паікхе Budha Vasara Yuktayam Dushanbe, Tajikistan<br>Jyeshtha* Nakshatra Sadhya/Subha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 28 Sutra 58            |                                    |                         |                             |
| <b>Silver Retreat Star</b>       |               | <b>Gulika</b> 11:35AM - 1:26PM  | <b>Jyeshtha*</b> Untill 8:32PM     | <b>Ganesh:</b> Clear    | Sunrise: 6:03AM             |
| Witschika Rasi: 22.28            | Tithi 15 - 16 | <b>Yama</b> 7:53AM - 9:44AM   | <b>Sadhya</b> Untill 2:33PM        | <b>Muruga:</b> Red      | Sunset: 8:46PM              |
|                                  |               | <b>Rahu</b> 1:26PM - 3:17PM   | <b>Balava</b> Untill 2:27AM Thu    | <b>Nataraja:</b> Blue   | Moon 5 - Phase 8 - Prathama |
| Creative Work - Siddha Yoga      |               |   | <b>Purnima*</b> Untill 1:46PM      | <b>Moons - Orange</b>   | <b>Sivaloka Day</b>         |
| Untill 8:32PM                    |               |   |                                    | <b>Jyeshtha-Vaikasi</b> |                             |
| Then Routine Work - Marana Yoga  |               |   |                                    |                         |                             |

Loose me from my sin as from a bond that binds me. May my life swell the stream of your river of Right. Rig Veda Samhita

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**Thursday, June 12, 2025****Gold Retreat Star**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Вішэбха Маса Крішна Пакша Гору Васара Yuktyam Dushanbe, Tajikistan  
 Mula' Nakshatra Subha/Sukla Yoga Kaukava/Taila Karana Prathama/Dvityayam Tilau Sufra 59

Dhanus Rasi: 4.47 TITHI 16 - 17  
 Creative Work Siddha Yoga

389418571  
 Gulika 9:44AM - 11:35AM  
 Yama 6:02AM - 7:53AM  
 Rahu 3:17PM - 5:08PM

**Mula' Until 10:27PM**  
 Subha Until 2:35PM  
 Taila Until 3:30AM Fri  
**Prathama' Until 3:00PM**

Ganesha: Purple Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Light Blue  
 Jyeshtha-Vaikasi

**Devaloka Day****Friday, June 13, 2025****1**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Вішэбха Маса Крішна Пакша Сура Васара Yuktyam Dushanbe, Tajikistan  
 Purvashada' Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Dvitya/Tritiyayam Tilau Sufra 60

Dhanus Rasi: 17.16 TITHI 17 - 18  
 Routine Work Prabalashita Yoga  
 Until 11:51PM  
 Then Routine Work - Marana Yoga

389418571  
 Gulika 7:53AM - 9:44AM  
 Yama 5:08PM - 6:59PM  
 Rahu 11:35AM - 1:26PM

**Purvashada' Until 11:51PM**  
 Sukla Until 2:17PM  
 Vanija Until 4:09AM Sat  
**Dvitiya Until 3:51PM**

Ganesha: Purple Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Phase 9 - 1  
 Jyeshtha-Vaikasi

**Devaloka Day****Saturday, June 14, 2025****2**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Вішэбха Маса Крішна Пакша Manita Vasara Yuktyam Dushanbe, Tajikistan  
 Uttarashada Nakshatra Brahma/Indra Yoga Vasi' (Bava Karana Tritiya/Chaturthayam Tilau Sufra 61

Dhanus Rasi: 29.55 TITHI 18 - 19  
 Routine Work Marana Yoga  
 Until 12:43AM Sun  
 Then Creative Work - Amrita Yoga

389418571  
 Gulika 6:02AM - 7:53AM  
 Yama 3:17PM - 5:09PM  
 Rahu 9:44AM - 11:35AM

**Uttarashada Until 12:43AM Sun**  
 Brahma Until 1:42PM  
 Bava Until 4:26AM Sun  
**Tritiya Until 4:19PM**

Ganesha: Purple Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Phase 9 - 2  
 Jyeshtha-Vaikasi

**Devaloka Day****Sunday, June 15, 2025****3**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Мілана Маса Крішна Пакша Bhanu Vasara Yuktyam Dushanbe, Tajikistan  
 Shrawana Nakshatra Indra/Vaidhri' Yoga Balava/Kaukava Karana Chaturthi/Panchamjam Tilau Sufra 62

Makara Rasi: 12.44 TITHI 19 - 20  
 Creative Work Amrita Yoga  
 Until 1:31AM Mon  
 Then Creative Work - Siddha Yoga

399418571  
 Gulika 5:09PM - 7:00PM  
 Yama 1:26PM - 3:18PM  
 Rahu 7:00PM - 8:51PM

**Shrawana Until 1:31AM Mon**  
 Indra Until 12:50PM  
 Kadava Until 4:19AM Mon  
**Chaturthi' Until 4:24PM**

Ganesha: Clear Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Purple  
 Jyeshtha-Ani

**Sivaloka Day****Monday, June 16, 2025****4**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Мілана Маса Крішна Пакша Indu Vasara Yuktyam Dushanbe, Tajikistan  
 Dhanishtha Nakshatra Vaidhri' (Vishkambha' Yoga Taila/Gara Karana Panchmi/Shasthamjam Tilau Sufra 63

Makara Rasi: 25.46 TITHI 20 - 21  
**Family Home Evening**  
 Creative Work Siddha Yoga  
 Until 1:45AM Tue  
 Then Routine Work - Marana Yoga

391418571  
 Gulika 3:18PM - 5:09PM  
 Yama 11:35AM - 1:27PM  
 Rahu 7:53AM - 9:44AM

**Dhanishtha Until 1:45AM Tue**  
 Vaidhri' Until 11:37AM  
 Gara Until 3:47AM Tue  
**Panchami Until 4:05PM**

Ganesha: Yellow Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Purple  
 Jyeshtha-Ani

**Sivaloka Day****Tuesday, June 17, 2025****5**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Мілана Маса Крішна Пакша Mangala Vasara Yuktyam Dushanbe, Tajikistan  
 Shatabhishak Nakshatra Vishkambha' (Pithi Yoga Varja/Vasi' Karana Shashthi/Saptamjam Tilau Sufra 64

Kumbha Rasi: 9.01 TITHI 21 - 22  
 Routine Work Marana Yoga  
 Until 1:25AM Wed  
 Then Creative Work - Amrita Yoga

391418571  
 Gulika 1:27PM - 3:18PM  
 Yama 9:44AM - 11:36AM  
 Rahu 5:09PM - 7:01PM

**Shatabhishak Until 1:25AM Wed**  
 Vishkambha' Until 10:05AM  
 Vasi' Until 2:49AM Wed  
**Shashthi' Until 3:20PM**

Ganesha: Yellow Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Purple  
 Jyeshtha-Ani

**Sivaloka Day****Wednesday, June 18, 2025****Retreat Star****6**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Мілана Маса Крішна Пакша Budha Vasara Yuktyam Dushanbe, Tajikistan  
 Purvashrothapada' Nakshatra Pithi/Ajoshman Yoga Bava/Balava Karana Saptami/Ashamjam Tilau Sufra 65

Kumbha Rasi: 22.3 TITHI 22 - 23  
 Creative Work Amrita Yoga  
 Until 12:54AM Thu  
 Then Creative Work - Siddha Yoga

311418571  
 Gulika 11:36AM - 1:27PM  
 Yama 7:53AM - 9:45AM  
 Rahu 1:27PM - 3:18PM

**Purvashrothapada' Until 12:54AM Thu**  
 Pithi Until 8:12AM  
 Balava Until 1:23AM Thu  
**Saptami Until 2:08PM**

Ganesha: Clear Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Clear  
 Jyeshtha-Ani

**Sivaloka Day****Thursday, June 19, 2025****Retreat Star****7**

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Мілана Маса Крішна Пакша Guru Vasara Yuktyam Dushanbe, Tajikistan  
 Uttarashrothapada Nakshatra Saubhagya Yoga Kaukava/Taila Karana Ashtami/Navamjam Tilau Sufra 66

Meena Rasi: 6.16 TITHI 23 - 24  
 Creative Work Siddha Yoga

311418571  
 Gulika 9:45AM - 11:36AM  
 Yama 6:02AM - 7:53AM  
 Rahu 3:19PM - 5:10PM

**Uttarashrothapada Until 11:47PM**  
 Saubhagya Until 3:15AM Fri  
 Taila Until 11:29PM  
**Ashtami' Until 12:28PM**

Ganesha: Clear Sunrise: 6:03AM  
 Muruga: Red Sunset: 8:59PM  
 Nataraja: Blue  
 Moon - Clear  
 Jyeshtha-Ani

**Sivaloka Day**

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 deprived, the rich and the poor, the well-founded and the ill-founded, all this is God Himself; none other than Him can we know. Ajita Agama  
 All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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# 1 Friday, June 20, 2025

|   |                         |                                  |   |
|---|-------------------------|----------------------------------|---|
| Viswasa Nama Samvatsara Uтарыяне Нартана Рітау Міћуна Маса Кгішна Пакіше Сука Васара Yuktayam |                         | Dushanbe, Tajikistan             |   |
| Revati Nakshatra Sotbhana Yoga Gara/Vanija Karana Navami/Dashamyam Titau                      |                         | Sun 8 Sufra 67                   |   |
| <b>Gulika</b>   | <b>7:54AM – 9:45AM</b>  | <b>Revati Until 10:05PM</b>      | <b>Ganesha: White</b> Sunrise: 6:03AM                 |
| <b>Yama</b>   | <b>5:10PM – 7:01PM</b>  | <b>Sobhana Until 12:15AM Sat</b> | <b>Muruga: Red</b> Sunset: 8:53PM                     |
| <b>Rahu</b>   | <b>11:36AM – 1:28PM</b> | <b>Vanija Until 9:09PM</b>       | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 8 2nd Phase |
| Creative Work Siddha Yoga   |                         | Moon - Clear                     |   |
| Until 10:05PM   |                         | Navami* Until 10:21AM            |   |
| Then Creative Work - Amrita Yoga  |                         | Jyestha-Ani                      |   |

# 2 Saturday, June 21, 2025

|  |                         |                                |   |
|--|-------------------------|--------------------------------|---|
| Viswasa Nama Samvatsara Uтарыяне Нартана Рітау Міћуна Маса Кгішна Пакіше Мента Vesaru Yuktayam |                         | Dushanbe, Tajikistan           |   |
| Ashvini Nakshatra Alhiganda* Yoga Vasil* Bava Karana Dashami/Ekadasmyam Titau                  |                         | Sun 9 Sufra 68                 |   |
| <b>Gulika</b>  | <b>6:02AM – 7:54AM</b>  | <b>Ashvini Until 8:18PM</b>    | <b>Ganesha: Yellow</b> Sunrise: 6:03AM                |
| <b>Yama</b>  | <b>3:19PM – 5:10PM</b>  | <b>Alhiganda* Until 8:56PM</b> | <b>Muruga: Red</b> Sunset: 8:53PM                     |
| <b>Rahu</b>  | <b>9:45AM – 11:36AM</b> | <b>Bava Until 6:26PM</b>       | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 9 2nd Phase |
| Creative Work Siddha Yoga  |                         | Moon - White                   |   |
|  |                         | Dashami Until 7:49AM           |   |
|  |                         | Jyestha-Ani                    |   |

# 3 Sunday, June 22, 2025

|   |                        |                             |  |
|---|------------------------|-----------------------------|--|
| Viswasa Nama Samvatsara Dakshinaya Naratana Ritau Mituhna Mase Krishna Pakshe Bhanu Visara Yuktayam |                        | Dushanbe, Tajikistan        |  |
| Bharani Nakshatra Sukarna/Dhriti Yoga Kaulava/Tailita Karana Dvadashyam Titau                       |                        | Sun 10 Sufra 69             |  |
| <b>Gulika</b>   | <b>5:11PM – 7:02PM</b> | <b>Bharani Until 6:06PM</b> | <b>Ganesha: Yellow</b> Sunrise: 6:03AM                 |
| <b>Yama</b>   | <b>1:28PM – 3:19PM</b> | <b>Sukarna Until 5:24PM</b> | <b>Muruga: Red</b> Sunset: 8:53PM                      |
| <b>Rahu</b>   | <b>7:02PM – 8:53PM</b> | <b>Kaulava Until 3:26PM</b> | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 10 2nd Phase |
| Routine Work Prabalarishta Yoga   |                        | Moon - White                |  |
| Until 6:06PM  |                        | Dvadashi* Until 1:51AM Mon  |  |
| Then Creative Work - Siddha Yoga  |                        | Jyestha-Ani                 |  |

# 4 Monday, June 23, 2025

|  |                         |                             |  |
|--|-------------------------|-----------------------------|--|
| Viswasa Nama Samvatsara Dakshinaya Naratana Ritau Mituhna Mase Krishna Pakshe Indu Vasara Yuktayam |                         | Dushanbe, Tajikistan        |  |
| Kritika/Rohini Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau                  |                         | Sun 11 Sufra 70             |  |
| <b>Gulika</b>  | <b>3:19PM – 5:11PM</b>  | <b>Kritika Until 3:36PM</b> | <b>Ganesha: Yellow</b> Sunrise: 6:03AM                 |
| <b>Yama</b>  | <b>11:37AM – 1:28PM</b> | <b>Dhriti Until 1:45PM</b>  | <b>Muruga: Red</b> Sunset: 8:53PM                      |
| <b>Rahu</b>  | <b>7:54AM – 9:46AM</b>  | <b>Gara Until 12:16PM</b>   | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 11 2nd Phase |
| Routine Work Marana Yoga   |                         | Moon - White                |  |
| Until 3:36PM   |                         | Trayodashi* Until 10:39PM   |  |
| Then Creative Work - Amrita Yoga   |                         | Jyestha-Ani                 |  |
|  |                         | Pradosha Vata (Fasting)     |  |

# 5 Tuesday, June 24, 2025

|   |                         |                             |  |
|---|-------------------------|-----------------------------|--|
| Viswasa Nama Samvatsara Dakshinaya Naratana Ritau Mituhna Mase Krishna Pakshe Mangala Vasara Yuktayam |                         | Dushanbe, Tajikistan        |  |
| Rohini/Migashira Nakshatra Shula*Ganda* Yoga Vasil*Sakuni* Karana Chaturdashyam Titau                 |                         | Sun 12 Sufra 71             |  |
| <b>Gulika</b>   | <b>1:28PM – 3:20PM</b>  | <b>Rohini Until 1:22PM</b>  | <b>Ganesha: Red</b> Sunrise: 6:03AM                    |
| <b>Yama</b>   | <b>9:46AM – 11:37AM</b> | <b>Shula* Until 10:03AM</b> | <b>Muruga: Red</b> Sunset: 8:54PM                      |
| <b>Rahu</b>   | <b>5:11PM – 7:02PM</b>  | <b>Vasil Until 9:04AM</b>   | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 12 2nd Phase |
| Creative Work Amrita Yoga   |                         | Moon - Yellow               |  |
| Until 1:22PM  |                         | Chaturdashi* Until 7:29PM   |  |
| Then Creative Work - Siddha Yoga  |                         | Jyestha-Ani                 |  |

# Wednesday, June 25, 2025

|   |                         |                                 |   |
|---|-------------------------|---------------------------------|---|
| Viswasa Nama Samvatsara Dakshinaya Naratana Ritau Mituhna Mase Sukla Pakshe Budha Visara Yuktayam   |                         | Dushanbe, Tajikistan            |   |
| Migashira/Ardra Nakshatra Ganda*Vidhra Yoga Chatuspada*/Kintughna* Karana Amavasya/Prathamyam Titau |                         | Sun 13 Sufra 72                 |   |
| <b>Gulika</b>   | <b>11:37AM – 1:29PM</b> | <b>Mrigashira Until 11:10AM</b> | <b>Ganesha: Red</b> Sunrise: 6:03AM                   |
| <b>Yama</b>   | <b>7:55AM – 9:46AM</b>  | <b>Ganda* Until 6:29AM</b>      | <b>Muruga: Red</b> Sunset: 8:54PM                     |
| <b>Rahu</b>   | <b>1:29PM – 3:20PM</b>  | <b>Kintughna Until 6:00AM</b>   | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 13 Amavasya |
| Creative Work Siddha Yoga   |                         | Moon - Yellow                   |   |
|   |                         | Amavasya* Until 4:32PM          |   |
|   |                         | Jyestha-Ani                     |   |

# Thursday, June 26, 2025

|  |                         |                                 |   |
|--|-------------------------|---------------------------------|---|
| Viswasa Nama Samvatsara Dakshinaya Naratana Ritau Mituhna Mase Sukla Pakshe Guru Visara Yuktayam |                         | Dushanbe, Tajikistan            |   |
| Ardra/Punarvasu Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvivyayam Titau                |                         | Sun 14 Sufra 73                 |   |
| <b>Gulika</b>  | <b>9:46AM – 11:38AM</b> | <b>Ardra Until 9:08AM</b>       | <b>Ganesha: Red</b> Sunrise: 6:04AM                   |
| <b>Yama</b>  | <b>6:04AM – 7:55AM</b>  | <b>Dhruva Until 12:09AM Fri</b> | <b>Muruga: Red</b> Sunset: 8:54PM                     |
| <b>Rahu</b>  | <b>3:20PM – 5:11PM</b>  | <b>Balava Until 12:50AM Fri</b> | <b>Nataraja: Blue</b> Moon 6 - Phase 10 - 14 Prathama |
| Routine Work Marana Yoga   |                         | Moon - Yellow                   |   |
| Until 9:08AM   |                         | Prathama* Until 1:56PM          |   |
| Then Creative Work - Amrita Yoga   |                         | Ashada-Ani                      |   |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                  |             |  |  |   |                                   |  |
|----------------------------------|-------------|--|--|---|-----------------------------------|--|
| <b>1 Friday, June 27, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Sukra Vasara Yuktayam<br>Panarvasu/Pushya Nakshatra Vyagha' Yoga Kaulava/Saila Karana Dvitiya/Tritiyam Tilau                         |  |   |                                   | Dushanbe, Tajikistan<br>Sun 15 Sutra 74              |
| Kataka Rasi: 2.14                | Tilhi 2 – 3 | <b>Gulika</b><br>7:55AM – 9:47AM<br>Yama<br>5:11PM – 7:03PM<br>342518571 <b>Rahu</b><br>11:38AM – 1:29PM   | <b>Punarvasu</b> Untill 7:52AM<br>Vyaghra' Untill 9:39PM<br>Tailla Untill 11:04PM<br>Dvitiya Untill 11:51AM        | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Blue<br>Ashada-Ani   | Sunrise: 6:04AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 15<br>3rd Phase |
| Creative Work                    | Siddha Yoga |  |  |   |                                   | Devaloka Day   |
| Untill 7:52AM                    |             |  |  |   |                                   |  |
| Then Routine Work                | Marana Yoga |  |  |   |                                   |  |
| <b>2 Saturday, June 28, 2025</b> |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Merita Vasara Yuktayam<br>Pushya/Ashlesha' Nakshatra Harshana Yoga Gara/Variya Karana Tridhya/Chaturthiyam Tilau                     |  |   |                                   | Dushanbe, Tajikistan<br>Sun 16 Sutra 75              |
| Kataka Rasi: 16.02               | Tilhi 3 – 4 | <b>Gulika</b><br>6:05AM – 7:56AM<br>Yama<br>3:20PM – 5:11PM<br>342518571 <b>Rahu</b><br>9:47AM – 11:38AM   | <b>Pushya</b> Untill 7:06AM<br>Harshana Untill 7:45PM<br>Variya Untill 10:01PM<br>Tridhya Untill 10:25AM           | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Blue<br>Ashada-Ani   | Sunrise: 6:05AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 16<br>3rd Phase |
| Creative Work                    | Siddha Yoga |  |  |   |                                   | Devaloka Day   |
| Untill 7:06AM                    |             |  |  |   |                                   |  |
| Then Routine Work                | Marana Yoga |  |  |   |                                   |  |
| <b>3 Sunday, June 29, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Bhanu Vasara Yuktayam<br>Ashlesha'/Magha' Nakshatra Vajra' Yoga Visi' Bava Karana Chaturthi/Panchamyam Tilau                         |  |   |                                   | Dushanbe, Tajikistan<br>Sun 17 Sutra 76              |
| Kataka Rasi: 29.24               | Tilhi 4 – 5 | <b>Gulika</b><br>5:12PM – 7:03PM<br>Yama<br>1:29PM – 3:20PM<br>342518571 <b>Rahu</b><br>7:03PM – 8:54PM  | <b>Ashlesha' Untill 6:55AM</b><br>Vajra' Untill 6:28PM<br>Bava Untill 9:46PM<br>Chaturthi' Untill 9:46AM           | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Blue<br>Ashada-Ani   | Sunrise: 6:05AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 17<br>3rd Phase |
| Creative Work                    | Siddha Yoga |  |  |   |                                   | Devaloka Day   |
| Untill 6:55AM                    |             |  |  |   |                                   |  |
| Then Routine Work                | Marana Yoga |  |  |   |                                   |  |
| <b>4 Monday, June 30, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Indu Vasara Yuktayam<br>Magha'/Purvaphalguni Nakshatra Siddhi/Vyjalpala' Yoga Batava/Kaulava Karana Panchami/Shashthiyam Tilau       |  |   |                                   | Dushanbe, Tajikistan<br>Sun 18 Sutra 77              |
| Simha Rasi: 12.2                 | Tilhi 5 – 6 | <b>Gulika</b><br>3:21PM – 5:12PM<br>Yama<br>11:38AM – 1:30PM<br>352518571 <b>Rahu</b><br>7:56AM – 9:47AM   | <b>Magha' Untill 7:52AM</b><br>Siddhi Untill 5:51PM<br>Kaulava Untill 10:21PM<br>Panchami Untill 9:57AM            | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Red<br>Ashada-Ani    | Sunrise: 6:05AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 18<br>3rd Phase |
| Family Home Evening              |             |  |  |   |                                   | Sivaloka Day   |
| Routine Work                     | Marana Yoga |  |  |   |                                   |  |
| Untill 7:52AM                    |             |  |  |   |                                   |  |
| Then Creative Work               | Siddha Yoga |  |  |   |                                   |  |
| <b>5 Tuesday, July 1, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Mangala Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Vyjalpala' Nanyan Yoga Tailla/Gara Karana Sapthami/Ashtamyam Tilau |  |   |                                   | Dushanbe, Tajikistan<br>Sun 19 Sutra 78              |
| Simha Rasi: 24.53                | Tilhi 6 – 7 | <b>Gulika</b><br>1:30PM – 3:21PM<br>Yama<br>9:48AM – 11:39AM<br>352518571 <b>Rahu</b><br>5:12PM – 7:03PM   | <b>Purvaphalguni Untill 9:26AM</b><br>Vyjalpala' Untill 5:52PM<br>Gara Untill 11:41PM<br>Shashthi' Untill 10:55AM  | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Red<br>Ashada-Ani    | Sunrise: 6:06AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 19<br>3rd Phase |
| Creative Work                    | Siddha Yoga |  |  |   |                                   | Sivaloka Day   |
| Untill 9:26AM                    |             | Chidambaram Abhishekam   |  |   |                                   |  |
| Then Creative Work               | Amrita Yoga |  |  |   |                                   |  |
| <b>Wednesday, July 2, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Budha Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Variyan Yoga Vanija/Visi' Karana Sapthami/Ashtamyam Tilau                    |  |   |                                   | Dushanbe, Tajikistan<br>Sun 20 Sutra 79              |
| Kanya Rasi: 7.07                 | Tilhi 7 – 8 | <b>Gulika</b><br>11:39AM – 1:30PM<br>Yama<br>7:57AM – 9:48AM<br>352518571 <b>Rahu</b><br>1:30PM – 3:21PM   | <b>Uttaraphalguni Untill 11:31AM</b><br>Variyan Untill 6:20PM<br>Visi Untill 1:37AM Thu<br>Sapthami Untill 12:34PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Red<br>Ashada-Ani    | Sunrise: 6:06AM<br>Sunset: 8:54PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 20<br>Ashtami   |
| Creative Work                    | Amrita Yoga |  |  |   |                                   | Sivaloka Day   |
| Untill 11:31AM                   |             |  |  |   |                                   |  |
| Then Routine Work                | Marana Yoga |  |  |   |                                   |  |
| <b>Thursday, July 3, 2025</b>    |             | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Parigha' Yoga Bava/Balava Karana Ashtami/Navamyam Tilau                               |  |   |                                   | Dushanbe, Tajikistan<br>Sun 21 Sutra 80              |
| Kanya Rasi: 19.08                | Tilhi 8 – 9 | <b>Gulika</b><br>9:48AM – 11:39AM<br>Yama<br>6:07AM – 7:58AM<br>362518571 <b>Rahu</b><br>3:21PM – 5:12PM   | <b>Hasta Untill 2:25PM</b><br>Parigha' Untill 7:09PM<br>Balava Untill 3:56AM Fri<br>Ashtami' Untill 2:43PM         | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Blue<br>Moon – Green<br>Ashada-Ani | Sunrise: 6:07AM<br>Sunset: 8:53PM | Vishvasu 5127<br>Moon 6 - Phase 11 - 21<br>Navami    |
| Routine Work                     | Marana Yoga |  |  |   |                                   | Devaloka Day   |
| Untill 2:25PM                    |             |  |  |   |                                   |  |
| Then Creative Work               | Siddha Yoga |  |  |   |                                   |  |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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# 1 Friday, July 4, 2025

|                 |  |              |                        |                      |  |                      |  |                             |                       |
|-----------------|--|--------------|------------------------|----------------------|--|----------------------|--|-----------------------------|-----------------------|
| Tula Rasi: 1.02 |  | Tithi 9 - 10 | 362518571              |                      | Viswastu Nama Samvatsare Chitra/Svali Nakshatra Shiva Yoga |                      | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Sukra Vasara Yuktiyam | Dushanbe, Tajikistan Sun 22 | Sufra 81              |
| Creative Work   |  | Siddha Yoga  | Gulika 7:58AM - 9:49AM | Yama 5:12PM - 7:03PM | Rahu 11:40AM - 1:30PM                                      | Chitra Untill 5:24PM | Shiva Untill 8:09PM  | Tailita Untill 6:22AM Sat   | Navami* Untill 5:07PM |
|                 |  |              | Ganesh: Purple         | Muruga: Red          | Nataraja: Blue   | Moon - Green         | Sunrise: 6:07AM  | Sunset: 8:53PM              | Devaloka Day          |

# 2 Saturday, July 5, 2025

|                  |  |             |                        |                      |  |                     |   |                             |                       |
|------------------|--|-------------|------------------------|----------------------|--|---------------------|---|-----------------------------|-----------------------|
| Tula Rasi: 12.52 |  | Tithi 10    | 362518571              |                      | Viswastu Nama Samvatsare Svali Nakshatra Siddha Yoga |                     | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Merita Vasara Yuktiyam | Dushanbe, Tajikistan Sun 23 | Sufra 82              |
| Creative Work    |  | Siddha Yoga | Gulika 6:08AM - 7:58AM | Yama 3:21PM - 5:12PM | Rahu 9:49AM - 11:40AM                                | Svali Untill 8:14PM | Siddha Untill 9:07PM  | Tailita Untill 6:22AM       | Dashami Untill 7:33PM |
|                  |  |             | Ganesh: Purple         | Muruga: Red          | Nataraja: Blue                                       | Moon - Green        | Sunrise: 6:08AM   | Sunset: 8:53PM              | Devaloka Day          |

# 3 Sunday, July 6, 2025

|                  |  |             |                        |                      |  |                         |  |                             |                        |
|------------------|--|-------------|------------------------|----------------------|--|-------------------------|--|-----------------------------|------------------------|
| Tula Rasi: 24.45 |  | Tithi 11    | 372518571              |                      | Viswastu Nama Samvatsare Svali Nakshatra Siddha Yoga |                         | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Ehanu Vasara Yuktiyam | Dushanbe, Tajikistan Sun 24 | Sufra 83               |
| Routine Work     |  | Marana Yoga | Gulika 5:12PM - 7:02PM | Yama 1:31PM - 3:21PM | Rahu 7:02PM - 8:53PM                                 | Vishakha Untill 11:13PM | Sadhya Untill 9:57PM   | Vanija Untill 8:44AM        | Ekadashi Untill 9:47PM |
|                  |  |             | Ganesh: Clear          | Muruga: Red          | Nataraja: Blue                                       | Moon - Orange           | Sunrise: 6:08AM  | Sunset: 8:53PM              | Sivaloka Day           |

# 4 Monday, July 7, 2025

|                     |  |                                 |                        |                       |  |                            |  |                             |                         |
|---------------------|--|---------------------------------|------------------------|-----------------------|--|----------------------------|--|-----------------------------|-------------------------|
| Wischika Rasi: 6.43 |  | Tithi 12                        | 472518571              |                       | Viswastu Nama Samvatsare Vishakha Nakshatra Subha Yoga |                            | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Indru Vasara Yuktiyam | Dushanbe, Tajikistan Sun 25 | Sufra 84                |
| Family Home Evening |  | Creative Work                   | Gulika 3:21PM - 5:12PM | Yama 11:40AM - 1:31PM | Rahu 7:59AM - 9:50AM                                   | Anuradha Untill 1:42AM Tue | Subha Untill 10:33PM   | Bava Untill 10:49AM         | Dwadashi Untill 11:42PM |
| Untill 1:42AM Tue   |  | Then Routine Work - Marana Yoga | Ganesh: Purple         | Muruga: Red           | Nataraja: Blue   | Moon - Orange              | Sunrise: 6:09AM  | Sunset: 8:53PM              | Devaloka Day            |

# 5 Tuesday, July 8, 2025

|                     |  |             |                        |                       |  |                            |  |                             |                              |
|---------------------|--|-------------|------------------------|-----------------------|--|----------------------------|--|-----------------------------|------------------------------|
| Wischika Rasi: 18.5 |  | Tithi 13    | 472518571              |                       | Viswastu Nama Samvatsare Jyeshtha Nakshatra Sukla Yoga |                            | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Mangala Vasara Yuktiyam | Dushanbe, Tajikistan Sun 26 | Sufra 85                     |
| Routine Work        |  | Marana Yoga | Gulika 1:31PM - 3:21PM | Yama 9:50AM - 11:41AM | Rahu 5:12PM - 7:02PM                                   | Jyeshtha Untill 3:36AM Wed | Sukla Untill 10:47PM   | Kaulava Untill 12:31PM      | Trayodashi Untill 1:10AM Wed |
|                     |  |             | Ganesh: Purple         | Muruga: Red           | Nataraja: Blue   | Moon - Orange              | Sunrise: 6:09AM  | Sunset: 8:53PM              | Devaloka Day                 |

Pradosha Vata

# 6 Wednesday, July 9, 2025

|                   |  |                                  |                         |                      |   |                        |  |                             |                               |
|-------------------|--|----------------------------------|-------------------------|----------------------|---|------------------------|--|-----------------------------|-------------------------------|
| Dhanus Rasi: 1.09 |  | Tithi 14                         | 482518571               |                      | Viswastu Nama Samvatsare Mula Nakshatra Brahma Yoga |                        | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Budha Vasara Yuktiyam | Dushanbe, Tajikistan Sun 27 | Sufra 86                      |
| Routine Work      |  | Marana Yoga                      | Gulika 11:41AM - 1:31PM | Yama 8:00AM - 9:51AM | Rahu 1:31PM - 3:21PM                                | Mula Untill 5:21AM Thu | Brahma Untill 10:39PM  | Gara Untill 1:45PM          | Chaturdashi Untill 2:09AM Thu |
| Untill 5:21AM Thu |  | Then Creative Work - Siddha Yoga | Ganesh: Clear           | Muruga: Red          | Nataraja: Blue                                      | Moon - Light Blue      | Sunrise: 6:10AM  | Sunset: 8:53PM              | Sivaloka Day                  |

# ○ Thursday, July 10, 2025

|                   |  |                                 |                         |                      |   |                               |   |                             |                            |
|-------------------|--|---------------------------------|-------------------------|----------------------|---|-------------------------------|---|-----------------------------|----------------------------|
| Dhanus Rasi: 13.4 |  | Tithi 15                        | 483518571               |                      | Viswastu Nama Samvatsare Purvashadha Nakshatra Indra Yoga |                               | Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksho Guru Vasara Yuktiyam | Dushanbe, Tajikistan Sun 27 | Sufra 87                   |
| Creative Work     |  | Siddha Yoga                     | Gulika 9:51AM - 11:41AM | Yama 6:11AM - 8:01AM | Rahu 3:21PM - 5:11PM                                      | Purvashadha Untill 6:28AM Fri | Indra Untill 10:09PM  | Visli Untill 2:29PM         | Purnima* Untill 2:40AM Fri |
| Untill 6:28AM Fri |  | Then Routine Work - Marana Yoga | Ganesh: White           | Muruga: Red          | Nataraja: Blue  | Moon - Light Blue             | Sunrise: 6:11AM   | Sunset: 8:53PM              | Subha Sivaloka Day         |

# Friday, July 11, 2025

|                    |  |                                 |                        |                      |   |                           |  |                             |                             |
|--------------------|--|---------------------------------|------------------------|----------------------|---|---------------------------|--|-----------------------------|-----------------------------|
| Dhanus Rasi: 26.25 |  | Tithi 16                        | 483518571              |                      | Viswastu Nama Samvatsare Purvashadha Nakshatra Vaidhri Yoga |                           | Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Sukra Vasara Yuktiyam | Dushanbe, Tajikistan Sun 28 | Sufra 88                    |
| Routine Work       |  | Prabalarishya Yoga              | Gulika 8:01AM - 9:51AM | Yama 5:11PM - 7:01PM | Rahu 11:41AM - 1:31PM                                       | Purvashadha Untill 6:28AM | Vaidhri Untill 9:15PM  | Balava Untill 2:45PM        | Prathama* Untill 2:42AM Sat |
| Untill 6:28AM      |  | Then Routine Work - Marana Yoga | Ganesh: White          | Muruga: Red          | Nataraja: Blue  | Moon - Light Blue         | Sunrise: 6:11AM  | Sunset: 8:53PM              | Subha Sivaloka Day          |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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**Saturday, July 12, 2025****Gold Retreat Star**

|   |                         |                                  |   |
|---|-------------------------|----------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Mania Vasara Yuktayam |                         | Dusharbo, Tajikastan             |   |
| Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Talilla/Gara Karana Divilyayam Titau               |                         | Sun 1 Sutra 89                   |   |
| <b>Gulika</b>   | <b>6:12AM - 8:02AM</b>  | <b>Uttarashadha Until 6:59AM</b> | <b>Ganesha: White</b> Sunrise: <b>6:12AM</b> <b>Vasarasu 5:17</b>     |
| <b>Yama</b>   | <b>3:21PM - 5:11PM</b>  | <b>Vishkambha* Until 8:02PM</b>  | <b>Muruga: Red</b> Sunset: <b>8:51PM</b> <b>Moon 7 - Phase 13 - 1</b> |
| <b>Rahu</b>   | <b>9:52AM - 11:42AM</b> | <b>Talilla Until 2:35PM</b>      | <b>Nataraja: Blue</b> <b>1st Phase</b>                                |
| Routine Work Marana Yoga  |                         | <b>Dvitiya Until 2:19AM Sun</b>  | <b>Moon - Light Blue</b> <b>Subha Sivaloka Day</b>                    |
| Until 6:59AM  |                         |                                  | <b>Ashada-Ani</b>   |
| Then Creative Work - Siddha Yoga  |                         |                                  |   |

**1****Sunday, July 13, 2025**

|   |                        |                                 |   |
|---|------------------------|---------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Bharu Vasara Yuktayam |                        | Dusharbo, Tajikastan            |   |
| Shravana/Dhanishtha Nakshatra Pithi Yoga Vanja/Visi* Karana Trilyayam Titau                         |                        | Sun 2 Sutra 90                  |   |
| <b>Gulika</b>   | <b>5:11PM - 7:01PM</b> | <b>Shravana Until 7:24AM</b>    | <b>Ganesha: Yellow</b> Sunrise: <b>6:13AM</b> <b>Vasarasu 5:17</b>    |
| <b>Yama</b>   | <b>1:32PM - 3:21PM</b> | <b>Pithi Until 6:32PM</b>       | <b>Muruga: Red</b> Sunset: <b>8:51PM</b> <b>Moon 7 - Phase 13 - 2</b> |
| <b>Rahu</b>   | <b>7:01PM - 8:51PM</b> | <b>Vanija Until 2:01PM</b>      | <b>Nataraja: Blue</b> <b>1st Phase</b>                                |
| Creative Work Amrita Yoga   |                        | <b>Tritiya Until 1:35AM Mon</b> | <b>Moon - Purple</b> <b>Sivaloka Day</b>                              |
| Until 7:24AM  |                        |                                 | <b>Ashada-Ani</b>   |
| Then Routine Work - Marana Yoga   |                        |                                 |   |

**2****Monday, July 14, 2025**

|  |                         |                                     |   |
|--|-------------------------|-------------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Indu Vasara Yuktayam |                         | Dusharbo, Tajikastan                |   |
| Dhanishtha/Shalabhshak Nakshatra Ajushman/Saubhaga Yoga Bava/Balava Karana Chaturtham Titau        |                         | Sun 3 Sutra 91                      |   |
| <b>Gulika</b>  | <b>3:21PM - 5:11PM</b>  | <b>Dhanishtha Until 7:19AM</b>      | <b>Ganesha: Yellow</b> Sunrise: <b>6:13AM</b> <b>Vasarasu 5:17</b>    |
| <b>Yama</b>  | <b>11:42AM - 1:32PM</b> | <b>Ayushman Until 4:43PM</b>        | <b>Muruga: Red</b> Sunset: <b>8:50PM</b> <b>Moon 7 - Phase 13 - 3</b> |
| <b>Rahu</b>  | <b>8:03AM - 9:53AM</b>  | <b>Bava Until 1:06PM</b>            | <b>Nataraja: Blue</b> <b>1st Phase</b>                                |
| Creative Work Siddha Yoga  |                         | <b>Chaturthi* Until 12:31AM Tue</b> | <b>Moon - Purple</b> <b>Sivaloka Day</b>                              |
|  |                         |                                     | <b>Ashada-Ani</b>   |

**3****Tuesday, July 15, 2025**

|   |                         |                                 |   |
|---|-------------------------|---------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Mangala Vasara Yuktayam |                         | Dusharbo, Tajikastan            |   |
| Shalabhshak/Purvashrothapada* Nakshatra Saubhaga/Sobhana Yoga Kaulasa/Balila Karana Panchamam Titau   |                         | Sun 4 Sutra 92                  |   |
| <b>Gulika</b>   | <b>1:32PM - 3:21PM</b>  | <b>Shalabhshak Until 6:47AM</b> | <b>Ganesha: Yellow</b> Sunrise: <b>6:14AM</b> <b>Vasarasu 5:17</b>    |
| <b>Yama</b>   | <b>9:53AM - 11:42AM</b> | <b>Saubhaga Until 2:41PM</b>    | <b>Muruga: Red</b> Sunset: <b>8:50PM</b> <b>Moon 7 - Phase 13 - 4</b> |
| <b>Rahu</b>   | <b>5:11PM - 7:00PM</b>  | <b>Kaulava Until 11:53AM</b>    | <b>Nataraja: Blue</b> <b>1st Phase</b>                                |
| Routine Work Marana Yoga  |                         | <b>Panchami Until 11:09PM</b>   | <b>Moon - Purple</b> <b>Sivaloka Day</b>                              |
|   |                         |                                 | <b>Ashada-Ani</b>   |

**4****Wednesday, July 16, 2025**

|  |                         |                                       |   |
|--|-------------------------|---------------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Budha Vasara Yuktayam      |                         | Dusharbo, Tajikastan                  |   |
| Purvashrothapada*/Uttarashrothapada* Nakshatra Sobhana/Ahiganda* Yoga Gara/Varijo Karana Shashtham Titau |                         | Sun 5 Sutra 93                        |   |
| <b>Gulika</b>  | <b>11:43AM - 1:32PM</b> | <b>Purvashrothapada* Until 6:15AM</b> | <b>Ganesha: Purple</b> Sunrise: <b>6:15AM</b> <b>Vasarasu 5:17</b>    |
| <b>Yama</b>  | <b>8:04AM - 9:53AM</b>  | <b>Sobhana Until 12:26PM</b>          | <b>Muruga: Red</b> Sunset: <b>8:49PM</b> <b>Moon 7 - Phase 13 - 5</b> |
| <b>Rahu</b>  | <b>1:32PM - 3:21PM</b>  | <b>Gara Until 10:23AM</b>             | <b>Nataraja: Blue</b> <b>1st Phase</b>                                |
| Creative Work Amrita Yoga  |                         | <b>Shashthi* Until 9:32PM</b>         | <b>Moon - Clear</b> <b>Devaloka Day</b>                               |
| Until 6:15AM   |                         |                                       | <b>Ashada-Adi</b>   |
| Then Creative Work - Siddha Yoga   |                         |                                       |   |

**5****Thursday, July 17, 2025**

|  |                         |                                |   |
|--|-------------------------|--------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Guru Vasara Yuktayam |                         | Dusharbo, Tajikastan           |   |
| Revati Nakshatra Ahiganda*/Sukarma Yoga Visi*/Bava Karana Sapthamam Titau                          |                         | Sun 6 Sutra 94                 |   |
| <b>Gulika</b>  | <b>9:54AM - 11:43AM</b> | <b>Revati Until 3:59AM Fri</b> | <b>Ganesha: Purple</b> Sunrise: <b>6:16AM</b> <b>Vasarasu 5:17</b>    |
| <b>Yama</b>  | <b>6:16AM - 8:05AM</b>  | <b>Ahiganda* Until 9:56AM</b>  | <b>Muruga: Red</b> Sunset: <b>8:49PM</b> <b>Moon 7 - Phase 13 - 6</b> |
| <b>Rahu</b>  | <b>3:21PM - 5:10PM</b>  | <b>Visi Until 8:38AM</b>       | <b>Nataraja: Yellow</b> <b>1st Phase</b>                              |
| Creative Work Siddha Yoga  |                         | <b>Saptami Until 7:39PM</b>    | <b>Moon - Clear</b> <b>Bhuloka Day</b>                                |
| Until 3:59AM Fri   |                         |                                | <b>Ashada-Adi</b>   |
| Then Creative Work - Amrita Yoga   |                         |                                | <b>Devaloka Time: 3PM to 6PM</b>                                      |

**D****Friday, July 18, 2025****Retreat Star**

|   |                         |                                 |   |
|---|-------------------------|---------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Sukra Vasara Yuktayam |                         | Dusharbo, Tajikastan            |   |
| Ashvini Nakshatra Sukarma/Dhriti Yoga Balava/Talilla Karana Ashtami/Navamam Titau                   |                         | Sun 7 Sutra 95                  |   |
| <b>Gulika</b>   | <b>8:05AM - 9:54AM</b>  | <b>Ashvini Until 2:43AM Sat</b> | <b>Ganesha: Clear</b> Sunrise: <b>6:17AM</b> <b>Vasarasu 5:17</b>     |
| <b>Yama</b>   | <b>5:10PM - 6:59PM</b>  | <b>Sukarma Until 7:16AM</b>     | <b>Muruga: Red</b> Sunset: <b>8:49PM</b> <b>Moon 7 - Phase 13 - 7</b> |
| <b>Rahu</b>   | <b>11:43AM - 1:32PM</b> | <b>Balava Until 6:38AM</b>      | <b>Nataraja: Yellow</b> <b>Ashtami</b>                                |
| Creative Work Amrita Yoga   |                         | <b>Ashtami* Until 5:32PM</b>    | <b>Moon - White</b> <b>Devaloka Day</b>                               |
| Until 2:43AM Sat  |                         |                                 | <b>Ashada-Adi</b>   |
| Then Creative Work - Siddha Yoga  |                         |                                 |   |

**Saturday, July 19, 2025****Retreat Star**

|   |                         |                                 |   |
|---|-------------------------|---------------------------------|---|
| Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Mania Vasara Yuktayam |                         | Dusharbo, Tajikastan            |   |
| Bharani Nakshatra Shula* Yoga Gara/Vanija Karana Navami/Dashamam Titau                              |                         | Sun 8 Sutra 96                  |   |
| <b>Gulika</b>   | <b>6:17AM - 8:06AM</b>  | <b>Bharani Until 1:07AM Sun</b> | <b>Ganesha: Clear</b> Sunrise: <b>6:17AM</b> <b>Vasarasu 5:17</b>     |
| <b>Yama</b>   | <b>3:21PM - 5:10PM</b>  | <b>Shula* Until 1:24AM Sun</b>  | <b>Muruga: Red</b> Sunset: <b>8:47PM</b> <b>Moon 7 - Phase 13 - 8</b> |
| <b>Rahu</b>   | <b>9:55AM - 11:43AM</b> | <b>Vanija Until 2:01AM Sun</b>  | <b>Nataraja: Yellow</b> <b>Navami</b>                                 |
| Creative Work Siddha Yoga   |                         | <b>Navami* Until 3:13PM</b>     | <b>Moon - White</b> <b>Devaloka Day</b>                               |
|   |                         |                                 | <b>Ashada-Adi</b>   |

|          |                                      |               |   |                               |                         |                     |                                     |
|----------|--------------------------------------|---------------|---|-------------------------------|-------------------------|---------------------|-------------------------------------|
| <b>1</b> | <b>Sunday, July 20, 2025</b>         |               | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Paksha Bhanu Vesara Yukatayam |                               |                         |                     | Dushanbe, Tajikistan                |
|          | Kritika Nakshatra Ganda* Yoga Vasil* |               | Bava Karana Dashami/Ekadashtyam Titau   |                               |                         |                     | Sun 9 Sutra 97                      |
|          | Mesha Rasi: 29.34                    | Tithi 25 – 26 | <b>Gulika</b> 5:09PM – 6:58PM   | <b>Kritika</b> Untill 11:15PM | <b>Ganesh:</b> Clear    | Sunrise: 6:18AM     | Viswasa 5:127                       |
|          | Creative Work                        | Siddha Yoga   | Yama 1:32PM – 3:21PM  | Ganda* Untill 10:18PM         | <b>Muruga:</b> Red      | Sunset: 8:47PM      | Moon 7 - Phase 14 - 10<br>2nd Phase |
|          |                                      | 433618572     | <b>Rahu</b> 6:58PM – 8:47PM   | Bava Untill 11:29PM           | <b>Nataraja:</b> Yellow |                     |                                     |
|          |                                      |               |   | Moon – White                  |                         | <b>Devaloka Day</b> |                                     |
|          |                                      |               |   | <b>Dashami</b> Untill 12:45PM | Ashada-Adi              |                     |                                     |

|               |  |               |  |                                 |                         |                           |                                     |
|---------------|--|---------------|--|---------------------------------|-------------------------|---------------------------|-------------------------------------|
| <b>2</b>      | <b>Monday, July 21, 2025</b>   |               | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Paksha Indu Vesara Yukatayam |                                 |                         |                           | Dushanbe, Tajikistan                |
|               | Rohini Nakshatra Widdhi Yoga Balava/Kaulava Karana Ekadashi/Dwadashyam Titau |               |  |                                 |                         |                           | Sun 10 Sutra 98                     |
|               | Wishabha Rasi: 13.57   | Tithi 26 – 27 | <b>Gulika</b> 3:21PM – 5:09PM  | <b>Rohini</b> Untill 9:38PM     | <b>Ganesh:</b> White    | Sunrise: 6:19AM           | Viswasa 5:127                       |
|               | Family Home Evening  |               | Yama 11:44AM – 1:32PM  | Viddhi Untill 7:09PM            | <b>Muruga:</b> Red      | Sunset: 8:46PM            | Moon 7 - Phase 14 - 10<br>2nd Phase |
| Creative Work | Amrita Yoga  | 433618572     | <b>Rahu</b> 8:07AM – 9:55AM  | Kaulava Untill 8:55PM           | <b>Nataraja:</b> Yellow |                           |                                     |
|               |  |               |  | Moon – Yellow                   |                         | <b>Bhuloka Day</b>        |                                     |
|               |  |               |  | <b>Ekadashi*</b> Untill 10:11AM | Ashada-Adi              | Devaloka Time: 3PM to 6PM |                                     |

|                                 |   |               |   |                                 |                         |                           |                                     |
|---------------------------------|---|---------------|---|---------------------------------|-------------------------|---------------------------|-------------------------------------|
| <b>3</b>                        | <b>Tuesday, July 22, 2025</b>   |               | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Paksha Mangala Vesara Yukatayam |                                 |                         |                           | Dushanbe, Tajikistan                |
|                                 | Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau |               |   |                                 |                         |                           | Sun 11 Sutra 99                     |
|                                 | Wishabha Rasi: 28.2   | Tithi 27 – 28 | <b>Gulika</b> 1:32PM – 3:21PM   | <b>Mrigashira</b> Untill 7:55PM | <b>Ganesh:</b> White    | Sunrise: 6:19AM           | Viswasa 5:127                       |
|                                 | Creative Work   | Siddha Yoga   | Yama 9:56AM – 11:44AM   | Dhruva Untill 4:02PM            | <b>Muruga:</b> Red      | Sunset: 8:46PM            | Moon 7 - Phase 14 - 11<br>2nd Phase |
| Until 7:55PM                    |   | 433618572     | <b>Rahu</b> 5:09PM – 6:57PM   | Gara Untill 6:24PM              | <b>Nataraja:</b> Yellow |                           |                                     |
| Then Routine Work – Marana Yoga |   |               |   | Moon – Yellow                   |                         | <b>Bhuloka Day</b>        |                                     |
|                                 |   |               |   | <b>Dvadashi*</b> Untill 7:38AM  | Ashada-Adi              | Devaloka Time: 3PM to 6PM |                                     |
|                                 |   |               |   | <i>Pradosha Vata (Fasting)</i>  |                         |                           |                                     |

|                                 |   |             |   |                                       |                         |                           |                                     |
|---------------------------------|---|-------------|---|---------------------------------------|-------------------------|---------------------------|-------------------------------------|
| <b>4</b>                        | <b>Wednesday, July 23, 2025</b>   |             | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Paksha Budha Vesara Yukatayam |                                       |                         |                           | Dushanbe, Tajikistan                |
|                                 | Andra Nakshatra Vyaghata* Harshana Yoga Vasil*/Sakuni* Karana Chaturdashyam Titau |             |   |                                       |                         |                           | Sun 12 Sutra 100                    |
|                                 | Mithuna Rasi: 12.39   | Tithi 29    | <b>Gulika</b> 11:44AM – 1:32PM  | <b>Andra</b> Untill 6:15PM            | <b>Ganesh:</b> White    | Sunrise: 6:20AM           | Viswasa 5:127                       |
|                                 | Creative Work   | Siddha Yoga | Yama 8:08AM – 9:56AM  | Vyaghata* Untill 1:03PM               | <b>Muruga:</b> Red      | Sunset: 8:46PM            | Moon 7 - Phase 14 - 12<br>2nd Phase |
| Until 7:55PM                    |   | 433618572   | <b>Rahu</b> 1:32PM – 3:20PM   | Visti Untill 4:04PM                   | <b>Nataraja:</b> Yellow |                           |                                     |
| Then Routine Work – Marana Yoga |   |             |   | Moon – Yellow                         |                         | <b>Bhuloka Day</b>        |                                     |
|                                 |   |             |   | <b>Chaturdashi*</b> Untill 2:59AM Thu | Ashada-Adi              | Devaloka Time: 3PM to 6PM |                                     |

|                                 |   |             |  |                                    |                         |                     |                                    |
|---------------------------------|---|-------------|--|------------------------------------|-------------------------|---------------------|------------------------------------|
| <b>●</b>                        | <b>Thursday, July 24, 2025</b>  |             | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Paksha Guru Vesara Yukatayam |                                    |                         |                     | Dushanbe, Tajikistan               |
|                                 | Punarvasu/Pushya Nakshatra Harshana/Vajra* Yoga Catuspadi*/Raga* Karana Amavasyayam Titau |             |  |                                    |                         |                     | Sun 13 Sutra 101                   |
|                                 | Mithuna Rasi: 26.48   | Tithi 30    | <b>Gulika</b> 9:57AM – 11:45AM   | <b>Punarvasu</b> Untill 5:12PM     | <b>Ganesh:</b> Orange   | Sunrise: 6:21AM     | Viswasa 5:127                      |
|                                 | Creative Work   | Amrita Yoga | Yama 6:21AM – 8:09AM   | Harshana Untill 10:20AM            | <b>Muruga:</b> Red      | Sunset: 8:46PM      | Moon 7 - Phase 14 - 13<br>Amavasya |
| Until 7:55PM                    |   | 444618572   | <b>Rahu</b> 3:20PM – 5:08PM  | Catuspada Untill 2:02PM            | <b>Nataraja:</b> Yellow |                     |                                    |
| Then Routine Work – Marana Yoga |   |             |  | Moon – Blue                        |                         | <b>Devaloka Day</b> |                                    |
|                                 |   |             |  | <b>Amavasya*</b> Untill 1:10AM Fri | Ashada-Adi              |                     |                                    |

|                                 |   |             |   |                                 |                         |                     |                                    |
|---------------------------------|---|-------------|---|---------------------------------|-------------------------|---------------------|------------------------------------|
| <b>●</b>                        | <b>Friday, July 25, 2025</b>  |             | Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Sukla Paksha Sukra Vesara Yukatayam |                                 |                         |                     | Dushanbe, Tajikistan               |
|                                 | Pushya/Ashlesha* Nakshatra Vajra*/Siddhi* Yoga Kintughna*/Bava Karana Prathamayam Titau |             |   |                                 |                         |                     | Sun 14 Sutra 102                   |
|                                 | Kataka Rasi: 10.41  | Tithi 1     | <b>Gulika</b> 8:09AM – 9:57AM   | <b>Pushya</b> Untill 4:28PM     | <b>Ganesh:</b> Orange   | Sunrise: 6:22AM     | Viswasa 5:127                      |
|                                 | Routine Work  | Marana Yoga | Yama 5:08PM – 6:55PM  | Vajra* Untill 7:55AM            | <b>Muruga:</b> Red      | Sunset: 8:46PM      | Moon 7 - Phase 14 - 14<br>Prathama |
| Until 7:55PM                    |   | 444618572   | <b>Rahu</b> 11:45AM – 1:32PM  | Kintughna Untill 12:27PM        | <b>Nataraja:</b> Yellow |                     |                                    |
| Then Routine Work – Marana Yoga |   |             |   | Moon – Blue                     |                         | <b>Devaloka Day</b> |                                    |
|                                 |   |             |   | <b>Prathama*</b> Untill 11:51PM | Sravana-Adi             |                     |                                    |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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## 1 Saturday, July 26, 2025

Katakali Rasi: 24.16 Tilthi 2

Routine Work Marana Yoga  
Until 4:10PM  
Then Creative Work - Amrita Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Manita Vesara Yuktayam  
Ashlesha/Magha/Nakshatra Vyalipala\* Yoga Balava/Kaulava Karana Dvityayam Titau

|                |                  |                              |                  |                 |                        |
|----------------|------------------|------------------------------|------------------|-----------------|------------------------|
| Gulika         | 6:23AM - 8:10AM  | Ashlesha* Untill 4:10PM      | Ganesha: Orange  | Sunrise: 6:23AM | Vasavasu 5:17          |
| Yama           | 3:20PM - 5:07PM  | Vyalipala* Untill 4:34AM Sun | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 12 |
| 444618572 Rahu | 9:57AM - 11:45AM | Balava Untill 11:27AM        | Nataraja: Yellow |                 | 3rd Phase              |
|                |                  | Dvitiya Untill 11:10PM       | Moon - Blue      |                 |                        |
|                |                  |                              | Sravana-Adi      |                 | Devaloka Day           |

## 2 Sunday, July 27, 2025

Simha Rasi: 7.28 Tilthi 3

Routine Work Marana Yoga  
Until 4:51PM  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Bharu Vesara Yuktayam  
Magha/Purvaphalguni Nakshatra Varyan Yoga Talilla/Gara Karana Tritiyayam Titau

|                |                 |                          |                  |                 |                        |
|----------------|-----------------|--------------------------|------------------|-----------------|------------------------|
| Gulika         | 5:07PM - 6:54PM | Magha* Untill 4:51PM     | Ganesha: Clear   | Sunrise: 6:23AM | Vasavasu 5:17          |
| Yama           | 1:32PM - 3:20PM | Varyan Untill 3:42AM Mon | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 16 |
| 454618572 Rahu | 6:54PM - 8:41PM | Talilla Untill 11:06AM   | Nataraja: Yellow |                 | 3rd Phase              |
|                |                 | Tritiya Untill 11:11PM   | Moon - Red       |                 |                        |
|                |                 |                          | Sravana-Adi      |                 | Devaloka Day           |

## 3 Monday, July 28, 2025

Simha Rasi: 20.19 Tilthi 4

Family Home Evening  
Creative Work Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Indu Vesara Yuktayam  
Purvaphalguni Nakshatra Parigha\* Yoga Vanija/Visli\* Karana Chaturthiyam Titau

|                |                  |                             |                  |                 |                        |
|----------------|------------------|-----------------------------|------------------|-----------------|------------------------|
| Gulika         | 3:19PM - 5:06PM  | Purvaphalguni Untill 6:05PM | Ganesha: Clear   | Sunrise: 6:24AM | Vasavasu 5:17          |
| Yama           | 11:45AM - 1:32PM | Parigha* Untill 3:24AM Tue  | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 17 |
| 454618572 Rahu | 8:11AM - 9:58AM  | Vanija Untill 11:30AM       | Nataraja: Yellow |                 | 3rd Phase              |
|                |                  | Chaturthi* Untill 11:56PM   | Moon - Red       |                 |                        |
|                |                  |                             | Sravana-Adi      |                 | Devaloka Day           |

## 4 Tuesday, July 29, 2025

Kanya Rasi: 2.49 Tilthi 5

Creative Work Amrita Yoga  
Until 7:50PM  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Mangala Vesara Yuktayam  
Uttaraphalguni Nakshatra Shiva Yoga Bava/Balava Karana Panchamyam Titau

|                |                  |                              |                  |                 |                        |
|----------------|------------------|------------------------------|------------------|-----------------|------------------------|
| Gulika         | 1:32PM - 3:19PM  | Uttaraphalguni Untill 7:50PM | Ganesha: Clear   | Sunrise: 6:25AM | Vasavasu 5:17          |
| Yama           | 9:59AM - 11:46AM | Shiva Untill 3:38AM Wed      | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 18 |
| 454618572 Rahu | 5:06PM - 6:53PM  | Bava Untill 12:35PM          | Nataraja: Yellow |                 | 3rd Phase              |
|                |                  | Nag Panchami                 | Moon - Red       |                 |                        |
|                |                  | Panchami Untill 1:21AM Wed   | Sravana-Adi      |                 | Devaloka Day           |

## 5 Wednesday, July 30, 2025

Kanya Rasi: 15.03 Tilthi 6

Routine Work Marana Yoga  
Until 10:27PM  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Budha Vesara Yuktayam  
Hasta Nakshatra Siddha Yoga Kaulava/Talilla Karana Shashthiyam Titau

|                |                  |                             |                  |                 |                        |
|----------------|------------------|-----------------------------|------------------|-----------------|------------------------|
| Gulika         | 11:46AM - 1:32PM | Hasta Untill 10:27PM        | Ganesha: Purple  | Sunrise: 6:26AM | Vasavasu 5:17          |
| Yama           | 8:13AM - 9:59AM  | Siddha Untill 4:14AM Thu    | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 19 |
| 464618572 Rahu | 1:32PM - 3:19PM  | Kaulava Untill 2:17PM       | Nataraja: Yellow |                 | 3rd Phase              |
|                |                  | Shashthi* Untill 3:18AM Thu | Moon - Green     |                 |                        |
|                |                  |                             | Sravana-Adi      |                 | Sivaloka Day           |

## 6 Thursday, July 31, 2025

Kanya Rasi: 27.05 Tilthi 7

Creative Work Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Guru Vesara Yuktayam  
Chitra Nakshatra Sadyha Yoga Gara/Vanija Karana Sapthamyam Titau

|                |                   |                            |                  |                 |                        |
|----------------|-------------------|----------------------------|------------------|-----------------|------------------------|
| Gulika         | 10:00AM - 11:46AM | Chitra Untill 1:16AM Fri   | Ganesha: Purple  | Sunrise: 6:27AM | Vasavasu 5:17          |
| Yama           | 6:27AM - 8:13AM   | Sadyha Untill 5:06AM Fri   | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 20 |
| 464618572 Rahu | 3:19PM - 5:05PM   | Gara Untill 4:26PM         | Nataraja: Yellow |                 | 3rd Phase              |
|                |                   | Sapthami Untill 5:34AM Fri | Moon - Green     |                 |                        |
|                |                   |                            | Sravana-Adi      |                 | Sivaloka Day           |

## Friday, August 1, 2025

Retreat Star  
Tula Rasi: 9 Tilthi 8

Creative Work Siddha Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Sukra Vesara Yuktayam  
Svali Nakshatra Subha Yoga Visli\* Karana Ashtamyam Titau

|                |                  |                            |                  |                 |                        |
|----------------|------------------|----------------------------|------------------|-----------------|------------------------|
| Gulika         | 8:14AM - 10:00AM | Svali Untill 4:03AM Sat    | Ganesha: Purple  | Sunrise: 6:28AM | Vasavasu 5:17          |
| Yama           | 5:04PM - 6:51PM  | Subha Untill 6:03AM Sat    | Muruga: Red      | Sunset: 8:49PM  | Moon 7 - Phase 15 - 21 |
| 464618572 Rahu | 11:46AM - 1:32PM | Visli Untill 6:47PM        | Nataraja: Yellow |                 | Ashtami                |
|                |                  | Ashtami* Untill 7:57AM Sat | Moon - Green     |                 |                        |
|                |                  |                            | Sravana-Adi      |                 | Sivaloka Day           |

## Saturday, August 2, 2025

Retreat Star  
Tula Rasi: 20.52 Tilthi 8 - 9

Creative Work Siddha Yoga  
Until 7:05AM Sun  
Then Routine Work - Marana Yoga

Viswasesu Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Sukla Paksha Manita Vesara Yuktayam  
Vishakha Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ashtami/Navamyam Titau

|                |                   |                            |                  |                 |                        |
|----------------|-------------------|----------------------------|------------------|-----------------|------------------------|
| Gulika         | 6:29AM - 8:14AM   | Vishakha Untill 7:05AM Sun | Ganesha: Clear   | Sunrise: 6:29AM | Vasavasu 5:17          |
| Yama           | 3:18PM - 5:04PM   | Subha Untill 6:03AM        | Muruga: Blue     | Sunset: 8:49PM  | Moon 7 - Phase 15 - 22 |
| 474628572 Rahu | 10:00AM - 11:46AM | Balava Untill 9:08PM       | Nataraja: Yellow |                 | Navami                 |
|                |                   | Ashtami* Untill 7:57AM     | Moon - Orange    |                 |                        |
|                |                   |                            | Sravana-Adi      |                 | Sivaloka Day           |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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# 1 Sunday, August 3, 2025

Wischika Rasi: 2.47 Tithi: 9 – 10

Routine Work Marana Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Bharu Vessara Yukityam Vishakha/Anuradha Nakshatra Saka/Brahma Yoga Kauava/Taila Karana Navami/Dashmyam Titau  
**Gulika** 5:03PM – 6:49PM  
**Yama** 1:32PM – 3:18PM  
**Rahu** 6:49PM – 8:35PM  
**Vishakha** Untill 7:05AM  
**Sukla** Untill 6:54AM  
**Taila** Untill 11:16PM  
**Navami** Untill 10:13AM

**Ganesh:** Clear  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Orange  
**Sunrise:** 6:29AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - 23  
4th Phase  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 23 Sutra 111  
Vishvasu 5127

# 2 Monday, August 4, 2025

Wischika Rasi: 14.48 Tithi: 10 – 11  
Family Home Evening

Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Indru Vessara Yukityam Anuradha/Jyeshtha Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashmi/Ekadasmyam Titau  
**Gulika** 3:17PM – 5:03PM  
**Yama** 11:47AM – 1:32PM  
**Rahu** 8:16AM – 10:01AM  
**Anuradha** Untill 9:41AM  
**Brahma** Untill 7:33AM  
**Vanija** Untill 1:01AM Tue  
**Dashmi** Untill 12:11PM

**Ganesh:** Clear  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Orange  
**Sunrise:** 6:30AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - 24  
4th Phase  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 24 Sutra 112  
Vishvasu 5127

# 3 Tuesday, August 5, 2025

Wischika Rasi: 26.59 Tithi: 11 – 12

Routine Work Marana Yoga

Untill 11:41AM

Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Mangala Vessara Yukityam Jyeshtha/Mula Nakshatra Indra/Vaidhri Yoga Vasi/Bava Karana Ekadashi/Dwadashmyam Titau  
**Gulika** 1:32PM – 3:17PM  
**Yama** 10:01AM – 11:47AM  
**Rahu** 5:02PM – 6:47PM  
**Jyeshtha** Untill 11:41AM  
**Indra** Untill 7:53AM  
**Bava** Untill 2:16AM Wed  
**Ekadashi** Untill 1:41PM

**Ganesh:** Clear  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Orange  
**Sunrise:** 6:31AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - 25  
4th Phase  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 25 Sutra 113  
Vishvasu 5127

# 4 Wednesday, August 6, 2025

Dhanus Rasi: 9.24 Tithi: 12 – 13

Routine Work Marana Yoga

Untill 1:29PM

Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Budha Vessara Yukityam Mula/Purvashadha Nakshatra Vaidhri/Vishkambha Yoga Balava/Kauava Karana Dvadashi/Trayodashmyam Titau  
**Gulika** 11:47AM – 1:32PM  
**Yama** 8:17AM – 10:02AM  
**Rahu** 1:32PM – 3:17PM  
**Mula** Untill 1:29PM  
**Vaidhri** Untill 7:46AM  
**Kauava** Untill 2:55AM Thu  
**Dvadashi** Untill 2:39PM

**Ganesh:** Yellow  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Light Blue  
**Sunrise:** 6:32AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - 26  
4th Phase  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 26 Sutra 114  
Vishvasu 5127

# 5 Thursday, August 7, 2025

Dhanus Rasi: 22.05 Tithi: 13 – 14

Creative Work Siddha Yoga

Untill 2:32PM

Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Guru Vessara Yukityam Purvashadha/Uttarashadha Nakshatra Vishkambha/Priti Yoga Taila/Gara Karana Trayodashi/Chaturdashmyam Titau  
**Gulika** 10:02AM – 11:47AM  
**Yama** 6:33AM – 8:18AM  
**Rahu** 3:16PM – 5:01PM  
**Purvashadha** Untill 2:32PM  
**Vishkambha** Untill 7:12AM  
**Gara** Untill 2:58AM Fri  
**Trayodashi** Untill 3:00PM

**Ganesh:** Yellow  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Light Blue  
**Sunrise:** 6:33AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - 27  
4th Phase  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 27 Sutra 115  
Vishvasu 5127

# Friday, August 8, 2025

Copper Retreat Star

Makara Rasi: 5.02 Tithi: 14 – 15

Routine Work Marana Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Saka Pakhe Salva Vessara Yukityam Uttarashadha/Shravana Nakshatra Priti/Ayushman Yoga Vanija/Vasi Karana Chaturdashi/Purnimayam Titau  
**Gulika** 8:18AM – 10:03AM  
**Yama** 5:00PM – 6:45PM  
**Rahu** 11:47AM – 1:32PM  
**Uttarashadha** Untill 2:51PM  
**Priti** Untill 6:11AM  
**Vasi** Untill 2:27AM Sat  
**Chaturdashi** Untill 2:46PM

**Ganesh:** Yellow  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Light Blue  
**Sunrise:** 6:34AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - Purnima  
**Sivaloka Day**

Dushanbe, Tajikistan  
Sun 28 Sutra 116  
Vishvasu 5127

# Saturday, August 9, 2025

Silver Retreat Star

Makara Rasi: 18.19 Tithi: 15 – 16

Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinnya Naratara Ritau Kataka Mase Krishna Pakhe Manu Vessara Yukityam Shravana/Dhanusha Nakshatra Sautbhagya Yoga Bava/Balava Karana Purnima/Prathmayam Titau  
**Gulika** 6:35AM – 8:19AM  
**Yama** 3:16PM – 5:00PM  
**Rahu** 10:03AM – 11:47AM  
**Shravana** Untill 2:57PM  
**Sautbhagya** Untill 2:47AM Sun  
**Balava** Untill 1:26AM Sun  
**Purnima** Untill 1:59PM

**Ganesh:** Blue  
**Muruga:** Blue  
**Nataraj:** Yellow  
Moon – Purple  
**Sunrise:** 6:35AM  
**Sunset:** 8:39PM  
Moon 7 - Phase 16 - Prathama  
**Devaloka Day**

Dushanbe, Tajikistan  
Sun 29 Sutra 117  
Vishvasu 5127

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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**Sunday, August 10, 2025**  
**Gold Retreat Star**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Bhanu Vasara Yuktayam  
Dhanishtha/Shabhbhishak Nakshatra Siddhanta Yoga Kaulava/Tailita Karana Prathamam/Dvityayam Titau

Dushanbe, Tajikistan  
Sutra 118

|                                  |               |                                  |                                 |                         |                 |                       |
|----------------------------------|---------------|----------------------------------|---------------------------------|-------------------------|-----------------|-----------------------|
| Kumbha Rasi: 1.51                | Tithi 16 - 17 | <b>Gulika</b><br>4:59PM - 6:43PM | <b>Dhanishtha</b> Untili 2:25PM | <b>Ganesha:</b> Yellow  | Sunrise: 6:36AM | Vasavasu 5:17Z        |
|                                  |               | <b>Yama</b><br>1:31PM - 3:15PM   | Sobhana Untili 12:34AM Mon      | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 1 |
|                                  |               | <b>Rahu</b><br>6:43PM - 8:27PM   | Tailita Untili 11:58PM          | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Marana Yoga       |               |                                  | <b>Prathama* Untili 12:44PM</b> | <b>Van - Purple</b>     |                 | <b>Sivaloka Day</b>   |
| Untili 2:25PM                    |               |                                  |                                 | <b>Sravana-Adi</b>      |                 |                       |
| Then Creative Work - Siddha Yoga |               |                                  |                                 |                         |                 |                       |

**1**

**Monday, August 11, 2025**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Indu Vasara Yuktayam  
Shalabhshik/Puravroshthapada Nakshatra Ahnganda\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Dushanbe, Tajikistan  
Sun 1 Sutra 119

|                                 |               |                                  |                                  |                         |                 |                       |
|---------------------------------|---------------|----------------------------------|----------------------------------|-------------------------|-----------------|-----------------------|
| Kumbha Rasi: 15.38              | Tithi 17 - 18 | <b>Gulika</b><br>3:15PM - 4:58PM | <b>Shalabhshik</b> Untili 1:22PM | <b>Ganesha:</b> Yellow  | Sunrise: 6:36AM | Vasavasu 5:17Z        |
|                                 |               | <b>Yama</b><br>11:47AM - 1:31PM  | Ahnganda* Untili 10:03PM         | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 1 |
|                                 |               | <b>Rahu</b><br>8:20AM - 10:04AM  | Vanija Untili 10:11PM            | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Marana Yoga      |               |                                  | <b>Dvitiya Untili 11:06AM</b>    | <b>Van - Purple</b>     |                 | <b>Sivaloka Day</b>   |
| Untili 1:22PM                   |               |                                  |                                  | <b>Sravana-Adi</b>      |                 |                       |
| Then Routine Work - Marana Yoga |               |                                  |                                  |                         |                 |                       |

**2**

**Tuesday, August 12, 2025**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Mangala Vasara Yuktayam  
Puravroshthapada/Uttaravroshthapada Nakshatra Sukama Yoga Vasi/Bava Karana Tritiya/Chaturthayam Titau

Dushanbe, Tajikistan  
Sun 2 Sutra 120

|                                  |               |                                  |   |                         |                 |                       |
|----------------------------------|---------------|----------------------------------|---|-------------------------|-----------------|-----------------------|
| Kumbha Rasi: 29.36               | Tithi 18 - 19 | <b>Gulika</b><br>1:31PM - 3:14PM | <b>Puravroshthapada*</b> Untili 12:21PM | <b>Ganesha:</b> Clear   | Sunrise: 6:37AM | Vasavasu 5:17Z        |
|                                  |               | <b>Yama</b><br>10:04AM - 11:48AM | Sukama Untili 7:21PM                    | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 2 |
|                                  |               | <b>Rahu</b><br>4:58PM - 6:41PM   | Bava Untili 8:10PM                      | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Marana Yoga       |               |                                  | <b>Tritiya Untili 9:11AM</b>            | <b>Mon - Clear</b>      |                 | <b>Sivaloka Day</b>   |
| Untili 12:21PM                   |               |                                  |   | <b>Sravana-Adi</b>      |                 |                       |
| Then Creative Work - Amrita Yoga |               |                                  |   |                         |                 |                       |

**3**

**Wednesday, August 13, 2025**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Budha Vasara Yuktayam  
Uttaravroshthapada/Revati Nakshatra Dhriti/Shula\* Yoga Balava/Tailita Karana Chaturthi/Panchamyam Titau

Dushanbe, Tajikistan  
Sun 3 Sutra 121

|                                 |               |                                   |  |                         |                 |                       |
|---------------------------------|---------------|-----------------------------------|--|-------------------------|-----------------|-----------------------|
| Mesha Rasi: 13.43               | Tithi 19 - 20 | <b>Gulika</b><br>11:48AM - 1:31PM | <b>Uttaravroshthapada</b> Untili 11:00AM | <b>Ganesha:</b> Clear   | Sunrise: 6:38AM | Vasavasu 5:17Z        |
|                                 |               | <b>Yama</b><br>8:21AM - 10:04AM   | Dhriti Untili 4:33PM                     | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 3 |
|                                 |               | <b>Rahu</b><br>1:31PM - 3:14PM    | Tailita Untili 4:51AM Thu                | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Siddha Yoga      |               |                                   | <b>Chaturthi* Untili 7:04AM</b>          | <b>Mon - Clear</b>      |                 | <b>Sivaloka Day</b>   |
| Untili 11:00AM                  |               |                                   |  | <b>Sravana-Adi</b>      |                 |                       |
| Then Routine Work - Marana Yoga |               |                                   |  |                         |                 |                       |

**4**

**Thursday, August 14, 2025**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Guru Vasara Yuktayam  
Revati/Ashvini Nakshatra Shula\*Ganda\* Yoga Gara/Vanija Karana Shashthiyam Titau

Dushanbe, Tajikistan  
Sun 4 Sutra 122

|                                  |          |                                    |                                    |                         |                 |                       |
|----------------------------------|----------|------------------------------------|------------------------------------|-------------------------|-----------------|-----------------------|
| Mesha Rasi: 27.53                | Tithi 21 | <b>Gulika</b><br>10:05AM - 11:48AM | <b>Revati</b> Untili 9:24AM        | <b>Ganesha:</b> Clear   | Sunrise: 6:39AM | Vasavasu 5:17Z        |
|                                  |          | <b>Yama</b><br>6:39AM - 8:22AM     | Shula* Untili 1:38PM               | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 4 |
|                                  |          | <b>Rahu</b><br>3:13PM - 4:56PM     | Gara Untili 3:44PM                 | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Siddha Yoga       |          |                                    | <b>Shashthi* Untili 2:35AM Fri</b> | <b>Mon - Clear</b>      |                 | <b>Sivaloka Day</b>   |
| Untili 9:24AM                    |          |                                    |                                    | <b>Sravana-Adi</b>      |                 |                       |
| Then Creative Work - Amrita Yoga |          |                                    |                                    |                         |                 |                       |

**5**

**Friday, August 15, 2025**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Sukra Vasara Yuktayam  
Ashvini/Bharani Nakshatra Ganda\*Viddhi\*Yoga Vasi/Bava Karana Saptamyam Titau

Dushanbe, Tajikistan  
Sun 5 Sutra 123

|                                  |          |                                   |                                   |                         |                 |                       |
|----------------------------------|----------|-----------------------------------|-----------------------------------|-------------------------|-----------------|-----------------------|
| Mesha Rasi: 12.07                | Tithi 22 | <b>Gulika</b><br>8:23AM - 10:05AM | <b>Ashvini</b> Untili 8:03AM      | <b>Ganesha:</b> Clear   | Sunrise: 6:40AM | Vasavasu 5:17Z        |
|                                  |          | <b>Yama</b><br>4:56PM - 6:38PM    | Ganda* Untili 10:43AM             | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 5 |
|                                  |          | <b>Rahu</b><br>11:48AM - 1:30PM   | Vasi Untili 1:27PM                | <b>Nataraja:</b> Yellow |                 | 1st Phase             |
| Routine Work - Amrita Yoga       |          |                                   | <b>Saptami Untili 12:18AM Sat</b> | <b>Moon - White</b>     |                 | <b>Sivaloka Day</b>   |
| Untili 8:03AM                    |          |                                   |                                   | <b>Sravana-Adi</b>      |                 |                       |
| Then Creative Work - Siddha Yoga |          |                                   |                                   |                         |                 |                       |

**6**

**Saturday, August 16, 2025**

**Retreat Star**

Viswasa Nama Samvatsara Dakshinaya Naritana Ritau Kataka Mase Krishna Paksha Manta Vasara Yuktayam  
Bharani/Krittika Nakshatra Viddhi/Dhruva Yoga Balava/Kaulava Karana Ashtamyam Titau

Dushanbe, Tajikistan  
Sun 6 Sutra 124

|                                  |          |                                  |                                |                         |                 |                       |
|----------------------------------|----------|----------------------------------|--------------------------------|-------------------------|-----------------|-----------------------|
| Mesha Rasi: 26.19                | Tithi 23 | <b>Gulika</b><br>6:41AM - 8:23AM | <b>Bharani</b> Untili 6:34AM   | <b>Ganesha:</b> Clear   | Sunrise: 6:41AM | Vasavasu 5:17Z        |
|                                  |          | <b>Yama</b><br>3:12PM - 4:55PM   | Viddhi Untili 7:50AM           | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 6 |
|                                  |          | <b>Rahu</b><br>10:06AM - 11:48AM | Balava Untili 11:12AM          | <b>Nataraja:</b> Yellow |                 | Ashtami               |
| Routine Work - Siddha Yoga       |          |                                  | <b>Ashtami* Untili 10:05PM</b> | <b>Moon - White</b>     |                 | <b>Sivaloka Day</b>   |
| Untili 6:34AM                    |          |                                  |                                | <b>Sravana-Adi</b>      |                 |                       |
| Then Creative Work - Amrita Yoga |          |                                  |                                |                         |                 |                       |

**Sunday, August 17, 2025**

**Retreat Star**

Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Bhanu Vasara Yuktayam  
Rohini Nakshatra Vyaghata\* Yoga Tailita/Gara Karana Navamyam Titau

Dushanbe, Tajikistan  
Sun 7 Sutra 125

|                                  |          |                                  |                                 |                         |                 |                       |
|----------------------------------|----------|----------------------------------|---------------------------------|-------------------------|-----------------|-----------------------|
| Wishabha Rasi: 10.29             | Tithi 24 | <b>Gulika</b><br>4:54PM - 6:36PM | <b>Rohini</b> Untili 3:49AM Mon | <b>Ganesha:</b> Clear   | Sunrise: 6:42AM | Vasavasu 5:17Z        |
|                                  |          | <b>Yama</b><br>1:30PM - 3:12PM   | Vyaghata* Untili 2:11AM Mon     | <b>Muruga:</b> Blue     | Sunset: 8:29PM  | Moon 8 - Phase 17 - 7 |
|                                  |          | <b>Rahu</b><br>6:36PM - 8:18PM   | Tailita Untili 9:01AM           | <b>Nataraja:</b> Yellow |                 | Navami                |
| Routine Work - Siddha Yoga       |          |                                  | <b>Navam* Untili 7:57PM</b>     | <b>Mon - Yellow</b>     |                 | <b>Sivaloka Day</b>   |
| Untili 3:49AM Mon                |          |                                  |                                 | <b>Sravana-Avani</b>    |                 |                       |
| Then Creative Work - Amrita Yoga |          |                                  |                                 |                         |                 |                       |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                 |                                |               |   |   |   |   |
|---------------------------------|--------------------------------|---------------|---|---|---|---|
| <b>1</b>                        | <b>Monday, August 18, 2025</b> |               | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Indu Vasara Yuktayam<br>Mrigashira Nakshatra Harshana Yoga Vanija/Bava Karana Dashami/Ekadashtyam Titau |   |   | Dushanbe, Tajikistan<br>Sun 8 Sutra 126 |
|                                 | Wishabha Rasi: 24.36           | TITHI 25 – 26 | <b>Gulika</b><br>3:12PM – 4:53PM  | <b>Mrigashira Until 2:38AM Tue</b>            | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Blue | Sunrise: 6:43AM<br>Sunset: 8:17PM       |
| Family Home Evening             |                                | 536728572     | <b>Rahu</b><br>8:24AM – 10:06AM   | Harshana Until 11:32PM<br>Vanija Until 6:56AM | Moon 8 - Phase 18 - 8<br>2nd Phase          | Viswasa 5127                            |
| Creative Work - Amrita Yoga     |                                |               |   |   |   | Sivaloka Day                            |
| Until 2:38AM Tue                |                                |               |   |   |   |   |
| Then Routine Work - Marana Yoga |                                |               |   |   |   |   |

|                                  |                                 |               |  |   |   |   |
|----------------------------------|---------------------------------|---------------|--|---|---|---|
| <b>2</b>                         | <b>Tuesday, August 19, 2025</b> |               | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Mangala Vasara Yuktayam<br>Ardra Nakshatra Vajra' Yoga Balava/Kaulava Karana Ekadashi/Dwadashyam Titau |   |   | Dushanbe, Tajikistan<br>Sun 9 Sutra 127 |
|                                  | Mithuna Rasi: 8.37              | TITHI 26 – 27 | <b>Gulika</b><br>1:30PM – 3:11PM   | <b>Ardra Until 1:31AM Wed</b>                   | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Blue | Sunrise: 6:44AM<br>Sunset: 8:15PM       |
| Routine Work - Marana Yoga       |                                 | 536728572     | <b>Rahu</b><br>4:52PM – 6:34PM   | Vajra' Until 9:01PM<br>Kaulava Until 3:18AM Wed | Moon 8 - Phase 18 - 9<br>2nd Phase          | Viswasa 5127                            |
| Until 1:31AM Wed                 |                                 |               |  |   |   | Sivaloka Day                            |
| Then Creative Work - Siddha Yoga |                                 |               |  |   |   |   |

|                                  |                                   |               |   |  |  |  |
|----------------------------------|-----------------------------------|---------------|---|--|--|--|
| <b>3</b>                         | <b>Wednesday, August 20, 2025</b> |               | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Budha Vasara Yuktayam<br>Punarvasu Nakshatra Siddhi Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau |  |  | Dushanbe, Tajikistan<br>Sun 10 Sutra 128 |
|                                  | Mithuna Rasi: 22.29               | TITHI 27 – 28 | <b>Gulika</b><br>11:48AM – 1:29PM   | <b>Punarvasu Until 12:58AM Thu</b>           | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Blue | Sunrise: 6:44AM<br>Sunset: 8:14PM        |
| Creative Work - Siddha Yoga      |                                   | 546728572     | <b>Rahu</b><br>1:29PM – 3:10PM  | Siddhi Until 6:44PM<br>Gara Until 1:52AM Thu | Moon 8 - Phase 18 - 9<br>2nd Phase           | Viswasa 5127                             |
| Until 12:58AM Thu                |                                   |               |   |  |  | Devaloka Day                             |
| Then Creative Work - Amrita Yoga |                                   |               |   |  |  |  |
| <i>Pradosha Vata (Fasting)</i>   |                                   |               |   |  |  |  |

|                                 |                                  |               |   |  |  |  |
|---------------------------------|----------------------------------|---------------|---|--|--|--|
| <b>4</b>                        | <b>Thursday, August 21, 2025</b> |               | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Guru Vasara Yuktayam<br>Pushya Nakshatra Vyatipala/Variyan Yoga Vanja/Vihl' Karana Trayodashi/Chaturdashyam Titau |  |  | Dushanbe, Tajikistan<br>Sun 11 Sutra 129 |
|                                 | Kataka Rasi: 6.11                | TITHI 28 – 29 | <b>Gulika</b><br>10:07AM – 11:48AM  | <b>Pushya Until 12:37AM Fri</b>                    | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Blue | Sunrise: 6:45AM<br>Sunset: 8:13PM        |
| Creative Work - Amrita Yoga     |                                  | 546728572     | <b>Rahu</b><br>3:10PM – 4:51PM  | Vyatipala' Until 4:44PM<br>Visti Until 12:48AM Fri | Moon 8 - Phase 18 - 11<br>2nd Phase          | Viswasa 5127                             |
| Until 12:37AM Fri               |                                  |               |   |  |  | Devaloka Day                             |
| Then Routine Work - Marana Yoga |                                  |               |   |  |  |  |
| <i>Trayodashi' Until 1:15PM</i> |                                  |               |   |  |  |  |

|                                  |                                |               |   |   |  |  |
|----------------------------------|--------------------------------|---------------|---|---|--|--|
| <b>●</b>                         | <b>Friday, August 22, 2025</b> |               | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Sukra Vasara Yuktayam<br>Ashlesha' Nakshatra Variyan/Panigha' Yoga Sakun'/Caluspada' Karana Chaturdashi/Amavasyayam Titau |   |  | Dushanbe, Tajikistan<br>Sun 12 Sutra 130 |
|                                  | <b>Retreat Star</b>            |               | <b>Gulika</b><br>8:27AM – 10:07AM   | <b>Ashlesha' Until 12:34AM Sat</b>                  | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Blue | Sunrise: 6:46AM<br>Sunset: 8:11PM        |
| Kataka Rasi: 19.39               |                                | TITHI 29 – 30 | 546728572   | Variyan Until 3:02PM<br>Caluspada Until 12:11AM Sat | Moon 8 - Phase 18 - 12<br>Amavasya           | Viswasa 5127                             |
| Routine Work - Marana Yoga       |                                |               |   |   |  | Devaloka Day                             |
| Until 12:34AM Sat                |                                |               |   |   |  |  |
| Then Creative Work - Amrita Yoga |                                |               |   |   |  |  |

|                                  |                                  |              |  |   |  |  |
|----------------------------------|----------------------------------|--------------|--|---|--|--|
| <b>●</b>                         | <b>Saturday, August 23, 2025</b> |              | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Sukra Paksha Manu Vasara Yuktayam<br>Magha' Nakshatra Parigtha'/Shiva Yoga Naga'/Kintughna' Karana Amavasya/Prathamayam Titau |   |  | Dushanbe, Tajikistan<br>Sun 13 Sutra 131 |
|                                  | <b>Retreat Star</b>              |              | <b>Gulika</b><br>6:47AM – 8:27AM   | <b>Magha' Until 1:21AM Sun</b>                        | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Blue | Sunrise: 6:47AM<br>Sunset: 8:10PM        |
| Simha Rasi: 2.52                 |                                  | TITHI 30 – 1 | 557728572  | Parigtha' Until 1:46PM<br>Kintughna Until 12:06AM Sun | Moon 8 - Phase 18 - 13<br>Prathama           | Viswasa 5127                             |
| Creative Work - Amrita Yoga      |                                  |              |  |   |  | Devaloka Day                             |
| Until 1:21AM Sun                 |                                  |              |  |   |  |  |
| Then Creative Work - Siddha Yoga |                                  |              |  |   |  |  |
| <i>Amavasya' Until 12:03PM</i>   |                                  |              |  |   |  |  |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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| 1 Sunday, August 24, 2025 |              | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Bhanu Vasara Yuktayam<br>Parvaphalguni Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathamam/Dvityayam Tilau |  |  |                                    | Dusharba, Tajikistan<br>Sun 14 Sutra 132 |
|---------------------------|--------------|--|--|--|------------------------------------|--|
| Simha Rasi: 15.48         | Tilthi 1 – 2 | <b>Gulika</b><br>4:48PM – 6:29PM   | <b>Purvaphalguni Untill 2:33AM Mon</b>   | <b>Ganesha: Purple</b> Sunrise: 6:48AM             | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 12  |
| 57772572                  | <b>Rahu</b>  | 6:29PM – 8:09PM  | Shiva Untill 12:57PM<br>Balava Untill 12:37AM Mon<br><b>Prathama* Untill 12:16PM</b> | Nataraja: Yellow<br>Moon – Red<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Devaloka Day</b>         |

| 2 Monday, August 25, 2025 |              | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Indu Vasara Yuktayam<br>Uttaraphalguni Nakshatra Siddha/Sadha Yoga Kaulava/Tailita Karana Dvitya/Tritiyayam Tilau |  |  |                                    | Dusharba, Tajikistan<br>Sun 15 Sutra 133 |
|---------------------------|--------------|--|--|--|------------------------------------|--|
| Simha Rasi: 28.27         | Tilthi 2 – 3 | <b>Gulika</b><br>3:08PM – 4:48PM   | <b>Uttaraphalguni Untill 4:10AM Tue</b>  | <b>Ganesha: Purple</b> Sunrise: 6:49AM             | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 15  |
| 57772572                  | <b>Rahu</b>  | 8:29AM – 10:08AM   | Siddha Untill 12:34PM<br>Tailita Untill 1:42AM Tue<br><b>Dvitiya Untill 1:04PM</b> | Nataraja: Yellow<br>Moon – Red<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Devaloka Day</b>         |

| 3 Tuesday, August 26, 2025 |              | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Siddha/Sadha Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Tilau |  |  |                                    | Dusharba, Tajikistan<br>Sun 16 Sutra 134 |
|----------------------------|--------------|--|--|--|------------------------------------|--|
| Kanya Rasi: 10.5           | Tilthi 3 – 4 | <b>Gulika</b><br>1:28PM – 3:07PM   | <b>Hasla Untill 6:37AM Wed</b>   | <b>Ganesha: Light Blue</b> Sunrise: 6:50AM           | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 16  |
| 57772572                   | <b>Rahu</b>  | 4:47PM – 6:26PM  | Sadha Untill 12:39PM<br>Vanija Untill 3:21AM Wed<br><b>Tritiya Untill 2:27PM</b> | Nataraja: Yellow<br>Moon – Green<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Devaloka Day</b>         |

| 4 Wednesday, August 27, 2025 |              | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Budha Vasara Yuktayam<br>Hasta/Nakshatra Sadha/Sukla Yoga Vesi*/Bava Karana Chaturthi/Panchamyam Tilau |  |  |                                    | Dusharba, Tajikistan<br>Sun 17 Sutra 135 |
|------------------------------|--------------|---|--|--|------------------------------------|--|
| Kanya Rasi: 23.01            | Tilthi 4 – 5 | <b>Gulika</b><br>11:48AM – 1:27PM   | <b>Hasla Untill 6:37AM</b>   | <b>Ganesha: Light Blue</b> Sunrise: 6:51AM           | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 7 - Phase 19 - 17  |
| 57772572                     | <b>Rahu</b>  | 1:27PM – 3:07PM   | Subha Untill 1:08PM<br>Bava Untill 5:24AM Thu<br><b>Chaturthi* Untill 4:19PM</b> | Nataraja: Yellow<br>Moon – Green<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Devaloka Day</b>         |

| 5 Thursday, August 28, 2025 |             | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Guru Vasara Yuktayam<br>Chitra/Svati Nakshatra Sukla/Brahma Yoga Balava Karana Panchamyam Tilau |  |   |                                    | Dusharba, Tajikistan<br>Sun 18 Sutra 136 |
|-----------------------------|-------------|--|--|---|------------------------------------|--|
| Tula Rasi: 5.01             | Tilthi 5    | <b>Gulika</b><br>10:09AM – 11:48AM   | <b>Chitra Untill 9:17AM</b>  | <b>Ganesha: Light Blue</b> Sunrise: 6:51AM          | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 18  |
| 57772573                    | <b>Rahu</b> | 3:06PM – 4:45PM  | Sukla Untill 1:51PM<br>Balava Untill 6:32PM<br><b>Panchami Untill 6:32PM</b> | Nataraja: White<br>Moon – Green<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Sivaloka Day</b>         |

| 6 Friday, August 29, 2025 |             | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Sukra Vasara Yuktayam<br>Svati/Vishakha Nakshatra Brahma/Indra Yoga Kaulava/Tailita Karana Panchamyam Tilau |   |   |                                    | Dusharba, Tajikistan<br>Sun 19 Sutra 137 |
|---------------------------|-------------|--|---|---|------------------------------------|--|
| Tula Rasi: 16.55          | Tilthi 6    | <b>Gulika</b><br>8:31AM – 10:10AM  | <b>Svati Untill 12:01PM</b>   | <b>Ganesha: Purple</b> Sunrise: 6:52AM              | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 19  |
| 56872573                  | <b>Rahu</b> | 11:48AM – 1:27PM   | Brahma Untill 2:45PM<br>Kaulava Untill 7:44AM<br><b>Shashthi* Untill 8:55PM</b> | Nataraja: White<br>Moon – Green<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Sivaloka Day</b>         |

| Saturday, August 30, 2025 |             | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Manta Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Indra/Vaidhili* Yoga Gara/Vanija Karana Sapthamyam Tilau |   |  |                                    | Dusharba, Tajikistan<br>Sun 20 Sutra 138 |
|---------------------------|-------------|--|---|--|------------------------------------|--|
| Tula Rasi: 28.48          | Tilthi 7    | <b>Gulika</b><br>6:53AM – 8:32AM   | <b>Vishakha Untill 3:08PM</b>   | <b>Ganesha: Clear</b> Sunrise: 6:53AM                | <b>Muruga: Blue</b> Sunset: 8:09PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 20  |
| 57872573                  | <b>Rahu</b> | 10:10AM – 11:48AM  | Indra Untill 3:41PM<br>Gara Untill 10:09AM<br><b>Saptami Untill 11:17PM</b> | Nataraja: White<br>Moon – Orange<br>Bhadrapada-Avani |                                    | 3rd Phase<br><b>Subha Sivaloka Day</b>   |

| Sunday, August 31, 2025 |             | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Bhanu Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Vaidhili*/Vishkambha* Yoga Vesi*/Bava Karana Ashtamyam Tilau |   |  |                                    | Dusharba, Tajikistan<br>Sun 21 Sutra 139 |
|-------------------------|-------------|---|---|--|------------------------------------|--|
| Wishika Rasi: 10.42     | Tilthi 8    | <b>Gulika</b><br>4:42PM – 6:20PM  | <b>Anuradha Untill 5:55PM</b>   | <b>Ganesha: Clear</b> Sunrise: 6:54AM                | <b>Muruga: Blue</b> Sunset: 7:58PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 21  |
| 57872573                | <b>Rahu</b> | 6:20PM – 7:58PM   | Vaidhili* Untill 4:27PM<br>Vesi Untill 12:25PM<br><b>Ashtami* Untill 1:26AM Mon</b> | Nataraja: White<br>Moon – Orange<br>Bhadrapada-Avani |                                    | Ashtami<br><b>Subha Sivaloka Day</b>     |

| Monday, September 1, 2025 |             | Viswasa Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Indu Vasara Yuktayam<br>Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Tilau |   |  |                                    | Dusharba, Tajikistan<br>Sun 22 Sutra 140 |
|---------------------------|-------------|--|---|--|------------------------------------|--|
| Wishika Rasi: 22.43       | Tilthi 9    | <b>Gulika</b><br>3:04PM – 4:41PM   | <b>Jyeshtha* Untill 8:12PM</b>  | <b>Ganesha: Clear</b> Sunrise: 6:55AM                | <b>Muruga: Blue</b> Sunset: 7:59PM | Vasavasu 5:17<br>Moon 8 - Phase 19 - 22  |
| 57872573                  | <b>Rahu</b> | 8:33AM – 10:10AM   | Vishkambha* Untill 4:58PM<br>Balava Untill 2:23PM<br><b>Navami* Untill 3:10AM Tue</b> | Nataraja: White<br>Moon – Orange<br>Bhadrapada-Avani |                                    | Navami<br><b>Subha Sivaloka Day</b>      |

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

All times are standard time. Calculated for Dusharba, Tajikistan on 12/20/23

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|                                  |             |   |  |  |   |  |
|----------------------------------|-------------|---|--|--|---|--|
| <b>1</b>                         |             | <b>Tuesday, September 2, 2025</b>                       |  | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Mangala Vasara Yuktiyam<br>Mula* Nakshatra Pithi/Ayushman Yoga Talilla/Gara Karana Dashamyam Tilau |   | Dushanbe, Tajikistan<br>Sun 23 Sutra 141             |
| Dhanus Rasi: 4.55                | Tithi 10    | <b>Gulika</b> 1:26PM – 3:03PM<br>Yama 10:11AM – 11:48AM | <b>Mula* Until 10:18PM</b><br>Pithi Until 5:07PM<br>Talilla Until 3:52PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue  | <b>Sunrise:</b> 6:56AM<br><b>Sunset:</b> 7:59PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - 32<br>4th Phase |
| Creative Work                    | Amrita Yoga | 588728573   | <b>Rahu</b> 4:40PM – 6:18PM  | <b>Dashami Until 4:21AM Wed</b>  |   | <b>Sivaloka Day</b>                                  |
| Until 10:18PM                    |             |   |  |  |   |  |
| Then Creative Work - Siddha Yoga |             |   |  |  |   |  |

|                   |             |   |  |   |   |  |
|-------------------|-------------|---|--|---|---|--|
| <b>2</b>          |             | <b>Wednesday, September 3, 2025</b>                     |  | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Bauha Vasara Yuktiyam<br>Purvashada* Nakshatra Ayushman/Saubhagya Yoga Vanija/Visi* Karana Ekadashyam Tilau |   | Dushanbe, Tajikistan<br>Sun 24 Sutra 142             |
| Dhanus Rasi: 17.2 | Tithi 11    | <b>Gulika</b> 11:48AM – 1:25PM<br>Yama 8:34AM – 10:11AM | <b>Purvashada* Until 11:37PM</b><br>Ayushman Until 4:45PM<br>Vanija Until 4:43PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue   | <b>Sunrise:</b> 6:57AM<br><b>Sunset:</b> 7:59PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - 25<br>4th Phase |
| Creative Work     | Amrita Yoga | 588728573   | <b>Rahu</b> 1:25PM – 3:02PM  | <b>Ekadashi Until 4:52AM Thu</b>  |   | <b>Sivaloka Day</b>                                  |
|                   |             |   |  |   |   |  |
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|-------------------|-------------|---|---|---|---|--|
| <b>3</b>          |             | <b>Thursday, September 4, 2025</b>                      |   | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Guru Vasara Yuktiyam<br>Uttarashada* Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Dvadashyam Tilau |   | Dushanbe, Tajikistan<br>Sun 25 Sutra 143             |
| Makara Rasi: 0.04 | Tithi 12    | <b>Gulika</b> 10:11AM – 11:48AM<br>Yama 4:38PM – 6:14PM | <b>Uttarashada Until 12:06AM Fri</b><br>Saubhagya Until 3:52PM<br>Bava Until 4:53PM | <b>Ganesha:</b> Green<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue   | <b>Sunrise:</b> 6:58AM<br><b>Sunset:</b> 7:59PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - 25<br>4th Phase |
| Routine Work      | Marana Yoga | 588828573   | <b>Rahu</b> 3:02PM – 4:39PM   | <b>Dvadasahi Until 4:40AM Fri</b>   |   | <b>Sivaloka Day</b>                                  |
|                   |             |   |   |   |   |  |
|                   |             |   |   |   |   |  |

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|----------------------------------|-------------|--|---|---|---|--|
| <b>4</b>                         |             | <b>Friday, September 5, 2025</b>                       |   | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Sukra Vasara Yuktiyam<br>Shravana Nakshatra Sobhana/Atbiganda* Yoga Kaulava/Talilla Karana Trayodashyam Tilau |   | Dushanbe, Tajikistan<br>Sun 26 Sutra 144             |
| Makara Rasi: 13.1                | Tithi 13    | <b>Gulika</b> 8:35AM – 10:12AM<br>Yama 4:38PM – 6:14PM | <b>Shravana Until 12:11AM Sat</b><br>Sobhana Until 2:25PM<br>Kaulava Until 4:20PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple  | <b>Sunrise:</b> 6:58AM<br><b>Sunset:</b> 7:59PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - 26<br>4th Phase |
| Routine Work                     | Marana Yoga | 599828573  | <b>Rahu</b> 11:48AM – 1:25PM  | <b>Trayodashi Until 3:47AM Sat</b>  |   | <b>Subha Sivaloka Day</b>                            |
| Until 12:11AM Sat                |             |  |   |   |   |  |
| Then Creative Work - Siddha Yoga |             |  |   |   |   |  |
| <i>Pradosha Vata</i>             |             |  |   |   |   |  |

|                                  |             |   |  |  |   |  |
|----------------------------------|-------------|---|--|--|---|--|
| <b>5</b>                         |             | <b>Saturday, September 6, 2025</b>                    |  | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Manta Vasara Yuktiyam<br>Dhanishtha Nakshatra Atbiganda*/Sukarma Yoga Gara/Vanija Karana Chaturdashyam Tilau |   | Dushanbe, Tajikistan<br>Sun 27 Sutra 145             |
| Makara Rasi: 26.37               | Tithi 14    | <b>Gulika</b> 6:59AM – 8:36AM<br>Yama 3:01PM – 4:37PM | <b>Dhanishtha Until 11:29PM</b><br>Atbiganda* Until 12:24PM<br>Gara Until 3:07PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple   | <b>Sunrise:</b> 6:59AM<br><b>Sunset:</b> 7:49PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - 27<br>4th Phase |
| Creative Work                    | Siddha Yoga | 599828573   | <b>Rahu</b> 10:12AM – 11:48AM  | <b>Chaturdashi* Until 2:15AM Sun</b>   |   | <b>Subha Sivaloka Day</b>                            |
| Until 11:29PM                    |             |   | <b>Chidambaram Abhishekam</b>  |  |   |  |
| Then Creative Work - Amrita Yoga |             |   |  |  |   |  |

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|--------------------|-------------|---|--|---|---|--|
| <b>○</b>           |             | <b>Sunday, September 7, 2025</b>                      |  | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Bhanu Vasara Yuktiyam<br>Copper Retreat Star Shatabhishak Nakshatra Sukarma/Dhriti/Visi* Bava Karana Purnimayam Tilau |   | Dushanbe, Tajikistan<br>Sun 28 Sutra 146     |
| Kumbha Rasi: 10.27 | Tithi 15    | <b>Gulika</b> 4:36PM – 6:12PM<br>Yama 1:24PM – 3:00PM | <b>Shatabhishak Until 10:06PM</b><br>Sukarma Until 9:55AM<br>Visi Until 1:18PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Clear   | <b>Sunrise:</b> 7:00AM<br><b>Sunset:</b> 7:46PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - Purnima |
| Creative Work      | Siddha Yoga | 599828573   | <b>Rahu</b> 6:12PM – 7:48PM  | <b>Purnima* Until 12:12AM Mon</b>   |   | <b>Subha Sivaloka Day</b>                    |
|                    |             |   | <b>Grandparent's Day</b>   |   |   |  |
|                    |             |   |  |   |   |  |

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|----------------------------------|-------------|--|---|---|---|---|
| <b>○</b>                         |             | <b>Monday, September 8, 2025</b>                       |   | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Krishna Paksho Indu Vasara Yuktiyam<br>Silver Retreat Star Purvaprosrthapada* Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Prathamayam Tilau |   | Dushanbe, Tajikistan<br>Sun 29 Sutra 147      |
| Kumbha Rasi: 24.36               | Tithi 16    | <b>Gulika</b> 2:59PM – 4:35PM<br>Yama 11:48AM – 1:24PM | <b>Purvaprosrthapada* Until 8:34PM</b><br>Dhriti Until 7:03AM<br>Balava Until 11:02AM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Clear   | <b>Sunrise:</b> 7:01AM<br><b>Sunset:</b> 7:46PM | Vasavasu 5:27<br>Moon 8 - Phase 20 - Prathama |
| Family Home Evening              | Marana Yoga | 519828573  | <b>Rahu</b> 8:37AM – 10:12AM  | <b>Prathama* Until 9:45PM</b>   |   | <b>Subha Sivaloka Day</b>                     |
| Routine Work                     | Marana Yoga |  |   |   |   |   |
| Until 8:34PM                     |             |  |   |   |   |   |
| Then Creative Work - Siddha Yoga |             |  |   |   |   |   |

Having realized the Self, the risish, 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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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**Tuesday, September 9, 2025****Gold Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Mangala Vasara Yuktyam  
 Utlaragrohshhadra Nakshatra Ganda\* Yoga Talila/Gara Karana Dvityayam Titau

**Gulika** 1:23PM – 2:59PM **Utlaragrohshhadra Until 6:38PM** **Ganesha:** Yellow **Sunrise:** 7:03AM **Vasavasa 5:127**  
**Yama** 10:13AM – 11:48AM **Ganda\* Until 12:28AM Wed** **Muruga:** Blue **Sunset:** 7:49PM **Moon 9 - Phase 21 - 1**  
**Rahu** 4:34PM – 6:09PM **Tailila Until 8:25AM** **Nataraja:** White **Subha Sivaloka Day**  
**Dvitiya Until 7:00PM** **Moon - Clear** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 1 Sutra 148

Mesha Rasi: 9 Tithi 17  
 Creative Work Amrita Yoga  
 Until 6:38PM  
 Then Creative Work - Siddha Yoga

**1****Wednesday, September 10, 2025**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Budha Vasara Yuktyam  
 Revati/Ashvini Nakshatra Vidhrua/Yaghat\* Yoga Vasi\*/Bava Karana Tritiya/Chaturthayam Titau

**Gulika** 11:48AM – 1:23PM **Revati Until 4:24PM** **Ganesha:** Yellow **Sunrise:** 7:03AM **Vasavasa 5:127**  
**Yama** 8:38AM – 10:13AM **Vidhrua Until 9:01PM** **Muruga:** Blue **Sunset:** 7:49PM **Moon 9 - Phase 21 - 2**  
**Rahu** 1:23PM – 2:58PM **Bava Until 2:42AM Thu** **Nataraja:** White **Subha Sivaloka Day**  
**Tritiya Until 4:08PM** **Moon - Clear** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 2 Sutra 149

Mesha Rasi: 23.34 Tithi 18 – 19  
 Routine Work Marana Yoga

**2****Thursday, September 11, 2025**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Guru Vasara Yuktyam  
 Ashvini/Bharani Nakshatra Dhruva/Yaghat\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika** 10:13AM – 11:48AM **Ashvini Until 2:26PM** **Ganesha:** White **Sunrise:** 7:04AM **Vasavasa 5:127**  
**Yama** 7:04AM – 8:38AM **Dhruva Until 5:32PM** **Muruga:** Blue **Sunset:** 7:49PM **Moon 9 - Phase 21 - 3**  
**Rahu** 2:57PM – 4:32PM **Kaulava Until 11:51PM** **Nataraja:** White **Sivaloka Day**  
**Chaturthi\* Until 1:15PM** **Moon - White** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 3 Sutra 150

Mesha Rasi: 8.11 Tithi 19 – 20  
 Creative Work Amrita Yoga  
 Until 2:26PM  
 Then Creative Work - Siddha Yoga

**3****Friday, September 12, 2025**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Sukra Vasara Yuktyam  
 Bharani/Kritika Nakshatra Vyaghat\*/Kharshana Yoga Talila/Gara Karana Panchami/Shashthiyam Titau

**Gulika** 8:39AM – 10:13AM **Bharani Until 12:26PM** **Ganesha:** Blue **Sunrise:** 7:04AM **Vasavasa 5:127**  
**Yama** 4:31PM – 6:05PM **Vyaghat\* Until 2:11PM** **Muruga:** Blue **Sunset:** 7:49PM **Moon 9 - Phase 21 - 4**  
**Rahu** 11:48AM – 1:22PM **Gara Until 9:09PM** **Nataraja:** White **Sivaloka Day**  
**Panchami Until 10:27AM** **Moon - White** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 4 Sutra 151

Mesha Rasi: 22.46 Tithi 20 – 21  
 Creative Work Siddha Yoga

**4****Saturday, September 13, 2025**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Mani Vasara Yuktyam  
 Kritika/Rohini Nakshatra Harshana/Vajra\* Yoga Vanju/Vel\* Karana Shashthi/Saptamyam Titau

**Gulika** 7:05AM – 8:39AM **Kritika Until 10:31AM** **Ganesha:** Blue **Sunrise:** 7:05AM **Vasavasa 5:127**  
**Yama** 2:56PM – 4:30PM **Harshana Until 11:01AM** **Muruga:** Blue **Sunset:** 7:38PM **Moon 9 - Phase 21 - 5**  
**Rahu** 10:14AM – 11:48AM **Visli Until 6:42PM** **Nataraja:** White **Sivaloka Day**  
**Shashthi\* Until 7:52AM** **Moon - White** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 5 Sutra 152

Wishahba Rasi: 7.13 Tithi 21 – 22  
 Creative Work Amrita Yoga

**5****Sunday, September 14, 2025****Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Bhanu Vasara Yuktyam  
 Rohini/Mrigashira Nakshatra Vajra\*/Siddhi Yoga Balava/Kaulava Karana Aachamyam Titau

**Gulika** 4:29PM – 6:03PM **Rohini Until 9:10AM** **Ganesha:** Red **Sunrise:** 7:06AM **Vasavasa 5:127**  
**Yama** 1:21PM – 2:55PM **Vajra\* Until 8:04AM** **Muruga:** Blue **Sunset:** 7:37PM **Moon 9 - Phase 21 - 6**  
**Rahu** 6:03PM – 7:37PM **Balava Until 4:34PM** **Nataraja:** White **Subha Sivaloka Day**  
**Ashtami\* Until 3:37AM Mon** **Moon - Yellow** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 6 Sutra 153

Wishahba Rasi: 21.28 Tithi 23  
 Creative Work Siddha Yoga

**Monday, September 15, 2025****Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jvana Ritau Simha Mase Krishna Paksho Indu Vasara Yuktyam  
 Mrgishira/Andra Nakshatra Vyalipata\* Yoga Talila/Gara Karana Navamyam Titau

**Gulika** 2:55PM – 4:28PM **Mrgishira Until 8:01AM** **Ganesha:** Red **Sunrise:** 7:07AM **Vasavasa 5:127**  
**Yama** 11:48AM – 1:21PM **Vyalipata\* Until 3:05AM Tue** **Muruga:** Blue **Sunset:** 7:35PM **Moon 9 - Phase 21 - 7**  
**Rahu** 8:41AM – 10:14AM **Tailila Until 2:48PM** **Nataraja:** White **Navami**  
**Navami\* Until 2:03AM Tue** **Moon - Yellow** **Bhadrapada-Avani**

Dushbanbe, Tajikistan  
Sun 7 Sutra 154

Mithuna Rasi: 5.29 Tithi 24  
**Family Home Evening**  
 Creative Work Amrita Yoga  
 Until 8:01AM  
 Then Creative Work - Siddha Yoga

**Subha Sivaloka Day**

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

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1

Tuesday, September 16, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksho Mangala Vasara Yukhtayam

Dushanbe, Tajikistan

Ardra/Purnvasu Nakshatra Varjyan Yoga Vanja/Visti/ Karana Dashantayam Titau

Sun 8 Sutra 155

Mithuna Rasi: 19.16 Tithi 25

Gulika 1:21PM – 2:54PM  
Yama 10:14AM – 11:48AM  
Rahu 4:27PM – 6:00PM

Ardra Until 7:08AM

Ganesh: Red

Sunrise: 7:08AM

Vasavasu 5:17

Routine Work Marana Yoga

Varjyan Until 1:04AM Wed

Muruga: Blue

Sunset: 7:24PM

Moon 9 - Phase 22 - 8

Until 7:08AM

Vanija Until 1:26PM

Nataraja: White

Moon - Yellow

2nd Phase

Then Creative Work - Siddha Yoga

Dashami Until 12:54AM Wed

Moon - Yellow  
Bhadrapada-Avani

Subha Sivaloka Day

2

Wednesday, September 17, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Budha Vasara Yukhtayam

Dushanbe, Tajikistan

Punarvasu/Pushya Nakshatra Parigha/ Yoga Bava/Balava Karana Ekadashyam Titau

Sun 9 Sutra 156

Kalka Rasi: 2.48 Tithi 26

Gulika 11:48AM – 1:20PM  
Yama 8:42AM – 10:15AM  
Rahu 1:20PM – 2:53PM

Punarvasu Until 6:56AM

Ganesh: Green

Sunrise: 7:09AM

Vasavasu 5:17

Creative Work Siddha Yoga

Parigha\* Until 11:24PM

Muruga: Blue

Sunset: 7:25PM

Moon 9 - Phase 22 - 9

Bava Until 12:30PM

Nataraja: White

Moon - Blue

2nd Phase

Ekadashi\* Until 12:11AM Thu

Moon - Blue  
Bhadrapada-Puratasi

Sivaloka Day

3

Thursday, September 18, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Guru Vasara Yukhtayam

Dushanbe, Tajikistan

Pushya/Ashlesha/ Nakshatra Shiva Yoga Kaulava/Taila Karana Dvadashtyam Titau

Sun 10 Sutra 157

Kalka Rasi: 16.05 Tithi 27

Gulika 10:15AM – 11:47AM  
Yama 7:10AM – 8:42AM  
Rahu 2:53PM – 4:25PM

Pushya Until 7:02AM

Ganesh: Green

Sunrise: 7:10AM

Vasavasu 5:17

Creative Work Amrita Yoga

Shiva Until 10:07PM

Muruga: Blue

Sunset: 7:30PM

Moon 9 - Phase 22 - 10

Until 7:02AM

Kaulava Until 12:00PM

Nataraja: White

Moon - Blue

2nd Phase

Then Creative Work - Siddha Yoga

Dvadashi\* Until 11:54PM

Moon - Blue  
Bhadrapada-Puratasi

Sivaloka Day

4

Friday, September 19, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Sukra Vasara Yukhtayam

Dushanbe, Tajikistan

Ashlesha/Magha/ Nakshatra Siddha Yoga Gara/Vanja Karana Trayodashyam Titau

Sun 11 Sutra 158

Kalka Rasi: 29.08 Tithi 28

Gulika 8:43AM – 10:15AM  
Yama 4:24PM – 5:57PM  
Rahu 11:47AM – 1:20PM

Ashlesha\* Until 7:25AM

Ganesh: Green

Sunrise: 7:11AM

Vasavasu 5:17

Routine Work Marana Yoga

Siddha Until 9:09PM

Muruga: Blue

Sunset: 7:29PM

Moon 9 - Phase 22 - 11

Until 7:02AM

Gara Until 11:58AM

Nataraja: White

Moon - Blue

2nd Phase

Then Creative Work - Siddha Yoga

Trayodashi\* Until 12:06AM Sat

Moon - Blue  
Bhadrapada-Puratasi

Sivaloka Day

Pradosha Vata (Fasting)

5

Saturday, September 20, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Mani Vasara Yukhtayam

Dushanbe, Tajikistan

Magha/Purvaphalguni Nakshatra Sadhya Yoga Visti/Sakuni/ Karana Chaturdashyam Titau

Sun 12 Sutra 159

Simha Rasi: 11.58 Tithi 29

Gulika 7:11AM – 8:43AM  
Yama 2:51PM – 4:23PM  
Rahu 10:15AM – 11:47AM

Magha\* Until 8:34AM

Ganesh: White

Sunrise: 7:11AM

Vasavasu 5:17

Creative Work Amrita Yoga

Sadhya Until 8:34PM

Muruga: Blue

Sunset: 7:21PM

Moon 9 - Phase 22 - 12

Until 8:34AM

Visti Until 12:24PM

Nataraja: White

Moon - Red

2nd Phase

Then Creative Work - Siddha Yoga

Chaturdashi\* Until 12:46AM Sun

Moon - Red  
Bhadrapada-Puratasi

Sivaloka Day

●

Sunday, September 21, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Bharu Vasara Yukhtayam

Dushanbe, Tajikistan

Purvaphalguni/Hasta Nakshatra Subha Yoga Caluspada/Naga/ Karana Amavasyayam Titau

Sun 13 Sutra 160

Retreat Star

Simha Rasi: 24.34 Tithi 30

Gulika 4:22PM – 5:54PM  
Yama 1:19PM – 2:51PM  
Rahu 5:54PM – 7:26PM

Purvaphalguni Until 10:00AM

Ganesh: White

Sunrise: 7:12AM

Vasavasu 5:17

Creative Work Siddha Yoga

Subha Until 8:22PM

Muruga: Blue

Sunset: 7:26PM

Moon 9 - Phase 22 - 13

Until 10:00AM

Caluspada Until 1:17PM

Nataraja: White

Moon - Red

Amavasya

Then Creative Work - Amrita Yoga

Amavasya\* Until 1:53AM Mon

Moon - Red  
Bhadrapada-Puratasi

Sivaloka Day

Monday, September 22, 2025

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Sukla Paksho Indu Vasara Yukhtayam

Dushanbe, Tajikistan

Uttaraphalguni/Hasta Nakshatra Sukla Yoga Kintughna/Bava Karana Prathamayam Titau

Sun 14 Sutra 161

Retreat Star

Kanya Rasi: 6.58 Tithi 1

Gulika 2:50PM – 4:21PM  
Yama 11:47AM – 1:19PM  
Rahu 8:45AM – 10:16AM

Uttaraphalguni Until 11:44AM

Ganesh: White

Sunrise: 7:13AM

Vasavasu 5:17

Family Home Evening

Sukla Until 8:29PM

Muruga: Blue

Sunset: 7:26PM

Moon 9 - Phase 22 - 14

Creative Work Siddha Yoga

Kintughna Until 2:39PM

Nataraja: White

Moon - Red

Prathama

Navaratri Begins

Prathama\* Until 3:28AM Tue

Moon - Red  
Ashvina-Puratasi

Sivaloka Day

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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1

Tuesday, September 23, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Mangala Vasara Yuktyam  
Hasta/Chitra Nakshatra Brahma Yoga Balava/Kaulava Karana Dvityayam TilauDusharbo, Tajikistan  
Sun 15 Sutra 162

|                   |             |                                       |   |  |   |   |
|-------------------|-------------|---------------------------------------|---|--|---|---|
| Kanya Rasi: 19.11 | Tilthi 2    | <b>Gulika</b><br>Yama 1:18PM – 2:49PM | <b>Hasla</b> Until 2:11PM<br>Brahma Until 8:54PM<br>Balava Until 4:25PM | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Green | <b>Sunrise:</b> 7:14AM<br><b>Sunset:</b> 7:29PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 15<br>3rd Phase |
| Creative Work     | Siddha Yoga | 562828573                             | <b>Rahu</b><br>4:20PM – 5:51PM  | <b>Dvitiya</b> Until 5:25AM Wed  |   | <b>Subha Sivaloka Day</b>                                   |

2

Wednesday, September 24, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Budha Vasara Yuktyam  
Chitra/Svali Nakshatra Indra Yoga Talila Karana Trityayam TilauDusharbo, Tajikistan  
Sun 16 Sutra 163

|                 |             |  |   |  |   |   |
|-----------------|-------------|--|---|--|---|---|
| Tula Rasi: 1.16 | Tilthi 3    | <b>Gulika</b><br>Yama 11:47AM – 1:18PM | <b>Chitra</b> Until 4:49PM<br>Indra Until 9:36PM<br>Talila Until 6:32PM | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Green | <b>Sunrise:</b> 7:15AM<br><b>Sunset:</b> 7:29PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 16<br>3rd Phase |
| Creative Work   | Siddha Yoga | 562828573                              | <b>Rahu</b><br>1:18PM – 2:49PM  | <b>Tritiya</b> Until 7:40AM Thu  |   | <b>Subha Sivaloka Day</b>                                   |

3

Thursday, September 25, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Guru Vasara Yuktyam  
Svali Nakshatra Vaidhiti\* Yoga Gara/Varija Karana Tritya/Chaturtham TilauDusharbo, Tajikistan  
Sun 17 Sutra 164

|                    |              |   |   |  |   |   |
|--------------------|--------------|---|---|--|---|---|
| Tula Rasi: 13.13   | Tilthi 3 – 4 | <b>Gulika</b><br>Yama 10:17AM – 11:47AM | <b>Svali</b> Until 7:31PM<br>Vaidhiti* Until 10:26PM<br>Varija Until 8:54PM | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Green | <b>Sunrise:</b> 7:16AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 17<br>3rd Phase |
| Creative Work      | Amrita Yoga  | 562828573                               | <b>Rahu</b><br>2:48PM – 4:18PM  | <b>Tritiya</b> Until 7:40AM  |   | <b>Subha Sivaloka Day</b>                                   |
| Until 7:31PM       |              |   |   |  |   |   |
| Then Creative Work | Siddha Yoga  |   |   |  |   |   |

4

Friday, September 26, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Sukra Vasara Yuktyam  
Vishaka Nakshatra Vishkambha\* Yoga Vidi\* Bava Karana Chaturthi/Panchamam TilauDusharbo, Tajikistan  
Sun 18 Sutra 165

|                  |              |  |   |  |   |   |
|------------------|--------------|--|---|--|---|---|
| Tula Rasi: 25.05 | Tilthi 4 – 5 | <b>Gulika</b><br>Yama 8:47AM – 10:17AM | <b>Vishaka</b> Until 10:40PM<br>Vishkambha* Until 11:21PM<br>Bava Until 11:22PM | <b>Ganesha:</b> Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | <b>Sunrise:</b> 7:17AM<br><b>Sunset:</b> 7:18PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 18<br>3rd Phase |
| Creative Work    | Siddha Yoga  | 572828573                              | <b>Rahu</b><br>11:47AM – 1:17PM   | <b>Chaturthi*</b> Until 10:06AM  |   | <b>Subha Subha Sivaloka Day</b>                             |

5

Saturday, September 27, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Manu Vasara Yuktyam  
Anuradha Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtham TilauDusharbo, Tajikistan  
Sun 19 Sutra 166

|                     |              |                                       |   |  |   |   |
|---------------------|--------------|---------------------------------------|---|--|---|---|
| Wischika Rasi: 6.56 | Tilthi 5 – 6 | <b>Gulika</b><br>Yama 7:18AM – 8:47AM | <b>Anuradha</b> Until 1:37AM Sun<br>Priti Until 12:16AM Sun<br>Kaulava Until 1:48AM Sun | <b>Ganesha:</b> Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | <b>Sunrise:</b> 7:18AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 19<br>3rd Phase |
| Creative Work       | Siddha Yoga  | 572828573                             | <b>Rahu</b><br>10:17AM – 11:47AM  | <b>Panchami</b> Until 12:35PM  |   | <b>Subha Subha Sivaloka Day</b>                             |
| Until 1:37AM Sun    |              |                                       |   |  |   |   |
| Then Routine Work   | Marana Yoga  |                                       |   |  |   |   |

6

Sunday, September 28, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Bhanu Vasara Yuktyam  
Jyeshtha\* Nakshatra Ayushman Yoga Talila/Gara Karana Shashthi/Saptamam TilauDusharbo, Tajikistan  
Sun 20 Sutra 167

|                     |              |                                       |   |   |   |   |
|---------------------|--------------|---------------------------------------|---|---|---|---|
| Wischika Rasi: 18.5 | Tilthi 6 – 7 | <b>Gulika</b><br>Yama 4:16PM – 5:45PM | <b>Jyeshtha*</b> Until 4:12AM Mon<br>Ayushman Until 1:00AM Mon<br>Gara Until 4:02AM Mon | <b>Ganesha:</b> Green<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | <b>Sunrise:</b> 7:19AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 20<br>3rd Phase |
| Routine Work        | Marana Yoga  | 672928573                             | <b>Rahu</b><br>5:45PM – 7:15PM  | <b>Shashthi*</b> Until 2:56PM   |   | <b>Sivaloka Day</b>   |
| Until 4:12AM Mon    |              |                                       |   |   |   |   |
| Then Creative Work  | Siddha Yoga  |                                       |   |   |   |   |

Monday, September 29, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Indu Vasara Yuktyam  
Mula\* Nakshatra Saubhagya Yoga Varija/Visli\* Karana Sapthami/Ashthamam TilauDusharbo, Tajikistan  
Sun 21 Sutra 168

|                     |              |                                       |   |   |   |   |
|---------------------|--------------|---------------------------------------|---|---|---|---|
| Dhanu Rasi: 0.48    | Tilthi 7 – 8 | <b>Gulika</b><br>Yama 2:45PM – 4:15PM | <b>Mula*</b> Until 6:45AM Tue<br>Saubhagya Until 1:28AM Tue<br>Visli Until 5:52AM Tue | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 7:19AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 21<br>3rd Phase |
| Family Home Evening |              | 682928573                             | <b>Rahu</b><br>8:49AM – 10:18AM   | <b>Sapthami</b> Until 5:00PM  |   | <b>Subha Sivaloka Day</b>                                   |
| Creative Work       | Siddha Yoga  |                                       |   |   |   |   |

D

Tuesday, September 30, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Mangala Vasara Yuktyam  
Mula\*/Purvashadha\* Nakshatra Sobhana Yoga Bava Karana Ashtamam TilauDusharbo, Tajikistan  
Sun 22 Sutra 169

|                    |             |                                       |  |   |   |   |
|--------------------|-------------|---------------------------------------|--|---|---|---|
| Dhanu Rasi: 12.56  | Tilthi 8    | <b>Gulika</b><br>Yama 1:16PM – 2:45PM | <b>Mula*</b> Until 6:45AM<br>Sobhana Until 1:32AM Wed<br>Bava Until 6:34PM | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 7:20AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 22<br>Ashtami |
| Creative Work      | Amrita Yoga | 682928573                             | <b>Rahu</b><br>4:14PM – 5:43PM   | <b>Ashtami*</b> Until 6:34PM  |   | <b>Subha Sivaloka Day</b>                                 |
| Until 6:45AM       |             |                                       |  |   |   |   |
| Then Creative Work | Siddha Yoga |                                       |  |   |   |   |

Wednesday, October 1, 2025

Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Paksho Budha Vasara Yuktyam  
Purvashadha\*/Uttarashadha\* Nakshatra Athiganda\* Yoga Balava/Kaulava Karana Navamam TilauDusharbo, Tajikistan  
Sun 23 Sutra 170

|                   |             |  |  |   |   |  |
|-------------------|-------------|--|--|---|---|--|
| Dhanu Rasi: 25.19 | Tilthi 9    | <b>Gulika</b><br>Yama 11:47AM – 1:16PM | <b>Purvashadha*</b> Until 8:35AM<br>Athiganda* Until 1:03AM Thu<br>Balava Until 7:09AM | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | <b>Sunrise:</b> 7:21AM<br><b>Sunset:</b> 7:19PM | <b>Vasavasa</b> 5:17<br>Moon 9 - Phase 23 - 23<br>Navami |
| Creative Work     | Amrita Yoga | 682928573                              | <b>Rahu</b><br>1:16PM – 2:44PM   | <b>Navami*</b> Until 7:31PM   |   | <b>Subha Sivaloka Day</b>                                |
|                   |             |  |  |   |   |  |
|                   |             |  |  |   |   |  |

Saraswathi Puja (Tamil Nadu)

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

All times are standard time. Calculated for Dusharbo, Tajikistan on 12/20/23

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|   |          |   |                                 |                          |                               |
|---|----------|---|---------------------------------|--------------------------|-------------------------------|
| <b>1 Thursday, October 2, 2025</b>      |          | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Guru Vasara Yuktayam Dushanbe, Tajikistan |                                 |                          |                               |
|   |          | Uttarashaha/Shravana Nakshatra Sukama Yoga Talila/Gara Karana Dashanyam Titau Sutra 171                           |                                 |                          |                               |
| Makara Rasi: 7.59                       | Tithi 10 | <b>Gulika</b> 10:19AM - 11:47AM   | <b>Uttarashaha Until 9:34AM</b> | <b>Ganesh:</b> Red       | <b>Sunrise:</b> 7:22AM        |
|   |          | <b>Yama</b> 7:22AM - 8:50AM   | <b>Sukarma Until 11:59PM</b>    | <b>Muruga:</b> Blue      | <b>Sunset:</b> 7:08PM         |
|   |          | <b>Rahu</b> 2:44PM - 4:12PM   | <b>Tailita Until 7:44AM</b>     | <b>Nataraj:</b> White    | <b>Moon 9 - Phase 24 - 22</b> |
| <b>Routine Work</b> Marana Yoga         |          |   | <b>Dashami Until 7:42PM</b>     | <b>Moon - Light Blue</b> | <b>4th Phase</b>              |
| <b>Until 9:34AM</b>                     |          |   |                                 | <b>Ashwini-Puratasi</b>  | <b>Subha Sivaloka Day</b>     |
| <b>Then Creative Work - Siddha Yoga</b> |          |   |                                 |                          |                               |

|   |          |  |                               |                         |                               |
|---|----------|--|-------------------------------|-------------------------|-------------------------------|
| <b>2 Friday, October 3, 2025</b>        |          | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Sukra Vasara Yuktayam Dushanbe, Tajikistan |                               |                         |                               |
|   |          | Shravana/Dhanishtha Nakshatra Dhruvi Yoga Vanja/Vesil' Karana Ekadashyam Titau Sutra 172                           |                               |                         |                               |
| Makara Rasi: 21.03                      | Tithi 11 | <b>Gulika</b> 8:51AM - 10:19AM   | <b>Shravana Until 10:05AM</b> | <b>Ganesh:</b> Blue     | <b>Sunrise:</b> 7:23AM        |
|   |          | <b>Yama</b> 4:11PM - 5:39PM  | <b>Dhruvi Until 10:18PM</b>   | <b>Muruga:</b> Blue     | <b>Sunset:</b> 7:09PM         |
|   |          | <b>Rahu</b> 11:47AM - 1:15PM   | <b>Vanija Until 7:31AM</b>    | <b>Nataraj:</b> White   | <b>Moon 9 - Phase 24 - 25</b> |
| <b>Routine Work</b> Marana Yoga         |          |  | <b>Ekadashi Until 7:05PM</b>  | <b>Moon - Purple</b>    | <b>4th Phase</b>              |
| <b>Until 10:05AM</b>                    |          |  |                               | <b>Ashwini-Puratasi</b> | <b>Sivaloka Day</b>           |
| <b>Then Creative Work - Siddha Yoga</b> |          |  |                               |                         |                               |

|   |               |   |                                |                         |                               |
|---|---------------|---|--------------------------------|-------------------------|-------------------------------|
| <b>3 Saturday, October 4, 2025</b>      |               | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Manu Vasara Yuktayam Dushanbe, Tajikistan |                                |                         |                               |
|   |               | Dhanishtha/Shatabhishak Nakshatra Shul' Yoga Bava/Kadava Karana Dvadashi/Trayodashyam Titau Sutra 173             |                                |                         |                               |
| Makara Rasi: 4.32                       | Tithi 12 - 13 | <b>Gulika</b> 7:24AM - 8:52AM   | <b>Dhanishtha Until 9:41AM</b> | <b>Ganesh:</b> Blue     | <b>Sunrise:</b> 7:24AM        |
|   |               | <b>Yama</b> 2:42PM - 4:10PM   | <b>Shula' Until 7:58PM</b>     | <b>Muruga:</b> Blue     | <b>Sunset:</b> 7:09PM         |
|   |               | <b>Rahu</b> 10:19AM - 11:47AM   | <b>Bava Until 6:30AM</b>       | <b>Nataraj:</b> White   | <b>Moon 9 - Phase 24 - 26</b> |
| <b>Creative Work</b> Siddha Yoga        |               |   | <b>Dvadashi Until 5:42PM</b>   | <b>Moon - Purple</b>    | <b>4th Phase</b>              |
| <b>Until 9:41AM</b>                     |               | <b>Kadaltswami Mahasamadi</b>   |                                | <b>Ashwini-Puratasi</b> | <b>Sivaloka Day</b>           |
| <b>Then Creative Work - Amrita Yoga</b> |               |   | <b>Pradosha Vata</b>           |                         |                               |

|                                  |               |   |                                  |                         |                               |
|----------------------------------|---------------|---|----------------------------------|-------------------------|-------------------------------|
| <b>4 Sunday, October 5, 2025</b> |               | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Bharu Vasara Yuktayam Dushanbe, Tajikistan      |                                  |                         |                               |
|                                  |               | Shatabhishak/Puravproshthapada' Nakshatra Ganda' Viddhi Yoga Talila/Gara Karana Trayodashi/Chaludashyam Titau Sutra 174 |                                  |                         |                               |
| Makara Rasi: 18.29               | Tithi 13 - 14 | <b>Gulika</b> 4:09PM - 5:36PM   | <b>Shatabhishak Until 8:24AM</b> | <b>Ganesh:</b> Blue     | <b>Sunrise:</b> 7:25AM        |
|                                  |               | <b>Yama</b> 1:14PM - 2:42PM   | <b>Ganda' Until 5:05PM</b>       | <b>Muruga:</b> Blue     | <b>Sunset:</b> 7:04PM         |
|                                  |               | <b>Rahu</b> 5:36PM - 7:04PM   | <b>Gara Until 2:21AM Mon</b>     | <b>Nataraj:</b> White   | <b>Moon 9 - Phase 24 - 27</b> |
| <b>Creative Work</b> Siddha Yoga |               |   | <b>Trayodashi Until 3:36PM</b>   | <b>Moon - Purple</b>    | <b>4th Phase</b>              |
| <b>Until 9:41AM</b>              |               | <b>Chidambaram Abhishekam</b>   |                                  | <b>Ashwini-Puratasi</b> | <b>Sivaloka Day</b>           |

|   |               |   |  |                         |                               |
|---|---------------|---|--|-------------------------|-------------------------------|
| <b>Monday, October 6, 2025</b>          |               | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Indu Vasara Yuktayam Dushanbe, Tajikistan             |  |                         |                               |
|   |               | Puravproshthapada'/Uttarproshthapada' Nakshatra Viddhi/Dhruva Yoga Vanja/Vesil' Karana Chaturdashi/Purnimayam Titau Sutra 175 |  |                         |                               |
| Meena Rasi: 2.5                         | Tithi 14 - 15 | <b>Gulika</b> 2:41PM - 4:08PM   | <b>Puravproshthapada' Until 6:47AM</b> | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 7:26AM        |
|   |               | <b>Yama</b> 11:47AM - 1:14PM  | <b>Viddhi Until 1:45PM</b>             | <b>Muruga:</b> Blue     | <b>Sunset:</b> 7:09PM         |
| <b>Family Home Evening</b>              |               | <b>Rahu</b> 8:53AM - 10:20AM  | <b>Vesil Until 11:26PM</b>             | <b>Nataraj:</b> White   | <b>Moon 9 - Phase 24 - 28</b> |
| <b>Routine Work</b> Marana Yoga         |               |   | <b>Chaturdashi' Until 12:56PM</b>      | <b>Moon - Clear</b>     | <b>Purnima</b>                |
| <b>Until 6:47AM</b>                     |               |   |  | <b>Ashwini-Puratasi</b> | <b>Subha Sivaloka Day</b>     |
| <b>Then Creative Work - Siddha Yoga</b> |               |   |  |                         |                               |

|  |               |  |                                |                         |                               |
|--|---------------|--|--------------------------------|-------------------------|-------------------------------|
| <b>Tuesday, October 7, 2025</b>        |               | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mese Krishna Pakche Mangala Vasara Yuktayam Dushanbe, Tajikistan |                                |                         |                               |
|  |               | Revati Nakshatra Dhruva/Vyaghata' Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sutra 176                          |                                |                         |                               |
| Meena Rasi: 17.33                      | Tithi 15 - 16 | <b>Gulika</b> 1:14PM - 2:40PM  | <b>Revati Until 1:52AM Wed</b> | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 7:27AM        |
|  |               | <b>Yama</b> 10:20AM - 11:47AM  | <b>Dhruva Until 10:02AM</b>    | <b>Muruga:</b> Blue     | <b>Sunset:</b> 7:09PM         |
|  |               | <b>Rahu</b> 4:07PM - 5:34PM  | <b>Balava Until 8:10PM</b>     | <b>Nataraj:</b> White   | <b>Moon 9 - Phase 24 - 29</b> |
| <b>Creative Work</b> Siddha Yoga       |               |  | <b>Purnima' Until 9:49AM</b>   | <b>Moon - Clear</b>     | <b>Prathama</b>               |
| <b>Until 1:52AM Wed</b>                |               |  |                                | <b>Ashwini-Puratasi</b> | <b>Subha Sivaloka Day</b>     |
| <b>Then Routine Work - Marana Yoga</b> |               |  |                                |                         |                               |

Being the Life of life is splendous jnana worship. Beholding the Light of life is great yoga worship. Giving life by invocation is external worship. Expressing adoration is charya. Tirumantiram 1444

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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Wednesday, October 8, 2025

Gold Retreat Star

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Krishna Paksho Budha Varsara Yuktiyam Dushanbe, Tajikistan  
Ashvini Nakshatra Vyaghata/Harshata Yoga Kaulava/Gara Karana Prathamam/Dvityayam Tilau Sutra 177

|                    |               |                         |                        |                  |                 |                                |
|--------------------|---------------|-------------------------|------------------------|------------------|-----------------|--------------------------------|
| Mesha Rasi: 2.29   | Tithi 16 - 17 | Gulika 11:47AM - 1:13PM | Ashvini Until 11:17PM  | Ganesha: White   | Sunrise: 7:20AM | Vasavasau 5:127                |
|                    |               | Yama 8:54AM - 10:21AM   | Vyaghata* Until 6:06AM | Muruga: Blue     | Sunset: 6:59PM  | Moon 10 - Phase 25 - 1st Phase |
|                    |               | Rahu 1:13PM - 2:40PM    | Gara Until 2:56AM Thu  | Nataraja: Clear  |                 |                                |
| Routine Work       | Marana Yoga   |                         | Prathama* Until 6:26AM | Moon - White     |                 | Subha Sivaloka Day             |
| Until 11:17PM      |               |                         |                        | Ashvina-Puratasi |                 |                                |
| Then Creative Work | Siddha Yoga   |                         |                        |                  |                 |                                |

Thursday, October 9, 2025

|                   |             |                          |                       |                  |                 |                                |
|-------------------|-------------|--------------------------|-----------------------|------------------|-----------------|--------------------------------|
| 1                 |             | Gulika 10:21AM - 11:47AM | Bharani Until 8:35PM  | Ganesha: White   | Sunrise: 7:29AM | Vasavasau 5:127                |
| Mesha Rasi: 17.32 | Tithi 18    | Yama 7:29AM - 8:55AM     | Vajra* Until 10:04PM  | Muruga: Blue     | Sunset: 6:50PM  | Moon 10 - Phase 25 - 1st Phase |
|                   |             | Rahu 2:39PM - 4:05PM     | Vajra Until 1:12PM    | Nataraja: Clear  |                 |                                |
| Creative Work     | Siddha Yoga |                          | Tritiya Until 11:28PM | Moon - White     |                 | Subha Sivaloka Day             |
| Until 8:35PM      |             |                          |                       | Ashvina-Puratasi |                 |                                |
| Then Routine Work | Marana Yoga |                          |                       |                  |                 |                                |

Friday, October 10, 2025

|                     |             |                         |                         |                  |                 |                                  |
|---------------------|-------------|-------------------------|-------------------------|------------------|-----------------|----------------------------------|
| 2                   |             | Gulika 8:55AM - 10:21AM | Kritika Until 5:55PM    | Ganesha: White   | Sunrise: 7:30AM | Vasavasau 5:127                  |
| Wishabha Rasi: 2.31 | Tithi 19    | Yama 4:05PM - 5:30PM    | Siddhi Until 6:13PM     | Muruga: Blue     | Sunset: 6:56PM  | Moon 10 - Phase 25 - 2 1st Phase |
|                     |             | Rahu 11:47AM - 1:13PM   | Bava Until 9:49AM       | Nataraja: Clear  |                 |                                  |
| Creative Work       | Siddha Yoga |                         | Chaturthi* Until 8:12PM | Moon - White     |                 | Subha Sivaloka Day               |
| Until 5:55PM        |             |                         |                         | Ashvina-Puratasi |                 |                                  |
| Then Routine Work   | Marana Yoga |                         |                         |                  |                 |                                  |

Saturday, October 11, 2025

|                      |               |                        |                         |                  |                 |                                  |
|----------------------|---------------|------------------------|-------------------------|------------------|-----------------|----------------------------------|
| 3                    |               | Gulika 7:30AM - 8:56AM | Rohini Until 3:51PM     | Ganesha: Yellow  | Sunrise: 7:30AM | Vasavasau 5:127                  |
| Wishabha Rasi: 17.19 | Tithi 20 - 21 | Yama 10:22AM - 11:47AM | Vyjalpala* Until 2:39PM | Muruga: Blue     | Sunset: 6:55PM  | Moon 10 - Phase 25 - 3 1st Phase |
|                      |               | Rahu 10:22AM - 11:47AM | Kadava Until 6:42AM     | Nataraja: Clear  |                 |                                  |
| Creative Work        | Amrita Yoga   |                        | Panchami Until 5:16PM   | Moon - Yellow    |                 | Sivaloka Day                     |
| Until 3:51PM         |               |                        |                         | Ashvina-Puratasi |                 |                                  |
| Then Creative Work   | Siddha Yoga   |                        |                         |                  |                 |                                  |

Sunday, October 12, 2025

|                   |               |                        |                         |                  |                 |                                  |
|-------------------|---------------|------------------------|-------------------------|------------------|-----------------|----------------------------------|
| 4                 |               | Gulika 4:03PM - 5:28PM | Mrigashira Until 2:07PM | Ganesha: Yellow  | Sunrise: 7:31AM | Vasavasau 5:127                  |
| Mithuna Rasi: 1.5 | Tithi 21 - 22 | Yama 1:12PM - 2:38PM   | Varjyan Until 11:25AM   | Muruga: Blue     | Sunset: 6:53PM  | Moon 10 - Phase 25 - 4 1st Phase |
|                   |               | Rahu 5:28PM - 6:53PM   | Visli Until 1:48AM Mon  | Nataraja: Clear  |                 |                                  |
| Creative Work     | Siddha Yoga   |                        | Shashthi* Until 2:48PM  | Moon - Yellow    |                 | Sivaloka Day                     |
| Until 3:51PM      |               |                        |                         | Ashvina-Puratasi |                 |                                  |

Monday, October 13, 2025

|                     |               |                        |                          |                  |                 |                                |
|---------------------|---------------|------------------------|--------------------------|------------------|-----------------|--------------------------------|
| Retreat Star        |               | Gulika 2:37PM - 4:02PM | Ardra Until 12:47PM      | Ganesha: Yellow  | Sunrise: 7:32AM | Vasavasau 5:127                |
| Mithuna Rasi: 15.59 | Tithi 22 - 23 | Yama 11:47AM - 1:12PM  | Parigha* Until 8:39AM    | Muruga: Blue     | Sunset: 6:52PM  | Moon 10 - Phase 25 - 5 Ashtami |
| Family Home Evening |               | Rahu 8:57AM - 10:22AM  | Balava Until 12:12AM Tue | Nataraja: Clear  |                 |                                |
| Creative Work       | Siddha Yoga   |                        | Saptami Until 12:54PM    | Moon - Yellow    |                 | Sivaloka Day                   |
| Until 12:47PM       |               |                        |                          | Ashvina-Puratasi |                 |                                |
| Then Creative Work  | Amrita Yoga   |                        |                          |                  |                 |                                |

Tuesday, October 14, 2025

|                     |               |                        |                         |                  |                 |                               |
|---------------------|---------------|------------------------|-------------------------|------------------|-----------------|-------------------------------|
| Retreat Star        |               | Gulika 1:12PM - 2:37PM | Punarvasu Until 12:21PM | Ganesha: Blue    | Sunrise: 7:33AM | Vasavasau 5:127               |
| Mithuna Rasi: 29.44 | Tithi 23 - 24 | Yama 10:23AM - 11:47AM | Shiva Until 6:23AM      | Muruga: Blue     | Sunset: 6:50PM  | Moon 10 - Phase 25 - 6 Navami |
|                     |               | Rahu 4:01PM - 5:26PM   | Tailila Until 11:15PM   | Nataraja: Clear  |                 |                               |
| Creative Work       | Siddha Yoga   |                        | Ashtami* Until 11:38AM  | Moon - Blue      |                 | Subha Sivaloka Day            |
| Until 12:47PM       |               |                        |                         | Ashvina-Puratasi |                 |                               |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                    |               |                                    |                                |  |                        |                                      |
|--------------------|---------------|------------------------------------|--------------------------------|--|------------------------|--------------------------------------|
| <b>1</b>           |               | <b>Wednesday, October 15, 2025</b> |                                | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Budha Vasara Yuktiyam Pushya/Ashlesha* Nakshatra Sadhya Yoga Gara/Vanija Karana Navami/Dashmyam Tilau |                        | Dusharbo, Tajikistan Sun 7 Sutra 184 |
| Kataka Rasi: 13.07 | Tithi 24 – 25 | <b>Gulika</b> 11:47AM – 11:27PM    | <b>Pushya</b> Until 12:26PM    | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 7:34AM | Vishvasu 5:17                        |
|                    |               | <b>Yama</b> 8:59AM – 10:23AM       | <b>Sadhya</b> Until 3:23AM Thu | <b>Muruga:</b> Blue  | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 7               |
| Creative Work      | Siddha Yoga   | <b>Rahu</b> 1:12PM – 2:36PM        | <b>Vanija</b> Until 10:58PM    | <b>Nataraja:</b> Clear   |                        | 2nd Phase                            |
|                    |               |                                    | <b>Navami* Until 11:01AM</b>   | <b>Moan - Blue</b>   |                        | <b>Subha Sivaloka Day</b>            |
|                    |               |                                    |                                | <b>Ashvina-Puratasi</b>  |                        |                                      |

|                                  |               |                                   |                                |  |                        |                                      |
|----------------------------------|---------------|-----------------------------------|--------------------------------|--|------------------------|--------------------------------------|
| <b>2</b>                         |               | <b>Thursday, October 16, 2025</b> |                                | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Guru Vasara Yuktiyam Ashlesha*/Magha* Nakshatra Subha Yoga Vasil*/Bava Karana Dashami/Ekadashtyam Tilau |                        | Dusharbo, Tajikistan Sun 8 Sutra 185 |
| Kataka Rasi: 26.1                | Tithi 25 – 26 | <b>Gulika</b> 10:23AM – 11:47AM   | <b>Ashlesha* Until 12:59PM</b> | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 7:35AM | Vishvasu 5:17                        |
|                                  |               | <b>Yama</b> 7:35AM – 8:59AM       | <b>Subha</b> Until 2:38AM Fri  | <b>Muruga:</b> Blue  | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 8               |
| Creative Work                    | Siddha Yoga   | <b>Rahu</b> 2:35PM – 4:00PM       | <b>Bava</b> Until 11:19PM      | <b>Nataraja:</b> Clear   |                        | 2nd Phase                            |
| Until 12:59PM                    |               |                                   | <b>Dashami Until 11:03AM</b>   | <b>Moan - Blue</b>   |                        | <b>Subha Sivaloka Day</b>            |
| Then Creative Work - Amrita Yoga |               |                                   |                                | <b>Ashvina-Puratasi</b>  |                        |                                      |

|                                  |               |                                 |                                  |   |                        |                                      |
|----------------------------------|---------------|---------------------------------|----------------------------------|---|------------------------|--------------------------------------|
| <b>3</b>                         |               | <b>Friday, October 17, 2025</b> |                                  | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Sukra Vasara Yuktiyam Magha*/Purvaphalguni Nakshatra Sukla Yoga Bhalava/Kaulava Karana Ekadashi/Dvadashtyam Tilau |                        | Dusharbo, Tajikistan Sun 9 Sutra 186 |
| Simha Rasi: 8.55                 | Tithi 26 – 27 | <b>Gulika</b> 9:00AM – 10:24AM  | <b>Magha* Until 2:25PM</b>       | <b>Ganesha:</b> Red   | <b>Sunrise:</b> 7:36AM | Vishvasu 5:17                        |
|                                  |               | <b>Yama</b> 3:59PM – 5:22PM     | <b>Sukla</b> Until 2:16AM Sat    | <b>Muruga:</b> Blue   | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 9               |
| Routine Work                     | Marana Yoga   | <b>Rahu</b> 11:48AM – 1:11PM    | <b>Kaulava</b> Until 12:12AM Sat | <b>Nataraja:</b> Clear  |                        | 2nd Phase                            |
| Until 2:25PM                     |               |                                 | <b>Ekadashi* Until 11:40AM</b>   | <b>Moan - Red</b>   |                        | <b>Sivaloka Day</b>                  |
| Then Creative Work - Siddha Yoga |               |                                 |                                  | <b>Ashvina-Alpasi</b>   |                        |                                      |

|                                 |               |                                   |                                   |  |                        |                                       |
|---------------------------------|---------------|-----------------------------------|-----------------------------------|--|------------------------|---------------------------------------|
| <b>4</b>                        |               | <b>Saturday, October 18, 2025</b> |                                   | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Mrita Vasara Yuktiyam Purvaphalguni Nakshatra Brahma Yoga Lalila/Gara Karana Dvadashti/Trayodshyam Tilau |                        | Dusharbo, Tajikistan Sun 10 Sutra 187 |
| Kataka Rasi: 21.25              | Tithi 27 – 28 | <b>Gulika</b> 7:37AM – 9:01AM     | <b>Purvaphalguni</b> Until 4:10PM | <b>Ganesha:</b> Red  | <b>Sunrise:</b> 7:37AM | Vishvasu 5:17                         |
|                                 |               | <b>Yama</b> 2:34PM – 3:58PM       | <b>Brahma</b> Until 2:17AM Sun    | <b>Muruga:</b> Blue  | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 10               |
| Creative Work                   | Siddha Yoga   | <b>Rahu</b> 10:24AM – 11:48AM     | <b>Gara</b> Until 1:34AM Sun      | <b>Nataraja:</b> Clear   |                        | 2nd Phase                             |
| Until 4:10PM                    |               |                                   | <b>Dvadashti* Until 12:49PM</b>   | <b>Moan - Red</b>  |                        | <b>Sivaloka Day</b>                   |
| Then Routine Work - Marana Yoga |               |                                   |                                   | <b>Ashvina-Alpasi</b>  |                        |                                       |
|                                 |               |                                   |                                   | <i>Pradosha Vrata (Fasting)</i>  |                        |                                       |

|                  |               |                                 |                                    |  |                        |                                       |
|------------------|---------------|---------------------------------|------------------------------------|--|------------------------|---------------------------------------|
| <b>5</b>         |               | <b>Sunday, October 19, 2025</b> |                                    | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Bhanu Vasara Yuktiyam Uttaraphalguni Nakshatra Indra Yoga Vanija/Visli* Karana Trayodashi/Chaturdshyam Tilau |                        | Dusharbo, Tajikistan Sun 11 Sutra 188 |
| Kanya Rasi: 3.44 | Tithi 28 – 29 | <b>Gulika</b> 3:57PM – 5:20PM   | <b>Uttaraphalguni</b> Until 6:10PM | <b>Ganesha:</b> Red  | <b>Sunrise:</b> 7:38AM | Vishvasu 5:17                         |
|                  |               | <b>Yama</b> 1:11PM – 2:34PM     | <b>Indra</b> Until 2:35AM Mon      | <b>Muruga:</b> Blue  | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 11               |
| Creative Work    | Amrita Yoga   | <b>Rahu</b> 5:20PM – 6:43PM     | <b>Visli</b> Until 3:19AM Mon      | <b>Nataraja:</b> Clear   |                        | 2nd Phase                             |
| Until 4:10PM     |               |                                 | <b>Trayodashi* Until 2:23PM</b>    | <b>Moan - Red</b>  |                        | <b>Sivaloka Day</b>                   |
|                  |               |                                 |                                    | <b>Ashvina-Alpasi</b>  |                        |                                       |

|   |               |                                 |                                    |   |                        |                                       |
|---|---------------|---------------------------------|------------------------------------|---|------------------------|---------------------------------------|
| <b>6</b>                                |               | <b>Monday, October 20, 2025</b> |                                    | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Indu Vasara Yuktiyam Hastha Nakshatra Vaidhriti* Yoga Sakuni*/Catuspadi* Karana Chaturdashi/Amavasyayam Tilau |                        | Dusharbo, Tajikistan Sun 12 Sutra 189 |
| Kanya Rasi: 15.53                       | Tithi 29 – 30 | <b>Gulika</b> 2:34PM – 3:56PM   | <b>Hasta</b> Until 8:48PM          | <b>Ganesha:</b> Blue  | <b>Sunrise:</b> 7:39AM | Vishvasu 5:17                         |
| <b>Family Home Evening</b>              |               | <b>Yama</b> 11:48AM – 1:11PM    | <b>Vaidhriti* Until 3:06AM Tue</b> | <b>Muruga:</b> Blue   | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 12               |
| Creative Work                           | Siddha Yoga   | <b>Rahu</b> 9:02AM – 10:25AM    | <b>Catuspadi</b> Until 5:22AM Tue  | <b>Nataraja:</b> Clear  |                        | 2nd Phase                             |
| Until 8:48PM                            |               |                                 | <b>Chaturdashi* Until 4:18PM</b>   | <b>Moan - Green</b>   |                        | <b>Devaloka Day</b>                   |
| Then Routine Work - Prabalarishtha Yoga |               |                                 |                                    | <b>Ashvina-Alpasi</b>   |                        |                                       |

|                     |             |                                  |                                     |  |                        |                                       |
|---------------------|-------------|----------------------------------|-------------------------------------|--|------------------------|---------------------------------------|
| <b>●</b>            |             | <b>Tuesday, October 21, 2025</b> |                                     | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Mangala Vasara Yuktiyam Chitra Nakshatra Vishkambha* Yoga Naga* Karana Amavasyayam Tilau |                        | Dusharbo, Tajikistan Sun 13 Sutra 190 |
| <b>Retreat Star</b> |             | <b>Gulika</b> 1:11PM – 2:33PM    | <b>Chitra</b> Until 11:31PM         | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 7:40AM | Vishvasu 5:17                         |
| Kanya Rasi: 27.55   | Tithi 30    | <b>Yama</b> 10:25AM – 11:48AM    | <b>Vishkambha* Until 3:48AM Wed</b> | <b>Muruga:</b> Blue  | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 13               |
| Creative Work       | Siddha Yoga | <b>Rahu</b> 3:56PM – 5:18PM      | <b>Naga</b> Until 6:28PM            | <b>Nataraja:</b> Clear   |                        | Amavasya                              |
|                     |             |                                  | <b>Amavasya* Until 6:28PM</b>       | <b>Moan - Green</b>  |                        | <b>Devaloka Day</b>                   |
|                     |             |                                  |                                     | <b>Ashvina-Alpasi</b>  |                        |                                       |

|                                    |             |                                |                               |   |                        |                                       |
|------------------------------------|-------------|--------------------------------|-------------------------------|---|------------------------|---------------------------------------|
| <b>Wednesday, October 22, 2025</b> |             | <b>Retreat Star</b>            |                               | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Vasara Yuktiyam Svati Nakshatra Prili Yoga Kintughna*/Bava Karana Prathamayam Tilau |                        | Dusharbo, Tajikistan Sun 14 Sutra 191 |
| Tula Rasi: 9.53                    | Tithi 1     | <b>Gulika</b> 11:48AM – 1:10PM | <b>Svati</b> Until 2:14AM Thu | <b>Ganesha:</b> Blue  | <b>Sunrise:</b> 7:41AM | Vishvasu 5:17                         |
|                                    |             | <b>Yama</b> 9:04AM – 10:26AM   | <b>Prili</b> Until 4:38AM Thu | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:49PM  | Moon 10 - Phase 26 - 14               |
| Creative Work                      | Siddha Yoga | <b>Rahu</b> 1:10PM – 2:33PM    | <b>Kintughna</b> Until 7:39AM | <b>Nataraja:</b> Clear  |                        | Prathama                              |
|                                    |             |                                | <b>Prathama* Until 8:50PM</b> | <b>Moan - Green</b>   |                        | <b>Bhuloka Day</b>                    |
|                                    |             | <b>Skanda Shashi Begins</b>    |                               | <b>Kartika-Alpasi</b>   |                        | <b>Devaloka Time: 3PM to 6PM</b>      |

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

All times are standard time. Calculated for Dusharbo, Tajikistan on 12/20/23

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|               |                                   |           |  |   |   |   |  |
|---------------|-----------------------------------|-----------|--|---|---|---|--|
| <b>1</b>      | <b>Thursday, October 23, 2025</b> |           | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Guru Vasara Yuktayam<br>Vishaha Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvityayam Tilau |   |   |   | Dushanbe, Tajikistan<br>Sun 15 Sutra 192             |
|               | Tula Rasi: 21.46                  | Tilhi 2   | <b>Gulika</b> 10:26AM - 11:48AM<br>Yama 7:42AM - 9:04AM<br>Rahu 2:32PM - 3:54PM  | <b>Vishaha</b> Untill 5:22AM Fri<br>Ayushman Untill 5:30AM Fri<br>Balava Untill 10:05AM<br>Dvitiya Untill 11:19PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Orange<br>Kartika-Alpasi | <b>Sunrise:</b> 7:42AM<br><b>Sunset:</b> 6:38PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 15<br>3rd Phase |
| Creative Work | Siddha Yoga                       | 674138574 |  |   |   |   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM      |

|               |                                 |           |  |  |   |   |  |
|---------------|---------------------------------|-----------|--|--|---|---|--|
| <b>2</b>      | <b>Friday, October 24, 2025</b> |           | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Sukra Varsara Yuktayam<br>Anuradha Nakshatra Saubhaga Yoga Talila/Gara Karana Trityayam Tilau |  |   |   | Dushanbe, Tajikistan<br>Sun 16 Sutra 193             |
|               | Wischika Rasi: 3.38             | Tilhi 3   | <b>Gulika</b> 9:05AM - 10:27AM<br>Yama 2:31PM - 3:53PM<br>Rahu 11:48AM - 1:10PM  | <b>Anuradha</b> Untill 8:21AM Sat<br>Saubhaga Untill 6:24AM Sat<br>Talila Untill 12:36PM<br>Trityiya Untill 1:50AM Sat | <b>Ganesha:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Orange<br>Kartika-Alpasi | <b>Sunrise:</b> 7:43AM<br><b>Sunset:</b> 6:37PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 16<br>3rd Phase |
| Creative Work | Siddha Yoga                     | 674138574 |  |  |   |   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM      |

|               |                                   |           |  |   |   |   |  |
|---------------|-----------------------------------|-----------|--|---|---|---|--|
| <b>3</b>      | <b>Saturday, October 25, 2025</b> |           | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Manta Varsara Yuktayam<br>Anuradha Nakshatra Saubhaga/Sobhana Yoga Vanija/Visi' Karana Chaturthayam Tilau |   |   |   | Dushanbe, Tajikistan<br>Sun 17 Sutra 194             |
|               | Wischika Rasi: 15.29              | Tilhi 4   | <b>Gulika</b> 7:44AM - 9:06AM<br>Yama 2:31PM - 3:53PM<br>Rahu 10:27AM - 11:49AM  | <b>Anuradha</b> Untill 8:21AM<br>Saubhaga Untill 6:24AM<br>Vanija Untill 3:06PM<br>Chaturthi' Untill 4:17AM Sun | <b>Ganesha:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Orange<br>Kartika-Alpasi | <b>Sunrise:</b> 7:44AM<br><b>Sunset:</b> 6:37PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 17<br>3rd Phase |
| Creative Work | Siddha Yoga                       | 674138574 |  |   |   |   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM      |

|              |                                  |           |   |  |   |   |  |
|--------------|----------------------------------|-----------|---|--|---|---|--|
| <b>4</b>     | <b>Sunday, October 26, 2025</b>  |           | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Bharu Varsara Yuktayam<br>Jyeshtha/Mula' Nakshatra Sobhana/Ahiganda' Yoga Bava/Balava Karana Panchamayam Tilau |  |   |   | Dushanbe, Tajikistan<br>Sun 18 Sutra 195             |
|              | Wischika Rasi: 27.23             | Tilhi 5   | <b>Gulika</b> 3:52PM - 5:13PM<br>Yama 1:10PM - 2:31PM<br>Rahu 5:13PM - 6:34PM   | <b>Jyeshtha'</b> Untill 11:05AM<br>Sobhana Untill 7:14AM<br>Bava Untill 5:29PM<br>Panchami Untill 6:33AM Mon | <b>Ganesha:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Orange<br>Kartika-Alpasi | <b>Sunrise:</b> 7:45AM<br><b>Sunset:</b> 6:36PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 18<br>3rd Phase |
| Routine Work | Marana Yoga                      | 674138574 |   |  |   |   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM      |
|              | Untill 11:05AM                   |           |   |  |   |   |  |
|              | Then Creative Work - Amrita Yoga |           |   |  |   |   |  |

|                     |                                 |             |   |  |   |   |  |
|---------------------|---------------------------------|-------------|---|--|---|---|--|
| <b>5</b>            | <b>Monday, October 27, 2025</b> |             | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Indu Varsara Yuktayam<br>Mula'Purvashada' Nakshatra Ahiganda'/Sakama Yoga Balava/Kaulava Karana Panchami/Sheshthayam Tilau |  |   |   | Dushanbe, Tajikistan<br>Sun 19 Sutra 196             |
|                     | Dhanus Rasi: 9.21               | Tilhi 5 - 6 | <b>Gulika</b> 2:31PM - 3:51PM<br>Yama 11:49AM - 1:10PM<br>Rahu 9:07AM - 10:28AM   | <b>Mula'</b> Untill 1:55PM<br>Ahiganda' Untill 7:54AM<br>Kaulava Untill 7:36PM<br>Panchami Untill 6:33AM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Light Blue<br>Kartika-Alpasi | <b>Sunrise:</b> 7:46AM<br><b>Sunset:</b> 6:35PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 19<br>3rd Phase |
| Family Home Evening | Siddha Yoga                     | 684138574   |   |  |   |   | <b>Devaloka Day</b>                                  |
|                     | Untill 1:55PM                   |             |   |  |   |   |  |
|                     | Then Routine Work - Marana Yoga |             |   |  |   |   |  |

|               |                                       |             |  |  |   |   |  |
|---------------|---------------------------------------|-------------|--|--|---|---|--|
| <b>6</b>      | <b>Tuesday, October 28, 2025</b>      |             | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Mangala Varsara Yuktayam<br>Purvashada'/Uttarashada' Nakshatra Sakama/Dhrihi' Yoga Talila/Gara Karana Shashthi/Saptamayam Tilau |  |   |   | Dushanbe, Tajikistan<br>Sun 20 Sutra 197             |
|               | Dhanus Rasi: 21.26                    | Tilhi 6 - 7 | <b>Gulika</b> 1:10PM - 2:30PM<br>Yama 10:29AM - 11:49AM<br>Rahu 3:51PM - 5:11PM  | <b>Purvashada'</b> Untill 4:14PM<br>Sukarma Untill 8:19AM<br>Gara Untill 9:17PM<br>Shashthi' Untill 8:29AM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Light Blue<br>Kartika-Alpasi | <b>Sunrise:</b> 7:47AM<br><b>Sunset:</b> 6:34PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 20<br>3rd Phase |
| Creative Work | Siddha Yoga                           | 684138574   |  |  |   |   | <b>Devaloka Day</b>                                  |
|               | Untill 4:14PM                         |             |  |  |   |   |  |
|               | Then Routine Work - Prabarashita Yoga |             |  |  |   |   |  |

|               |                                    |             |  |   |   |   |  |
|---------------|------------------------------------|-------------|--|---|---|---|--|
| <b>D</b>      | <b>Wednesday, October 29, 2025</b> |             | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Badha Varsara Yuktayam<br>Uttarashada'/Shravana Nakshatra Dhrihi/Shula' Yoga Vanija/Visi' Karana Saptami/Akshayam Tilau |   |   |   | Dushanbe, Tajikistan<br>Sun 21 Sutra 198           |
|               | Makara Rasi: 3.44                  | Tilhi 7 - 8 | <b>Gulika</b> 11:49AM - 1:10PM<br>Yama 9:09AM - 10:29AM<br>Rahu 1:10PM - 2:30PM  | <b>Uttarashada'</b> Untill 5:15PM<br>Dhrihi Untill 8:22AM<br>Visi Untill 10:24PM<br>Saptami Untill 9:54AM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Light Blue<br>Kartika-Alpasi | <b>Sunrise:</b> 7:48AM<br><b>Sunset:</b> 6:33PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 21<br>Ashtami |
| Creative Work | Amrita Yoga                        | 684138574   |  |   |   |   | <b>Devaloka Day</b>                                |
|               | Untill 5:51PM                      |             |  |   |   |   |  |
|               | Then Creative Work - Siddha Yoga   |             |  |   |   |   |  |

|               |                                   |             |  |   |  |   |   |
|---------------|-----------------------------------|-------------|--|---|--|---|---|
| <b>D</b>      | <b>Thursday, October 30, 2025</b> |             | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Guru Vasara Yuktayam<br>Shravana Nakshatra Shula'Ganda' Yoga Bava/Balava Karana Ashtami/Navamayam Tilau |   |  |   | Dushanbe, Tajikistan<br>Sun 22 Sutra 199          |
|               | Makara Rasi: 16.19                | Tilhi 8 - 9 | <b>Gulika</b> 10:30AM - 11:50AM<br>Yama 7:50AM - 9:10AM<br>Rahu 2:30PM - 3:49PM  | <b>Shravana</b> Untill 7:06PM<br>Shula' Untill 7:52AM<br>Balava Untill 10:45PM<br>Ashtami' Untill 10:39AM | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Purple<br>Kartika-Alpasi | <b>Sunrise:</b> 7:50AM<br><b>Sunset:</b> 6:29PM | Viswasa 5:17<br>Moon 10 - Phase 27 - 22<br>Navami |
| Creative Work | Siddha Yoga                       | 694138574   |  |   |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM   |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                   |  |  |                                |                                       |                                   |
|-----------------------------------|--|--|--------------------------------|---------------------------------------|-----------------------------------|
| <b>1 Friday, October 31, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Sutra Varsara Yuktayam Dushanbe, Tajikistan |                                |                                       |                                   |
| Makar Rasi: 29.15 Tithi 9 - 10    |  | <b>Gulika</b> 9:10AM - 10:30AM   | <b>Dhanishtha</b> Until 7:23PM | <b>Ganesh:</b> Purple Sunrise: 7:51AM | Sutra 200                         |
| 694138574                         |  | <b>Yama</b> 3:49PM - 5:09PM  | <b>Ganda*</b> Until 6:47AM     | <b>Muruga:</b> Yellow Sunset: 6:28PM  | Vasavasa 5127                     |
| Creative Work Siddha Yoga         |  | <b>Rahu</b> 11:50AM - 1:09PM   | <b>Tailila</b> Until 10:18PM   | <b>Nataraja:</b> Clear                | Moon 10 - Phase 2B - 23 4th Phase |
|                                   |  | <b>Navami* Until 10:37AM</b>   |                                | <b>Moon - Purple</b>                  | <b>Bhuloka Day</b>                |
|                                   |  |  |                                | <b>Kartika-Alpasi</b>                 | <b>Devaloka Time: 3PM to 6PM</b>  |

|                                     |  |   |                                 |                                       |                                   |
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| <b>2 Saturday, November 1, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Marita Varsara Yuktayam Dushanbe, Tajikistan |                                 |                                       |                                   |
| Kumbha Rasi: 12.38 Tithi 10 - 11    |  | <b>Gulika</b> 7:52AM - 9:11AM   | <b>Shalabhshak</b> Until 6:42PM | <b>Ganesh:</b> Purple Sunrise: 7:50AM | Sutra 201                         |
| 694138574                           |  | <b>Yama</b> 2:29PM - 3:48PM   | <b>Dhruva</b> Until 2:39AM Sun  | <b>Muruga:</b> Yellow Sunset: 6:27PM  | Vasavasa 5127                     |
| Creative Work Amrita Yoga           |  | <b>Rahu</b> 10:31AM - 11:50AM   | <b>Vanija</b> Until 9:00PM      | <b>Nataraja:</b> Clear                | Moon 10 - Phase 2B - 24 4th Phase |
| Until 6:42PM                        |  | <b>Dashami</b> Until 9:44AM   |                                 | <b>Moon - Purple</b>                  | <b>Bhuloka Day</b>                |
| Then Routine Work - Marana Yoga     |  |   |                                 | <b>Kartika-Alpasi</b>                 | <b>Devaloka Time: 3PM to 6PM</b>  |

|                                   |  |  |                                       |                                      |                                   |
|-----------------------------------|--|--|---------------------------------------|--------------------------------------|-----------------------------------|
| <b>3 Sunday, November 2, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Bhana Varsara Yuktayam Dushanbe, Tajikistan |                                       |                                      |                                   |
| Kumbha Rasi: 26.29 Tithi 11 - 12  |  | <b>Gulika</b> 3:48PM - 5:07PM  | <b>Puravroshthapada*</b> Until 5:33PM | <b>Ganesh:</b> Clear Sunrise: 7:53AM | Sutra 202                         |
| 615138574                         |  | <b>Yama</b> 1:09PM - 2:29PM  | <b>Vyaghrala*</b> Until 11:39PM       | <b>Muruga:</b> Yellow Sunset: 6:29PM | Vasavasa 5127                     |
| Creative Work Siddha Yoga         |  | <b>Rahu</b> 5:07PM - 6:26PM  | <b>Bava</b> Until 6:55PM              | <b>Nataraja:</b> Clear               | Moon 10 - Phase 2B - 25 4th Phase |
| Until 5:33PM                      |  | <b>Ekadashi</b> Until 8:02AM   |                                       | <b>Moon - Clear</b>                  | <b>Devaloka Day</b>               |
| Then Creative Work - Amrita Yoga  |  |  |                                       | <b>Kartika-Alpasi</b>                |                                   |

|                                   |  |   |  |                                      |                                   |
|-----------------------------------|--|---|--|--------------------------------------|-----------------------------------|
| <b>4 Monday, November 3, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Indu Varsara Yuktayam Dushanbe, Tajikistan |  |                                      |                                   |
| Meena Rasi: 10.49 Tithi 13        |  | <b>Gulika</b> 2:28PM - 3:47PM   | <b>Uttaravroshthapada</b> Until 3:34PM | <b>Ganesh:</b> Clear Sunrise: 7:54AM | Sutra 203                         |
| 615138574                         |  | <b>Yama</b> 11:51AM - 1:09PM  | <b>Harshana</b> Until 8:08PM           | <b>Muruga:</b> Yellow Sunset: 6:29PM | Vasavasa 5127                     |
| Family Home Evening               |  | <b>Rahu</b> 9:13AM - 10:32AM  | <b>Kaulava</b> Until 4:10PM            | <b>Nataraja:</b> Clear               | Moon 10 - Phase 2B - 26 4th Phase |
| Creative Work Siddha Yoga         |  | <b>Trayodashi</b> Until 2:34AM Tue  |  | <b>Moon - Clear</b>                  | <b>Devaloka Day</b>               |
|                                   |  |   |  | <b>Kartika-Alpasi</b>                |                                   |
| <i>Pradosha Vata</i>              |  |   |  |                                      |                                   |

|                                    |  |  |                             |                                      |                                   |
|------------------------------------|--|--|-----------------------------|--------------------------------------|-----------------------------------|
| <b>5 Tuesday, November 4, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Mangala Varsara Yuktayam Dushanbe, Tajikistan |                             |                                      |                                   |
| Meena Rasi: 25.35 Tithi 14         |  | <b>Gulika</b> 1:09PM - 2:28PM  | <b>Revati</b> Until 12:55PM | <b>Ganesh:</b> Clear Sunrise: 7:55AM | Sutra 204                         |
| 615138574                          |  | <b>Yama</b> 10:32AM - 11:51AM  | <b>Vajra*</b> Until 4:11PM  | <b>Muruga:</b> Yellow Sunset: 6:29PM | Vasavasa 5127                     |
| Creative Work Siddha Yoga          |  | <b>Rahu</b> 3:47PM - 5:05PM  | <b>Gara</b> Until 12:54PM   | <b>Nataraja:</b> Clear               | Moon 10 - Phase 2B - 27 4th Phase |
|                                    |  | <b>Chaturdashi*</b> Until 11:06PM  |                             | <b>Moon - Clear</b>                  | <b>Devaloka Day</b>               |
|                                    |  |  |                             | <b>Kartika-Alpasi</b>                |                                   |

|                                    |  |  |                              |                                       |                              |
|------------------------------------|--|--|------------------------------|---------------------------------------|------------------------------|
| <b>Wednesday, November 5, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Varsara Yuktayam Dushanbe, Tajikistan |                              |                                       |                              |
| <b>Copper Retreat Star</b>         |  | <b>Gulika</b> 11:51AM - 1:09PM   | <b>Ashvini</b> Until 10:10AM | <b>Ganesh:</b> Purple Sunrise: 7:56AM | Sutra 205                    |
| Mesha Rasi: 10.41 Tithi 15         |  | <b>Yama</b> 9:14AM - 10:33AM   | <b>Siddhi</b> Until 11:58AM  | <b>Muruga:</b> Yellow Sunset: 6:29PM  | Vasavasa 5127                |
| 625138574                          |  | <b>Rahu</b> 1:09PM - 2:28PM  | <b>Visli</b> Until 9:16AM    | <b>Nataraja:</b> Clear                | Moon 10 - Phase 2B - Purnima |
| Routine Work Marana Yoga           |  | <b>Purnima*</b> Until 7:21PM   |                              | <b>Moon - White</b>                   | <b>Sivaloka Day</b>          |
| Until 10:10AM                      |  |  |                              | <b>Kartika-Alpasi</b>                 |                              |
| Then Creative Work - Siddha Yoga   |  |  |                              |                                       |                              |

|                                   |  |   |                                 |                                       |                               |
|-----------------------------------|--|---|---------------------------------|---------------------------------------|-------------------------------|
| <b>Thursday, November 6, 2025</b> |  | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Gara Varsara Yuktayam Dushanbe, Tajikistan |                                 |                                       |                               |
| <b>Silver Retreat Star</b>        |  | <b>Gulika</b> 10:33AM - 11:51AM   | <b>Bharani</b> Until 7:06AM     | <b>Ganesh:</b> Purple Sunrise: 7:57AM | Sutra 206                     |
| Mesha Rasi: 10.41 Tithi 16 - 17   |  | <b>Yama</b> 7:57AM - 9:15AM   | <b>Vyalyalpa*</b> Until 7:37AM  | <b>Muruga:</b> Yellow Sunset: 6:29PM  | Vasavasa 5127                 |
| 625138574                         |  | <b>Rahu</b> 2:28PM - 3:46PM   | <b>Tailila</b> Until 1:35AM Fri | <b>Nataraja:</b> Clear                | Moon 10 - Phase 2B - Prathama |
| Creative Work Siddha Yoga         |  | <b>Prathama*</b> Until 3:29PM   |                                 | <b>Moon - White</b>                   | <b>Sivaloka Day</b>           |
| Until 7:06AM                      |  |   |                                 | <b>Kartika-Alpasi</b>                 |                               |
| Then Routine Work - Marana Yoga   |  |   |                                 |                                       |                               |

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

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**Friday, November 7, 2025****Gold Retreat Star**

Wishabha Rasi: 11.14 Tithi 17 - 18  
735138574

Routine Work Marana Yoga  
Until 1:09AM Sat  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Sukra Vasara Yuktayam  
Rohini Nakshatra Parigha' Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau  
**Gulika 9:16AM - 10:34AM**  
Yama 3:45PM - 5:03PM  
**Rahu 11:52AM - 1:10PM**

**Rohini Until 1:09AM Sat**  
Parigha' Until 11:02PM  
Vanija Until 9:54PM  
**Dvitiya Until 11:42AM**

**Ganesh:** Purple  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Yellow  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 1 Sutra 207  
Viswasesu 5:127

**Sivaloka Day****1****Saturday, November 8, 2025**

Wishabha Rasi: 26.21 Tithi 18 - 19  
735138574

Creative Work Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Mania Vasara Yuktayam  
Mrigashira Nakshatra Shiva Yoga Visti' Bava Karana Tritiya/Chaturthiyam Titau  
**Gulika 7:59AM - 9:17AM**  
Yama 2:27PM - 3:45PM  
**Rahu 10:34AM - 11:52AM**

**Mrigashira Until 10:38PM**  
Shiva Until 7:07PM  
Bava Until 6:33PM  
**Tritiya Until 8:10AM**

**Ganesh:** Purple  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Yellow  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 2 Sutra 208  
Viswasesu 5:127

**Sivaloka Day****2****Sunday, November 9, 2025**

Mihuna Rasi: 11.1 Tithi 20  
735138574

Creative Work Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Bhanu Vasara Yuktayam  
Ardra Nakshatra Siddha/Sadhya Yoga Kaulava/Taila Karana Panchamyam Titau  
**Gulika 3:44PM - 5:02PM**  
Yama 1:10PM - 2:27PM  
**Rahu 5:02PM - 6:19PM**

**Ardra Until 8:30PM**  
Siddha Until 3:35PM  
Kaulava Until 3:42PM  
**Panchami Until 2:29AM Mon**

**Ganesh:** Purple  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Yellow  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 3 Sutra 209  
Viswasesu 5:127

**Sivaloka Day****3****Monday, November 10, 2025**

Mihuna Rasi: 25.33 Tithi 21  
745138574

Family Home Evening  
Until 7:18PM  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Indu Vasara Yuktayam  
Punarvasu Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Shashthiyam Titau  
**Gulika 2:27PM - 3:44PM**  
Yama 11:53AM - 1:10PM  
**Rahu 9:18AM - 10:36AM**

**Punarvasu Until 7:18PM**  
Sadhya Until 12:35PM  
Gara Until 1:29PM  
**Shashthi' Until 12:38AM Tue**

**Ganesh:** Clear  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Blue  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 4 Sutra 210  
Viswasesu 5:127

**Devaloka Day****4****Tuesday, November 11, 2025**

Kataka Rasi: 9.28 Tithi 22  
746138574

Creative Work Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Mangala Vasara Yuktayam  
Pushya Nakshatra Subha/Sukla Yoga Visti' Bava Karana Saphtamyam Titau  
**Gulika 1:10PM - 2:27PM**  
Yama 10:36AM - 11:53AM  
**Rahu 3:44PM - 5:00PM**

**Pushya Until 6:45PM**  
Subha Until 10:13AM  
Visti' Until 12:02PM  
**Saptami Until 11:36PM**

**Ganesh:** White  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Blue  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 5 Sutra 211  
Viswasesu 5:127

**Bhuloka Day**

Devaloka Time: 3PM to 6PM

**D****Wednesday, November 12, 2025****Retreat Star**

Kataka Rasi: 22.54 Tithi 23  
746138574

Creative Work Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Budha Vasara Yuktayam  
Ashlesha' Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau  
**Gulika 11:53AM - 1:10PM**  
Yama 9:20AM - 10:37AM  
**Rahu 1:10PM - 2:27PM**

**Ashlesha' Until 6:51PM**  
Sukla Until 8:27AM  
Balava Until 11:25AM  
**Ashlami' Until 11:24PM**

**Ganesh:** White  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Blue  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 6 Sutra 212  
Viswasesu 5:127

**Bhuloka Day**

Devaloka Time: 3PM to 6PM

**Thursday, November 13, 2025****Retreat Star**

Simha Rasi: 5.53 Tithi 24  
756138574

Creative Work Amrita Yoga  
Until 8:03PM  
Then Creative Work - Siddha Yoga

Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Guru Vasara Yuktayam  
Magha' Nakshatra Brahma/Indra Yoga Taila/Gara Karana Navamyam Titau  
**Gulika 10:37AM - 11:54AM**  
Yama 8:05AM - 9:21AM  
**Rahu 2:26PM - 3:43PM**

**Magha' Until 8:03PM**  
Brahma Until 7:22AM  
Taila Until 11:37AM  
**Navami' Until 12:00AM Fri**

**Ganesh:** Yellow  
**Muruga:** Yellow  
**Nataraja:** Clear  
Moon - Red  
Kartika-Alpasi

Dushanbe, Tajikistan  
Sun 7 Sutra 213  
Viswasesu 5:127

**Devaloka Day**

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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Friday, November 14, 2025

|                   |             |   |                                   |                                 |
|-------------------|-------------|---|-----------------------------------|---------------------------------|
|                   |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakche Sakra Vasara Yuktayam Dushanbe, Tajikistan |                                   |                                 |
|                   |             | Paruvaphalguni Nakshatra Indra/Vaidhriti* Yoga Vanja/Visti* Karana Dashamyam Titau Sun 8 Sutra 214                    |                                   |                                 |
|                   | Gulika      | 9:22AM - 10:38AM  | <b>Purvaphalguni Until 9:47PM</b> | Ganesha: Yellow Sunrise: 8:06AM |
| Simha Rasi: 18.31 | Yama        | 3:42PM - 4:59PM   | Indra Until 6:53AM                | Muruga: Yellow Sunset: 6:59PM   |
| Tithi 25          | Rahu        | 11:54AM - 1:10PM  | Vanija Until 12:35PM              | Moon 11 - Phase 30 - 8          |
| Creative Work     | Siddha Yoga |   | <b>Dashami Until 1:17AM Sat</b>   | Moon - Red Karttika-Alpasi      |
|                   |             |   |                                   | <b>Devaloka Day</b>             |

2

Saturday, November 15, 2025

|                  |             |  |                                     |                                 |
|------------------|-------------|--|-------------------------------------|---------------------------------|
|                  |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakche Mantra Vasara Yuktayam Dushanbe, Tajikistan |                                     |                                 |
|                  |             | Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau Sun 9 Sutra 215               |                                     |                                 |
|                  | Gulika      | 8:07AM - 9:23AM  | <b>Uttaraphalguni Until 11:53PM</b> | Ganesha: Yellow Sunrise: 8:07AM |
| Kanya Rasi: 0.51 | Yama        | 2:26PM - 3:42PM  | Vaidhriti* Until 6:52AM             | Muruga: Yellow Sunset: 6:49PM   |
| Tithi 26         | Rahu        | 10:39AM - 11:55AM  | Bava Until 2:10PM                   | Moon 11 - Phase 30 - 9          |
| Routine Work     | Marana Yoga |  | <b>Ekadashi* Until 3:08AM Sun</b>   | Moon - Green Karttika-Alpasi    |
|                  |             |  |                                     | <b>Devaloka Day</b>             |

3

Sunday, November 16, 2025

|                                       |             |  |                                    |                                 |
|---------------------------------------|-------------|--|------------------------------------|---------------------------------|
|                                       |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Pakche Bhamu Vasara Yuktayam Dushanbe, Tajikistan |                                    |                                 |
|                                       |             | Hasta Nakshatra Vishkambha*/Pithi Yoga Kaulava/Talita Karana Dvadashtyam Titau Sun 10 Sutra 216                            |                                    |                                 |
|                                       | Gulika      | 3:42PM - 4:58PM  | <b>Hasta Until 2:42AM Mon</b>      | Ganesha: Blue Sunrise: 8:08AM   |
| Kanya Rasi: 12.59                     | Yama        | 1:11PM - 2:26PM  | Vishkambha* Until 7:15AM           | Muruga: Yellow Sunset: 6:19PM   |
| Tithi 27                              | Rahu        | 4:58PM - 6:13PM  | Kaulava Until 4:13PM               | Moon 11 - Phase 30 - 10         |
| Creative Work                         | Amrita Yoga |  | <b>Dvadashti* Until 5:20AM Mon</b> | Moon - Green Karttika-Karttikai |
| Until 2:42AM Mon                      |             |  |                                    | <b>Bhuloka Day</b>              |
| Then Routine Work - Prabarashita Yoga |             |  |                                    | Devaloka Time: 3PM to 6PM       |

4

Monday, November 17, 2025

|                                  |                   |  |                                     |                                 |
|----------------------------------|-------------------|--|-------------------------------------|---------------------------------|
|                                  |                   | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Pakche Indra Vasara Yuktayam Dushanbe, Tajikistan |                                     |                                 |
|                                  |                   | Chitra Nakshatra Pithi/Ayushman Yoga Gara Karana Trayodashtyam Titau Sun 11 Sutra 217                                      |                                     |                                 |
|                                  | Gulika            | 2:26PM - 3:42PM  | <b>Chitra Until 5:34AM Tue</b>      | Ganesha: Yellow Sunrise: 8:09AM |
| Kanya Rasi: 24.58                | Yama              | 11:55AM - 1:11PM   | Pithi Until 7:54AM                  | Muruga: Yellow Sunset: 6:19PM   |
| Tithi 28                         | Rahu              | 9:24AM - 10:40AM   | Gara Until 6:33PM                   | Moon 11 - Phase 30 - 11         |
| Family Home Evening              |                   |  | <b>Trayodashi* Until 7:46AM Tue</b> | Moon - Green Karttika-Karttikai |
| Routine Work                     | Prabarashita Yoga |  |                                     | <b>Sivaloka Day</b>             |
| Until 5:34AM Tue                 |                   |  |                                     |                                 |
| Then Creative Work - Siddha Yoga |                   |  |                                     |                                 |

5

Tuesday, November 18, 2025

|                 |             |  |                                 |                                 |
|-----------------|-------------|--|---------------------------------|---------------------------------|
|                 |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Pakche Mangala Vasara Yuktayam Dushanbe, Tajikistan |                                 |                                 |
|                 |             | Svali Nakshatra Ayushman/Saubhagya Yoga Vanja/Visti* Karana Trayodashti/Chatudashyam Titau Sun 12 Sutra 218                  |                                 |                                 |
|                 | Gulika      | 1:11PM - 2:26PM  | <b>Svali Until 8:21AM Wed</b>   | Ganesha: Yellow Sunrise: 8:10AM |
| Tula Rasi: 6.52 | Yama        | 10:41AM - 11:56AM  | Ayushman Until 8:40AM           | Muruga: Yellow Sunset: 6:19PM   |
| Tithi 28 - 29   | Rahu        | 3:41PM - 4:57PM  | Visti Until 9:02PM              | Moon 11 - Phase 30 - 12         |
| Creative Work   | Siddha Yoga |  | <b>Trayodashi* Until 7:46AM</b> | Moon - Green Karttika-Karttikai |
|                 |             |  |                                 | <b>Sivaloka Day</b>             |

●

Wednesday, November 19, 2025

|                  |             |   |                                   |                                 |
|------------------|-------------|---|-----------------------------------|---------------------------------|
|                  |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakra Vasara Yuktayam Dushanbe, Tajikistan             |                                   |                                 |
|                  |             | Svali/Vishakha Nakshatra Saubhagya/Sobhana Yoga Sakun*/Catuspada* Karana Chaturdashi/Amavasyayam Titau Sun 13 Sutra 219 |                                   |                                 |
|                  | Gulika      | 11:56AM - 1:11PM  | <b>Svali Until 8:21AM</b>         | Ganesha: Blue Sunrise: 8:11AM   |
| Tula Rasi: 18.44 | Yama        | 9:26AM - 10:41AM  | Saubhagya Until 9:31AM            | Muruga: Yellow Sunset: 6:17PM   |
| Tithi 29 - 30    | Rahu        | 1:11PM - 2:26PM   | Catuspada Until 11:34PM           | Moon 11 - Phase 30 - 13         |
| Creative Work    | Siddha Yoga |   | <b>Chaturdashi* Until 10:17AM</b> | Moon - Green Karttika-Karttikai |
|                  |             |   |                                   | <b>Devaloka Day</b>             |

Thursday, November 20, 2025

|                     |             |  |                                |                                   |
|---------------------|-------------|--|--------------------------------|-----------------------------------|
|                     |             | Viswasesu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakra Vasara Yuktayam Dushanbe, Tajikistan            |                                |                                   |
|                     |             | Vishakha/Ausadha Nakshatra Sobhana/Ahigandha* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau Sun 14 Sutra 220 |                                |                                   |
|                     | Gulika      | 10:42AM - 11:57AM  | <b>Vishakha Until 11:29AM</b>  | Ganesha: Blue Sunrise: 8:12AM     |
| Vischika Rasi: 0.37 | Yama        | 8:12AM - 9:27AM  | Sobhana Until 10:24AM          | Muruga: Yellow Sunset: 6:17PM     |
| Tithi 30 - 1        | Rahu        | 2:26PM - 3:41PM  | Kintughna Until 2:05AM Fri     | Moon 11 - Phase 30 - 14           |
| Creative Work       | Siddha Yoga |  | <b>Amavasya* Until 12:48PM</b> | Moon - Orange Margasira-Karttikai |
|                     |             |  |                                | <b>Devaloka Day</b>               |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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1

Friday, November 21, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Sukra Vasara Yuktayam Anuradha Jyeshtha Nakshatra Athiganda/Sukama Yoga Bava/Balava Karana Prathama/Dvilayam Titau

Dushanbe, Tajikistan  
Sun 15 Sutra 221

Wischika Rasi: 12.29 Tithi 1 - 2

|               |                  |                                |                         |                        |                                |
|---------------|------------------|--------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 9:28AM - 10:42AM | <b>Anuradha Until 2:24PM</b>   | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:13AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 3:41PM - 4:55PM  | <b>Athiganda</b> Until 11:12AM | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:10PM  | <b>Moon 11 - Phase 31 - 15</b> |
| <b>Rahu</b>   | 11:57AM - 1:12PM | <b>Balava Until 4:30AM Sat</b> | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Creative Work Siddha Yoga

Devaloka Day

Until 2:24PM

Then Routine Work - Marana Yoga

2

Saturday, November 22, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Manta Vasara Yuktayam Jyeshtha/Mula Nakshatra Sakama/Uhril Yoga Kaulava/Taila Karana Dvilayam Titau

Dushanbe, Tajikistan  
Sun 16 Sutra 222

Wischika Rasi: 24.24 Tithi 2 - 3

|               |                   |                               |                         |                        |                                |
|---------------|-------------------|-------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 8:14AM - 9:29AM   | <b>Jyeshtha</b> Until 5:04PM  | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:14AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 2:26PM - 3:41PM   | <b>Sukama Until 11:57AM</b>   | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:09PM  | <b>Moon 11 - Phase 31 - 16</b> |
| <b>Rahu</b>   | 10:43AM - 11:58AM | <b>Taila Until 6:49AM Sun</b> | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Creative Work Siddha Yoga

Devaloka Day

3

Sunday, November 23, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Bharu Vasara Yuktayam Jyeshtha/Mula Nakshatra Sakama/Uhril Yoga Talila/Gara Karana Trilayam Titau

Dushanbe, Tajikistan  
Sun 17 Sutra 223

Dhanus Rasi: 6.22 Tithi 3

|               |                 |                             |                         |                        |                                |
|---------------|-----------------|-----------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 3:41PM - 4:55PM | <b>Mula</b> Until 7:55PM    | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:15AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 1:12PM - 2:26PM | <b>Dhriil Until 12:36PM</b> | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:09PM  | <b>Moon 11 - Phase 31 - 17</b> |
| <b>Rahu</b>   | 4:55PM - 6:09PM | <b>Taila Until 6:49AM</b>   | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Creative Work Amrita Yoga

Devaloka Day

Until 7:55PM

Then Creative Work - Siddha Yoga

4

Monday, November 24, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Indu Vasara Yuktayam Purvashada Nakshatra Shula/Ganda Yoga Vanija/Visil Karana Chaturtham Titau

Dushanbe, Tajikistan  
Sun 18 Sutra 224

Dhanus Rasi: 18.23 Tithi 4

|               |                  |                                 |                         |                        |                                |
|---------------|------------------|---------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 2:26PM - 3:40PM  | <b>Purvashada</b> Until 10:21PM | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:16AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 11:58AM - 1:12PM | <b>Shula</b> Until 1:04PM       | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:08PM  | <b>Moon 11 - Phase 31 - 18</b> |
| <b>Rahu</b>   | 9:30AM - 10:44AM | <b>Vanija Until 8:55AM</b>      | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Routine Work Marana Yoga

Devaloka Day

5

Tuesday, November 25, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Mangala Vasara Yuktayam Uttarashada Nakshatra Ganda/Widdhi Yoga Bava/Balava Karana Panchamam Titau

Dushanbe, Tajikistan  
Sun 19 Sutra 225

Makara Rasi: 0.32 Tithi 5

|               |                   |                                      |                         |                        |                                |
|---------------|-------------------|--------------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 1:13PM - 2:27PM   | <b>Uttarashada Until 12:18AM Wed</b> | <b>Ganesha:</b> Red     | <b>Sunrise:</b> 8:16AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 10:45AM - 11:59AM | <b>Ganda</b> Until 1:18PM            | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:08PM  | <b>Moon 11 - Phase 31 - 19</b> |
| <b>Rahu</b>   | 3:40PM - 4:54PM   | <b>Bava Until 10:44AM</b>            | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Routine Work Prabalashita Yoga

Sivaloka Day

Until 12:18AM Wed

Then Creative Work - Siddha Yoga

6

Wednesday, November 26, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Butha Vasara Yuktayam Shrawana Nakshatra Dhruva/Kaulava/Yyaghala Yoga Gara/Vanija Karana Saptamam Titau

Dushanbe, Tajikistan  
Sun 20 Sutra 226

Makara Rasi: 12.51 Tithi 6

|               |                  |                                  |                         |                        |                                |
|---------------|------------------|----------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 11:59AM - 1:13PM | <b>Shrawana Until 2:05AM Thu</b> | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:16AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 9:32AM - 10:46AM | <b>Widdhi Until 1:14PM</b>       | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:08PM  | <b>Moon 11 - Phase 31 - 20</b> |
| <b>Rahu</b>   | 1:13PM - 2:27PM  | <b>Kaulava Until 12:07PM</b>     | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Creative Work Siddha Yoga

Subha Sivaloka Day

Thursday, November 27, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Guru Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Yyaghala Yoga Gara/Vanija Karana Saptamam Titau

Dushanbe, Tajikistan  
Sun 21 Sutra 227

Retreat Star

|               |                   |                                    |                         |                        |                                |
|---------------|-------------------|------------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 10:47AM - 12:00PM | <b>Dhanishtha Until 3:05AM Fri</b> | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:20AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 8:20AM - 9:33AM   | <b>Dhruva Until 12:41PM</b>        | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:07PM  | <b>Moon 11 - Phase 31 - 21</b> |
| <b>Rahu</b>   | 2:27PM - 3:40PM   | <b>Gara Until 12:56PM</b>          | <b>Nataraja:</b> Purple |                        | <b>3rd Phase</b>               |

Creative Work Siddha Yoga

Subha Sivaloka Day

D

Friday, November 28, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Sukra Vasara Yuktayam Shatabhishak Nakshatra Vyaghata/Harshana Yoga Visil/Bava Karana Ashtamam Titau

Dushanbe, Tajikistan  
Sun 22 Sutra 228

Retreat Star

|               |                  |                                      |                         |                        |                                |
|---------------|------------------|--------------------------------------|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 9:34AM - 10:47AM | <b>Shatabhishak Until 3:13AM Sat</b> | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 8:21AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 3:40PM - 4:54PM  | <b>Vyaghala</b> Until 11:38AM        | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:07PM  | <b>Moon 11 - Phase 31 - 22</b> |
| <b>Rahu</b>   | 12:00PM - 1:14PM | <b>Visil Until 1:04PM</b>            | <b>Nataraja:</b> Purple |                        | <b>Ashtami</b>                 |

Creative Work Siddha Yoga

Subha Sivaloka Day

Until 3:13AM Sat

Then Routine Work - Marana Yoga

Saturday, November 29, 2025

Viswasa Nama Samvatsare Dakshinyava Jivana Ritau Wischika Mase: Sukla Paksha Manta Vasara Yuktayam Purvashrothapada Nakshatra Harshana/Vajra Yoga Balava/Kaulava Karana Navamam Titau

Dushanbe, Tajikistan  
Sun 23 Sutra 229

Retreat Star

|               |                   |  |                         |                        |                                |
|---------------|-------------------|--|-------------------------|------------------------|--------------------------------|
| <b>Gulika</b> | 8:22AM - 9:35AM   | <b>Purvashrothapada</b> Until 2:53AM Sun | <b>Ganesha:</b> Purple  | <b>Sunrise:</b> 8:20AM | <b>Vasavasa 5:17</b>           |
| <b>Yama</b>   | 2:27PM - 3:40PM   | <b>Harshana Until 9:50AM</b>             | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:07PM  | <b>Moon 11 - Phase 31 - 23</b> |
| <b>Rahu</b>   | 10:48AM - 12:01PM | <b>Balava Until 12:25PM</b>              | <b>Nataraja:</b> Purple |                        | <b>Navami</b>                  |

Routine Work Marana Yoga

Subha Sivaloka Day

Until 2:53AM Sun

Then Creative Work - Amrita Yoga

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 3331

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                    |           |  |  |   |                                |
|------------------------------------|-----------|--|--|---|--------------------------------|
| <b>1 Sunday, November 30, 2025</b> |           | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Bhanu Vasara Yukitayam Dushanbe, Tajikistan<br>Uttaraprosrthpada Nakshatra Vaja*/Siddhi Yoga Talila/Gara Karana Dashantayam Titau Sun 24 Subra 230 |  |   |                                |
| Mesha Rasi: 5.07                   | Tithi 10  | <b>Gulika</b> 3:40PM - 4:53PM  | <b>Uttaraprosrthpada</b> Untill 1:39AM Mon | <b>Ganesha:</b> Purple <i>Sunrise: 8:23AM</i> | <b>Vasvasu</b> 5:17            |
|                                    |           | <b>Yama</b> 1:14PM - 2:27PM  | <b>Vajra*</b> Untill 7:42AM                | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>   | <b>Moon</b> 11 - Phase 32 - 24 |
| <b>Creative Work</b> - Amrita Yoga | 718238575 | <b>Rahu</b> 4:53PM - 6:06PM  | <b>Tailila</b> Untill 10:59AM              | <b>Nataraja:</b> Purple                       | <b>4th Phase</b>               |
| Untill 1:39AM Mon                  |           |  | <b>Dashami</b> Untill 9:58PM               | <b>Moon - Clear</b>                           | <b>Subha Sivaloka Day</b>      |
| Then Creative Work - Siddha Yoga   |           |  |  | <b>Margasira-Karttikai</b>                    |                                |

|                                    |           |   |                                     |   |                                |
|------------------------------------|-----------|---|-------------------------------------|---|--------------------------------|
| <b>2 Monday, December 1, 2025</b>  |           | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Indu Vasara Yukitayam Dushanbe, Tajikistan<br>Revati Nakshatra Vyalipala* Yoga Vanija/Visil* Karana Ekadashyam Titau Sun 25 Subra 231 |                                     |   |                                |
| Mesha Rasi: 19.15                  | Tithi 11  | <b>Gulika</b> 2:28PM - 3:40PM   | <b>Revati</b> Untill 11:36PM        | <b>Ganesha:</b> Purple <i>Sunrise: 8:24AM</i> | <b>Vasvasu</b> 5:27            |
| <b>Family Home Evening</b>         | 718238575 | <b>Yama</b> 12:02PM - 1:15PM  | <b>Vyalipala*</b> Untill 1:25AM Tue | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>   | <b>Moon</b> 11 - Phase 32 - 15 |
| <b>Creative Work</b> - Siddha Yoga |           | <b>Rahu</b> 9:36AM - 10:49AM  | <b>Vanija</b> Untill 8:49AM         | <b>Nataraja:</b> Purple                       | <b>4th Phase</b>               |
|                                    |           |   | <b>Ekadashi</b> Untill 7:28PM       | <b>Moon - Clear</b>                           | <b>Subha Sivaloka Day</b>      |
|                                    |           | <b>Gita Jayanthi</b>  |                                     | <b>Margasira-Karttikai</b>                    |                                |

|                                    |               |  |                               |  |                                |
|------------------------------------|---------------|--|-------------------------------|--|--------------------------------|
| <b>3 Tuesday, December 2, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Mangala Vasara Yukitayam Dushanbe, Tajikistan<br>Ashvini Nakshatra Varayan Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau Sun 26 Subra 232 |                               |  |                                |
| Mesha Rasi: 3.5                    | Tithi 12 - 13 | <b>Gulika</b> 1:15PM - 2:28PM  | <b>Ashvini</b> Untill 9:17PM  | <b>Ganesha:</b> White <i>Sunrise: 8:25AM</i> | <b>Vasvasu</b> 5:17            |
|                                    |               | <b>Yama</b> 10:50AM - 12:03PM  | <b>Varayan</b> Untill 9:34PM  | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>  | <b>Moon</b> 11 - Phase 32 - 26 |
| <b>Creative Work</b> - Siddha Yoga | 729238575     | <b>Rahu</b> 3:41PM - 4:53PM  | <b>Bava</b> Untill 6:00AM     | <b>Nataraja:</b> Purple                      | <b>4th Phase</b>               |
|                                    |               |  | <b>Dvadashi</b> Untill 4:23PM | <b>Moon - White</b>                          | <b>Devaloka Day</b>            |
|                                    |               |  |                               | <b>Margasira-Karttikai</b>                   |                                |

*Pradosha Vata*

|                                      |               |   |                                  |  |                                |
|--------------------------------------|---------------|---|----------------------------------|--|--------------------------------|
| <b>4 Wednesday, December 3, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Budha Vasara Yukitayam Dushanbe, Tajikistan<br>Bharani Nakshatra Parigra*/Shiva Yoga Talila/Gara Karana Trayodashi/Chatardashyam Titau Sun 27 Subra 233 |                                  |  |                                |
| Mesha Rasi: 18.47                    | Tithi 13 - 14 | <b>Gulika</b> 12:03PM - 1:16PM  | <b>Bharani</b> Untill 6:27PM     | <b>Ganesha:</b> White <i>Sunrise: 8:25AM</i> | <b>Vasvasu</b> 5:17            |
|                                      |               | <b>Yama</b> 9:38AM - 10:51AM  | <b>Parigra*</b> Untill 5:24PM    | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>  | <b>Moon</b> 11 - Phase 32 - 27 |
| <b>Creative Work</b> - Siddha Yoga   | 729238575     | <b>Rahu</b> 1:16PM - 2:28PM   | <b>Gara</b> Untill 11:02PM       | <b>Nataraja:</b> Purple                      | <b>4th Phase</b>               |
| Untill 6:27PM                        |               |   | <b>Trayodashi</b> Untill 12:53PM | <b>Moon - White</b>                          | <b>Devaloka Day</b>            |
| Then Creative Work - Amrita Yoga     |               |   |                                  | <b>Margasira-Karttikai</b>                   |                                |

|                                     |                      |   |                                   |  |                                     |
|-------------------------------------|----------------------|---|-----------------------------------|--|-------------------------------------|
| <b>○ Thursday, December 4, 2025</b> |                      | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Guru Vasara Yukitayam Dushanbe, Tajikistan<br>Kritika/Rohini Nakshatra Shiva/Siddha Yoga Vanija/Visil* Karana Chatardashi/Purnamayam Titau Sun 28 Subra 234 |                                   |  |                                     |
| <b>Copper Retreat Star</b>          |                      | <b>Gulika</b> 10:51AM - 12:04PM   | <b>Kritika</b> Untill 3:16PM      | <b>Ganesha:</b> White <i>Sunrise: 8:26AM</i> | <b>Vasvasu</b> 5:17                 |
| <b>Wishabha Rasi:</b> 4             | <b>Tithi</b> 14 - 15 | <b>Yama</b> 8:26AM - 9:39AM   | <b>Shiva</b> Untill 1:04PM        | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>  | <b>Moon</b> 11 - Phase 32 - Purnima |
| <b>Routine Work</b> - Marana Yoga   | 729238575            | <b>Rahu</b> 2:28PM - 3:41PM   | <b>Visil</b> Untill 7:13PM        | <b>Nataraja:</b> Purple                      |                                     |
|                                     |                      | <b>Kritika Deepam</b>   | <b>Chaturdashi*</b> Untill 9:07AM | <b>Moon - White</b>                          | <b>Devaloka Day</b>                 |
|                                     |                      |   |                                   | <b>Margasira-Karttikai</b>                   |                                     |

|                                   |                 |  |                                    |   |                                      |
|-----------------------------------|-----------------|--|------------------------------------|---|--------------------------------------|
| <b>Friday, December 5, 2025</b>   |                 | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sukla Paksho Shukra Vasara Yukitayam Dushanbe, Tajikistan<br>Rohini/Migashira Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau Sun 29 Subra 235 |                                    |   |                                      |
| <b>Silver Retreat Star</b>        |                 | <b>Gulika</b> 9:40AM - 10:52AM   | <b>Rohini</b> Untill 12:19PM       | <b>Ganesha:</b> Yellow <i>Sunrise: 8:27AM</i> | <b>Vasvasu</b> 5:17                  |
| <b>Wishabha Rasi:</b> 19.18       | <b>Tithi</b> 16 | <b>Yama</b> 3:41PM - 4:53PM  | <b>Siddha</b> Untill 8:39AM        | <b>Muruga:</b> Yellow <i>Sunset: 6:06PM</i>   | <b>Moon</b> 11 - Phase 32 - Prathama |
| <b>Routine Work</b> - Marana Yoga | 739238575       | <b>Rahu</b> 12:04PM - 1:16PM   | <b>Balava</b> Untill 3:23PM        | <b>Nataraja:</b> Purple                       |                                      |
| Untill 12:19PM                    |                 |  | <b>Prathama*</b> Untill 1:31AM Sat | <b>Moon - Yellow</b>                          | <b>Sivaloka Day</b>                  |
| Then Creative Work - Siddha Yoga  |                 | <b>Vinayaga Viratam Begins</b>   |                                    | <b>Margasira-Karttikai</b>                    |                                      |

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

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Saturday, December 6, 2025

Gold Retreat Star

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Mania Vasara Yuktyam  
Mrigashira/Andra Nakshatra Subha Yoga Talila/Gara Karana Dvityayam Tilau

Dushanbe, Tajikistan

Sutra 236

Mithuna Rasi: 4.31 Tithi 17

Gulika 8:28AM - 9:40AM  
Yama 2:29PM - 3:41PM  
Rahu 10:53AM - 12:05PM

Mrigashira Until 9:23AM  
Subha Until 12:21AM Sun  
Talila Until 11:45AM  
Dvitiya Until 10:03PM

Ganesha: Yellow Sunrise: 8:28AM  
Muruga: Yellow Sunset: 6:05PM  
Nataraja: Purple  
Moon - Yellow  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

Sivaloka Day

1

Sunday, December 7, 2025

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Bhamu Vasara Yuktyam  
Andra/Punarvasu Nakshatra Sukla Yoga Vanja/Visli' Karana Trityayam Tilau

Dushanbe, Tajikistan

Sutra 237

Mithuna Rasi: 19.29 Tithi 18

Gulika 3:41PM - 4:53PM  
Yama 1:17PM - 2:29PM  
Rahu 4:53PM - 6:05PM

Andra Until 6:41AM  
Sukla Until 8:41PM  
Vanija Until 8:29AM  
Tritya Until 7:01PM

Ganesha: Yellow Sunrise: 8:29AM  
Muruga: Yellow Sunset: 6:05PM  
Nataraja: Purple  
Moon - Yellow  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

Sivaloka Day

2

Monday, December 8, 2025

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Indu Vasara Yuktyam  
Pushya Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Chalurithi/Panchamam Tilau

Dushanbe, Tajikistan

Sutra 238

Kataka Rasi: 4.04 Tithi 19 - 20

Family Home Evening

Gulika 2:30PM - 3:42PM  
Yama 12:06PM - 1:18PM  
Rahu 9:42AM - 10:54AM

Pushya Until 3:24AM Tue  
Brahma Until 5:33PM  
Kaulava Until 3:43AM Tue  
Chalurithi' Until 4:37PM

Ganesha: Blue Sunrise: 8:30AM  
Muruga: Yellow Sunset: 6:05PM  
Nataraja: Purple  
Moon - Blue  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 2 1st Phase

Creative Work Siddha Yoga

Devaloka Day

3

Tuesday, December 9, 2025

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Mangala Vasara Yuktyam  
Ashlesha' Nakshatra Indra/Vaidhiti' Yoga Talila/Gara Karana Panchami/Shabdhyam Tilau

Dushanbe, Tajikistan

Sutra 239

Kataka Rasi: 18.1 Tithi 20 - 21

Creative Work Siddha Yoga

Gulika 1:18PM - 2:30PM  
Yama 10:55AM - 12:06PM  
Rahu 3:42PM - 4:54PM

Ashlesha' Until 2:42AM Wed  
Indra Until 3:03PM  
Gara Until 2:32AM Wed  
Panchami Until 3:00PM

Ganesha: White Sunrise: 8:31AM  
Muruga: Yellow Sunset: 6:05PM  
Nataraja: Purple  
Moon - Blue  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 3 1st Phase

Devaloka Day

4

Wednesday, December 10, 2025

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Budha Vasara Yuktyam  
Magha' Nakshatra Vaidhiti'/Vishkambha' Yoga Vanja/Visli' Karana Shashthi/Saptamam Tilau

Dushanbe, Tajikistan

Sutra 240

Simha Rasi: 1.44 Tithi 21 - 22

Creative Work Siddha Yoga

Gulika 12:07PM - 1:19PM  
Yama 9:43AM - 10:55AM  
Rahu 1:19PM - 2:30PM

Magha' Until 3:10AM Thu  
Vaidhiti' Until 1:12PM  
Visli Until 2:14AM Thu  
Shashthi' Until 2:15PM

Ganesha: Clear Sunrise: 8:32AM  
Muruga: Yellow Sunset: 6:06PM  
Nataraja: Purple  
Moon - Red  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 4 1st Phase

Sivaloka Day

5

Thursday, December 11, 2025

Retreat Star

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Guru Vasara Yuktyam  
Purvaphalguni Nakshatra Vishkambha' Prithi Yoga Bava/Balava Karana Saptami/Navamam Tilau

Dushanbe, Tajikistan

Sutra 241

Simha Rasi: 14.5 Tithi 22 - 23

Creative Work Siddha Yoga

Gulika 10:56AM - 12:07PM  
Yama 8:32AM - 9:44AM  
Rahu 2:31PM - 3:42PM

Purvaphalguni Until 4:22AM Fri  
Vishkambha' Until 12:05PM  
Balava Until 2:50AM Fri  
Saptami Until 2:24PM

Ganesha: Clear Sunrise: 8:33AM  
Muruga: Yellow Sunset: 6:06PM  
Nataraja: Purple  
Moon - Red  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 5 Ashtami

Sivaloka Day

Friday, December 12, 2025

Retreat Star

Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vrischika Mase Krishna Paksha Suleva Vasara Yuktyam  
Uttaraphalguni Nakshatra Prithi/Ajyotham Yoga Kaulava/Talila Karana Ashtami/Navamam Tilau

Dushanbe, Tajikistan

Sutra 242

Simha Rasi: 27.31 Tithi 23 - 24

Creative Work Siddha Yoga

Until 6:08AM Sat

Then Routine Work - Marana Yoga

Gulika 9:45AM - 10:56AM  
Yama 3:43PM - 4:54PM  
Rahu 12:08PM - 1:20PM

Uttaraphalguni Until 6:08AM Sat  
Prithi Until 11:39AM  
Talila Until 4:13AM Sat  
Ashtami' Until 3:25PM

Ganesha: Purple Sunrise: 8:33AM  
Muruga: Yellow Sunset: 6:06PM  
Nataraja: Purple  
Moon - Red  
Margarisa-Karttikai

Vivavasu 5:127  
Moon 12 - Phase 33 - 6 Navami

Subha Sivaloka Day

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

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|                     |                    |                                    |                                    |  |                        |                               |           |
|---------------------|--------------------|------------------------------------|------------------------------------|--|------------------------|-------------------------------|-----------|
| <b>1</b>            |                    | <b>Saturday, December 13, 2025</b> |                                    | Vasarasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Menta Vasara Yuktyam<br>Uttaraphalguni/Hasta Nakshatra Ajayama/Saubhaga Yoga Gara/Vanija Karana Navama/Dashmyam Titau |                        | Dusharba, Tajikistan<br>Sun 7 | Sutra 243 |
| Kanya Rasi: 9.5     | Tithi 24 – 25      | <b>Gulika</b><br>8:34AM – 9:46AM   | <b>Uttaraphalguni</b> Until 6:08AM | <b>Ganesha:</b> Purple   | <b>Sunrise:</b> 8:34AM | Vasarasu 5:17                 |           |
|                     |                    | <b>Yama</b><br>2:32PM – 3:43PM     | <b>Ayushman</b> Until 11:44AM      | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 7        |           |
| <b>Routine Work</b> | <b>Marana Yoga</b> | <b>Rahu</b><br>10:57AM – 12:09PM   | <b>Vanija</b> Until 6:14AM Sun     | <b>Nataraja:</b> Purple  |                        | 2nd Phase                     |           |
|                     |                    |                                    | <b>Navami*</b> Until 5:08PM        | <b>Moon – Red</b>  |                        | <b>Subha Sivaloka Day</b>     |           |
|                     |                    |                                    |                                    | <b>Margasira-Kartikali</b>   |                        |                               |           |

|   |                    |                                  |                                |  |                        |                               |           |
|---|--------------------|----------------------------------|--------------------------------|--|------------------------|-------------------------------|-----------|
| <b>2</b>                                |                    | <b>Sunday, December 14, 2025</b> |                                | Vasarasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Bhanu Vasara Yuktyam<br>Hasta/Chitra Nakshatra Saubhaga/Sobhana Yoga Vanija/Visi* Karana Dashmyam Titau |                        | Dusharba, Tajikistan<br>Sun 8 | Sutra 244 |
| Kanya Rasi: 21.55                       | Tithi 25           | <b>Gulika</b><br>3:43PM – 4:55PM | <b>Hasla</b> Until 8:49AM      | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:35AM | Vasarasu 5:17                 |           |
|   |                    | <b>Yama</b><br>1:20PM – 2:32PM   | <b>Saubhagya</b> Until 12:15PM | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 8        |           |
| <b>Creative Work</b>                    | <b>Amrita Yoga</b> | <b>Rahu</b><br>4:55PM – 6:06PM   | <b>Vanija</b> Until 6:14AM     | <b>Nataraja:</b> Purple  |                        | 2nd Phase                     |           |
| <b>Until 8:49AM</b>                     |                    |                                  | <b>Dashami*</b> Until 7:23PM   | <b>Moon – Green</b>  |                        | <b>Sivaloka Day</b>           |           |
| <b>Then Creative Work – Siddha Yoga</b> |                    |                                  |                                | <b>Margasira-Kartikali</b>   |                        |                               |           |

|   |                           |                                  |                               |  |                        |                               |           |
|---|---------------------------|----------------------------------|-------------------------------|--|------------------------|-------------------------------|-----------|
| <b>3</b>                                |                           | <b>Monday, December 15, 2025</b> |                               | Vasarasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Indu Vasara Yuktyam<br>Chitra/Svali Nakshatra Sobhana/Abhiganda* Yoga Bava/Balava Karana Ekadashyam Titau |                        | Dusharba, Tajikistan<br>Sun 9 | Sutra 245 |
| Tula Rasi: 3.51                         | Tithi 26                  | <b>Gulika</b><br>2:32PM – 3:44PM | <b>Chitra</b> Until 11:40AM   | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:35AM | Vasarasu 5:17                 |           |
| <b>Family Home Evening</b>              |                           | <b>Yama</b><br>12:10PM – 1:21PM  | <b>Sobhana</b> Until 1:02PM   | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 10       |           |
| <b>Routine Work</b>                     | <b>Prabharishtha Yoga</b> | <b>Rahu</b><br>9:47AM – 10:58AM  | <b>Bava</b> Until 8:38AM      | <b>Nataraja:</b> Purple  |                        | 2nd Phase                     |           |
| <b>Until 11:40AM</b>                    |                           |                                  | <b>Ekadashi*</b> Until 9:54PM | <b>Moon – Green</b>  |                        | <b>Sivaloka Day</b>           |           |
| <b>Then Creative Work – Amrita Yoga</b> |                           |                                  |                               | <b>Margasira-Kartikali</b>   |                        |                               |           |

|  |                    |                                   |                                    |   |                        |                                |           |
|--|--------------------|-----------------------------------|------------------------------------|---|------------------------|--------------------------------|-----------|
| <b>4</b>                               |                    | <b>Tuesday, December 16, 2025</b> |                                    | Vasarasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Mangala Vasara Yuktyam<br>Svali/Vishakha Nakshatra Abhiganda* Sukama Yoga Kaulava/Tilla Karana Dvadashyam Titau |                        | Dusharba, Tajikistan<br>Sun 10 | Sutra 246 |
| Tula Rasi: 15.42                       | Tithi 27           | <b>Gulika</b><br>1:21PM – 2:33PM  | <b>Svali</b> Until 2:31PM          | <b>Ganesha:</b> Purple  | <b>Sunrise:</b> 8:36AM | Vasarasu 5:17                  |           |
|  |                    | <b>Yama</b><br>10:59AM – 12:10PM  | <b>Abhiganda*</b> Until 1:54PM     | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 10        |           |
| <b>Creative Work</b>                   | <b>Siddha Yoga</b> | <b>Rahu</b><br>3:44PM – 4:55PM    | <b>Kaulava</b> Until 11:13AM       | <b>Nataraja:</b> Purple   |                        | 2nd Phase                      |           |
| <b>Until 2:31PM</b>                    |                    |                                   | <b>Dvadashi*</b> Until 12:30AM Wed | <b>Moon – Green</b>   |                        | <b>Subha Sivaloka Day</b>      |           |
| <b>Then Routine Work – Marana Yoga</b> |                    | <b>Markali Pillayar</b>           |                                    | <b>Margasira-Markali</b>  |                        |                                |           |

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|--|--------------------|-------------------------------------|-------------------------------------|--|------------------------|--------------------------------|-----------|
| <b>5</b>                               |                    | <b>Wednesday, December 17, 2025</b> |                                     | Vasarasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Budha Vasara Yuktyam<br>Vishakha/Anuradha Nakshatra Sukama/Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau |                        | Dusharba, Tajikistan<br>Sun 11 | Sutra 247 |
| Tula Rasi: 27.32                       | Tithi 28           | <b>Gulika</b><br>12:11PM – 1:22PM   | <b>Vishakha</b> Until 5:42PM        | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:37AM | Vasarasu 5:17                  |           |
|  |                    | <b>Yama</b><br>9:48AM – 10:59AM     | <b>Sukama</b> Until 2:46PM          | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 11        |           |
| <b>Creative Work</b>                   | <b>Siddha Yoga</b> | <b>Rahu</b><br>1:22PM – 2:33PM      | <b>Gara</b> Until 1:49PM            | <b>Nataraja:</b> Purple  |                        | 2nd Phase                      |           |
| <b>Until 2:31PM</b>                    |                    |                                     | <b>Trayodashi*</b> Until 3:04AM Thu | <b>Moon – Orange</b>   |                        | <b>Sivaloka Day</b>            |           |
| <b>Then Routine Work – Marana Yoga</b> |                    |                                     |                                     | <b>Margasira-Markali</b>   |                        |                                |           |

Pradosha Vata (Fasting)

|   |                    |                                    |                                      |  |                        |                                |           |
|---|--------------------|------------------------------------|--------------------------------------|--|------------------------|--------------------------------|-----------|
| <b>6</b>                                      |                    | <b>Thursday, December 18, 2025</b> |                                      | Vasarasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Guru Vasara Yuktyam<br>Vishakha/Anuradha Nakshatra Dhriti/Shula* Yoga Visi*/Sakuni* Karana Chalurdashyam Titau |                        | Dusharba, Tajikistan<br>Sun 12 | Sutra 248 |
| Wishkha Rasi: 9.25                            | Tithi 29           | <b>Gulika</b><br>11:00AM – 12:11PM | <b>Anuradha</b> Until 8:35PM         | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:37AM | Vasarasu 5:17                  |           |
|   |                    | <b>Yama</b><br>8:37AM – 9:49AM     | <b>Dhriti</b> Until 3:35PM           | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 12        |           |
| <b>Creative Work</b>                          | <b>Siddha Yoga</b> | <b>Rahu</b><br>2:34PM – 3:45PM     | <b>Visi</b> Until 4:19PM             | <b>Nataraja:</b> Purple  |                        | 2nd Phase                      |           |
| <b>Until 8:35PM</b>                           |                    |                                    | <b>Chalurdashi*</b> Until 5:28AM Fri | <b>Moon – Orange</b>   |                        | <b>Sivaloka Day</b>            |           |
| <b>Then Routine Work – Prabharishtha Yoga</b> |                    |                                    |                                      | <b>Margasira-Markali</b>   |                        |                                |           |

|   |                    |                                       |                                   |  |                        |                                |           |
|---|--------------------|---------------------------------------|-----------------------------------|--|------------------------|--------------------------------|-----------|
| <b>●</b>                                |                    | <b>Friday, December 19, 2025</b>      |                                   | Vasarasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Sukra Vasara Yuktyam<br>Jyeshtha* Nakshatra Shula*/Ganda* Yoga Catuspada* Karana Amavasyayam Titau |                        | Dusharba, Tajikistan<br>Sun 13 | Sutra 249 |
| <b>Retreat Star</b>                     |                    | <b>Gulika</b><br>9:49AM – 11:01AM     | <b>Jyeshtha*</b> Until 11:08PM    | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 8:38AM | Vasarasu 5:17                  |           |
| Wishkha Rasi: 21.2                      | Tithi 30           | <b>Yama</b><br>3:45PM – 4:57PM        | <b>Shula*</b> Until 4:13PM        | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 13        |           |
| <b>Routine Work</b>                     | <b>Marana Yoga</b> | <b>Rahu</b><br>12:12PM – 1:23PM       | <b>Catuspada</b> Until 6:37PM     | <b>Nataraja:</b> Purple  |                        | Amavasya                       |           |
| <b>Until 11:08PM</b>                    |                    |                                       | <b>Amavasya*</b> Until 7:41AM Sat | <b>Moon – Orange</b>   |                        | <b>Sivaloka Day</b>            |           |
| <b>Then Creative Work – Amrita Yoga</b> |                    | <b>Hanumath Jayanthi (Tamil Nadu)</b> |                                   | <b>Margasira-Markali</b>   |                        |                                |           |

|   |                    |                                    |                               |   |                        |                                |           |
|---|--------------------|------------------------------------|-------------------------------|---|------------------------|--------------------------------|-----------|
| <b>●</b>                                |                    | <b>Saturday, December 20, 2025</b> |                               | Vasarasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Manita Vasara Yuktyam<br>Mula* Nakshatra Ganda*/Vidhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                        | Dusharba, Tajikistan<br>Sun 14 | Sutra 250 |
| <b>Retreat Star</b>                     |                    | <b>Gulika</b><br>8:39AM – 9:50AM   | <b>Mula*</b> Until 1:48AM Sun | <b>Ganesha:</b> Light Blue  | <b>Sunrise:</b> 8:39AM | Vasarasu 5:17                  |           |
| Dhanus Rasi: 3.21                       | Tithi 30 – 1       | <b>Yama</b><br>2:35PM – 3:46PM     | <b>Ganda*</b> Until 4:43PM    | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 6:09PM  | Moon 12 - Phase 34 - 14        |           |
| <b>Creative Work</b>                    | <b>Siddha Yoga</b> | <b>Rahu</b><br>11:01AM – 12:12PM   | <b>Kintughna</b> Until 8:43PM | <b>Nataraja:</b> Purple   |                        | Prathama                       |           |
| <b>Until 11:08PM</b>                    |                    |                                    | <b>Amavasya*</b> Until 7:41AM | <b>Moon – Light Blue</b>  |                        | <b>Devaloka Day</b>            |           |
| <b>Then Creative Work – Amrita Yoga</b> |                    |                                    |                               | <b>Pausha-Markali</b>   |                        |                                |           |

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

All times are standard time. Calculated for Dusharba, Tajikistan on 12/20/23

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|   |                          |   |                     |                  |                           |
|---|--------------------------|---|---------------------|------------------|---------------------------|
| <b>1 Sunday, December 21, 2025</b>  |                          | Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mese Sukla Paksha Bharu Vasara Yukayam Dushanbe, Tajikistan   |                     |                  |                           |
| Dhanus Rasi: 15.27 Tithi 1 – 2  |                          | Purvashadha* Until 4:02AM Mon   |                     | Sun 15 Sutra 251 |                           |
| Creative Work Siddha Yoga<br>Until 4:02AM Mon<br>Then Routine Work – Marana Yoga                        | Gulika 3:46PM – 4:58PM   | Purvashadha* Until 4:02AM Mon   | Ganesha: Light Blue | Sunrise: 8:39AM  | Vasavasa 5:17             |
|   | Yama 1:24PM – 2:35PM     | Vridhii Until 5:02PM  | Muruga: Yellow      | Sunset: 6:09PM   | Moon 12 - Phase 35 - 12   |
|   | Rahu 4:58PM – 6:09PM     | Balava Until 10:32PM  | Nataraja: Purple    |                  | 3rd Phase                 |
|   | Day 1 of Pancha Ganapati | Prathama* Until 9:38AM  | Moon – Light Blue   |                  | Devaloka Day              |
|   |                          |   | Pausha-Markali      |                  |                           |
| <b>2 Monday, December 22, 2025</b>  |                          | Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mese Sukla Paksha Indu Vasara Yukayam Dushanbe, Tajikistan    |                     |                  |                           |
| Dhanus Rasi: 27.4 Tithi 2 – 3   |                          | Uttarashadha Until 5:50AM Tue   |                     | Sun 16 Sutra 252 |                           |
| Family Home Evening<br>Routine Work Marana Yoga<br>Until 5:50AM Tue<br>Then Creative Work – Siddha Yoga | Gulika 2:36PM – 3:47PM   | Uttarashadha Until 5:50AM Tue   | Ganesha: Light Blue | Sunrise: 8:40AM  | Vasavasa 5:17             |
|   | Yama 12:13PM – 1:24PM    | Dhruva Until 5:07PM   | Muruga: Yellow      | Sunset: 6:09PM   | Moon 12 - Phase 35 - 16   |
|   | Rahu 9:51AM – 11:02AM    | Taillia Until 12:04AM Tue   | Nataraja: Purple    |                  | 3rd Phase                 |
|   | Day 2 of Pancha Ganapati | Dvitiya Until 11:19AM   | Moon – Light Blue   |                  | Devaloka Day              |
|   |                          |   | Pausha-Markali      |                  |                           |
| <b>3 Tuesday, December 23, 2025</b>   |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Mangala Vasara Yukayam Dushanbe, Tajikistan |                     |                  |                           |
| Makara Rasi: 9.59 Tithi 3 – 4   |                          | Shravana Until 7:37AM Wed   |                     | Sun 17 Sutra 253 |                           |
| Creative Work Siddha Yoga<br>Until 7:37AM Wed<br>Then Routine Work – Prabarashita Yoga                  | Gulika 1:25PM – 2:36PM   | Shravana Until 7:37AM Wed   | Ganesha: Light Blue | Sunrise: 8:40AM  | Vasavasa 5:17             |
|   | Yama 11:03AM – 12:14PM   | Vyaghata* Until 4:58PM  | Muruga: Yellow      | Sunset: 6:10PM   | Moon 12 - Phase 35 - 17   |
|   | Rahu 3:47PM – 4:59PM     | Vanija Until 1:16AM Wed   | Nataraja: Purple    |                  | 3rd Phase                 |
|   | Day 3 of Pancha Ganapati | Tritiya Until 12:42PM   | Moon – Light Blue   |                  | Devaloka Day              |
|   |                          |   | Pausha-Markali      |                  |                           |
| <b>4 Wednesday, December 24, 2025</b>   |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Bathu Vasara Yukayam Dushanbe, Tajikistan   |                     |                  |                           |
| Makara Rasi: 22.29 Tithi 4 – 5  |                          | Shravana Until 7:37AM   |                     | Sun 18 Sutra 254 |                           |
| Creative Work Siddha Yoga<br>Until 7:37AM<br>Then Routine Work – Prabarashita Yoga                      | Gulika 12:14PM – 1:25PM  | Shravana Until 7:37AM   | Ganesha: Purple     | Sunrise: 8:41AM  | Vasavasa 5:17             |
|   | Yama 11:03AM – 12:14PM   | Harshana Until 4:32PM   | Muruga: Yellow      | Sunset: 6:10PM   | Moon 12 - Phase 35 - 18   |
|   | Rahu 1:25PM – 2:37PM     | Bava Until 2:03AM Thu   | Nataraja: Purple    |                  | 3rd Phase                 |
|   | Day 4 of Pancha Ganapati | Chaturthi* Until 1:42PM   | Moon – Purple       |                  | Devaloka Day              |
|   |                          |   | Pausha-Markali      |                  |                           |
| <b>5 Thursday, December 25, 2025</b>  |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Guru Vasara Yukayam Dushanbe, Tajikistan    |                     |                  |                           |
| Kumbha Rasi: 5.09 Tithi 5 – 6   |                          | Dhanishtha Until 8:49AM   |                     | Sun 19 Sutra 255 |                           |
| Creative Work Siddha Yoga<br>Until 7:37AM   | Gulika 11:04AM – 12:15PM | Dhanishtha Until 8:49AM   | Ganesha: Purple     | Sunrise: 8:41AM  | Vasavasa 5:17             |
|   | Yama 8:41AM – 9:52AM     | Vajra* Until 3:44PM   | Muruga: Yellow      | Sunset: 6:11PM   | Moon 12 - Phase 35 - 19   |
|   | Rahu 2:37PM – 3:48PM     | Kaulava Until 2:21AM Fri  | Nataraja: Purple    |                  | 3rd Phase                 |
|   | Day 5 of Pancha Ganapati | Panchami Until 2:15PM   | Moon – Purple       |                  | Devaloka Day              |
|   |                          |   | Pausha-Markali      |                  |                           |
| <b>6 Friday, December 26, 2025</b>  |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Satva Vasara Yukayam Dushanbe, Tajikistan   |                     |                  |                           |
| Kumbha Rasi: 18.04 Tithi 6 – 7  |                          | Shatabhishak Until 9:23AM   |                     | Sun 20 Sutra 256 |                           |
| Creative Work Siddha Yoga   | Gulika 9:53AM – 11:04AM  | Shatabhishak Until 9:23AM   | Ganesha: Purple     | Sunrise: 8:41AM  | Vasavasa 5:17             |
|   | Yama 3:49PM – 5:00PM     | Siddhi Until 2:32PM   | Muruga: Yellow      | Sunset: 6:12PM   | Moon 12 - Phase 35 - 20   |
|   | Rahu 12:15PM – 1:26PM    | Gara Until 2:05AM Sat   | Nataraja: Clear     |                  | 3rd Phase                 |
|   |                          | Shashthi* Until 2:17PM  | Moon – Purple       |                  | Bhuloka Day               |
|   |                          |   | Pausha-Markali      |                  | Devaloka Time: 3PM to 6PM |
| <b>7 Saturday, December 27, 2025</b>  |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Manta Vasara Yukayam Dushanbe, Tajikistan   |                     |                  |                           |
| Meena Rasi: 1.16 Tithi 7 – 8  |                          | Puruvashrothapada* Until 9:41AM   |                     | Sun 21 Sutra 257 |                           |
| Routine Work Marana Yoga<br>Until 9:41AM<br>Then Creative Work – Siddha Yoga                            | Gulika 8:42AM – 9:53AM   | Puruvashrothapada* Until 9:41AM   | Ganesha: Green      | Sunrise: 8:40AM  | Vasavasa 5:17             |
|   | Yama 2:38PM – 3:50PM     | Vyalipala* Until 12:53PM  | Muruga: Yellow      | Sunset: 6:12PM   | Moon 12 - Phase 35 - 21   |
|   | Rahu 11:04AM – 12:16PM   | Visli Until 1:13AM Sun  | Nataraja: Clear     |                  | Ashtami                   |
|   |                          | Saptami Until 1:43PM  | Moon – Clear        |                  | Bhuloka Day               |
|   |                          |   | Pausha-Markali      |                  | Devaloka Time: 3PM to 6PM |
| <b>8 Sunday, December 28, 2025</b>  |                          | Vishvasu Nama Samvatsara Uttarayana Moksha Ritau Dhanus Mese Sukla Paksha Bharu Vasara Yukayam Dushanbe, Tajikistan   |                     |                  |                           |
| Meena Rasi: 14.48 Tithi 8 – 9   |                          | Uttarashrothapada Until 9:14AM  |                     | Sun 22 Sutra 258 |                           |
| Creative Work Amrita Yoga   | Gulika 3:50PM – 5:02PM   | Uttarashrothapada Until 9:14AM  | Ganesha: Green      | Sunrise: 8:40AM  | Vasavasa 5:17             |
|   | Yama 1:27PM – 2:39PM     | Variyan Until 10:43AM   | Muruga: Yellow      | Sunset: 6:13PM   | Moon 12 - Phase 35 - 22   |
|   | Rahu 5:02PM – 6:13PM     | Balava Until 11:42PM  | Nataraja: Clear     |                  | Navami                    |
|   |                          | Ashlami* Until 12:31PM  | Moon – Clear        |                  | Bhuloka Day               |
|   |                          |   | Pausha-Markali      |                  | Devaloka Time: 3PM to 6PM |

In the gloom of fear, His six-fold face gleams. In perils unbounded, His vel betokens, "Fear not." Tirumurai 11

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|  |              |  |                         |                            |                                       |                           |
|--|--------------|--|-------------------------|----------------------------|---------------------------------------|---------------------------|
| <b>1 Monday, December 29, 2025</b>   |              | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Indu Vasara Yuktayam Dushanbe, Tajikistan |                         |                            |                                       |                           |
| Revati/Ashvini Nakshatra Parigha/7Shiva Yoga Kaulava/Tailita Karana Navami/Dashayam Tilau Sun 23 Sutra 259 |              | <b>Gulika</b>  | <b>2:39PM – 3:51PM</b>  | <b>Revati Until 8:01AM</b> | <b>Ganesha: Green Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>      |
| Mesha Rasi: 28.43  | Tithi 9 – 10 | Yama   | 12:17PM – 1:28PM        | Parigha* Until 8:05AM      | Muruga: Yellow Sunset: 6:16PM         | Moon 12 - Phase 36 - 23   |
| <b>Family Home Evening</b>   |              | <b>Rahu</b>  | <b>9:54AM – 11:05AM</b> | Tailita Until 9:36PM       | Nataraja: Clear                       | 4th Phase                 |
| Creative Work Siddha Yoga  |              | <b>Navami* Until 10:42AM</b>   |                         |                            | Moan - Clear                          | <b>Bhuloka Day</b>        |
|  |              |  |                         |                            | Pausha-Markali                        | Devaloka Time: 3PM to 6PM |

|  |               |   |                        |                             |                                     |                         |
|--|---------------|---|------------------------|-----------------------------|-------------------------------------|-------------------------|
| <b>2 Tuesday, December 30, 2025</b>  |               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Mangala Vesara Yuktayam Dushanbe, Tajikistan |                        |                             |                                     |                         |
| Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadasayam Tilau Sun 24 Sutra 260 |               | <b>Gulika</b>   | <b>1:28PM – 2:40PM</b> | <b>Ashvini Until 6:32AM</b> | <b>Ganesha: Red Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>    |
| Mesha Rasi: 13   | Tithi 10 – 11 | Yama  | 11:06AM – 12:17PM      | Siddha Until 1:28AM Wed     | Muruga: Yellow Sunset: 6:16PM       | Moon 12 - Phase 36 - 24 |
| <b>Creative Work</b>   |               | <b>Rahu</b>   | <b>3:51PM – 5:03PM</b> | Vanija Until 6:58PM         | Nataraja: Clear                     | 4th Phase               |
| Siddha Yoga  |               | <b>Dashami Until 8:20AM</b>   |                        |                             | Moan - White                        | <b>Devaloka Day</b>     |
| <b>Valkuntha Ekadasi</b>   |               |   |                        |                             | Pausha-Markali                      |                         |

|  |          |   |                         |                                 |                                     |                         |
|--|----------|---|-------------------------|---------------------------------|-------------------------------------|-------------------------|
| <b>3 Wednesday, December 31, 2025</b>  |          | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Budha Vesara Yuktayam Dushanbe, Tajikistan |                         |                                 |                                     |                         |
| Kritika Nakshatra Sadhya Yoga Bava/Balava Karana Dvadasayam Tilau Sun 25 Sutra 261 |          | <b>Gulika</b>   | <b>12:17PM – 1:29PM</b> | <b>Kritika Until 1:49AM Thu</b> | <b>Ganesha: Red Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>    |
| Mesha Rasi: 27.38  | Tithi 12 | Yama  | 9:54AM – 11:06AM        | Sadhya Until 9:40PM             | Muruga: Yellow Sunset: 6:16PM       | Moon 12 - Phase 36 - 25 |
| <b>Creative Work</b>   |          | <b>Rahu</b>   | <b>1:29PM – 2:40PM</b>  | Bava Until 3:55PM               | Nataraja: Clear                     | 4th Phase               |
| Amrita Yoga  |          | <b>Dvadasa Until 2:16AM Thu</b>   |                         |                                 | Moan - White                        | <b>Devaloka Day</b>     |
| Until 1:49AM Thu   |          | <b>Pausha-Markali</b>   |                         |                                 |                                     |                         |
| Then Routine Work - Marana Yoga  |          |   |                         |                                 |                                     |                         |

|   |          |  |                          |                             |                                      |                           |
|---|----------|--|--------------------------|-----------------------------|--------------------------------------|---------------------------|
| <b>4 Thursday, January 1, 2026</b>  |          | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Guru Vasara Yuktayam Dushanbe, Tajikistan |                          |                             |                                      |                           |
| Rohini Nakshatra Subha/Sukla Yoga Kaulava/Tailita Karana Trayodshyam Tilau Sun 26 Sutra 262 |          | <b>Gulika</b>  | <b>11:06AM – 12:18PM</b> | <b>Rohini Until 11:17PM</b> | <b>Ganesha: Blue Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>      |
| Wishabha Rasi: 12.31  | Tithi 13 | Yama   | 8:43AM – 9:55AM          | Subha Until 5:41PM          | Muruga: Yellow Sunset: 6:16PM        | Moon 12 - Phase 36 - 26   |
| <b>Routine Work</b>   |          | <b>Rahu</b>  | <b>2:41PM – 3:53PM</b>   | Kaulava Until 12:36PM       | Nataraja: Clear                      | 4th Phase                 |
| Marana Yoga   |          | <b>Trayodashi Until 10:52PM</b>  |                          |                             | Moan - Yellow                        | <b>Bhuloka Day</b>        |
|   |          |  |                          |                             | Pausha-Markali                       | Devaloka Time: 3PM to 6PM |
| <i>Pradosha Vata</i>  |          |  |                          |                             |                                      |                           |

|  |          |   |                         |                                |                                      |                         |
|--|----------|---|-------------------------|--------------------------------|--------------------------------------|-------------------------|
| <b>5 Friday, January 2, 2026</b>   |          | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Sukra Vesara Yuktayam Dushanbe, Tajikistan |                         |                                |                                      |                         |
| Migashira Nakshatra Sukt/Brahma Yoga Gara/Vanija Karana Chaturdashyam Tilau Sun 27 Sutra 263 |          | <b>Gulika</b>   | <b>9:55AM – 11:07AM</b> | <b>Mrigashira Until 8:34PM</b> | <b>Ganesha: Blue Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>    |
| Wishabha Rasi: 27.32   | Tithi 14 | Yama  | 3:53PM – 5:05PM         | Sukla Until 1:36PM             | Muruga: White Sunset: 6:17PM         | Moon 12 - Phase 36 - 27 |
| <b>Creative Work</b>   |          | <b>Rahu</b>   | <b>12:18PM – 1:30PM</b> | Gara Until 9:09AM              | Nataraja: Clear                      | 4th Phase               |
| Siddha Yoga  |          | <b>Chaturdashi* Until 7:25PM</b>  |                         |                                | Moan - Yellow                        | <b>Devaloka Day</b>     |
|  |          |   |                         |                                | Pausha-Markali                       |                         |

|                                    |               |  |                          |                           |                                      |                              |
|------------------------------------|---------------|--|--------------------------|---------------------------|--------------------------------------|------------------------------|
| <b>6 Saturday, January 3, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Manita Vasara Yuktayam Dushanbe, Tajikistan |                          |                           |                                      |                              |
| <b>Copper Retreat Star</b>         |               | Punarvasu/Pushya Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Purnima/Prathamayam Tilau Sun 28 Sutra 264           |                          |                           |                                      |                              |
| Mithuna Rasi: 12.32                | Tithi 15 – 16 | <b>Gulika</b>  | <b>8:43AM – 9:55AM</b>   | <b>Ardra Until 5:51PM</b> | <b>Ganesha: Blue Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>         |
| <b>Creative Work</b>               |               | Yama   | 2:42PM – 3:54PM          | Brahma Until 9:35AM       | Muruga: White Sunset: 6:17PM         | Moon 12 - Phase 36 - Purnima |
| Siddha Yoga                        |               | <b>Rahu</b>  | <b>11:07AM – 12:19PM</b> | Balava Until 2:32AM Sun   | Nataraja: Clear                      |                              |
|                                    |               |  |                          |                           | Moan - Yellow                        | <b>Devaloka Day</b>          |
| <b>Ardra Darshanam</b>             |               |  |                          |                           | Pausha-Markali                       |                              |

|                                  |               |   |                        |                               |                                     |                               |
|----------------------------------|---------------|---|------------------------|-------------------------------|-------------------------------------|-------------------------------|
| <b>7 Sunday, January 4, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Bhava Vesara Yuktayam Dushanbe, Tajikistan |                        |                               |                                     |                               |
| <b>Silver Retreat Star</b>       |               | Punarvasu/Pushya Nakshatra Vaishiti* Yoga Kaulava/Tailita Karana Prathama/Dvityayam Tilau Sun 29 Sutra 265          |                        |                               |                                     |                               |
| Mithuna Rasi: 27.23              | Tithi 16 – 17 | <b>Gulika</b>   | <b>3:55PM – 5:06PM</b> | <b>Punarvasu Until 3:43PM</b> | <b>Ganesha: Red Sunrise: 8:43AM</b> | <b>Vasavasa 5:17</b>          |
| <b>Creative Work</b>             |               | Yama  | 1:31PM – 2:43PM        | Vaidhriti* Until 2:18AM Mon   | Muruga: White Sunset: 6:18PM        | Moon 12 - Phase 36 - Prathama |
| Siddha Yoga                      |               | <b>Rahu</b>   | <b>5:06PM – 6:18PM</b> | Tailita Until 11:43PM         | Nataraja: Clear                     |                               |
|                                  |               |   |                        |                               | Moan - Blue                         | <b>Sivaloka Day</b>           |
| <b>Prathama* Until 1:03PM</b>    |               |   |                        |                               | 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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/29/23

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Monday, January 5, 2026

Gold Retreat Star

Kataka Rasi: 11.56 TITHI 17 - 18

Family Home Evening

Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Pushya/Ashlesha\* Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Инду Васара Yukitayam  
 Pushya/Ашлеша\* Накшатра Йога Гара/Венја Карана Двйта/Трйтыягм Тйау

Gulika 2:43PM - 3:55PM  
 Yama 12:19PM - 1:31PM  
 Rahu 9:55AM - 11:07AM

Pushya Until 1:55PM  
 Vishkambha\* Until 11:16PM  
 Vanija Until 9:27PM  
 Dvitiya Until 10:29AM

Ganesh: Red Sunrise: 8:44AM  
 Muruga: White Sunset: 6:19PM  
 Nataraja: Clear  
 Moon - Blue  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 1 Sutra 266  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 1  
 1st Phase

Sivaloka Day

1 Tuesday, January 6, 2026

Kataka Rasi: 26.05 TITHI 18 - 19

Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Ashlesha/Magha\* Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Маргала Васара Yukitayam  
 Magha\*/Purvaphalguni Nakshatra Priti Yoga Vesi\*/Bava Karana Tritya/Chaturthayam Tйау

Gulika 1:32PM - 2:44PM  
 Yama 11:08AM - 12:20PM  
 Rahu 3:56PM - 5:08PM

Ashlesha\* Until 12:38PM  
 Priti Until 8:50PM  
 Bava Until 7:52PM  
 Tritiya Until 8:33AM

Ganesh: Yellow Sunrise: 8:44AM  
 Muruga: White Sunset: 6:20PM  
 Nataraja: Clear  
 Moon - Blue  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 2 Sutra 267  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 2  
 1st Phase

Sivaloka Day

2 Wednesday, January 7, 2026

Simha Rasi: 9.45 TITHI 19 - 20

Creative Work Siddha Yoga

Until 12:24PM

Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara: Magha\*/Purvaphalguni Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Бадха Васара Yukitayam  
 Magha\*/Purvaphalguni Nakshatra Agushman Yoga Balava/Kaulava Karana Chaturthi/Panchamam Tйау

Gulika 12:20PM - 1:32PM  
 Yama 9:56AM - 11:08AM  
 Rahu 1:32PM - 2:44PM

Magha\* Until 12:24PM  
 Agushman Until 7:01PM  
 Kaulava Until 7:07PM  
 Chaturthi\* Until 7:22AM

Ganesh: White Sunrise: 8:44AM  
 Muruga: White Sunset: 6:21PM  
 Nataraja: Clear  
 Moon - Red  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 3 Sutra 268  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 3  
 1st Phase

Devaloka Day

3 Thursday, January 8, 2026

Simha Rasi: 22.58 TITHI 20 - 21

Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Purvaphalguni Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Гара Васара Yukitayam  
 Purvaphalguni Nakshatra Saubhagya/Sobhana Yoga Talila/Gara Karana Panchmi/Shashthiyam Tйау

Gulika 11:08AM - 12:20PM  
 Yama 8:43AM - 9:56AM  
 Rahu 2:45PM - 3:57PM

Purvaphalguni Until 12:52PM  
 Saubhagya Until 5:53PM  
 Gara Until 7:14PM  
 Panchami Until 7:03AM

Ganesh: White Sunrise: 8:43AM  
 Muruga: White Sunset: 6:22PM  
 Nataraja: Clear  
 Moon - Red  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 4 Sutra 269  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 4  
 1st Phase

Devaloka Day

4 Friday, January 9, 2026

Kanya Rasi: 5.44 TITHI 21 - 22

Creative Work Siddha Yoga

Until 2:00PM

Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara: Uttaraphalguni Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Сакра Васара Yukitayam  
 Uttaraphalguni Nakshatra Sobhana/Ahiganda\* Yoga Venja/Visi\* Karana Shashthi/Saptamam Tйау

Gulika 9:56AM - 11:08AM  
 Yama 3:58PM - 5:10PM  
 Rahu 12:21PM - 1:33PM

Uttaraphalguni Until 2:00PM  
 Sobhana Until 5:24PM  
 Visi Until 8:11PM  
 Shashthi\* Until 7:35AM

Ganesh: White Sunrise: 8:43AM  
 Muruga: White Sunset: 6:23PM  
 Nataraja: Clear  
 Moon - Red  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 5 Sutra 270  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 5  
 1st Phase

Devaloka Day

5 Saturday, January 10, 2026

Kanya Rasi: 18.09 TITHI 22 - 23

Routine Work Marana Yoga

Vishvasu Nama Samvatsara: Chitra Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Марита Васара Yukitayam  
 Hasta/Chitra Nakshatra Ahiganda\*/Sukarma Tйау Kaulava/Talila Karana Saptami/Ashtamam Tйау

Gulika 8:43AM - 9:56AM  
 Yama 2:46PM - 3:59PM  
 Rahu 11:08AM - 12:21PM

Hasta Until 4:10PM  
 Ahiganda\* Until 5:28PM  
 Balava Until 9:52PM  
 Saptami Until 8:56AM

Ganesh: Clear Sunrise: 8:43AM  
 Muruga: White Sunset: 6:24PM  
 Nataraja: Clear  
 Moon - Green  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 6 Sutra 271  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 6  
 Ashtami

Sivaloka Day

6 Sunday, January 11, 2026

Tula Rasi: 0.17 TITHI 23 - 24

Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Chitra Nakshatra  
 Uтарыне Мокша Рйтау Дханус Месе Кршна Пакше Бхану Васара Yukitayam  
 Chitra Nakshatra Sukarma/Dhriti Yoga Kaulava/Talila Karana Saptami/Navamam Tйау

Gulika 3:59PM - 5:12PM  
 Yama 1:34PM - 2:47PM  
 Rahu 5:12PM - 6:25PM

Chitra Until 6:44PM  
 Sukarma Until 5:57PM  
 Talila Until 12:04AM Mon  
 Ashtami\* Until 10:54AM

Ganesh: Clear Sunrise: 8:43AM  
 Muruga: White Sunset: 6:25PM  
 Nataraja: Clear  
 Moon - Green  
 Pausha-Markali

Dushanbe, Tajikistan  
 Sun 7 Sutra 272  
 Vasarasu 5127  
 Moon 1 - Phase 37 - 7  
 Navami

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 Inana Pada

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|  |                  |  |              |                 |                       |
|--|------------------|--|--------------|-----------------|-----------------------|
| <b>1 Monday, January 12, 2026</b>                                      |                  | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Дханус Месе Кішна Пакше Инду Васара Yuktayam Dushanbe, Tajikistan |              |                 |                       |
| Svali Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Dashamyam Titau |                  | Svali Untili 9:27PM  |              | Sun 8 Sutra 273 |                       |
| Gulika   | 2:47PM - 4:00PM  | Svali Untili 9:27PM  | Ganesh:      | Clear           | Sunrise: 8:43AM       |
| Yama   | 12:21PM - 1:34PM | Dhriti Untili 6:44PM   | Muruga:      | White           | Sunset: 6:26PM        |
| Family Home Evening  | 863448576        | Vanija Untili 2:34AM Tue   | Nataraja:    | Clear           | Moon 1 - Phase 38 - 8 |
| Creative Work  | Amrita Yoga      | Navami* Untili 1:17PM  | Moan - Green | Pausha-Markali  | 2nd Phase             |
| Until 9:27PM   |                  |  |              |                 | Sivaloka Day          |
| Then Routine Work - Marana Yoga  |                  |  |              |                 |                       |

|   |                      |   |               |                 |                        |
|---|----------------------|---|---------------|-----------------|------------------------|
| <b>2 Tuesday, January 13, 2026</b>  |                      | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Дханус Месе Кішна Пакше Mangala Vasara Yuktayam Dushanbe, Tajikistan |               |                 |                        |
| Vishakha Nakshatra Shula* Yoga Visi*/Bava Karana Dashami/Ekadashyam Titau |                      | Vishakha Until 12:37AM Wed  |               | Sun 9 Sutra 274 |                        |
| Gulika  | 1:35PM - 2:48PM      | Vishakha Until 12:37AM Wed  | Ganesh:       | Purple          | Sunrise: 8:43AM        |
| Yama  | 11:09AM - 12:22PM    | Shula* Until 7:34PM   | Muruga:       | White           | Sunset: 6:27PM         |
| 873448576   | Rahu 4:01PM - 5:14PM | Bava Until 5:09AM Wed   | Nataraja:     | Clear           | Moon 1 - Phase 38 - 12 |
| Routine Work  | Marana Yoga          | Dashami Until 3:51PM  | Moan - Orange | Pausha-Markali  | 2nd Phase              |
| Until 12:37AM Wed   |                      |   |               |                 | Devaloka Day           |
| Then Creative Work - Siddha Yoga  |                      |   |               |                 |                        |

|   |                      |   |               |                  |                        |
|---|----------------------|---|---------------|------------------|------------------------|
| <b>3 Wednesday, January 14, 2026</b>                          |                      | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Kishna Pakshe Budha Vasara Yuktayam Dushanbe, Tajikistan |               |                  |                        |
| Anuradha Nakshatra Ganda* Yoga Balava Karana Ekadashyam Titau |                      | Anuradha Until 3:32AM Thu   |               | Sun 11 Sutra 275 |                        |
| Gulika  | 12:22PM - 1:35PM     | Anuradha Until 3:32AM Thu   | Ganesh:       | Purple           | Sunrise: 8:42AM        |
| Yama  | 9:56AM - 11:09AM     | Ganda* Until 8:24PM   | Muruga:       | White            | Sunset: 6:26PM         |
| 873448576   | Rahu 1:35PM - 2:48PM | Balava Until 6:23PM   | Nataraja:     | Clear            | Moon 1 - Phase 38 - 10 |
| Creative Work   | Siddha Yoga          | Ekadashi* Until 6:23PM  | Moan - Orange | Pausha-Thai      | 2nd Phase              |
| Until 3:32AM Thu  |                      |   |               |                  | Devaloka Day           |
| Then Routine Work - Prabarishtha Yoga                         | Thai Pongal          |   |               |                  |                        |

|  |                      |  |               |                  |                        |
|--|----------------------|--|---------------|------------------|------------------------|
| <b>4 Thursday, January 15, 2026</b>  |                      | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Kishna Pakshe Guru Vasara Yuktayam Dushanbe, Tajikistan |               |                  |                        |
| Jyeshtha/Mula* Nakshatra Dhruva Yoga Kaulava/Taila Karana Dvadashyam Titau |                      | Jyeshtha* Until 6:05AM Fri   |               | Sun 10 Sutra 276 |                        |
| Gulika   | 11:09AM - 12:22PM    | Jyeshtha* Until 6:05AM Fri   | Ganesh:       | Purple           | Sunrise: 8:42AM        |
| Yama   | 8:42AM - 9:55AM      | Vidhi Until 9:05PM   | Muruga:       | White            | Sunset: 6:26PM         |
| 873448576  | Rahu 2:49PM - 4:02PM | Kaulava Until 7:38AM   | Nataraja:     | Clear            | Moon 1 - Phase 38 - 11 |
| Routine Work   | Prabarishtha Yoga    | Dvadashi* Until 8:45PM   | Moan - Orange | Pausha-Thai      | 2nd Phase              |
| Until 6:05AM Fri   |                      |  |               |                  | Devaloka Day           |
| Then Creative Work - Amrita Yoga   |                      |  |               |                  |                        |

|  |                       |   |               |                  |                        |
|--|-----------------------|---|---------------|------------------|------------------------|
| <b>5 Friday, January 16, 2026</b>  |                       | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Kishna Pakshe Sukra Vasara Yuktayam Dushanbe, Tajikistan |               |                  |                        |
| Jyeshtha/Mula* Nakshatra Dhruva Yoga Gara/Vanija Karana Trayodashyam Titau |                       | Jyeshtha* Until 6:05AM  |               | Sun 12 Sutra 277 |                        |
| Gulika   | 9:55AM - 11:09AM      | Jyeshtha* Until 6:05AM  | Ganesh:       | Light Blue       | Sunrise: 8:42AM        |
| Yama   | 4:03PM - 5:16PM       | Dhruva Until 9:32PM   | Muruga:       | White            | Sunset: 6:26PM         |
| 874448576  | Rahu 12:22PM - 1:36PM | Gara Until 9:51AM   | Nataraja:     | Clear            | Moon 1 - Phase 38 - 12 |
| Routine Work   | Marana Yoga           | Trayodashi* Until 10:50PM   | Moan - Orange | Pausha-Thai      | 2nd Phase              |
| Until 6:05AM   |                       |   |               |                  | Devaloka Day           |
| Then Creative Work - Amrita Yoga   |                       | Pradosha Vata (Fasting)   |               |                  |                        |

|  |                        |  |                   |                  |                        |
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| <b>6 Saturday, January 17, 2026</b>  |                        | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Kishna Pakshe Merita Vasara Yuktayam Dushanbe, Tajikistan |                   |                  |                        |
| Mula*/Purvashadha* Nakshatra Vyaghala* Yoga Visi*/Sakuni* Karana Chaturdashyam Titau |                        | Mula* Until 8:39AM   |                   | Sun 13 Sutra 278 |                        |
| Gulika   | 8:41AM - 9:55AM        | Mula* Until 8:39AM   | Ganesh:           | Purple           | Sunrise: 8:41AM        |
| Yama   | 2:50PM - 4:04PM        | Vyaghala* Until 9:44PM   | Muruga:           | White            | Sunset: 6:31PM         |
| 884448576  | Rahu 11:09AM - 12:22PM | Visi Until 11:45AM   | Nataraja:         | Clear            | Moon 1 - Phase 38 - 13 |
| Creative Work  | Siddha Yoga            | Chalurdashi* Until 12:32AM Sun   | Moan - Light Blue | Pausha-Thai      | 2nd Phase              |
| Until 10:41AM  |                        |  |                   |                  | Devaloka Day           |
| Then Creative Work - Amrita Yoga   |                        |  |                   |                  |                        |

|                                   |                      |   |                   |                  |                        |
|-----------------------------------|----------------------|---|-------------------|------------------|------------------------|
| <b>● Sunday, January 18, 2026</b> |                      | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Kishna Pakshe Bhamu Vasara Yuktayam Dushanbe, Tajikistan |                   |                  |                        |
| Retreat Star                      |                      | Purvashadha* Until 10:41AM  |                   | Sun 14 Sutra 279 |                        |
| Gulika                            | 4:04PM - 5:18PM      | Purvashadha* Until 10:41AM  | Ganesh:           | Purple           | Sunrise: 8:41AM        |
| Yama                              | 1:37PM - 2:50PM      | Harshana Until 9:38PM   | Muruga:           | White            | Sunset: 6:32PM         |
| 884448576                         | Rahu 5:18PM - 6:32PM | Calspada Until 1:16PM   | Nataraja:         | Clear            | Moon 1 - Phase 38 - 14 |
| Creative Work                     | Siddha Yoga          | Amavasya* Until 1:50AM Mon  | Moan - Light Blue | Pausha-Thai      | Amavasya               |
| Until 10:41AM                     |                      |   |                   |                  | Devaloka Day           |
| Then Creative Work - Amrita Yoga  |                      |   |                   |                  |                        |

|                                  |                       |   |                   |                  |                        |
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| <b>Monday, January 19, 2026</b>  |                       | Viswasa Nama Samvatsare Uтарыяне Мокша Рітау Makara Mese Sukla Pakshe Indu Vasara Yuktayam Dushanbe, Tajikistan |                   |                  |                        |
| Retreat Star                     |                       | Uttarashadha Until 12:10PM  |                   | Sun 15 Sutra 280 |                        |
| Gulika                           | 2:51PM - 4:05PM       | Uttarashadha Until 12:10PM  | Ganesh:           | Purple           | Sunrise: 8:41AM        |
| Yama                             | 12:23PM - 1:37PM      | Vajra* Until 9:12PM   | Muruga:           | White            | Sunset: 6:33PM         |
| 884448576                        | Rahu 9:55AM - 11:09AM | Kintughna Until 2:21PM  | Nataraja:         | Clear            | Moon 1 - Phase 38 - 15 |
| Makara Rasi: 6:41                | Tithi 1               | Prathama* Until 2:44AM Tue  | Moan - Light Blue | Magha-Thai       | Prathama               |
| Family Home Evening              | Marana Yoga           |   |                   |                  | Devaloka Day           |
| Routine Work                     | Marana Yoga           |   |                   |                  |                        |
| Until 12:10PM                    |                       |   |                   |                  |                        |
| Then Creative Work - Amrita Yoga |                       |   |                   |                  |                        |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|               |                                  |           |   |                                 |                             |                 |                                |               |
|---------------|----------------------------------|-----------|---|---------------------------------|-----------------------------|-----------------|--------------------------------|---------------|
| <b>1</b>      | <b>Tuesday, January 20, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam<br>Shravana Dhanishtha Siddha Yoga Balava/Kaulava Karana Dvityayam Titau |                                 |                             |                 | Dushanbe, Tajikistan<br>Sun 16 | Sutra 281     |
|               | Makara Rasi: 19.18               | Tilhi 2   | <b>Gulika</b><br>1:37PM - 2:51PM  | <b>Shravana Until 1:35PM</b>    | <b>Ganesh:</b> Light Blue   | Sunrise: 8:40AM |                                | Vasavasa 5127 |
|               |                                  |           | Yama<br>11:09AM - 12:23PM   | Siddhi Until 8:28PM             | Muruga: White               | Sunset: 6:49PM  | Moon 1 - Phase 39 - 17         | 3rd Phase     |
| Creative Work | Siddha Yoga                      | 894448576 | <b>Rahu</b><br>4:06PM - 5:20PM  | Balava Until 3:02PM             | Nataraja: Clear             |                 |                                |               |
|               |                                  |           |   | <b>Dvitiya Until 3:12AM Wed</b> | Moon - Purple<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

|                    |                                    |           |   |                                 |                             |                 |                                |               |
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| <b>2</b>           | <b>Wednesday, January 21, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Budha Vessara Yuktayam<br>Dhanishtha/Shalabhishak Nakshatra Vysitpata* Yoga Talilla/Gara Karana Tritiyayam Titau |                                 |                             |                 | Dushanbe, Tajikistan<br>Sun 17 | Sutra 282     |
|                    | Kumbha Rasi: 2.06                  | Tilhi 3   | <b>Gulika</b><br>12:23PM - 1:37PM   | <b>Dhanishtha Until 2:26PM</b>  | <b>Ganesh:</b> Light Blue   | Sunrise: 8:40AM |                                | Vasavasa 5127 |
|                    |                                    |           | Yama<br>9:54AM - 11:09AM  | Vyatipata* Until 7:27PM         | Muruga: White               | Sunset: 6:49PM  | Moon 1 - Phase 39 - 17         | 3rd Phase     |
| Routine Work       | Prabalarishtha Yoga                | 894448576 | <b>Rahu</b><br>1:37PM - 2:52PM  | Talilla Until 3:19PM            | Nataraja: Clear             |                 |                                |               |
| Then Creative Work | Siddha Yoga                        |           |   | <b>Tritiya Until 3:17AM Thu</b> | Moon - Purple<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

|               |                                   |           |  |                                     |                             |                 |                                |               |
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| <b>3</b>      | <b>Thursday, January 22, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Guru Vessara Yuktayam<br>Shalabhishak/Puravroshthapada* Nakshatra Varjan Yoga Varja/Voti* Karana Chaluriyam Titau |                                     |                             |                 | Dushanbe, Tajikistan<br>Sun 18 | Sutra 283     |
|               | Kumbha Rasi: 15.07                | Tilhi 4   | <b>Gulika</b><br>11:08AM - 12:23PM   | <b>Shalabhishak Until 2:46PM</b>    | <b>Ganesh:</b> Light Blue   | Sunrise: 8:39AM |                                | Vasavasa 5127 |
|               |                                   |           | Yama<br>9:54AM - 11:09AM   | Varjan Until 6:05PM                 | Muruga: White               | Sunset: 6:49PM  | Moon 1 - Phase 39 - 17         | 3rd Phase     |
| Creative Work | Siddha Yoga                       | 894448576 | <b>Rahu</b><br>2:52PM - 4:07PM   | Varija Until 3:11PM                 | Nataraja: Clear             |                 |                                |               |
|               |                                   |           |  | <b>Chalurithi* Until 2:58AM Fri</b> | Moon - Purple<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

|               |                                 |           |   |                                       |                            |                 |                                |               |
|---------------|---------------------------------|-----------|---|---------------------------------------|----------------------------|-----------------|--------------------------------|---------------|
| <b>4</b>      | <b>Friday, January 23, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Sukra Vessara Yuktayam<br>Puravroshthapada*/Utarproshthapada Nakshatra Parigra*/Shiva Yoga Bava/Balava Karana Panchamyam Titau |                                       |                            |                 | Dushanbe, Tajikistan<br>Sun 19 | Sutra 284     |
|               | Kumbha Rasi: 28.19              | Tilhi 5   | <b>Gulika</b><br>9:53AM - 11:08AM   | <b>Puravroshthapada* Until 3:01PM</b> | <b>Ganesh:</b> White       | Sunrise: 8:39AM |                                | Vasavasa 5127 |
|               |                                 |           | Yama<br>4:08PM - 5:23PM   | Parigra* Until 4:26PM                 | Muruga: White              | Sunset: 6:49PM  | Moon 1 - Phase 39 - 19         | 3rd Phase     |
| Creative Work | Siddha Yoga                     | 814448576 | <b>Rahu</b><br>12:23PM - 1:38PM   | Bava Until 2:41PM                     | Nataraja: Clear            |                 |                                |               |
|               |                                 |           |   | <b>Panchami Until 2:15AM Sat</b>      | Moon - Clear<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

|                   |                                   |           |  |                                      |                            |                 |                                |               |
|-------------------|-----------------------------------|-----------|--|--------------------------------------|----------------------------|-----------------|--------------------------------|---------------|
| <b>5</b>          | <b>Saturday, January 24, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Manu Vessara Yuktayam<br>Utarproshthapada/Revati Nakshatra Shiva/Siddha Yoga Kara/Vanija Karana Saptamyam Titau |                                      |                            |                 | Dushanbe, Tajikistan<br>Sun 20 | Sutra 285     |
|                   | Meena Rasi: 11.43                 | Tilhi 6   | <b>Gulika</b><br>8:38AM - 9:53AM   | <b>Utarproshthapada Until 2:44PM</b> | <b>Ganesh:</b> White       | Sunrise: 8:38AM |                                | Vasavasa 5127 |
|                   |                                   |           | Yama<br>2:53PM - 4:08PM  | Shiva Until 2:30PM                   | Muruga: White              | Sunset: 6:49PM  | Moon 1 - Phase 39 - 20         | 3rd Phase     |
| Creative Work     | Siddha Yoga                       | 814448576 | <b>Rahu</b><br>11:08AM - 12:23PM   | Kaulava Until 1:46PM                 | Nataraja: Clear            |                 |                                |               |
| Until 2:44PM      |                                   |           |  | <b>Shashthi* Until 1:10AM Sun</b>    | Moon - Clear<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |
| Then Routine Work | Prabalarishtha Yoga               |           |  |                                      |                            |                 |                                |               |

|                    |                                 |           |   |                              |                            |                 |                                |               |
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| <b>6</b>           | <b>Sunday, January 25, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Bhanu Vessara Yuktayam<br>Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau |                              |                            |                 | Dushanbe, Tajikistan<br>Sun 21 | Sutra 286     |
|                    | Meena Rasi: 25.21               | Tilhi 7   | <b>Gulika</b><br>4:09PM - 5:24PM  | <b>Revati Until 1:56PM</b>   | <b>Ganesh:</b> Clear       | Sunrise: 8:37AM |                                | Vasavasa 5127 |
|                    |                                 |           | Yama<br>1:39PM - 2:54PM   | Siddha Until 12:14PM         | Muruga: White              | Sunset: 6:49PM  | Moon 1 - Phase 39 - 21         | 3rd Phase     |
| Creative Work      | Amrita Yoga                     | 914448576 | <b>Rahu</b><br>5:24PM - 6:40PM  | Gara Until 12:29PM           | Nataraja: Clear            |                 |                                |               |
| Until 1:56PM       |                                 |           |   | <b>Saptami Until 11:41PM</b> | Moon - Clear<br>Magha-Thai |                 | <b>Sivaloka Day</b>            |               |
| Then Creative Work | Siddha Yoga                     |           |   |                              |                            |                 |                                |               |

|                            |                                 |           |  |                              |                            |                 |                                |               |
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| <b>D</b>                   | <b>Monday, January 26, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Indu Vessara Yuktayam<br>Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vishi*/Bava Karana Ashtamyam Titau |                              |                            |                 | Dushanbe, Tajikistan<br>Sun 22 | Sutra 287     |
|                            | <b>Retreat Star</b>             |           | <b>Gulika</b><br>2:54PM - 4:10PM   | <b>Ashvini Until 1:02PM</b>  | <b>Ganesh:</b> White       | Sunrise: 8:37AM |                                | Vasavasa 5127 |
|                            | Mesha Rasi: 9.13                | Tilhi 8   | Yama<br>12:23PM - 1:39PM   | Sadhya Until 9:40AM          | Muruga: White              | Sunset: 6:49PM  | Moon 1 - Phase 39 - 22         | Ashtami       |
| <b>Family Home Evening</b> |                                 | 924448576 | <b>Rahu</b><br>9:52AM - 11:08AM  | Vishi Until 10:49AM          | Nataraja: Clear            |                 |                                |               |
| Creative Work              | Siddha Yoga                     |           |  | <b>Ashtami* Until 9:49PM</b> | Moon - White<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

|               |                                  |           |   |                              |                            |                 |                                |               |
|---------------|----------------------------------|-----------|---|------------------------------|----------------------------|-----------------|--------------------------------|---------------|
| <b>T</b>      | <b>Tuesday, January 27, 2026</b> |           | Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam<br>Bharani/Kittika Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Navamyam Titau |                              |                            |                 | Dushanbe, Tajikistan<br>Sun 23 | Sutra 288     |
|               | <b>Retreat Star</b>              |           | <b>Gulika</b><br>1:39PM - 2:55PM  | <b>Bharani Until 11:39AM</b> | <b>Ganesh:</b> White       | Sunrise: 8:36AM |                                | Vasavasa 5127 |
|               | Mesha Rasi: 23.18                | Tilhi 9   | Yama<br>11:07AM - 12:23PM   | Subha Until 6:50AM           | Muruga: White              | Sunset: 6:49PM  | Moon 1 - Phase 39 - 23         | Navami        |
|               |                                  | 924448576 | <b>Rahu</b><br>4:10PM - 5:26PM  | Balava Until 8:47AM          | Nataraja: Clear            |                 |                                |               |
| Creative Work | Siddha Yoga                      |           |   | <b>Navami* Until 7:38PM</b>  | Moon - White<br>Magha-Thai |                 | <b>Devaloka Day</b>            |               |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                      |  |   |                              |                        |                 |                         |
|--------------------------------------|--|---|------------------------------|------------------------|-----------------|-------------------------|
| <b>1</b> Wednesday, January 28, 2026 |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Budha Vesara Yukhtayam |                              |                        |                 | Dushanbe, Tajikistan    |
| Wishabha Rasi: 8 Tithi 10 – 11       |  | <b>Gulika</b> 12:23PM – 1:39PM  | <b>Kritika</b> Untill 9:50AM | <b>Ganesh:</b> White   | Sunrise: 8:35AM | Sutra 289               |
| Creative Work Amrita Yoga            |  | Yama 9:51AM – 11:07AM   | Brahma Untill 12:25AM Thu    | <b>Muruga:</b> White   | Sunset: 6:43PM  | Moon 1 - Phase: 40 - 24 |
| Untill 9:50AM                        |  | <b>Rahu</b> 1:39PM – 2:55PM   | Taitila Untill 6:26AM        | <b>Nataraja:</b> Clear |                 | 4th Phase               |
| Then Creative Work - Siddha Yoga     |  |   | <b>Dashami</b> Untill 5:09PM | Moon - White           |                 | <b>Devaloka Day</b>     |
|                                      |  |   |                              | Magha-Thai             |                 |                         |

|                                     |  |  |                               |                        |                 |                         |
|-------------------------------------|--|--|-------------------------------|------------------------|-----------------|-------------------------|
| <b>2</b> Thursday, January 29, 2026 |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Guru Vesara Yukhtayam |                               |                        |                 | Dushanbe, Tajikistan    |
| Wishabha Rasi: 22.04 Tithi 11 – 12  |  | <b>Gulika</b> 11:07AM – 12:23PM  | <b>Rohini</b> Untill 8:03AM   | <b>Ganesh:</b> Red     | Sunrise: 8:34AM | Sutra 290               |
| Routine Work Marana Yoga            |  | Yama 8:34AM – 9:51AM   | Indra Untill 8:59PM           | <b>Muruga:</b> White   | Sunset: 6:44PM  | Moon 1 - Phase: 40 - 25 |
|                                     |  | <b>Rahu</b> 2:56PM – 4:12PM  | Bava Untill 1:07AM Fri        | <b>Nataraja:</b> Clear |                 | 4th Phase               |
|                                     |  |  | <b>Ekadashi</b> Untill 2:29PM | Moon - Yellow          |                 | <b>Sivaloka Day</b>     |
|                                     |  |  |                               | Magha-Thai             |                 |                         |

|                                   |  |   |                                 |                        |                 |                         |
|-----------------------------------|--|---|---------------------------------|------------------------|-----------------|-------------------------|
| <b>3</b> Friday, January 30, 2026 |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Sukra Vesara Yukhtayam |                                 |                        |                 | Dushanbe, Tajikistan    |
| Mithuna Rasi: 6.38 Tithi 12 – 13  |  | <b>Gulika</b> 9:50AM – 11:07AM  | <b>Mrigashira</b> Untill 6:01AM | <b>Ganesh:</b> Red     | Sunrise: 8:34AM | Sutra 291               |
| Creative Work Siddha Yoga         |  | Yama 4:12PM – 5:29PM  | Vaidhril' Untill 5:29PM         | <b>Muruga:</b> White   | Sunset: 6:45PM  | Moon 1 - Phase: 40 - 26 |
|                                   |  | <b>Rahu</b> 12:23PM – 1:40PM  | Kaulava Untill 10:21PM          | <b>Nataraja:</b> Clear |                 | 4th Phase               |
|                                   |  |   | <b>Dwadashi</b> Untill 11:42AM  | Moon - Yellow          |                 | <b>Sivaloka Day</b>     |
|                                   |  |   |                                 | Magha-Thai             |                 |                         |
|                                   |  |   |                                 |                        |                 |                         |

Pradosha Vata

|                                     |  |   |                                    |                        |                 |                         |
|-------------------------------------|--|---|------------------------------------|------------------------|-----------------|-------------------------|
| <b>4</b> Saturday, January 31, 2026 |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Manva Vesara Yukhtayam |                                    |                        |                 | Dushanbe, Tajikistan    |
| Mithuna Rasi: 21.13 Tithi 13 – 14   |  | <b>Gulika</b> 8:33AM – 9:50AM   | <b>Punarvasu</b> Untill 2:04AM Sun | <b>Ganesh:</b> Blue    | Sunrise: 8:33AM | Sutra 292               |
| Creative Work Siddha Yoga           |  | Yama 2:56PM – 4:13PM  | Vishkambha" Untill 2:03PM          | <b>Muruga:</b> White   | Sunset: 6:47PM  | Moon 1 - Phase: 40 - 27 |
|                                     |  | <b>Rahu</b> 11:06AM – 12:23PM   | Gara Untill 7:40PM                 | <b>Nataraja:</b> Clear |                 | 4th Phase               |
|                                     |  |   | <b>Trayodashi</b> Untill 8:58AM    | Moon - Blue            |                 | <b>Devaloka Day</b>     |
|                                     |  |   |                                    | Magha-Thai             |                 |                         |

|                                   |  |   |                                   |                        |                 |                             |
|-----------------------------------|--|---|-----------------------------------|------------------------|-----------------|-----------------------------|
| <b>○</b> Sunday, February 1, 2026 |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Bharu Vesara Yukhtayam |                                   |                        |                 | Dushanbe, Tajikistan        |
| <b>Copper Retreat Star</b>        |  | <b>Gulika</b> 4:13PM – 5:30PM   | <b>Pushya</b> Untill 12:27AM Mon  | <b>Ganesh:</b> Blue    | Sunrise: 8:33AM | Sutra 293                   |
| Kataka Rasi: 5.41 Tithi 14 – 15   |  | Yama 1:40PM – 2:56PM  | Prili Untill 10:48AM              | <b>Muruga:</b> White   | Sunset: 6:47PM  | Moon 1 - Phase: 40 - Punima |
| Creative Work Siddha Yoga         |  | <b>Rahu</b> 5:30PM – 6:47PM   | Bava Untill 4:09AM Mon            | <b>Nataraja:</b> Clear |                 |                             |
|                                   |  | <b>Thai Pusam</b>   | <b>Chalurdashi" Untill 6:24AM</b> | Moon - Blue            |                 | <b>Devaloka Day</b>         |
|                                   |  |   |                                   | Magha-Thai             |                 |                             |

|                                 |  |  |                                    |                        |                 |                               |
|---------------------------------|--|--|------------------------------------|------------------------|-----------------|-------------------------------|
| <b>Monday, February 2, 2026</b> |  | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krtishna Paksho Indu Vesara Yukhtayam |                                    |                        |                 | Dushanbe, Tajikistan          |
| <b>Silver Retreat Star</b>      |  | <b>Gulika</b> 2:57PM – 4:14PM  | <b>Ashlesha" Untill 11:07PM</b>    | <b>Ganesh:</b> Blue    | Sunrise: 8:32AM | Sutra 294                     |
| Kataka Rasi: 19.56 Tithi 16     |  | Yama 12:23PM – 1:40PM  | Ayushman Untill 7:48AM             | <b>Muruga:</b> White   | Sunset: 6:48PM  | Moon 1 - Phase: 40 - Prathama |
| Family Home Evening             |  | <b>Rahu</b> 9:49AM – 11:06AM   | Balava Untill 3:12PM               | <b>Nataraja:</b> Clear |                 |                               |
| Creative Work Siddha Yoga       |  |  | <b>Prathama" Untill 2:21AM Tue</b> | Moon - Blue            |                 | <b>Devaloka Day</b>           |
| Untill 11:07PM                  |  |  |                                    | Magha-Thai             |                 |                               |
| Then Routine Work - Marana Yoga |  |  |                                    |                        |                 |                               |

Everywhere is the Holy Form. Everywhere is Siva-Shakti. Everywhere is Chidambaram; Everywhere is Divine Dance. Tirumantiram 2722

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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Tuesday, February 3, 2026

Gold Retreat Star

|                  |             |  |                                 |  |                            |
|------------------|-------------|--|---------------------------------|--|----------------------------|
|                  |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Mangala Vasara Yuktayam Dusharbo, Tajikistan |                                 | Magha* Nakshatra Sozhana Yoga Talila/Gara Karana Dvityayam Tilau Sutra 295 |                            |
| Simha Rasi: 3.52 | Tithi 17    | <b>Gulika</b> 1:40PM - 2:57PM  | <b>Magha* Until 10:37PM</b>     | <b>Ganesh:</b> Red   | <b>Sunrise:</b> 8:31AM     |
|                  |             | <b>Yama</b> 11:06AM - 12:23PM  | Sobhana Until 3:06AM Wed        | <b>Muruga:</b> White   | <b>Sunset:</b> 6:49PM      |
|                  |             | <b>Rahu</b> 4:14PM - 5:32PM  | Tailila Until 1:41PM            | <b>Nataraja:</b> Clear   | <b>Moon 2 - Phase 41 -</b> |
| Creative Work    | Siddha Yoga |  | <b>Dvitiya Until 1:09AM Wed</b> | <b>Moon - Red</b>  | <b>Sivaloka Day</b>        |
|                  |             |  |                                 | <b>Magha-Thai</b>  |                            |

1

Wednesday, February 4, 2026

|                   |             |  |                                    |  |                            |
|-------------------|-------------|--|------------------------------------|--|----------------------------|
|                   |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Butha Vasara Yuktayam Dusharbo, Tajikistan |                                    | Purvaphalguni Nakshatra Aihgandha* Yoga Vanja/Visi* Karana Trityayam Tilau Sutra 296 |                            |
| Simha Rasi: 17.27 | Tithi 18    | <b>Gulika</b> 12:23PM - 1:40PM   | <b>Purvaphalguni Until 10:40PM</b> | <b>Ganesh:</b> Red   | <b>Sunrise:</b> 8:30AM     |
|                   |             | <b>Yama</b> 9:48AM - 11:05AM   | Aihgandha* Until 1:31AM Thu        | <b>Muruga:</b> White   | <b>Sunset:</b> 6:50PM      |
|                   |             | <b>Rahu</b> 1:40PM - 2:58PM  | Vanija Until 12:49PM               | <b>Nataraja:</b> Orange  | <b>Moon 2 - Phase 41 -</b> |
| Creative Work     | Amrita Yoga |  | <b>Tritiya Until 12:38AM Thu</b>   | <b>Moon - Red</b>  | <b>Sivaloka Day</b>        |
|                   |             |  |                                    | <b>Magha-Thai</b>  |                            |

2

Thursday, February 5, 2026

|                                 |          |   |                                     |   |                            |
|---------------------------------|----------|---|-------------------------------------|---|----------------------------|
|                                 |          | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Guru Vesara Yuktayam Dusharbo, Tajikistan |                                     | Uttaraphalguni Nakshatra Sukarna Yoga Bava/Balava Karana Chaturtham Tilau Sutra 297 |                            |
| Kanya Rasi: 0.39                | Tithi 19 | <b>Gulika</b> 11:05AM - 12:23PM   | <b>Uttaraphalguni Until 11:16PM</b> | <b>Ganesh:</b> Red  | <b>Sunrise:</b> 8:29AM     |
|                                 |          | <b>Yama</b> 8:29AM - 9:47AM   | Sukarna Until 12:31AM Fri           | <b>Muruga:</b> White  | <b>Sunset:</b> 6:51PM      |
|                                 |          | <b>Rahu</b> 2:58PM - 4:16PM   | Bava Until 12:41PM                  | <b>Nataraja:</b> Orange   | <b>Moon 2 - Phase 41 -</b> |
| Until 11:16PM                   |          | <b>Maha Sankatahara Chaturthi</b>   | <b>Chaturthi* Until 12:52AM Fri</b> | <b>Moon - Red</b>   | <b>Sivaloka Day</b>        |
| Then Routine Work - Marana Yoga |          |   |                                     | <b>Magha-Thai</b>   |                            |

3

Friday, February 6, 2026

|                                 |             |  |                                  |  |                            |
|---------------------------------|-------------|--|----------------------------------|--|----------------------------|
|                                 |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Sukra Vasara Yuktayam Dusharbo, Tajikistan |                                  | Hasta Nakshatra Dhriti Yoga Kaulava/Tailila Karana Panchamam Tilau Sutra 298 |                            |
| Kanya Rasi: 13.28               | Tithi 20    | <b>Gulika</b> 9:46AM - 11:04AM   | <b>Hasta Until 12:54AM Sat</b>   | <b>Ganesh:</b> Green   | <b>Sunrise:</b> 8:28AM     |
|                                 |             | <b>Yama</b> 4:16PM - 5:34PM  | Dhriti Until 12:07AM Sat         | <b>Muruga:</b> White   | <b>Sunset:</b> 6:52PM      |
|                                 |             | <b>Rahu</b> 12:22PM - 1:40PM   | Kaulava Until 1:18PM             | <b>Nataraja:</b> Orange  | <b>Moon 2 - Phase 41 -</b> |
| Creative Work                   | Amrita Yoga |  | <b>Panchami Until 1:51AM Sat</b> | <b>Moon - Green</b>  | <b>Devaloka Day</b>        |
| Until 12:54AM Sat               |             |  |                                  | <b>Magha-Thai</b>  |                            |
| Then Routine Work - Marana Yoga |             |  |                                  |  |                            |

4

Saturday, February 7, 2026

|                                  |             |  |                                   |   |                            |
|----------------------------------|-------------|--|-----------------------------------|---|----------------------------|
|                                  |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Mania Vasara Yuktayam Dusharbo, Tajikistan |                                   | Chitra Nakshatra Shula* Yoga Gara/Vanija Karana Shashtham Tilau Sutra 299 |                            |
| Kanya Rasi: 25.57                | Tithi 21    | <b>Gulika</b> 8:27AM - 9:46AM  | <b>Chitra Until 3:00AM Sun</b>    | <b>Ganesh:</b> White  | <b>Sunrise:</b> 8:27AM     |
|                                  |             | <b>Yama</b> 2:59PM - 4:17PM  | Shula* Until 12:10AM Sun          | <b>Muruga:</b> White  | <b>Sunset:</b> 6:53PM      |
|                                  |             | <b>Rahu</b> 11:04AM - 12:22PM  | Gara Until 2:36PM                 | <b>Nataraja:</b> Orange   | <b>Moon 2 - Phase 41 -</b> |
| Routine Work                     | Marana Yoga |  | <b>Shashthi* Until 3:28AM Sun</b> | <b>Moon - Green</b>   | <b>Devaloka Day</b>        |
| Until 3:00AM Sun                 |             |  |                                   | <b>Magha-Thai</b>   |                            |
| Then Creative Work - Siddha Yoga |             |  |                                   |   |                            |

5

Sunday, February 8, 2026

|                                 |             |  |                                  |   |                            |
|---------------------------------|-------------|--|----------------------------------|---|----------------------------|
|                                 |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Ehanu Vasara Yuktayam Dusharbo, Tajikistan |                                  | Svati Nakshatra Ganda* Yoga Visi* Bava Karana Sapthamam Tilau Sutra 300 |                            |
| Tula Rasi: 8.1                  | Tithi 22    | <b>Gulika</b> 4:17PM - 5:36PM  | <b>Svati Until 5:24AM Mon</b>    | <b>Ganesh:</b> White  | <b>Sunrise:</b> 8:26AM     |
|                                 |             | <b>Yama</b> 1:40PM - 2:59PM  | Ganda* Until 12:38AM Mon         | <b>Muruga:</b> White  | <b>Sunset:</b> 6:54PM      |
|                                 |             | <b>Rahu</b> 5:36PM - 6:54PM  | Visi Until 4:30PM                | <b>Nataraja:</b> Orange   | <b>Moon 2 - Phase 41 -</b> |
| Creative Work                   | Siddha Yoga |  | <b>Sapthami Until 5:35AM Mon</b> | <b>Moon - Green</b>   | <b>Devaloka Day</b>        |
| Until 5:24AM Mon                |             |  |                                  | <b>Magha-Thai</b>   |                            |
| Then Routine Work - Marana Yoga |             |  |                                  |   |                            |

Monday, February 9, 2026

Retreat Star

|                                  |             |   |                                  |   |                            |
|----------------------------------|-------------|---|----------------------------------|---|----------------------------|
|                                  |             | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Indu Vesara Yuktayam Dusharbo, Tajikistan |                                  | Vishakha Nakshatra Viddhi Yoga Balava Karana Ashtamam Tilau Sutra 301 |                            |
| Tula Rasi: 20.12                 | Tithi 23    | <b>Gulika</b> 2:59PM - 4:18PM   | <b>Vishakha Until 8:25AM Tue</b> | <b>Ganesh:</b> Clear  | <b>Sunrise:</b> 8:25AM     |
|                                  |             | <b>Yama</b> 12:22PM - 1:41PM  | Viddhi Until 1:22AM Tue          | <b>Muruga:</b> White  | <b>Sunset:</b> 6:56PM      |
|                                  |             | <b>Rahu</b> 9:44AM - 11:03AM  | Balava Until 6:47PM              | <b>Nataraja:</b> Orange   | <b>Moon 2 - Phase 41 -</b> |
| Family Home Evening              | Marana Yoga |   | <b>Ashtami* Until 7:59AM Tue</b> | <b>Moon - Orange</b>  | <b>Sivaloka Day</b>        |
| Until 8:25AM Tue                 |             |   |                                  | <b>Magha-Thai</b>   |                            |
| Then Creative Work - Siddha Yoga |             |   |                                  |   |                            |

Tuesday, February 10, 2026

Retreat Star

|                                  |               |  |                              |  |                            |
|----------------------------------|---------------|--|------------------------------|--|----------------------------|
|                                  |               | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kishna Paksho Mangala Vasara Yuktayam Dusharbo, Tajikistan |                              | Vishakha/Anuradha Nakshatra Dhruva Yoga Kaulava/Tailila Karana Ashtami/Navamam Tilau Sutra 302 |                            |
| Wischika Rasi: 2.07              | Tithi 23 - 24 | <b>Gulika</b> 1:41PM - 3:00PM  | <b>Vishakha Until 8:25AM</b> | <b>Ganesh:</b> Clear   | <b>Sunrise:</b> 8:24AM     |
|                                  |               | <b>Yama</b> 11:03AM - 12:22PM  | Dhruva Until 2:09AM Wed      | <b>Muruga:</b> White   | <b>Sunset:</b> 6:57PM      |
|                                  |               | <b>Rahu</b> 4:19PM - 5:38PM  | Tailila Until 9:15PM         | <b>Nataraja:</b> Orange  | <b>Moon 2 - Phase 41 -</b> |
| Routine Work                     | Marana Yoga   |  | <b>Ashtami* Until 7:59AM</b> | <b>Moon - Orange</b>   | <b>Sivaloka Day</b>        |
| Until 8:25AM                     |               |  |                              | <b>Magha-Thai</b>  |                            |
| Then Creative Work - Siddha Yoga |               |  |                              |  |                            |

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

All times are standard time. Calculated for Dusharbo, Tajikistan on 12/20/23

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|               |                                     |               |   |   |  |   |                                    |                     |
|---------------|-------------------------------------|---------------|---|---|--|---|------------------------------------|---------------------|
| 1             | <b>Wednesday, February 11, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Мокша Месе Крішна Пакше Бадха Васара Уктыям<br>Anuradha/Jyeshtha* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Navami/Dashamyam Titau |   |  |   | Dushanbe, Tajikistan<br>Sun 8      | Sutra 303           |
|               | Wisshika Rasi: 14.01                | Tithi 24 – 25 | <b>Gulika</b><br>12:21PM – 1:41PM<br><b>Yama</b><br>9:43AM – 11:02AM<br><b>Rahu</b><br>1:41PM – 3:00PM  | <b>Anuradha Until 11:20AM</b><br>Vyaghata* Until 2:55AM Thu<br>Vanija Until 11:42PM<br><b>Navami* Until 10:28AM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Orange<br><b>Magha-Thai</b> | <b>Sunrise:</b> 8:23AM<br><b>Sunset:</b> 6:58PM | Moon 2 - Phase 42 - 8<br>2nd Phase | Vasvasa 5127        |
| Creative Work | Siddha Yoga                         | 976548577     |   |   |  |   |                                    | <b>Sivaloka Day</b> |

|                    |                                    |               |  |   |  |   |                                    |                     |
|--------------------|------------------------------------|---------------|--|---|--|---|------------------------------------|---------------------|
| 2                  | <b>Thursday, February 12, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Мокша Месе Крішна Пакше Guru Visara Uктыям<br>Jyeshtha*/Mula* Nakshatra Harshana Yoga Visi*/Bava Karana Dashami/Ekadashtyam Titau |   |  |   | Dushanbe, Tajikistan<br>Sun 9      | Sutra 304           |
|                    | Wisshika Rasi: 25.56               | Tithi 25 – 26 | <b>Gulika</b><br>11:01AM – 12:21PM<br><b>Yama</b><br>8:22AM – 9:42AM<br><b>Rahu</b><br>3:00PM – 4:20PM   | <b>Jyeshtha* Until 1:58PM</b><br>Harshana Until 3:32AM Fri<br>Bava Until 1:56AM Fri<br><b>Dashami Until 12:50PM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Orange<br><b>Magha-Thai</b> | <b>Sunrise:</b> 8:20AM<br><b>Sunset:</b> 6:59PM | Moon 2 - Phase 42 - 9<br>2nd Phase | Vasvasa 5127        |
| Routine Work       | Prabalarishta Yoga                 | 976548577     |  |   |  |   |                                    | <b>Sivaloka Day</b> |
| Then Creative Work | Siddha Yoga                        |               |  |   |  |   |                                    |                     |

|                   |                                  |               |   |   |   |   |                                     |                     |
|-------------------|----------------------------------|---------------|---|---|---|---|-------------------------------------|---------------------|
| 3                 | <b>Friday, February 13, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Kрішна Пакше Sukra Vasara Uктыям<br>Mula*/Purvashadha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Ekadashi/Dwadashyam Titau |   |   |   | Dushanbe, Tajikistan<br>Sun 10      | Sutra 305           |
|                   | Dhanus Rasi: 7.56                | Tithi 26 – 27 | <b>Gulika</b><br>9:41AM – 11:01AM<br><b>Yama</b><br>4:20PM – 5:40PM<br><b>Rahu</b><br>12:21PM – 1:41PM  | <b>Mula* Until 4:39PM</b><br>Vajra* Until 3:49AM Sat<br>Kaulava Until 3:47AM Sat<br><b>Ekadashi* Until 2:54PM</b> | <b>Ganesha:</b> Purple<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Light Blue<br><b>Magha-Masi</b> | <b>Sunrise:</b> 8:21AM<br><b>Sunset:</b> 7:01PM | Moon 2 - Phase 42 - 10<br>2nd Phase | Vasvasa 5127        |
| Creative Work     | Amrita Yoga                      | 986548577     |   |   |   |   |                                     | <b>Devaloka Day</b> |
| Then Routine Work | Prabalarishta Yoga               |               |   |   |   |   |                                     |                     |

|                                |                                    |               |   |   |   |   |                                     |                     |
|--------------------------------|------------------------------------|---------------|---|---|---|---|-------------------------------------|---------------------|
| 4                              | <b>Saturday, February 14, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Kрішна Пакше Manva Vasara Uктыям<br>Purvashadha* Nakshatra Siddhi Yoga Talila/Gara Karana Dvadashi/Trayodshyam Titau |   |   |   | Dushanbe, Tajikistan<br>Sun 10      | Sutra 306           |
|                                | Dhanus Rasi: 20.07                 | Tithi 27 – 28 | <b>Gulika</b><br>8:20AM – 9:40AM<br><b>Yama</b><br>3:01PM – 4:21PM<br><b>Rahu</b><br>11:00AM – 12:20PM  | <b>Purvashadha* Until 6:43PM</b><br>Siddhi Until 3:45AM Sun<br>Gara Until 5:08AM Sun<br><b>Dvadashi* Until 4:30PM</b> | <b>Ganesha:</b> Purple<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Light Blue<br><b>Magha-Masi</b> | <b>Sunrise:</b> 8:20AM<br><b>Sunset:</b> 7:01PM | Moon 2 - Phase 42 - 11<br>2nd Phase | Vasvasa 5127        |
| Creative Work                  | Siddha Yoga                        | 986548577     |   |   |   |   |                                     | <b>Devaloka Day</b> |
| Then Routine Work              | Marana Yoga                        |               |   |   |   |   |                                     |                     |
| <i>Pradosha Vata (Fasting)</i> |                                    |               |   |   |   |   |                                     |                     |

|               |                                  |               |   |   |  |   |                                     |                     |
|---------------|----------------------------------|---------------|---|---|--|---|-------------------------------------|---------------------|
| 5             | <b>Sunday, February 15, 2026</b> |               | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Kрішна Пакше Bharu Vasara Uктыям<br>Uttarashadha Nakshatra Vyajipata* Yoga Vanja/Visi* Karana Trayodashi/Chaturdashyam Titau |   |  |   | Dushanbe, Tajikistan<br>Sun 12      | Sutra 307           |
|               | Makara Rasi: 2.3                 | Tithi 28 – 29 | <b>Gulika</b><br>4:21PM – 5:42PM<br><b>Yama</b><br>1:41PM – 3:01PM<br><b>Rahu</b><br>5:42PM – 7:02PM  | <b>Uttarashadha Until 8:08PM</b><br>Vyajipata* Until 3:16AM Mon<br>Visi Until 5:56AM Mon<br><b>Trayodashi* Until 5:35PM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Light Blue<br><b>Magha-Masi</b> | <b>Sunrise:</b> 8:19AM<br><b>Sunset:</b> 7:02PM | Moon 2 - Phase 42 - 12<br>2nd Phase | Vasvasa 5127        |
| Creative Work | Amrita Yoga                      | 987548577     |   |   |  |   |                                     | <b>Sivaloka Day</b> |

|                     |                                  |           |   |  |   |   |                                     |                     |
|---------------------|----------------------------------|-----------|---|--|---|---|-------------------------------------|---------------------|
| 6                   | <b>Monday, February 16, 2026</b> |           | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Kрішна Пакше Indu Vasara Uктыям<br>Shravana Nakshatra Varjan Yoga Sakuni* Karana Chaturdashyam Titau |  |   |   | Dushanbe, Tajikistan<br>Sun 11      | Sutra 308           |
|                     | Makara Rasi: 15.08               | Tithi 29  | <b>Gulika</b><br>3:01PM – 4:22PM<br><b>Yama</b><br>12:20PM – 1:41PM<br><b>Rahu</b><br>9:38AM – 10:59AM  | <b>Shravana Until 9:18PM</b><br>Varjan Until 2:19AM Tue<br>Sakuni Until 6:06PM<br><b>Chaturdashi* Until 6:06PM</b> | <b>Ganesha:</b> Orange<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Purple<br><b>Magha-Masi</b> | <b>Sunrise:</b> 8:18AM<br><b>Sunset:</b> 7:03PM | Moon 2 - Phase 42 - 13<br>2nd Phase | Vasvasa 5127        |
| Family Home Evening | Amrita Yoga                      | 997548577 |   |  |   |   |                                     | <b>Sivaloka Day</b> |
| Then Routine Work   | Siddha Yoga                      |           |   |  |   |   |                                     |                     |
| Then Creative Work  | Marana Yoga                      |           |   |  |   |   |                                     |                     |

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| ●                 | <b>Tuesday, February 17, 2026</b> |           | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Kрішна Пакше Mangala Vasara Uктыям<br>Dhanishtha Nakshatra Parigaha* Yoga Caluspada*/Naga* Karana Amavasyayam Titau |  |   |   | Dushanbe, Tajikistan<br>Sun 14     | Sutra 309           |
|                   | Makara Rasi: 28.02                | Tithi 30  | <b>Gulika</b><br>1:41PM – 3:02PM<br><b>Yama</b><br>10:59AM – 12:20PM<br><b>Rahu</b><br>4:23PM – 5:44PM   | <b>Dhanishtha Until 9:46PM</b><br>Parigaha* Until 12:58AM Wed<br>Caluspada Until 6:09AM<br><b>Amavasya* Until 6:02PM</b> | <b>Ganesha:</b> Orange<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Purple<br><b>Magha-Masi</b> | <b>Sunrise:</b> 8:17AM<br><b>Sunset:</b> 7:05PM | Moon 2 - Phase 42 - 14<br>Amavasya | Vasvasa 5127        |
| Creative Work     | Siddha Yoga                       | 997548577 |  |  |   |   |                                    | <b>Sivaloka Day</b> |
| Then Routine Work | Marana Yoga                       |           |  |  |   |   |                                    |                     |

|                   |                                     |             |  |   |   |   |                                    |                     |
|-------------------|-------------------------------------|-------------|--|---|---|---|------------------------------------|---------------------|
| ●                 | <b>Wednesday, February 18, 2026</b> |             | Viswasa Nama Samvatsara Uтарыяне Мокша Рітау Kumbha Mese Sukla Pakshe Budha Vasara Uктыям<br>Shatabhishak Nakshatra Shiva Yoga Bava/Balava Karana Prathama/Dvityayam Titau |   |   |   | Dushanbe, Tajikistan<br>Sun 15     | Sutra 310           |
|                   | Kumbha Rasi: 11.12                  | Tithi 1 – 2 | <b>Gulika</b><br>12:19PM – 1:40PM<br><b>Yama</b><br>9:37AM – 10:58AM<br><b>Rahu</b><br>1:40PM – 3:02PM   | <b>Shatabhishak Until 9:36PM</b><br>Shiva Until 11:14PM<br>Balava Until 5:02AM Thu<br><b>Prathama* Until 5:28PM</b> | <b>Ganesha:</b> Orange<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange<br>Moon – Purple<br><b>Phalgun-Masi</b> | <b>Sunrise:</b> 8:15AM<br><b>Sunset:</b> 7:06PM | Moon 2 - Phase 42 - 15<br>Prathama | Vasvasa 5127        |
| Creative Work     | Siddha Yoga                         | 997548577   |  |   |   |   |                                    | <b>Sivaloka Day</b> |
| Then Routine Work | Amrita Yoga                         |             |  |   |   |   |                                    |                     |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                    |             |   |  |  |   |                                |                           |
|--------------------|-------------|---|--|--|---|--------------------------------|---------------------------|
| <b>1</b>           |             | <b>Thursday, February 19, 2026</b>          |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktayam<br>Puravproshthapada* Nakshatra Siddha Yoga Kaulava/Taila Karana Dvitiya/Tritiyyam Tilau |   | Dushanbe, Tajikistan<br>Sun 16 | Sutra 311                 |
| Kumbha Rasi: 24.38 | Tilhi 2 – 3 | <b>Gulika</b><br>10:57AM – 12:19PM          | <b>Puravproshthapada* Until 9:19PM</b>                                       | <b>Ganesha:</b> Green<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange   | <b>Sunrise:</b> 8:14AM<br><b>Sunset:</b> 7:07PM | Moon 2 - Phase 43 - 16         | Vasvasu 5127<br>3rd Phase |
| Creative Work      | Siddha Yoga | 917548577<br><b>Rahu</b><br>3:02PM – 4:24PM | Siddha Until 9:09PM<br>Taila Until 3:50AM Fri<br><b>Dvitiya Until 4:28PM</b> | Green<br>White<br>Orange<br>Moon – Clear<br>Phalgun-Masi   |   |                                | <b>Subha Sivaloka Day</b> |

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| <b>2</b>         |             | <b>Friday, February 20, 2026</b>             |   | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Sutra Vasara Yuktayam<br>Uttarproshthapada Nakshatra Sadhya Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Tilau |   | Dushanbe, Tajikistan<br>Sun 17 | Sutra 312                 |
| Meena Rasi: 8.17 | Tilhi 3 – 4 | <b>Gulika</b><br>9:35AM – 10:57AM            | <b>Uttarproshthapada Until 8:33PM</b>   | <b>Ganesha:</b> Green<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange  | <b>Sunrise:</b> 8:13AM<br><b>Sunset:</b> 7:08PM | Moon 2 - Phase 43 - 17         | Vasvasu 5127<br>3rd Phase |
| Creative Work    | Siddha Yoga | 917548577<br><b>Rahu</b><br>12:18PM – 1:40PM | Sadhya Until 6:49PM<br>Vanija Until 2:20AM Sat<br><b>Tritiya Until 3:06PM</b> | Green<br>White<br>Orange<br>Moon – Clear<br>Phalgun-Masi  |   |                                | <b>Subha Sivaloka Day</b> |

|                                  |                                    |   |  |   |   |                                |                           |
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| <b>3</b>                         |                                    | <b>Saturday, February 21, 2026</b>            |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Mantra Vasara Yuktayam<br>Revati Nakshatra Subha/Sukla Yoga Visi*/Bava Karana Chaturthi/Panchamyam Tilau |   | Dushanbe, Tajikistan<br>Sun 18 | Sutra 313                 |
| Meena Rasi: 22.07                | Tilhi 4 – 5                        | <b>Gulika</b><br>8:12AM – 9:34AM              | <b>Revati Until 7:24PM</b>   | <b>Ganesha:</b> Red<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange  | <b>Sunrise:</b> 8:12AM<br><b>Sunset:</b> 7:09PM | Moon 2 - Phase 43 - 18         | Vasvasu 5127<br>3rd Phase |
| Routine Work                     | Prabalarishta Yoga<br>Until 7:24PM | 918548577<br><b>Rahu</b><br>10:56AM – 12:18PM | Subha Until 4:17PM<br>Bava Until 12:35AM Sun<br><b>Chaturthi* Until 1:27PM</b> | Red<br>White<br>Orange<br>Moon – Clear<br>Phalgun-Masi  |   |                                | <b>Sivaloka Day</b>       |
| Then Creative Work - Siddha Yoga |                                    | <b>Subramuniyaswami Siva Vision Day</b>       |  |   |   |                                |                           |

|  |                             |   |  |  |   |                                |                           |
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| <b>4</b>                               |                             | <b>Sunday, February 22, 2026</b>            |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Bhanu Vasara Yuktayam<br>Ashvini Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Panchami/Shashthiyam Tilau |   | Dushanbe, Tajikistan<br>Sun 19 | Sutra 314                 |
| Mesha Rasi: 6.05                       | Tilhi 5 – 6                 | <b>Gulika</b><br>4:25PM – 5:47PM            | <b>Ashvini Until 6:21PM</b>  | <b>Ganesha:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange  | <b>Sunrise:</b> 8:10AM<br><b>Sunset:</b> 7:10PM | Moon 2 - Phase 43 - 19         | Vasvasu 5127<br>3rd Phase |
| Creative Work                          | Siddha Yoga<br>Until 6:21PM | 928548577<br><b>Rahu</b><br>5:47PM – 7:10PM | Sukla Until 1:34PM<br>Kaulava Until 10:39PM<br><b>Panchami Until 11:37AM</b> | Blue<br>White<br>Orange<br>Moon – White<br>Phalgun-Masi  |   |                                | <b>Devaloka Day</b>       |
| Then Routine Work - Prabalarishta Yoga |                             |   |  |  |   |                                |                           |

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| <b>5</b>                        |                             | <b>Monday, February 23, 2026</b>             |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktayam<br>Bharani/Kritika Nakshatra Brahma/Indra Yoga Taila/Gara Karana Shashthi/Saptamyam Tilau |   | Dushanbe, Tajikistan<br>Sun 20 | Sutra 315                 |
| Mesha Rasi: 20.1                | Tilhi 6 – 7                 | <b>Gulika</b><br>3:03PM – 4:25PM             | <b>Bharani Until 5:01PM</b>  | <b>Ganesha:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange   | <b>Sunrise:</b> 8:09AM<br><b>Sunset:</b> 7:11PM | Moon 2 - Phase 43 - 20         | Vasvasu 5127<br>3rd Phase |
| <b>Family Home Evening</b>      | Siddha Yoga<br>Until 5:01PM | 928548577<br><b>Rahu</b><br>9:32AM – 10:54AM | Brahma Until 10:45AM<br>Gara Until 8:37PM<br><b>Shashthi* Until 9:38AM</b> | Blue<br>White<br>Orange<br>Moon – White<br>Phalgun-Masi   |   |                                | <b>Devaloka Day</b>       |
| Then Routine Work - Marana Yoga |                             |  |  |   |   |                                |                           |

|                                  |                             |   |  |  |   |                                |                           |
|----------------------------------|-----------------------------|---|--|--|---|--------------------------------|---------------------------|
| <b>6</b>                         |                             | <b>Tuesday, February 24, 2026</b>           |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Mangala Vasara Yuktayam<br>Kritika/Rohini Nakshatra Indra/Vaidhiti* Yoga Vanija/Visi* Karana Saptami/Ashthamyam Tilau |   | Dushanbe, Tajikistan<br>Sun 21 | Sutra 316                 |
| <b>Retreat Star</b>              |                             | <b>Gulika</b><br>1:40PM – 3:03PM            | <b>Kritika Until 3:29PM</b>  | <b>Ganesha:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange  | <b>Sunrise:</b> 8:08AM<br><b>Sunset:</b> 7:12PM | Moon 2 - Phase 43 - 21         | Vasvasu 5127<br>3rd Phase |
| Wishabha Rasi: 4.18              | Tilhi 7 – 8                 | 928548577<br><b>Rahu</b><br>4:26PM – 5:49PM | Indra Until 7:53AM<br>Visi Until 6:31PM<br><b>Saptami Until 7:33AM</b> | Blue<br>White<br>Orange<br>Moon – White<br>Phalgun-Masi  |   |                                | <b>Devaloka Day</b>       |
| Creative Work                    | Siddha Yoga<br>Until 3:29PM |   |  |  |   |                                |                           |
| Then Creative Work - Amrita Yoga |                             |   |  |  |   |                                |                           |

|                      |             |   |  |   |   |                                |                           |
|----------------------|-------------|---|--|---|---|--------------------------------|---------------------------|
| <b>7</b>             |             | <b>Wednesday, February 25, 2026</b>         |  | Viswasa Nama Samvatsara Uttarayani Moksha Ritau Kumbha Mase Sukla Paksha Budha Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Navamyam Tilau |   | Dushanbe, Tajikistan<br>Sun 22 | Sutra 317                 |
| <b>Retreat Star</b>  |             | <b>Gulika</b><br>12:16PM – 1:40PM           | <b>Rohini Until 2:12PM</b>   | <b>Ganesha:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Orange   | <b>Sunrise:</b> 8:06AM<br><b>Sunset:</b> 7:13PM | Moon 2 - Phase 43 - 22         | Vasvasu 5127<br>Navami    |
| Wishabha Rasi: 18.29 | Tilhi 9     | 938648577<br><b>Rahu</b><br>1:40PM – 3:03PM | Vishkambha* Until 2:02AM Thu<br>Balava Until 4:22PM<br><b>Navami* Until 3:17AM Thu</b> | Blue<br>White<br>Orange<br>Moon – Yellow<br>Phalgun-Masi  |   |                                | <b>Subha Sivaloka Day</b> |
| Creative Work        | Siddha Yoga |   |  |   |   |                                |                           |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|-------------------|-------------|------------------------------------|--------------------------|---|-----------------|----------------------------------|
| <b>1</b>          |             | <b>Thursday, February 26, 2026</b> |                          | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktayam |                 | Dushanbe, Tajikistan             |
| Mithuna Rasi: 2.4 | Tithi 10    | Gulika 10:52AM - 12:16PM           | Mrigashira Until 12:46PM | Ganesha: Blue   | Sunrise: 8:05AM | Sutra 318                        |
|                   |             | Yama 8:05AM - 9:29AM               | Prithi Until 11:08PM     | Muruga: White   | Sunset: 7:14PM  | Voovasa 5127                     |
| Routine Work      | Marana Yoga | 938648577 Rahu 3:03PM - 4:27PM     | Taitilla Until 2:15PM    | Nataraja: Orange  |                 | Moon 2 - Phase 44 - 23 4th Phase |
|                   |             |                                    | Dashami Until 1:11AM Fri | Moon - Yellow   |                 | Subha Sivaloka Day               |
|                   |             |                                    |                          | Phalgun-Masi  |                 |                                  |

|                     |             |                                  |                        |  |                 |                                  |
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| <b>2</b>            |             | <b>Friday, February 27, 2026</b> |                        | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Sukra Vasara Yuktayam |                 | Dushanbe, Tajikistan             |
| Mithuna Rasi: 16.49 | Tithi 11    | Gulika 9:28AM - 10:51AM          | Ardra Until 11:16AM    | Ganesha: Blue  | Sunrise: 8:04AM | Sutra 319                        |
|                     |             | Yama 4:27PM - 5:51PM             | Ayushman Until 8:17PM  | Muruga: White  | Sunset: 7:15PM  | Voovasa 5127                     |
| Creative Work       | Siddha Yoga | 938648577 Rahu 12:15PM - 1:39PM  | Vanija Until 12:10PM   | Nataraja: Orange   |                 | Moon 2 - Phase 44 - 24 4th Phase |
|                     |             |                                  | Ekadashi Until 11:10PM | Moon - Yellow  |                 | Subha Sivaloka Day               |
|                     |             |                                  |                        | Phalgun-Masi   |                 |                                  |

|                  |             |                                    |                         |   |                 |                                  |
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| <b>3</b>         |             | <b>Saturday, February 28, 2026</b> |                         | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Manita Vasara Yuktayam |                 | Dushanbe, Tajikistan             |
| Kalka Rasi: 0.53 | Tithi 12    | Gulika 8:02AM - 9:26AM             | Punarvasu Until 10:09AM | Ganesha: White  | Sunrise: 8:03AM | Sutra 320                        |
|                  |             | Yama 3:04PM - 4:28PM               | Saubhagya Until 5:35PM  | Muruga: White   | Sunset: 7:16PM  | Voovasa 5127                     |
| Creative Work    | Siddha Yoga | 949648577 Rahu 10:51AM - 12:15PM   | Bava Until 10:14AM      | Nataraja: Orange  |                 | Moon 2 - Phase 44 - 25 4th Phase |
|                  |             |                                    | Dvadashti Until 9:19PM  | Moon - Blue   |                 | Devaloka Day                     |
|                  |             |                                    |                         | Phalgun-Masi  |                 |                                  |

|                   |             |                                |                         |  |                 |                                  |
|-------------------|-------------|--------------------------------|-------------------------|--|-----------------|----------------------------------|
| <b>4</b>          |             | <b>Sunday, March 1, 2026</b>   |                         | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Bharu Vasara Yuktayam |                 | Dushanbe, Tajikistan             |
| Kalka Rasi: 14.52 | Tithi 13    | Gulika 4:29PM - 5:53PM         | Pushya Until 9:07AM     | Ganesha: White   | Sunrise: 7:59AM | Sutra 321                        |
|                   |             | Yama 1:39PM - 3:04PM           | Sobhana Until 3:04PM    | Muruga: White  | Sunset: 7:18PM  | Voovasa 5127                     |
| Creative Work     | Siddha Yoga | 949648577 Rahu 5:53PM - 7:18PM | Kaulava Until 8:29AM    | Nataraja: Orange   |                 | Moon 2 - Phase 44 - 26 4th Phase |
|                   |             |                                | Trayodashi Until 7:42PM | Moon - Blue  |                 | Devaloka Day                     |
|                   |             |                                |                         | Phalgun-Masi   |                 |                                  |
|                   |             |                                | <i>Pradosha Vata</i>    |  |                 |                                  |

|                                 |             |                                 |                           |   |                 |                                  |
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| <b>5</b>                        |             | <b>Monday, March 2, 2026</b>    |                           | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktayam |                 | Dushanbe, Tajikistan             |
| Kalka Rasi: 28.38               | Tithi 14    | Gulika 3:04PM - 4:29PM          | Ashlesha* Until 8:13AM    | Ganesha: White  | Sunrise: 7:58AM | Sutra 322                        |
| Family Home Evening             |             | Yama 12:14PM - 1:39PM           | Ahiganda* Until 12:48PM   | Muruga: White   | Sunset: 7:19PM  | Voovasa 5127                     |
| Creative Work                   | Siddha Yoga | 949648577 Rahu 9:23AM - 10:48AM | Gara Until 7:03AM         | Nataraja: Orange  |                 | Moon 2 - Phase 44 - 27 4th Phase |
| Until 8:13AM                    |             |                                 | Chalurdashi* Until 6:27PM | Moon - Blue   |                 | Devaloka Day                     |
| Then Routine Work - Marana Yoga |             | Chidambaram Abhishekam          |                           | Phalgun-Masi  |                 |                                  |

|                            |               |                                |                         |  |                 |                             |
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| <b>○</b>                   |               | <b>Tuesday, March 3, 2026</b>  |                         | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Mangala Vasara Yuktayam |                 | Dushanbe, Tajikistan        |
| <b>Copper Retreat Star</b> |               | Gulika 1:38PM - 3:04PM         | Magha* Until 8:00AM     | Ganesha: Clear   | Sunrise: 7:57AM | Sutra 323                   |
| Simha Rasi: 12.12          | Tithi 15 - 16 | Yama 10:48AM - 12:13PM         | Sukarma Until 10:52AM   | Muruga: White  | Sunset: 7:20PM  | Voovasa 5127                |
| Creative Work              | Siddha Yoga   | 959648577 Rahu 4:29PM - 5:55PM | Balava Until 5:25AM Wed | Nataraja: Orange   |                 | Moon 2 - Phase 44 - Purnima |
|                            |               | Holi                           | Purnima* Until 5:37PM   | Moon - Red   |                 | Sivaloka Day                |
|                            |               |                                |                         | Phalgun-Masi   |                 |                             |

|                                 |               |                                |                            |  |                 |                              |
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| <b>Wednesday, March 4, 2026</b> |               | <b>Silver Retreat Star</b>     |                            | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Budha Vasara Yuktayam |                 | Dushanbe, Tajikistan         |
| Simha Rasi: 25.3                | Tithi 16 - 17 | Gulika 12:12PM - 1:38PM        | Purvaphalguni Until 8:06AM | Ganesha: Clear   | Sunrise: 7:55AM | Sutra 324                    |
|                                 |               | Yama 9:21AM - 10:47AM          | Dhriti Until 9:20AM        | Muruga: White  | Sunset: 7:21PM  | Voovasa 5127                 |
| Creative Work                   | Amrita Yoga   | 959648577 Rahu 1:38PM - 3:04PM | Taitilla Until 5:23AM Thu  | Nataraja: Orange   |                 | Moon 2 - Phase 44 - Prathama |
|                                 |               |                                | Prathama* Until 5:18PM     | Moon - Red   |                 | Sivaloka Day                 |
|                                 |               |                                |                            | Phalgun-Masi   |                 |                              |

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

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Thursday, March 5, 2026

Gold Retreat Star

Kanya Rasi: 8.31 Tithi 17 - 18

Amrita Yoga

Until 8:36AM

Then Routine Work - Marana Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Guru Vasara Yuktayam  
 Ultraphalguni/Nasta Nakshatra Shula/Ganda\* Yoga Gana/Vanija Karana Dvitiya/Tritiyam Tilau

**Gulika 10:46AM - 12:12PM**  
 Yama 7:54AM - 9:20AM  
 Rahu 3:04PM - 4:30PM

**Ultraphalguni Until 8:36AM**  
 Shula\* Until 8:12AM  
 Vanija Until 5:56AM Fri  
 Dvitiya Until 5:34PM

**Ganesha: Clear** Sunrise: 7:54AM  
**Muruga: White** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Red Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 1 Sutra 325  
 Viswasa 5127  
 Moon 3 - Phase 45 - 1  
 1st Phase

Sivaloka Day

Friday, March 6, 2026

Kanya Rasi: 21.14 Tithi 18

Amrita Yoga

Until 9:59AM

Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Sukra Vasara Yuktayam  
 Hasta/Chitra Nakshatra Ganda/Widhi/Yajhata\* Yoga Kaulava/Falita Karana Chaturthyam Tilau

**Gulika 9:19AM - 10:45AM**  
 Yama 4:31PM - 5:57PM  
 Rahu 12:11PM - 1:38PM

**Hasla Until 9:59AM**  
 Ganda\* Until 7:33AM  
 Visli Until 6:25PM  
 Tritiya Until 6:25PM

**Ganesha: White** Sunrise: 7:52AM  
**Muruga: White** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Green Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 2 Sutra 326  
 Viswasa 5127  
 Moon 3 - Phase 45 - 2  
 1st Phase

Devaloka Day

Saturday, March 7, 2026

Tula Rasi: 3.42 Tithi 19

Marana Yoga

Until 11:46AM

Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Manu Vasara Yuktayam  
 Chitra/Svali Nakshatra Viddhi/Dhruva Yoga Bava/Balava Karana Chaturthyam Tilau

**Gulika 7:51AM - 9:17AM**  
 Yama 3:04PM - 4:31PM  
 Rahu 10:44AM - 12:11PM

**Chitra Until 11:46AM**  
 Viddhi Until 7:22AM  
 Bava Until 7:05AM  
 Chaturthi\* Until 7:50PM

**Ganesha: Purple** Sunrise: 7:51AM  
**Muruga: Clear** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Green Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 3 Sutra 327  
 Viswasa 5127  
 Moon 3 - Phase 45 - 3  
 1st Phase

Bhuloka Day

Devaloka Time: 3PM to 6PM

Sunday, March 8, 2026

Tula Rasi: 15.56 Tithi 20

Siddha Yoga

Until 1:52PM

Then Routine Work - Marana Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Bhanu Vasara Yuktayam  
 Svali/Wishaka Nakshatra Dhruva/Vyaghata\* Yoga Kaulava/Falita Karana Panchamyam Tilau

**Gulika 4:31PM - 5:58PM**  
 Yama 1:37PM - 3:04PM  
 Rahu 5:58PM - 7:25PM

**Svali Until 1:52PM**  
 Dhruva Until 7:33AM  
 Kaulava Until 8:45AM  
 Panchami Until 9:44PM

**Ganesha: Purple** Sunrise: 7:49AM  
**Muruga: Clear** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Green Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 4 Sutra 328  
 Viswasa 5127  
 Moon 3 - Phase 45 - 4  
 1st Phase

Bhuloka Day

Devaloka Time: 3PM to 6PM

Monday, March 9, 2026

Tula Rasi: 27.59 Tithi 21

Marana Yoga

Until 4:41PM

Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Indu Vasara Yuktayam  
 Vishaka/Anuradha Nakshatra Vyaghata\*/Harshana Yoga Gara/Vanija Karana Shashthiyam Tilau

**Gulika 3:04PM - 4:32PM**  
 Yama 12:10PM - 1:37PM  
 Rahu 9:15AM - 10:42AM

**Vishaka Until 4:41PM**  
 Vyaghata\* Until 8:04AM  
 Gara Until 10:50AM  
 Shashthi\* Until 11:58PM

**Ganesha: Clear** Sunrise: 7:48AM  
**Muruga: Clear** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Orange Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 5 Sutra 329  
 Viswasa 5127  
 Moon 3 - Phase 45 - 5  
 1st Phase

Devaloka Day

Tuesday, March 10, 2026

Wishika Rasi: 9.56 Tithi 22

Siddha Yoga

Until 7:32PM

Then Routine Work - Marana Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Mangala Vasara Yuktayam  
 Anuradha Nakshatra Harshana/Vajra\* Yoga Visli\*/Bava Karana Sapthamyam Tilau

**Gulika 1:37PM - 3:05PM**  
 Yama 10:42AM - 12:09PM  
 Rahu 4:32PM - 6:00PM

**Anuradha Until 7:32PM**  
 Harshana Until 8:49AM  
 Visli Until 1:11PM  
 Sapthami Until 2:23AM Wed

**Ganesha: Clear** Sunrise: 7:46AM  
**Muruga: Clear** Sunset: 7:29PM  
**Nataraja: Orange**  
 Moon - Orange Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 6 Sutra 330  
 Viswasa 5127  
 Moon 3 - Phase 45 - 6  
 1st Phase

Devaloka Day

Wednesday, March 11, 2026

Retreat Star

Wishika Rasi: 21.5 Tithi 23

Siddha Yoga

Until 10:15PM

Then Routine Work - Marana Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Budha Vasara Yuktayam  
 Jyeshtha\* Nakshatra Vajra\*/Siddhi Yoga Balava/Kaulava Karana Ashtamyam Tilau

**Gulika 12:09PM - 1:37PM**  
 Yama 9:13AM - 10:41AM  
 Rahu 1:37PM - 3:05PM

**Jyeshtha\* Until 10:15PM**  
 Vajra\* Until 9:37AM  
 Balava Until 3:37PM  
 Ashtami\* Until 4:46AM Thu

**Ganesha: Clear** Sunrise: 7:45AM  
**Muruga: White** Sunset: 7:29PM  
**Nataraja: Light Blue**  
 Moon - Orange Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 7 Sutra 331  
 Viswasa 5127  
 Moon 3 - Phase 45 - 7  
 Ashtami

Bhuloka Day

Devaloka Time: 6AM to 9AM

Thursday, March 12, 2026

Retreat Star

Dhanu Rasi: 3.46 Tithi 24

Siddha Yoga

Until 1:08AM Fri

Then Routine Work - Prabalashita Yoga

Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Guru Vasara Yuktayam  
 Mula\* Nakshatra Siddhi/Vyalyapala\* Yoga Talila/Gara Karana Navamyam Tilau

**Gulika 10:40AM - 12:08PM**  
 Yama 7:43AM - 9:12AM  
 Rahu 3:05PM - 4:33PM

**Mula\* Until 1:08AM Fri**  
 Siddhi Until 10:22AM  
 Talila Until 5:55PM  
 Navami\* Until 6:56AM Fri

**Ganesha: White** Sunrise: 7:43AM  
**Muruga: White** Sunset: 7:29PM  
**Nataraja: Light Blue**  
 Moon - Light Blue Phalguna-Masi

Dushanbe, Tajikistan  
 Sun 8 Sutra 332  
 Viswasa 5127  
 Moon 3 - Phase 45 - 8  
 Navami

Bhuloka Day

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                 |  |               |   |                                     |  |                       |
|---------------------------------|--|---------------|---|-------------------------------------|--|-----------------------|
| <b>1</b>                        | <b>Friday, March 13, 2026</b>  |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Sukra Vasara Yuktayam Dushanbe, Tajikistan |                                     |  |                       |
|                                 | Parvashada* Nakshatra Vysjipata*Varjayan Yoga GaraVanija Karana Navami/Dashamyam Titau Sun 9 Sutra 333 |               | <b>Gulika</b> 9:10AM - 10:39AM  | <b>Purvashada* Until 3:29AM Sat</b> | <b>Ganesha:</b> White <b>Sunrise:</b> 7:40AM | <b>Vasavasu 5:17</b>  |
|                                 | Dhanus Rasi: 15.46   | Tithi 24 - 25 | Yama 4:33PM - 6:02PM  | Vyjalipata* Until 10:56AM           | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM   | Moon 3 - Phase 46 - 9 |
| Routine Work Prabalarishta Yoga |  | 181658677     | <b>Rahu</b> 12:07PM - 1:36PM  | Vanija Until 7:53PM                 | <b>Nataraja:</b> Light Blue                  | 2nd Phase             |
| Until 3:29AM Sat                |  |               |   | Moon - Light Blue                   |  |                       |
| Then Routine Work - Marana Yoga |  |               |   | <b>Navami* Until 6:56AM</b>         | <b>Phalguna-Masi</b>                         | <b>Bhuloka Day</b>    |

|                                  |  |               |  |                                     |  |                        |
|----------------------------------|--|---------------|--|-------------------------------------|--|------------------------|
| <b>2</b>                         | <b>Saturday, March 14, 2026</b>  |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Marita Vasara Yuktayam Dushanbe, Tajikistan |                                     |  |                        |
|                                  | Uttarashada* Nakshatra Varjayan Parigaha* Yoga Vesli* Bava Karana Dashami/Ekadashtyam Titau Sun 10 Sutra 334 |               | <b>Gulika</b> 7:40AM - 9:09AM  | <b>Uttarashada Until 5:08AM Sun</b> | <b>Ganesha:</b> White <b>Sunrise:</b> 7:40AM | <b>Vasavasu 5:17</b>   |
|                                  | Dhanus Rasi: 27.56   | Tithi 25 - 26 | Yama 3:05PM - 4:34PM   | Varjayan Until 11:08AM              | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM   | Moon 3 - Phase 46 - 10 |
| Routine Work Marana Yoga         |  | 181658677     | <b>Rahu</b> 10:38AM - 12:07PM  | Bava Until 9:19PM                   | <b>Nataraja:</b> Light Blue                  | 2nd Phase              |
| Until 5:08AM Sun                 |  |               |  | <b>Dashami Until 8:39AM</b>         | <b>Phalguna-Masi</b>                         | <b>Bhuloka Day</b>     |
| Then Creative Work - Amrita Yoga |  |               |  |                                     |  |                        |

|                                  |  |               |  |                                      |   |                                  |
|----------------------------------|--|---------------|--|--------------------------------------|---|----------------------------------|
| <b>3</b>                         | <b>Sunday, March 15, 2026</b>  |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Bharu Vasara Yuktayam Dushanbe, Tajikistan |                                      |   |                                  |
|                                  | Shravana Nakshatra Parigaha* Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau Sun 11 Sutra 335 |               | <b>Gulika</b> 4:34PM - 6:03PM  | <b>Shravana Until 6:27AM Mon</b>     | <b>Ganesha:</b> Yellow <b>Sunrise:</b> 7:39AM | <b>Vasavasu 5:17</b>             |
|                                  | Makara Rasi: 10.22   | Tithi 26 - 27 | Yama 1:36PM - 3:05PM   | Parigah* Until 10:53AM               | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM    | Moon 3 - Phase 46 - 11           |
| Creative Work Amrita Yoga        |  | 191658678     | <b>Rahu</b> 6:03PM - 7:32PM  | Kaulava Until 10:07PM                | <b>Nataraja:</b> Purple                       | 2nd Phase                        |
| Until 6:27AM Mon                 |  |               |  | <b>Ekadashi* Until 9:47AM</b>        | <b>Moon - Purple</b>                          | <b>Bhuloka Day</b>               |
| Then Creative Work - Siddha Yoga |  |               |  | <b>Karadayani Nombu (Tamil Nadu)</b> | <b>Phalguna-Panguni</b>                       | <b>Devaloka Time: 6AM to 9AM</b> |

|                                  |  |               |   |                                |   |                                  |
|----------------------------------|--|---------------|---|--------------------------------|---|----------------------------------|
| <b>4</b>                         | <b>Monday, March 16, 2026</b>  |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Indu Vasara Yuktayam Dushanbe, Tajikistan |                                |   |                                  |
|                                  | Shravana Nakshatra Parigaha* Shiva Siddha Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau Sun 12 Sutra 336 |               | <b>Gulika</b> 3:05PM - 4:34PM   | <b>Shravana Until 6:27AM</b>   | <b>Ganesha:</b> Yellow <b>Sunrise:</b> 7:37AM | <b>Vasavasu 5:17</b>             |
|                                  | Makara Rasi: 23.05   | Tithi 27 - 28 | Yama 12:06PM - 1:35PM   | Shiva Until 10:07AM            | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM    | Moon 3 - Phase 46 - 12           |
| Family Home Evening              |  | 191658678     | <b>Rahu</b> 9:07AM - 10:36AM  | Gara Until 10:12PM             | <b>Nataraja:</b> Purple                       | 2nd Phase                        |
| Creative Work Amrita Yoga        |  |               |   | <b>Dvadashi* Until 10:14AM</b> | <b>Moon - Purple</b>                          | <b>Bhuloka Day</b>               |
| Until 6:27AM                     |  |               |   |                                | <b>Phalguna-Panguni</b>                       | <b>Devaloka Time: 6AM to 9AM</b> |
| Then Creative Work - Siddha Yoga |  |               |   |                                |   |                                  |
| <i>Pradosha Vrata (Fasting)</i>  |  |               |   |                                |   |                                  |

|                                 |  |               |  |                                 |   |                                  |
|---------------------------------|--|---------------|--|---------------------------------|---|----------------------------------|
| <b>5</b>                        | <b>Tuesday, March 17, 2026</b>   |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Mangala Vasara Yuktayam Dushanbe, Tajikistan |                                 |   |                                  |
|                                 | Dhanishtha Nakshatra Siddha Sadhya Yoga Vanja/Visi* Karana Trayodashi/Chaturdashyam Titau Sun 13 Sutra 337 |               | <b>Gulika</b> 1:35PM - 3:05PM  | <b>Dhanishtha Until 6:54AM</b>  | <b>Ganesha:</b> Yellow <b>Sunrise:</b> 7:36AM | <b>Vasavasu 5:17</b>             |
|                                 | Kumbha Rasi: 6.1   | Tithi 28 - 29 | Yama 10:35AM - 12:05PM   | Siddha Until 8:45AM             | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM    | Moon 3 - Phase 46 - 13           |
| Creative Work Siddha Yoga       |  | 191658678     | <b>Rahu</b> 4:35PM - 6:04PM  | Visi Until 9:33PM               | <b>Nataraja:</b> Purple                       | 2nd Phase                        |
| Until 6:54AM                    |  |               |  | <b>Trayodashi* Until 9:57AM</b> | <b>Moon - Purple</b>                          | <b>Bhuloka Day</b>               |
| Then Routine Work - Marana Yoga |  |               |  |                                 | <b>Phalguna-Panguni</b>                       | <b>Devaloka Time: 6AM to 9AM</b> |

|                                  |                                  |               |  |                                  |  |                                  |   |                      |
|----------------------------------|----------------------------------|---------------|--|----------------------------------|--|----------------------------------|---|----------------------|
| <b>●</b>                         | <b>Wednesday, March 18, 2026</b> |               | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Budha Vasara Yuktayam Dushanbe, Tajikistan                     |                                  |  |                                  |   |                      |
|                                  | <b>Retreat Star</b>              |               | Shatabhishak Nakshatra Parvashada* Nakshatra Siddhya Subha Yoga Sakuni*Calapada* Karana Chaturdashi/Amavasyayam Titau Sun 14 Sutra 338 |                                  | <b>Gulika</b> 12:05PM - 1:35PM             | <b>Shatabhishak Until 6:31AM</b> | <b>Ganesha:</b> Blue <b>Sunrise:</b> 7:34AM | <b>Vasavasu 5:17</b> |
|                                  | Kumbha Rasi: 19.37               | Tithi 29 - 30 | Yama 9:04AM - 10:34AM  | Sadhya Until 6:52AM              | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM | Moon 3 - Phase 46 - 14           | Amavasya                                    |                      |
| Creative Work Siddha Yoga        |                                  | 192658678     | <b>Rahu</b> 1:35PM - 3:05PM  | Calapada Until 8:17PM            | <b>Nataraja:</b> Purple                    |                                  |   |                      |
| Until 6:31AM                     |                                  |               |  | <b>Chalurdashi* Until 8:58AM</b> | <b>Moon - Purple</b>                       | <b>Devaloka Day</b>              |   |                      |
| Then Creative Work - Amrita Yoga |                                  |               |  |                                  | <b>Phalguna-Panguni</b>                    |                                  |   |                      |

|                           |                                 |              |   |                               |  |   |  |                      |
|---------------------------|---------------------------------|--------------|---|-------------------------------|--|---|--|----------------------|
| <b>●</b>                  | <b>Thursday, March 19, 2026</b> |              | Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukla Pakche Guru Vasara Yuktayam Dushanbe, Tajikistan |                               |  |   |  |                      |
|                           | <b>Retreat Star</b>             |              | Uttaraproshtapada Nakshatra Sukla Yoga Naga*Kintughna* Karana Amavasya/Prathamayam Titau Sun 15 Sutra 339       |                               | <b>Gulika</b> 10:33AM - 12:04PM            | <b>Uttaraproshtapada Until 4:33AM Fri</b> | <b>Ganesha:</b> Red <b>Sunrise:</b> 7:33AM | <b>Vasavasu 5:17</b> |
|                           | Meena Rasi: 3.25                | Tithi 30 - 1 | Yama 7:33AM - 9:03AM  | Sukla Until 1:44AM Fri        | <b>Muruga:</b> White <b>Sunset:</b> 7:39PM | Moon 3 - Phase 46 - 15                    | Prathama                                   |                      |
| Creative Work Siddha Yoga |                                 | 112658678    | <b>Rahu</b> 3:05PM - 4:35PM   | Kintughna Until 6:27PM        | <b>Nataraja:</b> Purple                    |   |  |                      |
|                           |                                 |              |   | <b>Amavasya* Until 7:24AM</b> | <b>Moon - Clear</b>                        | <b>Bhuloka Day</b>                        |  |                      |
|                           |                                 |              | <b>Yugadi</b>   |                               | <b>Chaitra-Panguni</b>                     | <b>Devaloka Time: 9AM to 12PM</b>         |  |                      |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|                                 |             |   |                                 |  |
|---------------------------------|-------------|---|---------------------------------|--|
| <b>1 Friday, March 20, 2026</b> |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Сукра Васара Yuktayam Dushanbe, Tajikistan |                                 |  |
| Revati Nakshatra Brahma Yoga    |             | Revati Nakshatra Brahma Yoga Balava/Kaulava Karana Dvitiyayam Tilau Sun 16 Sutra 340                            |                                 |  |
| Mesha Rasi: 17.31               | Tilhi 2     | <b>Gulika 9:02AM - 10:33AM</b>  | <b>Revati Until 2:46AM Sat</b>  | <b>Ganesh: Red Sunrise: 7:31AM</b>             |
|                                 |             | Yama 4:36PM - 6:05PM  | Brahma Until 10:41PM            | <b>Muruga: White Sunset: 7:37PM</b>            |
|                                 |             | 122658678 <b>Rahu 12:03PM - 1:34PM</b>  | Balava Until 4:14PM             | <b>Nataraja: Purple Moon 3 - Phase 47 - 12</b> |
| Creative Work                   | Siddha Yoga |   | <b>Dvitiya Until 2:59AM Sat</b> | <b>Moon - Clear Chaitra-Panguni</b>            |
|                                 |             |   |                                 | <b>Bhuloka Day Devaloka Time: 9AM to 12PM</b>  |

|  |             |   |                                  |  |
|--|-------------|---|----------------------------------|--|
| <b>2 Saturday, March 21, 2026</b>      |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Маніа Васара Yuktayam Dushanbe, Tajikistan |                                  |  |
| Ashvini Nakshatra Indra Yoga           |             | Ashvini Nakshatra Indra Yoga Talila/Gara Karana Tritiyayam Tilau Sun 17 Sutra 341                               |                                  |  |
| Mesha Rasi: 1.5                        | Tilhi 3     | <b>Gulika 7:29AM - 9:01AM</b>   | <b>Ashvini Until 1:04AM Sun</b>  | <b>Ganesh: Yellow Sunrise: 7:29AM</b>          |
|  |             | Yama 3:05PM - 4:36PM  | Indra Until 7:27PM               | <b>Muruga: White Sunset: 7:39PM</b>            |
|  |             | 122658678 <b>Rahu 10:32AM - 12:03PM</b>   | Talila Until 1:44PM              | <b>Nataraja: Purple Moon 3 - Phase 47 - 17</b> |
| Creative Work                          | Siddha Yoga |   | <b>Tritiya Until 12:24AM Sun</b> | <b>Moon - White Chaitra-Panguni</b>            |
| Until 1:04AM Sun                       |             | <b>Chellappaswami Mahasamadh</b>  |                                  |  |
| Then Routine Work - Prabalarishta Yoga |             |   |                                  | <b>Bhuloka Day Devaloka Time: 9AM to 12PM</b>  |

|  |                    |   |                                |  |
|--|--------------------|---|--------------------------------|--|
| <b>3 Sunday, March 22, 2026</b>  |                    | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Bhanu Vasara Yuktayam Dushanbe, Tajikistan |                                |  |
| Bharani Nakshatra Vaidhiti/Vishkambha* Yoga Vanija/Visli* Karana Chaturthiyam Tilau Sun 18 Sutra 342 |                    |   |                                |  |
| Mesha Rasi: 16.18  | Tilhi 4            | <b>Gulika 4:36PM - 6:08PM</b>   | <b>Bharani Until 11:09PM</b>   | <b>Ganesh: Blue Sunrise: 7:38AM</b>            |
|  |                    | Yama 1:33PM - 3:05PM  | Vaidhiti* Until 4:07PM         | <b>Muruga: White Sunset: 7:39PM</b>            |
|  |                    | 122758678 <b>Rahu 6:08PM - 7:39PM</b>   | Vanija Until 11:06AM           | <b>Nataraja: Purple Moon 3 - Phase 47 - 18</b> |
| Routine Work   | Prabalarishta Yoga |   | <b>Chaturthi* Until 9:45PM</b> | <b>Moon - White Chaitra-Panguni</b>            |
| Until 11:09PM  |                    |   |                                |  |
| Then Creative Work - Siddha Yoga   |                    |   |                                | <b>Bhuloka Day</b>                             |

|   |             |  |                              |  |
|---|-------------|--|------------------------------|--|
| <b>4 Monday, March 23, 2026</b>   |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Indu Vasara Yuktayam Dushanbe, Tajikistan |                              |  |
| Kritika Nakshatra Vishkambha* Priti Yoga Bava/Balava Karana Panchamyam Tilau Sun 19 Sutra 343 |             |  |                              |  |
| Wishabha Rasi: 0.47   | Tilhi 5     | <b>Gulika 3:05PM - 4:37PM</b>  | <b>Kritika Until 9:09PM</b>  | <b>Ganesh: Blue Sunrise: 7:36AM</b>            |
| <b>Family Home Evening</b>  |             | Yama 12:01PM - 1:33PM  | Vishkambha* Until 12:49PM    | <b>Muruga: White Sunset: 7:40PM</b>            |
| Routine Work  | Marana Yoga | 122758678 <b>Rahu 8:58AM - 10:30AM</b>   | Bava Until 8:27AM            | <b>Nataraja: Purple Moon 3 - Phase 47 - 19</b> |
| Until 9:09PM  |             |  | <b>Panchami Until 7:08PM</b> | <b>Moon - White Chaitra-Panguni</b>            |
| Then Creative Work - Amrita Yoga  |             |  |                              | <b>Bhuloka Day</b>                             |

|  |             |   |                               |  |
|--|-------------|---|-------------------------------|--|
| <b>5 Tuesday, March 24, 2026</b>   |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Mangala Vasara Yuktayam Dushanbe, Tajikistan |                               |  |
| Rohini Nakshatra Priti/Ayushman Yoga Talila/Gara Karana Shashthiyam Tilau Sun 20 Sutra 344 |             |   |                               |  |
| Wishabha Rasi: 15.13   | Tilhi 6 - 7 | <b>Gulika 1:33PM - 3:05PM</b>   | <b>Rohini Until 7:35PM</b>    | <b>Ganesh: Yellow Sunrise: 7:25AM</b>          |
|  |             | Yama 10:29AM - 12:01PM  | Priti Until 9:36AM            | <b>Muruga: White Sunset: 7:41PM</b>            |
|  |             | 132758678 <b>Rahu 4:37PM - 6:09PM</b>   | Gara Until 3:31AM Wed         | <b>Nataraja: Purple Moon 3 - Phase 47 - 20</b> |
| Creative Work  | Amrita Yoga |   | <b>Shashthi* Until 4:39PM</b> | <b>Moon - Yellow Chaitra-Panguni</b>           |
| Until 7:35PM   |             |   |                               |  |
| Then Creative Work - Siddha Yoga   |             |   |                               | <b>Bhuloka Day Devaloka Time: 6AM to 9AM</b>   |

|                                  |             |   |                                |  |
|----------------------------------|-------------|---|--------------------------------|--|
| <b>Wednesday, March 25, 2026</b> |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Budha Vasara Yuktayam Dushanbe, Tajikistan |                                |  |
| <b>Retreat Star</b>              |             | Migashira Nakshatra Ayushman/Saubhagya Yoga Vanija/Visli* Karana Saptami/Ashamyam Tilau Sun 21 Sutra 345        |                                |  |
| Wishabha Rasi: 29.31             | Tilhi 7 - 8 | <b>Gulika 12:00PM - 1:33PM</b>  | <b>Mrigashira Until 6:05PM</b> | <b>Ganesh: Yellow Sunrise: 7:23AM</b>          |
|                                  |             | Yama 8:56AM - 10:28AM   | Ayushman Until 6:32AM          | <b>Muruga: White Sunset: 7:42PM</b>            |
|                                  |             | 132758678 <b>Rahu 1:33PM - 3:05PM</b>   | Visli Until 1:23AM Thu         | <b>Nataraja: Purple Moon 3 - Phase 47 - 21</b> |
| Creative Work                    | Siddha Yoga |   | <b>Saptami Until 2:23PM</b>    | <b>Moon - Yellow Chaitra-Panguni</b>           |
|                                  |             |   |                                | <b>Bhuloka Day Devaloka Time: 6AM to 9AM</b>   |

|                                  |             |  |                               |  |
|----------------------------------|-------------|--|-------------------------------|--|
| <b>Thursday, March 26, 2026</b>  |             | Viswastu Nama Samvatsare Uтарыяне Мокша Рітау Меена Месе Суліа Пакше Guru Vasara Yuktayam Dushanbe, Tajikistan |                               |  |
| <b>Retreat Star</b>              |             | Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Tilau Sun 22 Sutra 346              |                               |  |
| Mithuna Rasi: 13.39              | Tilhi 8 - 9 | <b>Gulika 10:27AM - 12:00PM</b>  | <b>Ardra Until 4:44PM</b>     | <b>Ganesh: Yellow Sunrise: 7:22AM</b>          |
|                                  |             | Yama 7:22AM - 8:54AM   | Sobhana Until 1:05AM Fri      | <b>Muruga: White Sunset: 7:43PM</b>            |
|                                  |             | 132758678 <b>Rahu 3:05PM - 4:38PM</b>  | Balava Until 11:32PM          | <b>Nataraja: Purple Moon 3 - Phase 47 - 22</b> |
| Routine Work                     | Marana Yoga |  | <b>Ashtami* Until 12:24PM</b> | <b>Moon - Yellow Chaitra-Panguni</b>           |
| Until 4:44PM                     |             | <b>Sri Rama Navami</b>   |                               |  |
| Then Creative Work - Amrita Yoga |             |  |                               | <b>Bhuloka Day Devaloka Time: 6AM to 9AM</b>   |

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

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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1

Friday, March 27, 2026

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Sukra Varsara Yuktayam Dushanbe, Tajikistan  
Panaravasu/Pushya Nakshatra Aihnganda\* Yoga Kaulava/Tailita Karana Navami/Dishmayam Titau Sun 23 Sutra 347

Mithuna Rasi: 27.35 TITHI 9 - 10

Gulika 8:53AM - 10:26AM Punarvasu Until 3:58PM Ganesha: White Sunrise: 7:20AM Vivasava: 5:27  
Yama 4:38PM - 6:11PM Aihnganda\* Until 10:43PM Murgua: White Sunset: 7:44PM Moon 3 - Phase: 4B - 23  
142758678 Rahu 11:59AM - 1:32PM Tailita Until 10:01PM Nataraja: Purple 4th Phase

Creative Work Siddha Yoga

Until 3:58PM

Then Routine Work - Marana Yoga

Navami\* Until 10:43AM

Bhuloka Day

2

Saturday, March 28, 2026

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Manta Varsara Yuktayam Dushanbe, Tajikistan  
Pushya/Ashlesha\* Nakshatra Sukarima Yoga Gara/Vanija Karana Dshahmi/Ekadesham Titau Sun 24 Sutra 348

Kalaka Rasi: 11.2 TITHI 10 - 11

Gulika 7:19AM - 8:52AM Pushya Until 3:24PM Ganesha: White Sunrise: 7:19AM Vivasava: 5:27  
Yama 3:05PM - 4:38PM Sukarima Until 8:38PM Murgua: White Sunset: 7:45PM Moon 3 - Phase: 4B - 24  
142758678 Rahu 10:25AM - 11:58AM Vanija Until 8:50PM Nataraja: Purple 4th Phase

Creative Work Siddha Yoga

Until 3:24PM

Then Routine Work - Marana Yoga

Dashami Until 9:22AM

Bhuloka Day

3

Sunday, March 29, 2026

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Bhanu Varsara Yuktayam Dushanbe, Tajikistan  
Ashlesha/Magha\* Nakshatra Dhriti Yoga Visti\* Bava Karana Ekadashi/Dvadashtyam Titau Sun 25 Sutra 349

Kalaka Rasi: 24.52 TITHI 11 - 12

Gulika 4:39PM - 6:12PM Ashlesha\* Until 3:01PM Ganesha: White Sunrise: 7:17AM Vivasava: 5:27  
Yama 1:31PM - 3:05PM Dhriti Until 6:51PM Murgua: White Sunset: 7:45PM Moon 3 - Phase: 4B - 25  
142758678 Rahu 6:12PM - 7:46PM Bava Until 8:01PM Nataraja: Purple 4th Phase

Creative Work Siddha Yoga

Until 3:01PM

Then Routine Work - Marana Yoga

Yogaswami Mahasamadhii

Ekadashi Until 8:21AM

Bhuloka Day

4

Monday, March 30, 2026

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Indra Varsara Yuktayam Dushanbe, Tajikistan  
Magha/Purvaphalguni Nakshatra Shuk\*Gandi\* Yoga Balava/Kaulava Karana Dvadashti/Trayodshyam Titau Sun 26 Sutra 350

Simha Rasi: 8.12 TITHI 12 - 13

Gulika 3:05PM - 4:39PM Magha\* Until 3:19PM Ganesha: Clear Sunrise: 7:16AM Vivasava: 5:27  
Yama 11:57AM - 1:31PM Shuk\* Until 5:21PM Murgua: White Sunset: 7:47PM Moon 3 - Phase: 4B - 26  
152758678 Rahu 8:49AM - 10:23AM Kadava Until 7:34PM Nataraja: Purple 4th Phase

Family Home Evening

Routine Work Marana Yoga

Until 3:19PM

Then Creative Work - Siddha Yoga

Dvadashti Until 7:43AM

Pradosha Vata

Bhuloka Day

Devaloka Time: 6AM to 9AM

5

Tuesday, March 31, 2026

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Mangala Varsara Yuktayam Dushanbe, Tajikistan  
Purvaphalguni/Uttaraphalguni Nakshatra Gandar\*Viddhi Yoga Talita/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 351

Simha Rasi: 21.2 TITHI 13 - 14

Gulika 1:31PM - 3:05PM Purvaphalguni Until 3:51PM Ganesha: Purple Sunrise: 7:14AM Vivasava: 5:27  
Yama 10:22AM - 11:57AM Gandar\* Until 4:10PM Murgua: White Sunset: 7:48PM Moon 3 - Phase: 4B - 27  
153758678 Rahu 4:39PM - 6:13PM Gara Until 7:31PM Nataraja: Purple 4th Phase

Creative Work Siddha Yoga

Until 3:51PM

Then Creative Work - Amrita Yoga

Trayodashi Until 7:28AM

Moon - Red Chaitra-Panguni

Devaloka Day

O

Wednesday, April 1, 2026

Copper Retreat Star

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Budha Varsara Yuktayam Dushanbe, Tajikistan  
Uttaraphalguni/Hasta Nakshatra Viddhi/Dhruva Yoga Vanija/Visti\* Karana Chaturdashii/Purnimayam Titau Sun 28 Sutra 352

Kanya Rasi: 4.15 TITHI 14 - 15

Gulika 11:57AM - 1:31PM Uttaraphalguni Until 4:38PM Ganesha: Purple Sunrise: 7:14AM Vivasava: 5:27  
Yama 8:48AM - 10:22AM Viddhi Until 3:20PM Murgua: White Sunset: 7:48PM Moon 3 - Phase: 4B -  
153758678 Rahu 1:31PM - 3:05PM Visti Until 7:54PM Nataraja: Purple Purnima

Creative Work Amrita Yoga

Until 4:38PM

Then Routine Work - Marana Yoga

Panguni Uttarim Hanuman Jayanti

Chaturdashii\* Until 7:38AM

Moon - Red Chaitra-Panguni

Devaloka Day

Thursday, April 2, 2026

Silver Retreat Star

Vishvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Garu Varsara Yuktayam Dushanbe, Tajikistan  
Hasta Nakshatra Dhruva/Vyaghata\* Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 29 Sutra 353

Kanya Rasi: 16.58 TITHI 15 - 16

Gulika 10:21AM - 11:56AM Hasta Until 6:09PM Ganesha: Clear Sunrise: 7:12AM Vivasava: 5:27  
Yama 7:12AM - 8:47AM Dhruva Until 2:48PM Murgua: White Sunset: 7:48PM Moon 3 - Phase: 4B -  
163758678 Rahu 3:05PM - 4:39PM Balava Until 8:42PM Nataraja: Purple Prathama

Routine Work Marana Yoga

Until 6:09PM

Then Creative Work - Siddha Yoga

Purnima\* Until 8:13AM

Moon - Green Chaitra-Panguni

Bhuloka Day

Devaloka Time: 9AM to 12PM

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 3, 2026

Gold Retreat Star

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Sakra Vasara Yuktayam

Dusharbo, Tajikistan

Chitra Nakshatra Vyaghata/Harshana Yoga Kaulava/Taila Karana Prathama/Dvityayam Titau

Sutra 354

Kanya Rasi: 29.29 Tithi 16 - 17

Gulika 8:46AM - 10:21AM

Chitra Until 7:55PM

Ganesh: Clear Sunrise: 7:17AM

Vasarasu 5:17

Yama 4:40PM - 6:15PM

Vyaghata\* Until 2:38PM

Muruga: White Sunset: 7:49PM

Moon 4 - Phase 49 - 1st Phase

Rahu 11:55AM - 1:30PM

Taila Until 9:57PM

Nataraja: Purple

Moon - Green

Bhuloka Day

Creative Work Siddha Yoga

Prathama\* Until 9:15AM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

1 Saturday, April 4, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Marita Vasara Yuktayam

Dusharbo, Tajikistan

Svati Nakshatra Harshana/Vajra\* Yoga Gara/Vanija Karana Dvitya/Tritiyayam Titau

Sun 1 Sutra 355

Tula Rasi: 11.49 Tithi 17 - 18

Gulika 7:09AM - 8:45AM

Svati Until 9:56PM

Ganesh: Clear Sunrise: 7:09AM

Vasarasu 5:17

Yama 3:05PM - 4:40PM

Harshana Until 2:47PM

Muruga: White Sunset: 7:50PM

Moon 4 - Phase 49 - 1st Phase

Rahu 10:20AM - 11:55AM

Vanija Until 11:36PM

Nataraja: Purple

Moon - Green

Bhuloka Day

Creative Work Siddha Yoga

Dvitya Until 10:42AM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

2 Sunday, April 5, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Bharu Vasara Yuktayam

Dusharbo, Tajikistan

Vishaka Nakshatra Vajra/Siddhi Yoga Vasi/Bava Karana Tritiya/Chaturthayam Titau

Sun 2 Sutra 356

Tula Rasi: 23.59 Tithi 18 - 19

Gulika 4:40PM - 6:16PM

Vishaka Until 12:37AM Mon

Ganesh: White Sunrise: 7:08AM

Vasarasu 5:17

Yama 1:30PM - 3:05PM

Vajra\* Until 3:12PM

Muruga: White Sunset: 7:51PM

Moon 4 - Phase 49 - 2 1st Phase

Rahu 6:16PM - 7:51PM

Bava Until 1:36AM Mon

Nataraja: Purple

Moon - Orange

Devaloka Day

Routine Work Marana Yoga

Tritiya Until 12:32PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

3 Monday, April 6, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Indu Vasara Yuktayam

Dusharbo, Tajikistan

Anuradha Nakshatra Siddhi/Vyaghata\* Yoga Balava/Kaulava Karana Chaturthi/Panchmayam Titau

Sun 3 Sutra 357

Wischika Rasi: 6.01 Tithi 19 - 20

Gulika 3:05PM - 4:41PM

Anuradha Until 3:24AM Tue

Ganesh: White Sunrise: 7:06AM

Vasarasu 5:17

Yama 11:54AM - 1:29PM

Siddhi Until 3:52PM

Muruga: White Sunset: 7:52PM

Moon 4 - Phase 49 - 3 1st Phase

Rahu 8:42AM - 10:18AM

Kaulava Until 3:52AM Tue

Nataraja: Purple

Moon - Orange

Devaloka Day

Creative Work Siddha Yoga

Chaturthi\* Until 2:41PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

4 Tuesday, April 7, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Mangala Vasara Yuktayam

Dusharbo, Tajikistan

Jyeshtha Nakshatra Vyapata/Varijan Yoga Taila/Kara Karana Panchami/Shashthiyam Titau

Sun 4 Sutra 358

Wischika Rasi: 17.57 Tithi 20 - 21

Gulika 1:29PM - 3:05PM

Jyeshtha Until 6:09AM Wed

Ganesh: White Sunrise: 7:05AM

Vasarasu 5:17

Yama 10:17AM - 11:53AM

Vyapata\* Until 4:42PM

Muruga: White Sunset: 7:53PM

Moon 4 - Phase 49 - 4 1st Phase

Rahu 4:41PM - 6:17PM

Gara Until 6:17AM Wed

Nataraja: Purple

Moon - Orange

Devaloka Day

Routine Work Marana Yoga

Panchami Until 5:03PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

5 Wednesday, April 8, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Badha Vasara Yuktayam

Dusharbo, Tajikistan

Jyeshtha/Mula Nakshatra Varijan/Parigaha\* Yoga Gara/Vanija Karana Shashthiyam Titau

Sun 5 Sutra 359

Wischika Rasi: 29.5 Tithi 21

Gulika 11:52AM - 1:29PM

Jyeshtha Until 6:09AM

Ganesh: White Sunrise: 7:03AM

Vasarasu 5:17

Yama 8:40AM - 10:16AM

Varijan Until 5:33PM

Muruga: White Sunset: 7:54PM

Moon 4 - Phase 49 - 5 1st Phase

Rahu 1:29PM - 3:05PM

Gara Until 6:17AM

Nataraja: Purple

Moon - Orange

Devaloka Day

Creative Work Siddha Yoga

Shashthi\* Until 7:28PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

6 Thursday, April 9, 2026

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Curu Vasara Yuktayam

Dusharbo, Tajikistan

Mula/Purvashadha Nakshatra Parigaha\* Yoga Vasi/Bava Karana Sapthmayam Titau

Sun 6 Sutra 360

Dhanus Rasi: 11.44 Tithi 22

Gulika 10:15AM - 11:52AM

Mula Until 9:12AM

Ganesh: Yellow Sunrise: 7:02AM

Vasarasu 5:17

Yama 7:02AM - 8:38AM

Parigaha\* Until 6:21PM

Muruga: White Sunset: 7:55PM

Moon 4 - Phase 49 - 6 1st Phase

Rahu 3:05PM - 4:42PM

Vasi Until 8:40AM

Nataraja: Purple

Moon - Light Blue

Bhuloka Day

Creative Work Siddha Yoga

Sapthami Until 9:46PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

Friday, April 10, 2026

Retreat Star

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Sakra Vasara Yuktayam

Dusharbo, Tajikistan

Purvashadha/Uttarashadha Nakshatra Shiva Yoga Balava/Kaulava Karana Ashtmayam Titau

Sun 7 Sutra 361

Dhanus Rasi: 23.42 Tithi 23

Gulika 8:37AM - 10:14AM

Purvashadha\* Until 11:53AM

Ganesh: Yellow Sunrise: 7:00AM

Vasarasu 5:17

Yama 4:42PM - 6:19PM

Shiva Until 6:54PM

Muruga: White Sunset: 7:53PM

Moon 4 - Phase 49 - 7 Ashtami

Rahu 11:51AM - 1:28PM

Balava Until 10:49AM

Nataraja: Purple

Moon - Light Blue

Bhuloka Day

Routine Work Prabalatarisha Yoga

Ashtami\* Until 11:43PM

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

Saturday, April 11, 2026

Retreat Star

Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Marita Vasara Yuktayam

Dusharbo, Tajikistan

Uttarashadha/Shravana Nakshatra Siddha Yoga Taila/Gara Karana Navamayam Titau

Sun 8 Sutra 362

Makara Rasi: 5.5 Tithi 24

Gulika 6:59AM - 8:36AM

Uttarashadha Until 1:57PM

Ganesh: Yellow Sunrise: 6:59AM

Vasarasu 5:17

Yama 3:05PM - 4:42PM

Siddha Until 7:05PM

Muruga: White Sunset: 7:53PM

Moon 4 - Phase 49 - 8 Navami

Rahu 10:13AM - 11:51AM

Taila Until 12:32PM

Nataraja: Purple

Moon - Light Blue

Bhuloka Day

Routine Work Marana Yoga

Navami\* Until 1:08AM Sun

Chaitra-Panguni

Devaloka Time: 9AM to 12PM

Then Creative Work Siddha Yoga

Shuddha Saivas meditate on these as their religious path: Oneself, Absolute Reality and the Primal Soul; the categories three: God, soul and bonds; immaculate liberation and all that fetters the soul. Tirumantiram 1432

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|               |  |                                 |   |  |                              |                               |
|---------------|--|---------------------------------|---|--|------------------------------|-------------------------------|
| 1             | <b>Sunday, April 12, 2026</b>  |                                 | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Meena Mase Krishna Pakshi Bharu Vesara Yukitayam Dushanbe, Tajikistan |  |                              |                               |
|               | Shravana/Dhanishtha Nakshatra Sadhya Yoga Vanija/Visli* Karana Dashamyam Titau Sun 9 Sutra 363 |                                 | Gulika 4:43PM – 6:20PM  | Shravana Until 3:44PM                          | Ganesh: Blue Sunrise: 6:57AM | Vasvasu 5:17                  |
|               | Makara Rasi: 18.13   | Tithi 25                        | Yama 1:28PM – 3:05PM  | Sadhya Until 6:44PM                            | Muruga: White Sunset: 7:58PM | Moon 4 - Phase 50 - 2nd Phase |
| Creative Work | Amrita Yoga  | 193758678 Rahu 6:20PM – 7:58PM  | Vanija Until 1:36PM   | Nataraja: Purple Moon – Purple Chaitra-Panguni | <b>Devaloka Day</b>          |                               |
| Until 3:44PM  |  | Then Routine Work – Marana Yoga |   |  |                              |                               |

|                     |   |                                 |  |  |                              |                        |
|---------------------|---|---------------------------------|--|--|------------------------------|------------------------|
| 2                   | <b>Monday, April 13, 2026</b>   |                                 | Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Meena Mase Krishna Pakshi Indu Vesara Yukitayam Dushanbe, Tajikistan |  |                              |                        |
|                     | Dhanishtha/Shatabhishak Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ekadashyam Titau Sun 10 Sutra 364 |                                 | Gulika 3:05PM – 4:43PM   | Dhanishtha Until 4:35PM                        | Ganesh: Blue Sunrise: 6:56AM | Vasvasu 5:17           |
|                     | Kumbha Rasi: 0.56   | Tithi 26                        | Yama 11:49AM – 1:27PM  | Subha Until 5:47PM                             | Muruga: White Sunset: 7:59PM | Moon 4 - Phase 50 - 10 |
| Family Home Evening |   | 193758678 Rahu 8:34AM – 10:12AM | Bava Until 1:53PM  | Nataraja: Purple Moon – Purple Chaitra-Panguni | <b>Devaloka Day</b>          |                        |
| Creative Work       | Siddha Yoga   | Ekadashi* Until 1:42AM Tue      |  |  |                              |                        |

|              |  |                                |  |  |                              |                        |
|--------------|--|--------------------------------|--|--|------------------------------|------------------------|
| 3            | <b>Tuesday, April 14, 2026</b>   |                                | Vishvasu Nama Samvatsare Uтарыне Nartana Ritau Mecha Mase Krishna Pakshi Mangala Vesara Yukitayam Dushanbe, Tajikistan |  |                              |                        |
|              | Shatabhishak/Puravroshthapada* Nakshatra Sukla/Brahma Yoga Kaulava/Talita Karana Dvadashyam Titau Sun 11 Sutra 1 |                                | Gulika 1:27PM – 3:05PM   | Shatabhishak Until 4:28PM                      | Ganesh: Red Sunrise: 6:54AM  | Vasvasu 5:17           |
|              | Kumbha Rasi: 14.02   | Tithi 27                       | Yama 10:11AM – 11:49AM   | Sukla Until 4:09PM                             | Muruga: White Sunset: 8:03PM | Moon 4 - Phase 50 - 11 |
| Routine Work | Marana Yoga  | 194758678 Rahu 4:43PM – 6:22PM | Kaulava Until 1:21PM   | Nataraja: Purple Moon – Purple Chaitra-Chaitra | <b>Bhuloka Day</b>           |                        |
| Until 3:53PM |  | Devoloka Time: 6AM to 9AM      |  |  |                              |                        |

|                                  |   |                                |   |   |                               |                        |
|----------------------------------|---|--------------------------------|---|---|-------------------------------|------------------------|
| 4                                | <b>Wednesday, April 15, 2026</b>  |                                | Parabhava Nama Samvatsare Uтарыне Nartana Ritau Mecha Mase Krishna Pakshi Butha Vesara Yukitayam Dushanbe, Tajikistan |   |                               |                        |
|                                  | Puravroshthapada*/Utarproshthapada Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Trayodashyam Titau Sun 12 Sutra 2 |                                | Gulika 11:48AM – 1:27PM   | Puravroshthapada* Until 3:53PM                | Ganesh: White Sunrise: 6:53AM | Parabhava 5:18         |
|                                  | Kumbha Rasi: 27.37  | Tithi 28                       | Yama 8:31AM – 10:10AM   | Brahma Until 1:54PM                           | Muruga: White Sunset: 8:01PM  | Moon 4 - Phase 50 - 12 |
| Creative Work                    | Amrita Yoga   | 214758678 Rahu 1:27PM – 3:05PM | Gara Until 12:00PM  | Nataraja: Purple Moon – Clear Chaitra-Chaitra | <b>Bhuloka Day</b>            |                        |
| Until 3:53PM                     | Tamil New Year  |                                | Trayodashi* Until 11:03PM   | Pradosha Vata (Fasting)                       |                               |                        |
| Then Creative Work – Siddha Yoga |   | Devoloka Time: 9AM to 12:2PM   |   |   |                               |                        |

|               |   |                                |  |   |                                |                        |
|---------------|---|--------------------------------|--|---|--------------------------------|------------------------|
| 5             | <b>Thursday, April 16, 2026</b>   |                                | Parabhava Nama Samvatsare Uтарыне Nartana Ritau Mecha Mase Krishna Pakshi Guru Vesara Yukitayam Dushanbe, Tajikistan |   |                                |                        |
|               | Utarproshthapada*/Revati Nakshatra Indra/Vaidhiti* Yoga Veli*/Sakuni* Karana Chaturdashyam Titau Sun 13 Sutra 3 |                                | Gulika 10:09AM – 11:48AM   | Utarproshthapada Until 2:28PM                 | Ganesh: Yellow Sunrise: 6:52AM | Parabhava 5:18         |
|               | Meena Rasi: 11.37   | Tithi 29                       | Yama 6:52AM – 8:30AM   | Indra Until 11:06AM                           | Muruga: White Sunset: 8:02PM   | Moon 4 - Phase 50 - 13 |
| Creative Work | Siddha Yoga   | 214858678 Rahu 3:05PM – 4:44PM | Visli Until 9:58AM   | Nataraja: Purple Moon – Clear Chaitra-Chaitra | <b>Bhuloka Day</b>             |                        |
| Until 12:22PM |   | Devoloka Time: 9AM to 12:2PM   |  |   |                                |                        |

|                                  |                               |                                 |   |   |                                |                        |
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| ●                                | <b>Friday, April 17, 2026</b> |                                 | Parabhava Nama Samvatsare Uтарыне Nartana Ritau Mecha Mase Sukla Pakshi Sukra Vesara Yukitayam Dushanbe, Tajikistan |   |                                |                        |
|                                  | Retreat Star                  |                                 | Revati Until 12:22PM  |   | Ganesh: Yellow Sunrise: 6:50AM |                        |
|                                  | Meena Rasi: 26.01             | Tithi 30 – 1                    | Yama 4:44PM – 6:23PM  | Vaidhiti* Until 7:49AM                        | Muruga: White Sunset: 8:03PM   | Moon 4 - Phase 50 - 14 |
| Creative Work                    | Siddha Yoga                   | 214858678 Rahu 11:47AM – 1:26PM | Chaturdashya* Until 5:51PM  | Nataraja: Purple Moon – Clear Chaitra-Chaitra | <b>Bhuloka Day</b>             |                        |
| Until 12:22PM                    |                               | Devoloka Time: 9AM to 12:2PM    |   |   |                                |                        |
| Then Creative Work – Amrita Yoga |                               |                                 |   |   |                                |                        |

|               |                                 |                                  |  |   |                              |                        |
|---------------|---------------------------------|----------------------------------|--|---|------------------------------|------------------------|
|               | <b>Saturday, April 18, 2026</b> |                                  | Parabhava Nama Samvatsare Uтарыне Nartana Ritau Mecha Mase Sukla Pakshi Manita Vesara Yukitayam Dushanbe, Tajikistan |   |                              |                        |
|               | Retreat Star                    |                                  | Ashvini Until 10:11AM  |   | Ganesh: Red Sunrise: 6:49AM  |                        |
|               | Mesha Rasi: 10.44               | Tithi 31 – 2                     | Yama 3:05PM – 4:45PM   | Priti Until 12:25AM Sun                       | Muruga: White Sunset: 8:03PM | Moon 4 - Phase 50 - 15 |
| Creative Work | Siddha Yoga                     | 224858678 Rahu 10:07AM – 11:47AM | Balava Until 1:02AM Sun  | Nataraja: Purple Moon – White Valsaka-Chaitra | <b>Bhuloka Day</b>           |                        |
| Until 3:53PM  |                                 | Devoloka Time: 9AM to 12:2PM     |  |   |                              |                        |

By knowing Siva, the Auspicious One who is hidden in all things, exceedingly fine, like film arising from clarified butter, the One embracer of the universe—by realizing God, one is released from all fetters. Krishna Yajur Veda

All times are standard time. Calculated for Dushanbe, Tajikistan on 12/20/23

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|--|-------------|---|--|--|--|
| <b>1 Sunday, April 19, 2026</b>  |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Bhanu Vesara Yukhtayam<br>Bharani/Kritika Nakshatra Ayushman Yoga Kaulava/Taitila Karana Divilyaj/Tritiyayam Titau |  |  | Dushanbe, Tajikistan<br>Sun 16 Sutra 6               |
| Mesha Rasi: 25.37  | Tilhi 2 - 3 | <b>Gulika</b><br>4:45PM - 6:25PM<br><b>Yama</b><br>1:26PM - 3:05PM<br>244858678 <b>Rahu</b><br>6:25PM - 8:04PM  | <b>Bharani Until 7:31AM</b><br>Ayushman Until 8:31PM<br>Taitila Until 9:41PM<br><b>Dvitiya Until 11:21AM</b>         | <b>Ganesha: Red</b> Sunrise: 6:47AM<br><b>Muruga: White</b> Sunset: 8:04PM<br><b>Nataraja: Purple</b><br>Moon - White<br>Vaisaka-Chaitra     | Parabhava 5128<br>Moon 4 - Phase 1 - 16<br>3rd Phase |
| Routine Work Prabalariha Yoga<br>Until 7:39AM<br>Then Creative Work - Siddha Yoga                        |             |   |  |  | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to12:PM     |
| <b>2 Monday, April 20, 2026</b>  |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Indu Vesara Yukhtayam<br>Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau     |  |  | Dushanbe, Tajikistan<br>Sun 17 Sutra 7               |
| Wishabha Rasi: 10.33   | Tilhi 3 - 4 | <b>Gulika</b><br>3:06PM - 4:45PM<br><b>Yama</b><br>11:46AM - 1:26PM<br>234858678 <b>Rahu</b><br>8:26AM - 10:06AM  | <b>Rohini Until 2:40AM Tue</b><br>Saubhagya Until 4:41PM<br>Vanija Until 6:24PM<br><b>Tritiya Until 8:00AM</b>       | <b>Ganesha: Yellow</b> Sunrise: 6:46AM<br><b>Muruga: White</b> Sunset: 8:05PM<br><b>Nataraja: Purple</b><br>Moon - Yellow<br>Vaisaka-Chaitra | Parabhava 5128<br>Moon 4 - Phase 1 - 17<br>3rd Phase |
| Family Home Evening<br>Creative Work Amrita Yoga<br>Until 2:40AM Tue<br>Then Creative Work - Siddha Yoga |             |   |  |  | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to12:PM     |
| <b>3 Tuesday, April 21, 2026</b>   |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Mangala Vesara Yukhtayam<br>Mrigashira Nakshatra Aihiganda/Sukama Yoga Bava/Balava Karana Panchmyam Titau          |  |  | Dushanbe, Tajikistan<br>Sun 18 Sutra 8               |
| Wishabha Rasi: 25.22   | Tilhi 5     | <b>Gulika</b><br>1:25PM - 3:06PM<br><b>Yama</b><br>10:05AM - 11:45AM<br>234858678 <b>Rahu</b><br>4:46PM - 6:26PM  | <b>Mrigashira Until 12:31AM Wed</b><br>Sobhana Until 1:03PM<br>Bava Until 3:20PM<br><b>Panchami Until 1:54AM Wed</b> | <b>Ganesha: Yellow</b> Sunrise: 6:44AM<br><b>Muruga: White</b> Sunset: 8:06PM<br><b>Nataraja: Purple</b><br>Moon - Yellow<br>Vaisaka-Chaitra | Parabhava 5128<br>Moon 4 - Phase 1 - 18<br>3rd Phase |
| Creative Work Siddha Yoga  |             |   |  |  | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to12:PM     |
| <b>4 Wednesday, April 22, 2026</b>   |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Budha Vesara Yukhtayam<br>Andra Nakshatra Aihiganda/Sukama Yoga Kaulava/Taitila Karana Panchmyam Titau             |  |  | Dushanbe, Tajikistan<br>Sun 19 Sutra 9               |
| Mithuna Rasi: 9.58   | Tilhi 6     | <b>Gulika</b><br>11:45AM - 1:25PM<br><b>Yama</b><br>8:24AM - 10:04AM<br>234858678 <b>Rahu</b><br>1:25PM - 3:06PM  | <b>Andra Until 10:37PM</b><br>Aihiganda* Until 9:39AM<br>Kaulava Until 12:36PM<br><b>Shashthi* Until 11:23PM</b>     | <b>Ganesha: Yellow</b> Sunrise: 6:43AM<br><b>Muruga: White</b> Sunset: 8:07PM<br><b>Nataraja: Purple</b><br>Moon - Yellow<br>Vaisaka-Chaitra | Parabhava 5128<br>Moon 4 - Phase 1 - 19<br>3rd Phase |
| Creative Work Siddha Yoga  |             |   |  |  | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to12:PM     |
| <b>5 Thursday, April 23, 2026</b>  |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Guru Vesara Yukhtayam<br>Punarvasu Nakshatra Sukama/Dhrili Yoga Gara/Vanija Karana Saptamyam Titau                 |  |  | Dushanbe, Tajikistan<br>Sun 20 Sutra 10              |
| Mithuna Rasi: 24.16  | Tilhi 7     | <b>Gulika</b><br>10:03AM - 11:44AM<br><b>Yama</b><br>6:42AM - 8:23AM<br>244858678 <b>Rahu</b><br>3:06PM - 4:47PM  | <b>Punarvasu Until 9:29PM</b><br>Sukama Until 6:38AM<br>Gara Until 10:20AM<br><b>Saptami Until 9:22PM</b>            | <b>Ganesha: White</b> Sunrise: 6:42AM<br><b>Muruga: White</b> Sunset: 8:08PM<br><b>Nataraja: Purple</b><br>Moon - Blue<br>Vaisaka-Chaitra    | Parabhava 5128<br>Moon 4 - Phase 1 - 20<br>3rd Phase |
| Creative Work Amrita Yoga  |             |   |  |  | <b>Devaloka Day</b>                                  |
| <b>Friday, April 24, 2026</b>  |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Sukra Vesara Yukhtayam<br>Pushya Nakshatra Shula* Yoga Vosi/Bava Karana Ashtamyam Titau                            |  |  | Dushanbe, Tajikistan<br>Sun 21 Sutra 11              |
| <b>Retreat Star</b>  |             | <b>Gulika</b><br>8:22AM - 10:03AM<br><b>Yama</b><br>4:47PM - 6:28PM<br>244858678 <b>Rahu</b><br>11:44AM - 1:25PM  | <b>Pushya Until 8:45PM</b><br>Shula* Until 1:53AM Sat<br>Visli Until 8:35AM<br><b>Ashlami* Until 7:54PM</b>          | <b>Ganesha: White</b> Sunrise: 6:40AM<br><b>Muruga: White</b> Sunset: 8:09PM<br><b>Nataraja: Purple</b><br>Moon - Blue<br>Vaisaka-Chaitra    | Parabhava 5128<br>Moon 4 - Phase 1 - 21<br>Ashtami   |
| Kataka Rasi: 8.14  | Tilhi 8     |   |  |  | <b>Devaloka Day</b>                                  |
| Routine Work Marana Yoga   |             |   |  |  |  |
| <b>Saturday, April 25, 2026</b>  |             | Parabhava Nama Samvatsara Uttarayani Nartana Ritau Meeha Mese Sakla Paksho Manta Vesara Yukhtayam<br>Ashlesha* Nakshatra Ganda* Yoga Balava/Kaulava Karana Navamyam Titau                     |  |  | Dushanbe, Tajikistan<br>Sun 22 Sutra 12              |
| <b>Retreat Star</b>  |             | <b>Gulika</b><br>6:39AM - 8:20AM<br><b>Yama</b><br>3:06PM - 4:47PM<br>244858679 <b>Rahu</b><br>10:02AM - 11:43AM  | <b>Ashlesha* Until 8:26PM</b><br>Ganda* Until 12:12AM Sun<br>Balava Until 7:24AM<br><b>Navami* Until 7:00PM</b>      | <b>Ganesha: White</b> Sunrise: 6:39AM<br><b>Muruga: White</b> Sunset: 8:10PM<br><b>Nataraja: Clear</b><br>Moon - Blue<br>Vaisaka-Chaitra     | Parabhava 5128<br>Moon 4 - Phase 1 - 22<br>Navami    |
| Kataka Rasi: 21.52   | Tilhi 9     |   |  |  | <b>Sivaloka Day</b>                                  |
| Routine Work Marana Yoga<br>Until 8:26PM<br>Then Creative Work - Amrita Yoga                             |             |   |  |  |  |

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

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|---------------------------------|-------------|--|------------------------|------------------------------|---|
| <b>1 Sunday, April 26, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Bhanu Vasara Yukтайыы Dushanbe, Tajikistan<br>Magha* Nakshatra Viddhi Yoga Talila/Gara Karana Dashamyam Tilau Sun 23 Sutra 13 |                        |                              |   |
|                                 |             | <b>Gulika</b>  | <b>4:48PM - 6:29PM</b> | <b>Magha* Untill 8:57PM</b>  | <b>Ganesh:</b> Clear Sunrise: 6:38AM Parabhava 5:18       |
| Simha Rasi: 5.11                | Tithi 10    | Yama   | 1:24PM - 3:06PM        | Viddhi Untill 10:57PM        | <b>Muruga:</b> White Sunset: 8:17PM Moon 4 - Phase 2 - 23 |
|                                 |             | <b>Rahu</b>  | <b>6:29PM - 8:11PM</b> | Tailila Untill 6:46AM        | <b>Nataraja:</b> Clear 4th Phase                          |
| Routine Work                    | Marana Yoga |  |                        | <b>Dashami Untill 6:39PM</b> | <b>Devaloka Day</b>                                       |
| Untill 8:57PM                   |             |  |                        | <b>Moon - Red</b>            |   |
| Then Creative Work              | Siddha Yoga |  |                        | <b>Vaisaka-Chaitra</b>       |   |

|                                 |             |   |                         |                                    |   |
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| <b>2 Monday, April 27, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Indu Vasara Yukтайыы Dushanbe, Tajikistan<br>Purvaphalguni Nakshatra Dhruva Yoga Vanji/Visi* Karana Ekadashyam Tilau Sun 24 Sutra 14 |                         |                                    |   |
|                                 |             | <b>Gulika</b>   | <b>3:06PM - 4:48PM</b>  | <b>Purvaphalguni Untill 9:49PM</b> | <b>Ganesh:</b> Purple Sunrise: 6:27AM Parabhava 5:18      |
| Simha Rasi: 18.12               | Tithi 11    | Yama  | 11:42AM - 1:24PM        | Dhruva Untill 10:04PM              | <b>Muruga:</b> White Sunset: 8:12PM Moon 4 - Phase 2 - 24 |
|                                 |             | <b>Rahu</b>   | <b>8:18AM - 10:00AM</b> | Vanija Untill 6:41AM               | <b>Nataraja:</b> Clear 4th Phase                          |
| Family Home Evening             |             |   |                         | <b>Ekadashi Untill 6:48PM</b>      | <b>Bhuloka Day</b>  |
| Creative Work                   | Siddha Yoga |   |                         | <b>Moon - Red</b>                  | <b>Devaloka Time: 6PM to 9PM</b>                          |
|                                 |             |   |                         | <b>Vaisaka-Chaitra</b>             |   |

|                                  |             |  |                        |                                      |   |
|----------------------------------|-------------|--|------------------------|--------------------------------------|---|
| <b>3 Tuesday, April 28, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Mangala Vasara Yukтайыы Dushanbe, Tajikistan<br>Uttaraphalguni Nakshatra Vyaghata* Yoga Bava/Balava Karana Dvadashyam Tilau Sun 25 Sutra 15 |                        |                                      |   |
|                                  |             | <b>Gulika</b>  | <b>1:24PM - 3:06PM</b> | <b>Uttaraphalguni Untill 10:57PM</b> | <b>Ganesh:</b> Purple Sunrise: 6:25AM Parabhava 5:18      |
| Kanya Rasi: 0.59                 | Tithi 12    | Yama   | 10:00AM - 11:42AM      | Vyaghata* Untill 9:33PM              | <b>Muruga:</b> White Sunset: 8:12PM Moon 4 - Phase 2 - 25 |
|                                  |             | <b>Rahu</b>  | <b>4:48PM - 6:31PM</b> | Bava Untill 7:04AM                   | <b>Nataraja:</b> Clear 4th Phase                          |
| Creative Work                    | Amrita Yoga |  |                        | <b>Dvadashi Untill 7:24PM</b>        | <b>Bhuloka Day</b>  |
| Untill 10:57PM                   |             |  |                        | <b>Moon - Red</b>                    | <b>Devaloka Time: 6PM to 9PM</b>                          |
| Then Creative Work               | Siddha Yoga |  |                        | <b>Vaisaka-Chaitra</b>               |   |

|                                    |             |   |                         |                                 |   |
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| <b>4 Wednesday, April 29, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Budha Vasara Yukтайыы Dushanbe, Tajikistan<br>Hasla Nakshatra Harshana Yoga Kalava/Tailila Karana Trayodashyam Tilau Sun 26 Sutra 16 |                         |                                 |   |
|                                    |             | <b>Gulika</b>   | <b>11:41AM - 1:24PM</b> | <b>Hasla Untill 12:47AM Thu</b> | <b>Ganesh:</b> Clear Sunrise: 6:24AM Parabhava 5:18       |
| Kanya Rasi: 13.35                  | Tithi 13    | Yama  | 8:16AM - 9:59AM         | Harshana Untill 9:22PM          | <b>Muruga:</b> White Sunset: 8:14PM Moon 4 - Phase 2 - 26 |
|                                    |             | <b>Rahu</b>   | <b>1:24PM - 3:06PM</b>  | Kalava Untill 7:53AM            | <b>Nataraja:</b> Clear 4th Phase                          |
| Routine Work                       | Marana Yoga |   |                         | <b>Trayodashi Untill 8:25PM</b> | <b>Devaloka Day</b>                                       |
| Untill 12:47AM Thu                 |             |   |                         | <b>Moon - Green</b>             |   |
| Then Creative Work                 | Siddha Yoga |   |                         | <b>Vaisaka-Chaitra</b>          |   |
|                                    |             |   |                         | <i>Pradosha Vata</i>            |   |

|                                   |             |   |                         |                                   |   |
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| <b>5 Thursday, April 30, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Guru Vasara Yukтайыы Dushanbe, Tajikistan<br>Chitra Nakshatra Vajra* Yoga Gara/Vanija Karana Punimayam Tilau Sun 27 Sutra 17 |                         |                                   |   |
|                                   |             | <b>Gulika</b>   | <b>9:58AM - 11:41AM</b> | <b>Chitra Untill 2:48AM Fri</b>   | <b>Ganesh:</b> Clear Sunrise: 6:23AM Parabhava 5:18       |
| Kanya Rasi: 26.01                 | Tithi 14    | Yama  | 6:33AM - 8:15AM         | Vajra* Untill 9:25PM              | <b>Muruga:</b> White Sunset: 8:15PM Moon 4 - Phase 2 - 27 |
|                                   |             | <b>Rahu</b>   | <b>3:07PM - 4:49PM</b>  | Gara Untill 9:04AM                | <b>Nataraja:</b> Clear 4th Phase                          |
| Creative Work                     | Siddha Yoga |   |                         | <b>Chalurdashi* Untill 9:46PM</b> | <b>Devaloka Day</b>                                       |
|                                   |             |   |                         | <b>Moon - Green</b>               |   |
|                                   |             |   |                         | <b>Vaisaka-Chaitra</b>            |   |

|                            |             |  |                         |                                |   |
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| <b>Friday, May 1, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Sukra Vasara Yukтайыы Dushanbe, Tajikistan<br>Svali Nakshatra Siddhi Yoga Visi*/Bava Karana Punimayam Tilau Sun 28 Sutra 18 |                         |                                |   |
| <b>Copper Retreat Star</b> |             | <b>Gulika</b>  | <b>8:14AM - 9:57AM</b>  | <b>Svali Untill 4:56AM Sat</b> | <b>Ganesh:</b> Clear Sunrise: 6:20AM Parabhava 5:18           |
| Tula Rasi: 8.17            | Tithi 15    | Yama   | 4:50PM - 6:33PM         | Siddhi Untill 9:43PM           | <b>Muruga:</b> White Sunset: 8:17PM Moon 4 - Phase 2 - Punima |
|                            |             | <b>Rahu</b>  | <b>11:40AM - 1:23PM</b> | Visi Untill 10:35AM            | <b>Nataraja:</b> Clear  |
| Creative Work              | Siddha Yoga |  |                         | <b>Purnima* Untill 11:26PM</b> | <b>Devaloka Day</b>   |
|                            |             |  |                         | <b>Moon - Green</b>            |   |
|                            |             |  |                         | <b>Vaisaka-Chaitra</b>         |   |

|                              |             |   |                         |                                    |   |
|------------------------------|-------------|---|-------------------------|------------------------------------|---|
| <b>Saturday, May 2, 2026</b> |             | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Sakla Paksho Mantva Vasara Yukтайыы Dushanbe, Tajikistan<br>Vishakha Nakshatra Yajlopata* Yoga Balava/Kalava Karana Prathamayam Tilau Sun 29 Sutra 19 |                         |                                    |   |
| <b>Silver Retreat Star</b>   |             | <b>Gulika</b>   | <b>6:29AM - 8:13AM</b>  | <b>Vishakha Untill 7:40AM Sun</b>  | <b>Ganesh:</b> White Sunrise: 6:29AM Parabhava 5:18             |
| Tula Rasi: 20.26             | Tithi 16    | Yama  | 3:07PM - 4:50PM         | Vyalopata* Untill 10:15PM          | <b>Muruga:</b> White Sunset: 8:18PM Moon 4 - Phase 2 - Prathama |
|                              |             | <b>Rahu</b>   | <b>9:56AM - 11:40AM</b> | Balava Untill 12:24PM              | <b>Nataraja:</b> Clear  |
| Creative Work                | Siddha Yoga |   |                         | <b>Prathama* Untill 1:23AM Sun</b> | <b>Bhuloka Day</b>  |
| Untill 7:40AM Sun            |             |   |                         | <b>Moon - Orange</b>               | <b>Devaloka Time: 6PM to 9PM</b>                                |
| Then Routine Work            | Marana Yoga |   |                         | <b>Vaisaka-Chaitra</b>             |   |

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

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