

**Monday, April 14, 2025****Gold Retreat Star**

Tula Rasi: 10.3 Tithi 16 - 17
Family Home Evening
 Creative Work Amrita Yoga
 Until 1:04AM Tue
 Then Routine Work - Marana Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Indu Vasara Yuktayam Yangon, Myanmar
 Svati Nakshatra Vajra* Yoga Kaulava/Tailita Karana Prathama/Dvityayam Titau Sutra 364
Gulika 1:40PM - 3:13PM **Svati** Until 1:04AM Tue **Ganesh:** Yellow Sunrise: 5:52AM **Vasarasu** 5:127
Yama 10:33AM - 12:06PM **Vajra*** Until 11:37PM **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 1st Phase
Rahu 7:25AM - 8:59AM **Tailita** Until 10:46PM **Nataraja:** Clear
Tamil New Year **Prathama*** Until 9:29AM **Chaitra-Chalitra** **Devaloka Day**

1 Tuesday, April 15, 2025

Tula Rasi: 22.2 Tithi 17 - 18
 Routine Work Marana Yoga
 Until 4:10AM Wed
 Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mangala Vasara Yuktayam Yangon, Myanmar
 Vishaka Nakshatra Siddhi Yoga Gara/Vanija Karana Dvitya/Chaturtham Titau Sun 1 Sutra 1
Gulika 12:06PM - 1:40PM **Vishaka** Until 4:10AM Wed **Ganesh:** Blue Sunrise: 5:51AM **Vasarasu** 5:127
Yama 8:58AM - 10:32AM **Siddhi** Until 12:31AM Wed **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 1st Phase
Rahu 3:13PM - 4:47PM **Nataraja:** Clear
Dvitya Until 11:58AM **Chaitra-Chalitra** **Bhuloka Day**
 Devaloka Time: 3PM to 6PM

2 Wednesday, April 16, 2025

Wischika Rasi: 4.14 Tithi 18 - 19
 Creative Work Siddha Yoga
 Until 6:54AM Thu
 Then Routine Work - Prabarashita Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Batha Vasara Yuktayam Yangon, Myanmar
 Anuradha Nakshatra Vysatpata* Yoga Visti*/Bava Karana Tritiya/Chaturtham Titau Sun 2 Sutra 2
Gulika 10:32AM - 12:06PM **Anuradha** Until 6:54AM Thu **Ganesh:** Blue Sunrise: 5:50AM **Vasarasu** 5:127
Yama 7:41AM - 8:58AM **Vysatpata*** Until 1:17AM Thu **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 2
Rahu 12:06PM - 1:40PM **Bava** Until 3:25AM Thu **Nataraja:** Clear
Tritiya Until 2:19PM **Chaitra-Chalitra** **Bhuloka Day**
 Devaloka Time: 3PM to 6PM

3 Thursday, April 17, 2025

Wischika Rasi: 16.12 Tithi 19 - 20
 Creative Work Siddha Yoga
 Until 6:54AM Thu
 Then Routine Work - Prabarashita Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Guru Vasara Yuktayam Yangon, Myanmar
 Anuradha Jyeshtha* Nakshatra Varyan Yoga Balava/Kaulava Karana Chalurni/Panchamam Titau Sun 3 Sutra 3
Gulika 8:57AM - 10:31AM **Anuradha** Until 6:54AM **Ganesh:** Blue Sunrise: 5:50AM **Vasarasu** 5:127
Yama 5:50AM - 7:24AM **Varyan** Until 1:47AM Fri **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 3
Rahu 1:39PM - 3:13PM **Kaulava** Until 5:21AM Fri **Nataraja:** Clear
Chalurni* Until 4:24PM **Chaitra-Chalitra** **Bhuloka Day**
 Devaloka Time: 3PM to 6PM

4 Friday, April 18, 2025

Wischika Rasi: 28.18 Tithi 20
 Routine Work Marana Yoga
 Until 9:10AM
 Then Creative Work - Amrita Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Sukra Vasara Yuktayam Yangon, Myanmar
 Jyeshtha/Mula* Nakshatra Parigha* Yoga Tailita Karana Panchamam Titau Sun 4 Sutra 4
Gulika 7:23AM - 8:57AM **Jyeshtha*** Until 9:10AM **Ganesh:** Blue Sunrise: 5:49AM **Vasarasu** 5:127
Yama 3:13PM - 4:47PM **Parigha*** Until 2:01AM Sat **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 4
Rahu 10:31AM - 12:05PM **Tailita** Until 6:09PM **Nataraja:** Clear
Panchami Until 6:09PM **Chaitra-Chalitra** **Bhuloka Day**
 Devaloka Time: 3PM to 6PM

5 Saturday, April 19, 2025

Dhanus Rasi: 10.34 Tithi 21
 Creative Work Siddha Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mania Vasara Yuktayam Yangon, Myanmar
 Mula*/Purvashada* Nakshatra Shiva Yoga Gara/Vanija Karana Shashtham Titau Sun 5 Sutra 5
Gulika 5:48AM - 7:22AM **Mula*** Until 11:21AM **Ganesh:** Red Sunrise: 5:48AM **Vasarasu** 5:127
Yama 1:39PM - 3:13PM **Shiva** Until 1:53AM Sun **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 5
Rahu 8:57AM - 10:31AM **Gara** Until 6:52AM **Nataraja:** Clear
Shashthi* Until 7:25PM **Chaitra-Chalitra** **Devaloka Day**

6 Sunday, April 20, 2025

Dhanus Rasi: 23.02 Tithi 22
 Creative Work Siddha Yoga
 Until 12:50PM
 Then Creative Work - Amrita Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Bhanu Vasara Yuktayam Yangon, Myanmar
 Purvashada*/Uttarashada Nakshatra Siddha Yoga Visti*/Bava Karana Sapthamam Titau Sun 6 Sutra 6
Gulika 3:13PM - 4:48PM **Purvashada*** Until 12:50PM **Ganesh:** Red Sunrise: 5:48AM **Vasarasu** 5:127
Yama 12:05PM - 1:39PM **Siddha** Until 1:14AM Mon **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 6
Rahu 4:48PM - 6:22PM **Visti** Until 7:52AM **Nataraja:** Clear
Saptami Until 8:06PM **Chaitra-Chalitra** **Devaloka Day**

Monday, April 21, 2025

Retreat Star
 Makara Rasi: 5.49 Tithi 23
Family Home Evening
 Routine Work Marana Yoga
 Until 1:32PM
 Then Creative Work - Amrita Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Indu Vasara Yuktayam Yangon, Myanmar
 Uttarashada/Shravana Nakshatra Sadhya Yoga Balava/Kaulava Karana Ashtamam Titau Sun 7 Sutra 7
Gulika 1:39PM - 3:13PM **Uttarashada** Until 1:32PM **Ganesh:** Red Sunrise: 5:47AM **Vasarasu** 5:127
Yama 10:30AM - 12:05PM **Sadya** Until 12:02AM Tue **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 7
Rahu 7:21AM - 8:56AM **Balava** Until 8:12AM **Nataraja:** Clear
Ashlami* Until 8:05PM **Chaitra-Chalitra** **Devaloka Day**

Tuesday, April 22, 2025

Retreat Star
 Makara Rasi: 18.58 Tithi 24
 Creative Work Siddha Yoga

Viswasa Nama Samvatsara Uтарыяне Наратана Рітау Меша Месе Крішна Pakshi Mangala Vasara Yuktayam Yangon, Myanmar
 Shravana/Dhanishtha Nakshatra Subha Yoga Tailita/Gara Karana Navamam Titau Sun 8 Sutra 8
Gulika 12:04PM - 1:39PM **Shravana** Until 1:48PM **Ganesh:** Green Sunrise: 5:46AM **Vasarasu** 5:127
Yama 8:55AM - 10:30AM **Subha** Until 10:16PM **Muruga:** Clear Sunset: 6:27PM **Moon** 4 - Phase 1 - 8
Rahu 3:13PM - 4:48PM **Tailita** Until 7:49AM **Nataraja:** Clear
Navam* Until 7:19PM **Chaitra-Chalitra** **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 Yangon, Myanmar on 12/20/23

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1 Wednesday, April 23, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Кгішна Пакше Бадха Весара Yuktayam Yangon, Myanmar			
Kumbha Rasi: 2.31 TITHI 25 – 26		Gulika 10:30AM – 12:04PM	Dhanishtha Until 1:10PM	Ganesh: Green Sunrise: 5:46AM	Sun 9 Sutra 9
Routine Work Prabalarishta Yoga		Yama 7:20AM – 8:55AM	Sukla Until 7:51PM	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Until 1:10PM		Rahu 12:04PM – 1:39PM	Vanija Until 6:40AM	Nataraja: Clear	Moon 4 - Phase 2 - 9
Then Creative Work - Siddha Yoga			Dashami Until 5:47PM	Moon - Purple Chaitra-Chaitra	2nd Phase
				Bhuloka Day	
				Devaloka Time: 3PM to 6PM	

2 Thursday, April 24, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Кгішна Пакше: Guru Visara Yuktayam Yangon, Myanmar			
Kumbha Rasi: 16.32 TITHI 26 – 27		Gulika 8:55AM – 10:29AM	Shalabhishak Until 11:40AM	Ganesh: Green Sunrise: 5:45AM	Sun 10 Sutra 10
Creative Work Siddha Yoga		Yama 5:45AM – 7:20AM	Brahma Until 4:53PM	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Until 1:10PM		Rahu 1:39PM – 3:13PM	Kaulava Until 2:13AM Fri	Nataraja: Clear	Moon 4 - Phase 2 - 10
Then Creative Work - Siddha Yoga			Ekadashi* Until 3:33PM	Moon - Purple Chaitra-Chaitra	2nd Phase
				Bhuloka Day	
				Devaloka Time: 3PM to 6PM	

3 Friday, April 25, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Кгішна Пакше: Sukla Visara Yuktayam Yangon, Myanmar			
Meena Rasi: 0.58 TITHI 27 – 28		Gulika 7:19AM – 8:54AM	Puravproshthapada* Until 9:50AM	Ganesh: Purple Sunrise: 5:44AM	Sun 11 Sutra 11
Creative Work Siddha Yoga		Yama 3:13PM – 4:48PM	Indra Until 1:27PM	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Until 1:10PM		Rahu 10:29AM – 12:04PM	Gara Until 11:08PM	Nataraja: Purple	Moon 4 - Phase 2 - 11
Then Routine Work - Prabalarishta Yoga			Dvadashi* Until 12:43PM	Moon - Clear Chaitra-Chaitra	2nd Phase
				Devaloka Day	
				Devaloka Time: 3PM to 6PM	

Pradosha Vata (Fasting)

4 Saturday, April 26, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Кгішна Пакше: Manta Vesara Yuktayam Yangon, Myanmar			
Meena Rasi: 15.48 TITHI 28 – 29		Gulika 5:44AM – 7:19AM	Uttarproshthapada Until 7:22AM	Ganesh: Purple Sunrise: 5:44AM	Sun 12 Sutra 12
Creative Work Siddha Yoga		Yama 1:39PM – 3:13PM	Vaidhriti* Until 9:36AM	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Until 7:22AM		Rahu 8:54AM – 10:29AM	Visti Until 7:38PM	Nataraja: Purple	Moon 4 - Phase 2 - 12
Then Routine Work - Prabalarishta Yoga			Trayodashi* Until 9:24AM	Moon - Clear Chaitra-Chaitra	2nd Phase
				Devaloka Day	
				Devaloka Time: 3PM to 6PM	

● Sunday, April 27, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Кгішна Пакше: Bhanu Vesara Yuktayam Yangon, Myanmar			
Retreat Star		Gulika 3:14PM – 4:49PM	Ashvini Until 1:35AM Mon	Ganesh: Light Blue Sunrise: 5:43AM	Sun 13 Sutra 13
Mesha Rasi: 0.53 TITHI 30		Yama 12:03PM – 1:38PM	Prili Until 1:15AM Mon	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Creative Work Siddha Yoga		Rahu 4:49PM – 6:24PM	Catuspada Until 3:54PM	Nataraja: Purple	Moon 4 - Phase 2 - 13
Until 10:36PM			Amavasya* Until 1:59AM Mon	Moon - White Chaitra-Chaitra	Amavasya
				Devaloka Day	
				Devaloka Time: 3PM to 6PM	

Monday, April 28, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Sukla Pakshe: Indu Vesara Yuktayam Yangon, Myanmar			
Retreat Star		Gulika 1:38PM – 3:14PM	Bharani Until 10:36PM	Ganesh: Orange Sunrise: 5:43AM	Sun 14 Sutra 14
Mesha Rasi: 16.08 TITHI 1		Yama 10:28AM – 12:03PM	Ayushman Until 9:00PM	Muruga: Clear Sunset: 6:29PM	Vishvasu 5:27
Family Home Evening		Rahu 7:18AM – 8:53AM	Kintughna Until 12:05PM	Nataraja: Purple	Moon 4 - Phase 2 - 14
Creative Work Siddha Yoga			Prathama* Until 10:11PM	Moon - White Vaisaka-Chaitra	Prathama
Until 10:36PM					
Then Routine Work - Marana Yoga					
				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

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1 Tuesday, April 29, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Манга Ваsара Yuktayam			Yangan, Myanmar	
		Kritika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvityayam Titau			Sun 15 Sutra 15	
Wishabha Rasi: 1.2	Tithi 2	Gulika 12:03PM - 1:38PM	Kritika Untill 7:40PM	Ganesh: Clear	Sunrise: 5:42AM	Vasavasu 5:17
		Yama 8:53AM - 10:28AM	Saubhagya Untill 4:53PM	Muruga: Clear	Sunset: 6:24PM	Moon 4 - Phase 3 - 15
Creative Work	Siddha Yoga	Rahu 3:14PM - 4:49PM	Balava Untill 8:21AM	Nataraja: Purple		3rd Phase
Untill 7:40PM			Dvitiya Untill 6:33PM	Moon - White		
Then Creative Work - Amrita Yoga				Vaisaka-Chaitra		Sivaloka Day

2 Wednesday, April 30, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Бутха Васара Yuktayam			Yangan, Myanmar	
		Rohini/Mrigashira Nakshatra Sobhana/Ahiganda* Yoga Gar/Vanji Karana Tritiya/Chaturtham Titau			Sun 16 Sutra 16	
Wishabha Rasi: 16.2	Tithi 3 - 4	Gulika 10:28AM - 12:03PM	Rohini Untill 5:20PM	Ganesh: Clear	Sunrise: 5:42AM	Vasavasu 5:17
		Yama 7:17AM - 8:52AM	Sobhana Untill 1:03PM	Muruga: Clear	Sunset: 6:24PM	Moon 4 - Phase 3 - 16
Creative Work	Siddha Yoga	Rahu 12:03PM - 1:38PM	Vanija Untill 1:49AM Thu	Nataraja: Purple		3rd Phase
				Moon - Yellow		
		Akshaya Tritiya	Tritiya Untill 3:16PM	Vaisaka-Chaitra		Sivaloka Day

3 Thursday, May 1, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Гору Васара Yuktayam			Yangan, Myanmar	
		Mrigashira/Ardra Nakshatra Ahiganda*/Sukarma Yoga Vairi/Bava Karana Chaturthi/Panchamam Titau			Sun 17 Sutra 17	
Mithuna Rasi: 1.01	Tithi 4 - 5	Gulika 8:52AM - 10:27AM	Mrigashira Untill 3:23PM	Ganesh: Purple	Sunrise: 5:41AM	Vasavasu 5:17
		Yama 5:41AM - 7:17AM	Ahiganda* Untill 9:35AM	Muruga: Clear	Sunset: 6:25PM	Moon 4 - Phase 3 - 17
Routine Work	Marana Yoga	Rahu 1:38PM - 3:14PM	Bava Untill 11:19PM	Nataraja: Purple		3rd Phase
				Moon - Yellow		
		Adi Sankara Jayanti	Chaturthi* Untill 12:28PM	Vaisaka-Chaitra		Devaloka Day

4 Friday, May 2, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Сакра Васара Yuktayam			Yangan, Myanmar	
		Ardra/Punarvasu Nakshatra Sukarma/Uthili Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau			Sun 18 Sutra 18	
Mithuna Rasi: 15.17	Tithi 5 - 6	Gulika 7:16AM - 8:52AM	Ardra Untill 1:57PM	Ganesh: Purple	Sunrise: 5:41AM	Vasavasu 5:17
		Yama 3:14PM - 4:49PM	Sukarma Untill 6:39AM	Muruga: Clear	Sunset: 6:25PM	Moon 4 - Phase 3 - 18
Creative Work	Siddha Yoga	Rahu 10:27AM - 12:03PM	Kaulava Untill 9:32PM	Nataraja: Purple		3rd Phase
				Moon - Yellow		
			Panchami Untill 10:19AM	Vaisaka-Chaitra		Devaloka Day

5 Saturday, May 3, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Манта Васара Yuktayam			Yangan, Myanmar	
		Punarvasu/Pushya Nakshatra Shula* Yoga Talila/Gara Karana Shashthi/Saptamam Titau			Sun 19 Sutra 19	
Mithuna Rasi: 29.04	Tithi 6 - 7	Gulika 5:40AM - 7:16AM	Punarvasu Untill 1:34PM	Ganesh: Clear	Sunrise: 5:40AM	Vasavasu 5:17
		Yama 1:38PM - 3:14PM	Shula* Untill 2:39AM Sun	Muruga: Clear	Sunset: 6:25PM	Moon 4 - Phase 3 - 19
Creative Work	Siddha Yoga	Rahu 8:51AM - 10:27AM	Gara Untill 8:32PM	Nataraja: Purple		3rd Phase
				Moon - Blue		
			Shashthi* Untill 8:54AM	Vaisaka-Chaitra		Sivaloka Day

Sunday, May 4, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Бхану Васара Yuktayam			Yangan, Myanmar	
		Pushya/Ashlesha* Nakshatra Ganda* Yoga Vanja/Visi* Karana Saptami/Ashtamam Titau			Sun 20 Sutra 20	
Kataka Rasi: 12.23	Tithi 7 - 8	Gulika 3:14PM - 4:50PM	Pushya Untill 1:52PM	Ganesh: Clear	Sunrise: 5:40AM	Vasavasu 5:17
		Yama 12:03PM - 1:38PM	Ganda* Untill 1:39AM Mon	Muruga: Clear	Sunset: 6:25PM	Moon 4 - Phase 3 - 20
Creative Work	Siddha Yoga	Rahu 4:50PM - 6:25PM	Visi Untill 8:23PM	Nataraja: Purple		Ashtami
				Moon - Blue		
			Saptami Untill 8:20AM	Vaisaka-Chaitra		Sivaloka Day

Monday, May 5, 2025

		Viswvasu Nama Samvatsare Uтарыяне Нартапа Рітау Меша Месе Суліа Пакше Інду Васара Yuktayam			Yangan, Myanmar	
		Ashlesha/Magha* Nakshatra Viddhi Yoga Bava/Balava Karana Ashtami/Navamam Titau			Sun 21 Sutra 21	
Kataka Rasi: 25.16	Tithi 8 - 9	Gulika 1:38PM - 3:14PM	Ashlesha* Untill 2:50PM	Ganesh: Clear	Sunrise: 5:39AM	Vasavasu 5:17
Family Home Evening		Yama 10:27AM - 12:02PM	Viddhi Untill 1:18AM Tue	Muruga: Red	Sunset: 6:26PM	Moon 4 - Phase 3 - 21
Creative Work	Siddha Yoga	Rahu 7:15AM - 8:51AM	Balava Untill 9:03PM	Nataraja: Purple		Navami
Untill 2:50PM				Moon - Blue		
Then Routine Work - Marana Yoga			Ashtami* Untill 8:36AM	Vaisaka-Chaitra		Sivaloka Day

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

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1 Tuesday, May 6, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Магала Васара Yuktayam Yangon, Myanmar			
		Magha*Purvaphalguni Nakshatra Dhruva Yoga Kaulava/Tailita Karana Navami/Dashami/Tilau Sun 22 Sufra 22			
Simha Rasi: 7.46	Tithi 9 – 10	Gulika 12:02PM – 1:38PM	Magha* Until 4:50PM	Ganesh: White Sunrise: 5:29AM	Vasavasu 5:17
		Yama 8:51AM – 10:26AM	Dhruva Until 1:27AM Wed	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 22
Creative Work	Siddha Yoga	Rahu 3:14PM – 4:50PM	Tailita Until 10:26PM	Nataraja: Purple Moon – Red	4th Phase
			Navami* Until 9:39AM	Vaisaka-Chaitra	Devaloka Day

2 Wednesday, May 7, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Budha Vasara Yuktayam Yangon, Myanmar			
		Purvaphalguni Nakshatra Vyaghata* Yoga Gara/Vanija Karana Dashami/Dvadashyam Tilau Sun 23 Sufra 23			
Simha Rasi: 19.59	Tithi 10 – 11	Gulika 10:26AM – 12:02PM	Purvaphalguni Until 7:16PM	Ganesh: White Sunrise: 5:38AM	Vasavasu 5:17
		Yama 7:14AM – 8:50AM	Vyaghata* Until 2:03AM Thu	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 23
Creative Work	Amrita Yoga	Rahu 12:02PM – 1:38PM	Vanija Until 12:24AM Thu	Nataraja: Purple Moon – Red	4th Phase
			Dashami Until 11:20AM	Vaisaka-Chaitra	Devaloka Day

3 Thursday, May 8, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Guru Vasara Yuktayam Yangon, Myanmar			
		Uttaraphalguni Nakshatra Harshana Yoga Visi* Bava Karana Ekadashi/Dvadashyam Tilau Sun 24 Sufra 24			
Kanya Rasi: 2	Tithi 11 – 12	Gulika 8:50AM – 10:26AM	Uttaraphalguni Until 9:57PM	Ganesh: White Sunrise: 5:38AM	Vasavasu 5:17
		Yama 7:14AM – 8:50AM	Harshana Until 2:57AM Fri	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 24
	Amrita Yoga	Rahu 1:38PM – 3:14PM	Bava Until 2:45AM Fri	Nataraja: Purple Moon – Red	4th Phase
Until 9:57PM			Ekadashi Until 1:31PM	Vaisaka-Chaitra	Devaloka Day
Then Routine Work	Marana Yoga				

4 Friday, May 9, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Sukra Vasara Yuktayam Yangon, Myanmar			
		Hasta Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Tilau Sun 25 Sufra 25			
Kanya Rasi: 13.53	Tithi 12 – 13	Gulika 7:14AM – 8:50AM	Hasta Until 1:10AM Sat	Ganesh: Yellow Sunrise: 5:27AM	Vasavasu 5:17
		Yama 3:15PM – 4:51PM	Vajra* Until 3:58AM Sat	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 25
Creative Work	Amrita Yoga	Rahu 10:26AM – 12:02PM	Kaulava Until 5:18AM Sat	Nataraja: Purple Moon – Green	4th Phase
Until 1:10AM Sat			Dvadashi Until 3:59PM	Vaisaka-Chaitra	Sivaloka Day
Then Routine Work	Marana Yoga				
				<i>Pradosha Vata</i>	

5 Saturday, May 10, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Manta Vasara Yuktayam Yangon, Myanmar			
		Chitra Nakshatra Siddhi Yoga Tailita Karana Trayodashyam Tilau Sun 26 Sufra 26			
Kanya Rasi: 25.42	Tithi 13	Gulika 5:37AM – 7:13AM	Chitra Until 4:17AM Sun	Ganesh: White Sunrise: 5:27AM	Vasavasu 5:17
		Yama 1:38PM – 3:15PM	Siddhi Until 5:01AM Sun	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 26
Routine Work	Marana Yoga	Rahu 8:50AM – 10:26AM	Tailita Until 6:34PM	Nataraja: Purple Moon – Green	4th Phase
Until 4:17AM Sun			Trayodashi Until 6:34PM	Vaisaka-Chaitra	Subha Sivaloka Day
Then Creative Work	Siddha Yoga				

6 Sunday, May 11, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Bhanu Vasara Yuktayam Yangon, Myanmar			
		Svati Nakshatra Vyalyipata* Yoga Gara/Vanija Karana Chaturdashyam Tilau Sun 27 Sufra 27			
Tula Rasi: 7.3	Tithi 14	Gulika 3:15PM – 4:51PM	Svati Until 7:09AM Mon	Ganesh: White Sunrise: 5:27AM	Vasavasu 5:17
		Yama 12:02PM – 1:38PM	Vyalyipata* Until 6:02AM Mon	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - 27
Creative Work	Siddha Yoga	Rahu 4:51PM – 6:28PM	Gara Until 7:52AM	Nataraja: Purple Moon – Green	4th Phase
Until 7:09AM Mon		Mother's Day	Chaturdash* Until 9:06PM	Vaisaka-Chaitra	Subha Sivaloka Day
Then Routine Work	Marana Yoga				

Monday, May 12, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Сукіа Пакше Indu Vasara Yuktayam Yangon, Myanmar			
		Svati Nakshatra Vyalyipata* Vyalyipata* Varjanyon Visi* Bava Karana Purnimayam Tilau Sun 28 Sufra 28			
Tula Rasi: 19.2	Tithi 15	Gulika 1:38PM – 3:15PM	Svati Until 7:09AM	Ganesh: White Sunrise: 5:36AM	Vasavasu 5:17
Family Home Evening		Yama 10:26AM – 12:02PM	Vyalyipata* Until 6:02AM	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - Purnima
Creative Work	Amrita Yoga	Rahu 7:13AM – 8:49AM	Visi Until 10:20AM	Nataraja: Purple Moon – Green	
Until 7:09AM			Purnima* Until 11:29PM	Vaisaka-Chaitra	Subha Sivaloka Day
Then Routine Work	Marana Yoga				

Tuesday, May 13, 2025

		Vishvasu Nama Samvatsare Uтарыяне Наратана Рібату Меша Месе Krihtra Pakhe Mangala Vasara Yuktayam Yangon, Myanmar			
		Vishakha Nakshatra Varjanyon Parigraha* Yoga Balava/Kaulava Karana Prathamayam Tilau Sun 29 Sufra 29			
Wishika Rasi: 1.14	Tithi 16	Gulika 12:02PM – 1:39PM	Vishakha Until 10:10AM	Ganesh: Yellow Sunrise: 5:36AM	Vasavasu 5:17
		Yama 8:49AM – 10:25AM	Varjany Until 6:52AM	Muruga: Red Sunset: 6:29PM	Moon 4 - Phase 4 - Prathama
Routine Work	Marana Yoga	Rahu 3:15PM – 4:52PM	Balava Until 12:37PM	Nataraja: Purple Moon – Orange	
Until 10:10AM			Prathama* Until 1:38AM Wed	Vaisaka-Chaitra	Sivaloka Day
Then Creative Work	Siddha Yoga				

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

All times are standard time. Calculated for Yangon, Myanmar on 12/20/23

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Wednesday, May 14, 2025

Gold Retreat Star

Wisika Rasi: 13.14 Tithi 17

Creative Work Siddha Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Меша Месе Крішна Пакше Баджа Васара Yukitayam Yangon, Myanmar Sun 1 Sufra 30 Anuradha/Jyeshtha* Nakshatra Parigha*7Shiva Yoga Talila/Gara Karana Dhivitayam Tilau Gulika 10:25AM - 12:02PM Anuradha Until 12:47PM Ganesha: Yellow Sunrise: 5:36AM Moon 5 - Phase 5 - 1 1st Phase Yama 7:12AM - 8:49AM Parigha* Until 7:33AM Parigha: Red Sunset: 6:28PM Mataraja: Purple Moon 5 - Orange Sivaloka Day Rahu 12:02PM - 1:39PM Talila Until 2:38PM Dvitiya Until 3:31AM Thu Vaisaka-Chaitra

1 Thursday, May 15, 2025

Wisika Rasi: 25.22 Tithi 18

Routine Work Prabalarishta Yoga Until 2:57PM Then Creative Work - Siddha Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Guru Vasara Yukitayam Yangon, Myanmar Sun 2 Sufra 31 Jyeshtha* Mula* Nakshatra Shiva/Siddha Yoga Vanji/Visi* Karana Trilittayam Tilau Gulika 8:49AM - 10:25AM Jyeshtha* Until 2:57PM Ganesha: Yellow Sunrise: 5:35AM Moon 5 - Phase 5 - 2 1st Phase Yama 5:35AM - 7:12AM Shiva Until 8:01AM Shiva: Red Sunset: 6:29PM Mataraja: Purple Moon 5 - Orange Sivaloka Day Rahu 1:39PM - 3:15PM Vanija Until 4:21PM Tritiya Until 5:04AM Fri Vaisaka-Vaikasi

2 Friday, May 16, 2025

Dhanus Rasi: 8 Tithi 19

Creative Work Amrita Yoga Until 5:07PM Then Routine Work - Prabalarishta Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Sukra Vasara Yukitayam Yangon, Myanmar Sun 3 Sufra 32 Mula* Purvashadha* Nakshatra Siddha/Sadha Yoga Bava/Balava Karana Chaturthi/Panchayam Tilau Gulika 7:12AM - 8:48AM Mula* Until 5:07PM Ganesha: Blue Sunrise: 5:35AM Moon 5 - Phase 5 - 2 1st Phase Yama 3:16PM - 4:52PM Siddha Until 8:12AM Siddha: Red Sunset: 6:29PM Mataraja: Purple Moon 5 - Light Blue Subha Sivaloka Day Rahu 10:25AM - 12:02PM Chaturthi* Until 6:16AM Sat Vaisaka-Vaikasi

3 Saturday, May 17, 2025

Dhanus Rasi: 20 Tithi 19 - 20

Creative Work Siddha Yoga Until 6:44PM Then Routine Work - Marana Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Manta Vyasara Yukitayam Yangon, Myanmar Sun 4 Sufra 33 Purvashadha* Nakshatra Sadha/Subha Yoga Talila/Gara Karana Chaturthi/Panchayam Tilau Gulika 5:35AM - 7:11AM Purvashadha* Until 6:44PM Ganesha: Blue Sunrise: 5:35AM Moon 5 - Phase 5 - 4 1st Phase Yama 1:39PM - 3:16PM Sadha Until 8:07AM Sadha: Red Sunset: 6:29PM Mataraja: Purple Moon - Light Blue Subha Sivaloka Day Rahu 8:48AM - 10:25AM Kadava Until 6:43PM Chaturthi* Until 6:16AM Vaisaka-Vaikasi

4 Sunday, May 18, 2025

Makara Rasi: 2.35 Tithi 20 - 21

Creative Work Amrita Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Bhanu Vasara Yukitayam Yangon, Myanmar Sun 5 Sufra 34 Uttarashadha Nakshatra Subha/Sukla Yoga Talila/Gara Karana Panchami/Shashthiyam Tilau Gulika 3:16PM - 4:53PM Uttarashadha Until 7:45PM Ganesha: Blue Sunrise: 5:34AM Moon 5 - Phase 5 - 5 1st Phase Yama 12:02PM - 1:39PM Subha Until 7:43AM Subha: Red Sunset: 6:29PM Mataraja: Purple Moon - Light Blue Subha Sivaloka Day Rahu 4:53PM - 6:30PM Gara Until 7:15PM Panchami Until 7:01AM Vaisaka-Vaikasi

5 Monday, May 19, 2025

Makara Rasi: 15.25 Tithi 21 - 22

Family Home Evening Until 8:33PM Creative Work Amrita Yoga Until 8:33PM Then Creative Work - Siddha Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Indu Vasara Yukitayam Yangon, Myanmar Sun 6 Sufra 35 Shrawana Nakshatra Brahma Yoga Vanji/Visi* Karana Shashthi/Saptayam Tilau Gulika 1:39PM - 3:16PM Shrawana Until 8:33PM Ganesha: Blue Sunrise: 5:34AM Moon 5 - Phase 5 - 6 1st Phase Yama 10:25AM - 12:02PM Sukla Until 6:54AM Sukla: Red Sunset: 6:30PM Mataraja: Purple Moon - Purple Devaloka Day Rahu 7:11AM - 8:48AM Visi Until 7:13PM Shashthi* Until 7:17AM Vaisaka-Vaikasi

Tuesday, May 20, 2025

Retreat Star

Makara Rasi: 28.31 Tithi 22 - 23

Creative Work Siddha Yoga Until 8:36PM Then Routine Work - Marana Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Mangala Vasara Yukitayam Yangon, Myanmar Sun 7 Sufra 36 Dhanishtha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtayam Tilau Gulika 12:02PM - 1:39PM Dhanishtha Until 8:36PM Ganesha: Blue Sunrise: 5:34AM Moon 5 - Phase 5 - 7 1st Phase Yama 8:48AM - 10:25AM Indra Until 3:53AM Wed Indra: Red Sunset: 6:30PM Mataraja: Purple Moon - Purple Devaloka Day Rahu 3:16PM - 4:53PM Balava Until 6:36PM Saptami Until 6:58AM Vaisaka-Vaikasi

Wednesday, May 21, 2025

Retreat Star

Kumbha Rasi: 11.58 Tithi 23 - 24

Creative Work Siddha Yoga Until 7:52PM Then Creative Work - Amrita Yoga

Viswawasu Nama Samvatsare Uтарыяне Наратана Рітау Wisahbha Mese Krishna Paksho Budha Vasara Yukitayam Yangon, Myanmar Sun 8 Sufra 37 Shalabhishak Nakshatra Vaidhriti* Gulika 10:25AM - 12:02PM Shalabhishak Until 7:52PM Ganesha: Blue Sunrise: 5:34AM Moon 5 - Phase 5 - 8 Navami Yama 7:11AM - 8:48AM Vaidhriti* Until 1:35AM Thu Vaidhriti: Red Sunset: 6:31PM Mataraja: Purple Moon - Purple Devaloka Day Rahu 12:02PM - 1:39PM Gara Until 4:26AM Thu Ashtami* Until 6:01AM Vaisaka-Vaikasi

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

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1		Thursday, May 22, 2025		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Крішна Паіхе Сору Вєсара Үкэтайям Puravproshthapada* Nakshatra Vishkambha* Yoga Vanja/Visti* Karana Dashamyam Titau		Yanong, Myanmar Sun 9 Sufra 38	
Kumbha Rasi: 25.47	Tithi 25	Gulika 8:48AM - 10:25AM	Puravproshthapada* Until 6:47PM	Ganesh: White	Sunrise: 5:33AM	Vasavasu 5:17	
		Yama 5:33AM - 7:11AM	Vishkambha* Until 10:48PM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 19	
Creative Work	Siddha Yoga	Rahu 1:39PM - 3:17PM	Vanija Until 3:25PM	Nataraja: Purple		2nd Phase	
			Dashami Until 2:13AM Fri	Moon - Clear		Devaloka Day	
				Vaisaka-Vaikasi			

2		Friday, May 23, 2025		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Крішна Паіхе Сору Вєсара Үкэтайям Uttaraprosnthapada* Revati Nakshatra Priti Yoga Bava/Balava Karana Ekadashyam Titau		Yanong, Myanmar Sun 10 Sufra 39	
Mesha Rasi: 10.01	Tithi 26	Gulika 7:10AM - 8:48AM	Uttaraprosnthapada Until 5:00PM	Ganesh: White	Sunrise: 5:33AM	Vasavasu 5:17	
		Yama 3:17PM - 4:54PM	Priti Until 7:33PM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 10	
Creative Work	Siddha Yoga	Rahu 10:25AM - 12:02PM	Bava Until 12:56PM	Nataraja: Purple		2nd Phase	
			Ekadashi* Until 11:28PM	Moon - Clear		Devaloka Day	
				Vaisaka-Vaikasi			

3		Saturday, May 24, 2025		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Крішна Паіхе Манта Вєсара Үкэтайям Revati/Ashvini Nakshatra Ayushman/Saubhagya Yoga Kaulara/Falita Karana Dvadashyam Titau		Yanong, Myanmar Sun 11 Sufra 40	
Mesha Rasi: 24.36	Tithi 27	Gulika 5:33AM - 7:10AM	Revati Until 2:36PM	Ganesh: White	Sunrise: 5:33AM	Vasavasu 5:17	
		Yama 1:40PM - 3:17PM	Ayushman Until 3:55PM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 11	
Routine Work	Prabalarishta Yoga	Rahu 8:48AM - 10:25AM	Kaulava Until 9:56AM	Nataraja: Purple		2nd Phase	
Until 2:36PM			Dvadashi* Until 8:17PM	Moon - Clear		Devaloka Day	
Then Creative Work	Siddha Yoga			Vaisaka-Vaikasi			

4		Sunday, May 25, 2025		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Крішна Паіхе Рітау Вєсара Үкэтайям Ashvini/Bharani Nakshatra Saubhagya/Sobhana Yoga Gara/Vidi* Karana Trayodashi/Chaturdashyam Titau		Yanong, Myanmar Sun 12 Sufra 41	
Mesha Rasi: 9.29	Tithi 28 - 29	Gulika 3:17PM - 4:55PM	Ashvini Until 12:07PM	Ganesh: Green	Sunrise: 5:33AM	Vasavasu 5:17	
		Yama 12:03PM - 1:40PM	Saubhagya Until 12:00PM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 12	
Creative Work	Siddha Yoga	Rahu 4:55PM - 6:32PM	Gara Until 6:35AM	Nataraja: Purple		2nd Phase	
Until 12:07PM			Trayodashi* Until 4:48PM	Moon - White		Devaloka Day	
Then Routine Work	Prabalarishta Yoga			Vaisaka-Vaikasi			
				Pradosha Vata (Fasting)			

Monday, May 26, 2025		Retreat Star		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Крішна Паіхе Інду Вєсара Үкэтайям Krittika/Rohini Nakshatra Sotharna/Ahigandha* Yoga Sakuni*/Caluspada* Karana Chaturdashy/Amavasyayam Titau		Yanong, Myanmar Sun 13 Sufra 42	
Mesha Rasi: 24.34	Tithi 29 - 30	Gulika 1:40PM - 3:18PM	Bharani Until 9:19AM	Ganesh: Clear	Sunrise: 5:33AM	Vasavasu 5:17	
Family Home Evening		Yama 10:25AM - 12:03PM	Sobhana Until 7:57AM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 13	
Creative Work	Siddha Yoga	Rahu 7:10AM - 8:48AM	Caluspada Until 11:21PM	Nataraja: Purple		Amavasya	
Until 9:19AM			Chaturdashy* Until 1:09PM	Moon - White		Sivaloka Day	
Then Routine Work	Marana Yoga			Vaisaka-Vaikasi			

Tuesday, May 27, 2025		Retreat Star		Visvasu Nama Samvatsara Uтарыяне Нартапа Рітау Вішвабха Мазе Сала Паіхе Мєгєлія Вєсара Үкэтайям Krittika/Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Poathamayam Titau		Yanong, Myanmar Sun 14 Sufra 43	
Wisshabha Rasi: 9.4	Tithi 30 - 1	Gulika 12:03PM - 1:40PM	Krittika Until 6:22AM	Ganesh: White	Sunrise: 5:33AM	Vasavasu 5:17	
		Yama 8:48AM - 10:25AM	Sukarma Until 11:53PM	Muruga: Red	Sunset: 6:39PM	Moon 5 - Phase 6 - 14	
Creative Work	Siddha Yoga	Rahu 3:18PM - 4:55PM	Kintughna Until 7:47PM	Nataraja: Purple		Prathama	
Until 6:22AM			Amavasya* Until 9:31AM	Moon - White		Devaloka Day	
Then Creative Work	Amrita Yoga			Jyeshtha-Vaikasi			

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

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1 Wednesday, May 28, 2025

Wishabha Rasi: 24.4 Tilthi 1 - 2

Creative Work Siddha Yoga
Until 1:31AM Thu
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Budha Vasara Yuktayam Yangon, Myanmar
Mrigashira Nakshatra Dhrivi Yoga Bava/Kaulava Karana Prathama/Dilipyayam Titau Sun 15 Sufra 44
Gulika 10:25AM - 12:03PM Mrigashira Untill 1:31AM Thu Ganesha: Green Sunrise: 5:20AM Vivasasu 5:127
Yama 7:10AM - 8:48AM Dhrivi Until 8:10PM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 15
Rahu 12:03PM - 1:40PM Kaulava Until 2:58AM Thu Nataraja: Purple 3rd Phase
Prathama* Untill 6:04AM Moon - Yellow Devaloka Day
Jyeshtha-Vaikasi

2 Thursday, May 29, 2025

Mithuna Rasi: 9.23 Tilthi 3

Routine Work Marana Yoga
Until 11:33PM
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Guru Vasara Yuktayam Yangon, Myanmar
Andra Nakshatra Shula*Ganda* Yoga Talilla/Gara Karana Tritiyayam Titau Sun 16 Sufra 45
Gulika 8:48AM - 10:25AM Andra Untill 11:33PM Ganesha: Green Sunrise: 5:20AM Vivasasu 5:127
Yama 5:32AM - 7:10AM Shula* Until 4:48PM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 16
Rahu 1:41PM - 3:18PM Talilla Until 1:37PM Nataraja: Purple 3rd Phase
Tritiya Untill 12:23AM Fri Moon - Yellow Devaloka Day
Jyeshtha-Vaikasi

3 Friday, May 30, 2025

Mithuna Rasi: 23.43 Tilthi 4

Creative Work Siddha Yoga
Until 10:32PM
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Sukra Vasara Yuktayam Yangon, Myanmar
Punarvasu Nakshatra Ganda*/Middhi Yoga Vanija/Visit* Karana Chaturthiyam Titau Sun 17 Sufra 46
Gulika 7:10AM - 8:48AM Punarvasu Untill 10:32PM Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 3:19PM - 4:56PM Ganda* Until 1:58PM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 17
Rahu 10:25AM - 12:03PM Vanija Until 11:20AM Nataraja: Purple 3rd Phase
Chaturthi* Untill 10:27PM Moon - Blue Devaloka Day
Jyeshtha-Vaikasi

4 Saturday, May 31, 2025

Kalkata Rasi: 7.35 Tilthi 5

Creative Work Siddha Yoga
Until 10:09PM
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Marta Vasara Yuktayam Yangon, Myanmar
Pushya Nakshatra Viddhi/Dhruva Yoga Bava/Balava Karana Panchamyam Titau Sun 18 Sufra 47
Gulika 5:32AM - 7:10AM Pushya Untill 10:09PM Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 1:41PM - 3:19PM Viddhi Until 11:45AM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 18
Rahu 8:48AM - 10:25AM Bava Untill 9:48AM Nataraja: Purple 3rd Phase
Panchami Untill 9:19PM Moon - Blue Devaloka Day
Jyeshtha-Vaikasi

5 Sunday, June 1, 2025

Kalkata Rasi: 20.59 Tilthi 6

Creative Work Siddha Yoga
Until 10:28PM
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Bhanu Vasara Yuktayam Yangon, Myanmar
Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Talilla Karana Shashthiyam Titau Sun 19 Sufra 48
Gulika 3:19PM - 4:57PM Ashlesha* Untill 10:28PM Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 12:03PM - 1:41PM Dhruva Until 10:11AM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 19
Rahu 4:57PM - 6:35PM Kaulava Until 9:05AM Nataraja: Purple 3rd Phase
Shashthi* Untill 9:02PM Moon - Blue Devaloka Day
Jyeshtha-Vaikasi

6 Monday, June 2, 2025

Simha Rasi: 3.55 Tilthi 7

Family Home Evening
Routine Work Marana Yoga
Until 11:56PM
Then Creative Work - Siddha Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Indu Vasara Yuktayam Yangon, Myanmar
Magha* Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Sapthamyam Titau Sun 20 Sufra 49
Gulika 1:41PM - 3:19PM Magha* Untill 11:56PM Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 10:26AM - 12:04PM Vyaghata* Until 9:20AM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 20
Rahu 7:10AM - 8:48AM Gara Untill 9:15AM Nataraja: Purple 3rd Phase
Sapthami Untill 9:38PM Moon - Red Subha Sivaloka Day
Jyeshtha-Vaikasi

Tuesday, June 3, 2025

Retreat Star

Simha Rasi: 16.27 Tilthi 8

Creative Work Siddha Yoga
Until 2:00AM Wed
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Mangala Vasara Yuktayam Yangon, Myanmar
Purvaphalguni Nakshatra Harshana/Vajra* Yoga Visit*/Bava Karana Ashtamyam Titau Sun 21 Sufra 50
Gulika 12:04PM - 1:42PM Purvaphalguni Untill 2:00AM Wed Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 8:48AM - 10:26AM Harshana Until 9:09AM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 21
Rahu 3:19PM - 4:57PM Visit Until 10:15AM Nataraja: Purple Ashtami
Moon - Red Subha Sivaloka Day
Jyeshtha-Vaikasi

Wednesday, June 4, 2025

Retreat Star

Simha Rasi: 28.4 Tilthi 9

Creative Work Amrita Yoga
Until 4:28AM Thu
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Wishabha Mase Sukta Paksho Budha Vasara Yuktayam Yangon, Myanmar
Uttaraphalguni Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Navamyam Titau Sun 22 Sufra 51
Gulika 10:26AM - 12:04PM Uttaraphalguni Untill 4:28AM Thu Ganesha: White Sunrise: 5:20AM Vivasasu 5:127
Yama 7:10AM - 8:48AM Vajra* Until 9:29AM Murgua: Red Sunset: 6:28PM Moon 5 - Phase 7 - 22
Rahu 12:04PM - 1:42PM Balava Untill 11:56AM Nataraja: Purple Navami
Moon - Red Subha Sivaloka Day
Jyeshtha-Vaikasi

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

All times are standard time. Calculated for Yangon, Myanmar on 12/20/23

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1 Thursday, June 5, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе Гору Васара Yuktayam Yangon, Myanmar Hasta Nakshatra Siddhi/Vyapala* Yoga Talila/Gara Karana Dashamyam Titau Sun 23 Sutra 52			
Kanya Rasi: 10.4	Tithi 10	Gulika 8:48AM - 10:26AM Yama 5:32AM - 7:10AM 368418571 Rahu 1:42PM - 3:20PM	Hasta Until 7:36AM Fri Siddhi Until 10:15AM Talila Until 2:09PM Dashami Until 3:21AM Fri	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Green Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:36PM Moon 5 - Phase 8 - 24 4th Phase
Routine Work - Marana Yoga Until 7:36AM Fri Then Creative Work - Siddha Yoga		Sivaloka Day			
2 Friday, June 6, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе: Sukra Vasara Yuktayam Yangon, Myanmar Hasta/Chitra Nakshatra Vyapala*/Varjyan Yoga Vanija/Vesil* Karana Ekadashyam Titau Sun 24 Sutra 53			
Kanya Rasi: 22.32	Tithi 11	Gulika 7:10AM - 8:48AM Yama 3:20PM - 4:58PM 368418571 Rahu 10:26AM - 12:04PM	Hasta Until 7:36AM Vyapala* Until 11:15AM Vanija Until 4:38PM Ekadashi Until 5:53AM Sat	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Green Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:36PM Moon 5 - Phase 8 - 24 4th Phase
Creative Work - Amrita Yoga Until 7:36AM Then Creative Work - Siddha Yoga		Sivaloka Day			
3 Saturday, June 7, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе: Mania Vasara Yuktayam Yangon, Myanmar Chitra/Svali Nakshatra Varjyan/Parigra* Yoga Bava Karana Dvadashtyam Titau Sun 25 Sutra 54			
Tula Rasi: 4.2	Tithi 12	Gulika 5:32AM - 7:10AM Yama 1:42PM - 3:21PM 368418571 Rahu 8:48AM - 10:26AM	Chitra Until 10:42AM Varjyan Until 12:18PM Bava Until 7:10PM Dvadashti Until 8:22AM Sun	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Green Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:37PM Moon 5 - Phase 8 - 25 4th Phase
Routine Work - Marana Yoga Until 10:42AM Then Creative Work - Siddha Yoga		Sivaloka Day			
4 Sunday, June 8, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе: Bhruu Vasara Yuktayam Yangon, Myanmar Svali/Vishakha Nakshatra Parigra*/Shiva Yoga Balava/Kaulava Karana Dvadashti/Trayodashyam Titau Sun 26 Sutra 55			
Tula Rasi: 16.1	Tithi 12 - 13	Gulika 3:21PM - 4:59PM Yama 12:05PM - 1:43PM 368418571 Rahu 4:59PM - 6:37PM	Svali Until 1:34PM Parigra* Until 1:19PM Kaulava Until 9:34PM Dvadashti Until 8:22AM <i>Pradosha Vata</i>	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Green Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:37PM Moon 5 - Phase 8 - 26 4th Phase
Creative Work - Siddha Yoga Until 1:34PM Then Routine Work - Marana Yoga		Sivaloka Day			
5 Monday, June 9, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе: Indu Vasara Yuktayam Yangon, Myanmar Vishakha/Anuradha Nakshatra Shiva/Siddha Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 56			
Tula Rasi: 28.04	Tithi 13 - 14	Gulika 1:43PM - 3:21PM Yama 10:27AM - 12:05PM 379418571 Rahu 7:10AM - 8:48AM	Vishakha Until 4:33PM Shiva Until 2:10PM Gara Until 11:43PM Trayodashi Until 10:40AM	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Orange Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:37PM Moon 5 - Phase 8 - 27 4th Phase
Family Home Evening Routine Work - Marana Yoga Until 4:33PM Then Creative Work - Siddha Yoga		Sivaloka Day			
○ Tuesday, June 10, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Сукла Паікхе: Mangala Vasara Yuktayam Yangon, Myanmar Anuradha Nakshatra Siddha/Sadya Yoga Vanija/Vesil* Karana Chaturdashni/Purnimayam Titau Sun 28 Sutra 57			
Copper Retreat Star		Gulika 12:05PM - 1:43PM Yama 8:49AM - 10:27AM 379418571 Rahu 3:21PM - 4:59PM	Anuradha Until 7:03PM Siddha Until 2:44PM Vesil Until 1:31AM Wed Chaturdashni Until 12:39PM	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Orange Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:38PM Moon 5 - Phase 8 - Purnima
Witschika Rasi: 10.04 Tithi 14 - 15 Until 7:03PM Creative Work - Siddha Yoga Until 7:03PM Then Routine Work - Marana Yoga		Sivaloka Day			
Wednesday, June 11, 2025		Vishvasu Nama Samvatsare Uтарыяне Нартана Рібав Вішэбха Мэсе Кришна Паікхе: Budha Vasara Yuktayam Yangon, Myanmar Jyeshtha* Nakshatra Sadya/Subha* Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 28 Sutra 58			
Silver Retreat Star		Gulika 10:27AM - 12:05PM Yama 7:11AM - 8:49AM 379418571 Rahu 12:05PM - 1:43PM	Jyeshtha* Until 9:02PM Sadya Until 3:03PM Balava Until 2:57AM Thu Purnima* Until 2:16PM	Ganesh: Clear Muruga: Red Nataraja: Blue Moon - Orange Jyeshtha-Vaikasi	Sunrise: 5:20AM Sunset: 6:38PM Moon 5 - Phase 8 - Prathama
Witschika Rasi: 22.13 Tithi 15 - 16 Until 9:02PM Creative Work - Siddha Yoga Until 9:02PM Then Routine Work - Marana Yoga		Sivaloka Day			

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**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Вішэбха Мэсе Кгірна Пакоше Гору Вэсара Уктыяям
Mula* Nakshatra Subha/Sukla Yoga Kaulava/Taila Karana Prathamam/Dvityayam Tilau

Yangon, Myanmar

Sutra 59

Dhanus Rasi: 4.31 TITHI 16 - 17

Gulika 8:49M - 10:27AM

Mula* Until 10:57PM

Ganesha: Purple

Sunrise: 5:23AM

Vesavasu 5:127

Yama 5:32AM - 7:11AM

Subha Until 3:05PM

Muruga: Red

Sunset: 6:38PM

Moon 6 - Phase 9 - 1st Phase

Rahu 1:44PM - 3:22PM

Taitila Until 4:00AM Fri

Nataraja: Blue

Moon - Light Blue

Devaloka Day

Creative Work Siddha Yoga

Prathama* Until 3:30PM

Jyeshtha-Vaikasi

Friday, June 13, 2025**1****Friday, June 13, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Вішэбха Мэсе Кгірна Пакоше Сура Вэсара Уктыяям
Puruvashada* Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Dvitya/Tritiyayam Tilau

Yangon, Myanmar

Sun 1 Sutra 60

Dhanus Rasi: 17 TITHI 17 - 18

Gulika 7:11AM - 8:49AM

Puruvashada* Until 12:21AM Sat

Ganesha: Purple

Sunrise: 5:23AM

Vesavasu 5:127

Yama 1:44PM - 3:22PM

Sukla Until 2:47PM

Muruga: Red

Sunset: 6:38PM

Moon 6 - Phase 9 - 1st Phase

Rahu 10:27AM - 12:06PM

Vanija Until 4:39AM Sat

Nataraja: Blue

Moon - Light Blue

Devaloka Day

Routine Work Prabalarishta Yoga

Dvitiya Until 4:21PM

Jyeshtha-Vaikasi

Then Routine Work - Marana Yoga

Saturday, June 14, 2025**2****Saturday, June 14, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Вішэбха Мэсе Кгірна Пакоше Манта Вэсара Уктыяям
Uttarashada* Nakshatra Brahma/Indra Yoga Vasi* (Bava Karana Tritiya/Chaturthayam Tilau

Yangon, Myanmar

Sun 2 Sutra 61

Dhanus Rasi: 29.39 TITHI 18 - 19

Gulika 5:33AM - 7:11AM

Uttarashada Until 1:13AM Sun

Ganesha: Purple

Sunrise: 5:23AM

Vesavasu 5:127

Yama 1:44PM - 3:22PM

Brahma Until 2:12PM

Muruga: Red

Sunset: 6:38PM

Moon 6 - Phase 9 - 2 1st Phase

Rahu 8:49AM - 10:27AM

Bava Until 4:56AM Sun

Nataraja: Blue

Moon - Light Blue

Devaloka Day

Routine Work Marana Yoga

Tritiya Until 4:49PM

Jyeshtha-Vaikasi

Until 1:13AM Sun

Then Creative Work - Amrita Yoga

Sunday, June 15, 2025**3****Sunday, June 15, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Мілхана Мэсе Кгірна Пакоше Шіру Вэсара Уктыяям
Shravana* Nakshatra Brahma/Indra Yoga Vasi* (Bava Karana Tritiya/Chaturthayam Tilau

Yangon, Myanmar

Sun 3 Sutra 62

Makara Rasi: 12.28 TITHI 19 - 20

Gulika 3:23PM - 5:01PM

Shravana Until 2:01AM Mon

Ganesha: Clear

Sunrise: 5:23AM

Vesavasu 5:127

Yama 1:44PM - 3:22PM

Indra Until 1:20PM

Muruga: Red

Sunset: 6:38PM

Moon 6 - Phase 9 - 3 1st Phase

Rahu 5:01PM - 6:39PM

Kaulava Until 4:49AM Mon

Nataraja: Blue

Moon - Purple

Sivaloka Day

Creative Work Amrita Yoga

Chaturthi* Until 4:54PM

Jyeshtha-Ani

Until 2:01AM Mon

Then Creative Work - Siddha Yoga

Monday, June 16, 2025**4****Monday, June 16, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Мілхана Мэсе Кгірна Пакоше Інду Вэсара Уктыяям
Dhanishtha Nakshatra Vashtri*/Vishkambha* Yoga Taila/Gara Karana Panchnami/Shashthayam Tilau

Yangon, Myanmar

Sun 4 Sutra 63

Makara Rasi: 25.3 TITHI 20 - 21

Gulika 1:44PM - 3:23PM

Dhanishtha Until 2:15AM Tue

Ganesha: Yellow

Sunrise: 5:23AM

Vesavasu 5:127

Family Home Evening

Yama 10:28AM - 12:06PM

Vashdhrithi* Until 12:07PM

Muruga: Red

Sunset: 6:38PM

Moon 6 - Phase 9 - 4 1st Phase

Creative Work Siddha Yoga

Rahu 7:11AM - 8:50AM

Gara Until 4:17AM Tue

Nataraja: Blue

Moon - Purple

Sivaloka Day

Until 2:15AM Tue

Then Routine Work - Marana Yoga

Tuesday, June 17, 2025**5****Tuesday, June 17, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Мілхана Мэсе Кгірна Пакоше Маргала Вэсара Уктыяям
Shatabhishak Nakshatra Vishkambha* (Pithi Yoga Varjya/Vasi*) Karana Shashthi/Saptamyam Tilau

Yangon, Myanmar

Sun 5 Sutra 64

Kumbha Rasi: 8.44 TITHI 21 - 22

Gulika 12:06PM - 1:45PM

Shatabhishak Until 1:55AM Wed

Ganesha: Yellow

Sunrise: 5:23AM

Vesavasu 5:127

Yama 8:50AM - 10:28AM

Vishkambha* Until 10:35AM

Muruga: Red

Sunset: 6:40PM

Moon 6 - Phase 9 - 5 1st Phase

Rahu 3:23PM - 5:01PM

Vasi Until 3:19AM Wed

Nataraja: Blue

Moon - Purple

Sivaloka Day

Routine Work Marana Yoga

Shashthi* Until 3:50PM

Jyeshtha-Ani

Until 1:55AM Wed

Then Creative Work - Amrita Yoga

Wednesday, June 18, 2025**Retreat Star****Wednesday, June 18, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Мілхана Мэсе Кгірна Пакоше Бадха Вэсара Уктыяям
Puruvashrothapada* Nakshatra Pithi/Ayushman Yoga Bava/Balava Karana Saptami/Ashthayam Tilau

Yangon, Myanmar

Sun 6 Sutra 65

Kumbha Rasi: 22.13 TITHI 22 - 23

Gulika 10:28AM - 12:07PM

Puruvashrothapada* Until 1:24AM Thu

Ganesha: Clear

Sunrise: 5:23AM

Vesavasu 5:127

Yama 7:12AM - 8:50AM

Pithi Until 8:42AM

Muruga: Red

Sunset: 6:40PM

Moon 6 - Phase 9 - 6 Ashtami

Rahu 12:07PM - 1:45PM

Balava Until 1:53AM Thu

Nataraja: Blue

Moon - Clear

Sivaloka Day

Creative Work Amrita Yoga

Saptami Until 2:38PM

Jyeshtha-Ani

Until 1:24AM Thu

Then Creative Work - Siddha Yoga

Thursday, June 19, 2025**Retreat Star****Thursday, June 19, 2025**

Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Мілхана Мэсе Кгірна Пакоше Гору Вэсара Уктыяям
Uttarashrothapada* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taila Karana Ashtami/Navamyam Tilau

Yangon, Myanmar

Sun 7 Sutra 66

Meena Rasi: 5.59 TITHI 23 - 24

Gulika 8:50AM - 10:28AM

Uttarashrothapada Until 12:17AM Fri

Ganesha: Clear

Sunrise: 5:23AM

Vesavasu 5:127

Yama 5:33AM - 7:12AM

Ayushman Until 6:24AM

Muruga: Red

Sunset: 6:40PM

Moon 6 - Phase 9 - 7 Navami

Rahu 1:45PM - 3:23PM

Taila Until 11:59PM

Nataraja: Blue

Moon - Clear

Sivaloka Day

Creative Work Siddha Yoga

Ashtami* Until 12:58PM

Jyeshtha-Ani

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

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1	Friday, June 20, 2025		Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Міхуна Мазе Кішна Паکشэ Сакра Васара Yuktayam Yangon, Myanmar			
	Revati Nakshatra Sothana Yaga Gara/Vanija Karana Navami/Dashamyam Titau Sun 8 Sutra 67		Gulika 7:12AM - 8:50AM	Revati Until 10:35PM	Ganesha: White Sunrise: 5:34AM	Vasavasu 5:17
Mesha Rasi: 20.02	Tithi 24 - 25	Yama 3:24PM - 5:02PM	Sobhana Until 12:45AM Sat	Muruga: Red Sunset: 6:40PM	Moon 6 - Phase 10 - 8	
Creative Work Siddha Yoga		311518571 Rahu 10:29AM - 12:07PM	Vanija Until 9:39PM	Nataraja: Blue	2nd Phase	
Until 10:35PM			Navami* Until 10:51AM	Moon - Clear Jyestha-Ani	Subha Sivaloka Day	
Then Creative Work - Amrita Yoga						

2	Saturday, June 21, 2025		Viswasesu Nama Samvatsare Uтарыяне Нартана Рітау Міхуна Мазе Кішна Паکشэ Манта Vesaru Yuktayam Yangon, Myanmar			
	Ashvini Nakshatra Aihiganda* Yoga Visi* Bava Karana Dashama/Ekadasmyam Titau Sun 9 Sutra 68		Gulika 5:34AM - 7:12AM	Ashvini Until 8:48PM	Ganesha: Yellow Sunrise: 5:34AM	Vasavasu 5:17
Mesha Rasi: 4.22	Tithi 25 - 26	Yama 1:46PM - 3:24PM	Aihiganda* Until 9:26PM	Muruga: Red Sunset: 6:40PM	Moon 6 - Phase 10 - 9	
Creative Work Siddha Yoga		321518571 Rahu 8:51AM - 10:29AM	Bava Until 6:56PM	Nataraja: Blue	2nd Phase	
			Dashami Until 8:19AM	Moon - White Jyestha-Ani	Sivaloka Day	

3	Sunday, June 22, 2025		Viswasesu Nama Samvatsare Dakshinaya Naratana Ritau Mihuna Mase Krishna Paksho Bhanu Visara Yuktayam Yangon, Myanmar			
	Revati Nakshatra Sukarna/Dhriti Yoga Kaulava/Taila Karana Dvadashmyam Titau Sun 10 Sutra 69		Gulika 3:24PM - 5:02PM	Bharani Until 6:36PM	Ganesha: Yellow Sunrise: 5:34AM	Vasavasu 5:17
Mesha Rasi: 18.56	Tithi 27	Yama 12:07PM - 1:46PM	Sukarna Until 5:54PM	Muruga: Red Sunset: 6:41PM	Moon 6 - Phase 10 - 10	
Routine Work Prabalarishta Yoga		321518571 Rahu 5:02PM - 6:41PM	Kaulava Until 3:56PM	Nataraja: Blue	2nd Phase	
Until 6:36PM			Dvadashi* Until 2:21AM Mon	Moon - White Jyestha-Ani	Sivaloka Day	
Then Creative Work - Siddha Yoga						

4	Monday, June 23, 2025		Viswasesu Nama Samvatsare Dakshinaya Naratana Ritau Mihuna Mase Krishna Paksho Indu Vasara Yuktayam Yangon, Myanmar			
	Kritika/Rohini Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashmyam Titau Sun 11 Sutra 70		Gulika 1:46PM - 3:24PM	Kritika Until 4:06PM	Ganesha: Yellow Sunrise: 5:34AM	Vasavasu 5:17
Wishabha Rasi: 3.4	Tithi 28	Yama 10:29AM - 12:08PM	Dhriti Until 2:15PM	Muruga: Red Sunset: 6:41PM	Moon 6 - Phase 10 - 11	
Family Home Evening		321518571 Rahu 7:13AM - 8:51AM	Gara Until 12:46PM	Nataraja: Blue	2nd Phase	
Routine Work Marana Yoga			Trayodashi* Until 11:09PM	Moon - White Jyestha-Ani	Sivaloka Day	
Until 4:06PM						
Then Creative Work - Amrita Yoga						

5	Tuesday, June 24, 2025		Viswasesu Nama Samvatsare Dakshinaya Naratana Ritau Mihuna Mase Krishna Paksho Mangala Vasara Yuktayam Yangon, Myanmar			
	Rohini/Migashira Nakshatra Shula* Ganda* Yoga Visi* Sakura* Karana Chaturdashmyam Titau Sun 12 Sutra 71		Gulika 12:08PM - 1:46PM	Rohini Until 1:52PM	Ganesha: Red Sunrise: 5:35AM	Vasavasu 5:17
Wishabha Rasi: 18.28	Tithi 29	Yama 8:51AM - 10:30AM	Shula* Until 10:33AM	Muruga: Red Sunset: 6:41PM	Moon 6 - Phase 10 - 12	
Creative Work Amrita Yoga		331518571 Rahu 3:25PM - 5:03PM	Visi Until 9:34AM	Nataraja: Blue	2nd Phase	
Until 1:52PM			Chaturdashi* Until 7:59PM	Moon - Yellow Jyestha-Ani	Sivaloka Day	
Then Creative Work - Siddha Yoga						

●	Wednesday, June 25, 2025		Viswasesu Nama Samvatsare Dakshinaya Naratana Ritau Mihuna Mase Sukla Paksho Butha Vasara Yuktayam Yangon, Myanmar			
	Migashira/Ardra Nakshatra Ganda* Vidhra Yoga Catuspada* Kinkughna* Karana Amavasya/Prathomyam Titau Sun 13 Sutra 72		Gulika 10:30AM - 12:08PM	Mrigashira Until 11:40AM	Ganesha: Red Sunrise: 5:35AM	Vasavasu 5:17
Mithuna Rasi: 3.12	Tithi 30 - 1	Yama 7:13AM - 8:51AM	Ganda* Until 6:58AM	Muruga: Red Sunset: 6:41PM	Moon 6 - Phase 10 - 13	
Creative Work Siddha Yoga		331518571 Rahu 12:08PM - 1:46PM	Catuspada Until 6:30AM	Nataraja: Blue	Amavasya	
			Amavasya* Until 5:02PM	Moon - Yellow Jyestha-Ani	Sivaloka Day	

●	Thursday, June 26, 2025		Viswasesu Nama Samvatsare Dakshinaya Naratana Ritau Mihuna Mase Sukla Paksho Guru Visara Yuktayam Yangon, Myanmar			
	Migashira/Ardra Nakshatra Dhruva Yoga Bava/Baleva Karana Prathama/Dvivyayam Titau Sun 14 Sutra 73		Gulika 8:52AM - 10:30AM	Ardra Until 9:38AM	Ganesha: Red Sunrise: 5:35AM	Vasavasu 5:17
Mithuna Rasi: 17.44	Tithi 1 - 2	Yama 5:35AM - 7:13AM	Dhruva Until 12:39AM Fri	Muruga: Red Sunset: 6:42PM	Moon 6 - Phase 10 - 14	
Routine Work Marana Yoga		331518571 Rahu 1:47PM - 3:25PM	Balava Until 1:20AM Fri	Nataraja: Blue	Prathama	
Until 9:38AM			Prathama* Until 2:26PM	Moon - Yellow Ashada-Ani	Sivaloka Day	
Then Creative Work - Amrita Yoga						

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

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1 Friday, June 27, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Sukra Vasara Yuktayam Panarvasu/Pushya Nakshatra Vyaghatu Yaga Kaulava/Saila Karana Dvitiya/Tritiyam Tilau				Yangon, Myanmar Sun 15 Sutra 74 Vasvasu 5127
Kalka Rasi: 1.56	Tithi 2 - 3	Gulika 7:14AM - 8:52AM Yama 3:25PM - 5:03PM 342518571 Rahu 10:30AM - 12:08PM	Punarvasu Untill 8:22AM Vyaghata' Untill 10:09PM Taitila Untill 11:34PM Dvitiya Untill 12:21PM	Ganesha: White Muruga: Red Nataraja: Blue Moon - Blue Ashada-Ani	Sunrise: 5:25AM Sunset: 6:49PM	Moon 6 - Phase 11 - 15 3rd Phase
Creative Work	Siddha Yoga					Devaloka Day
Untill 8:22AM						
Then Routine Work - Marana Yoga						
2 Saturday, June 28, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Merita Vasara Yuktayam Pushya/Ashlesha' Nakshatra Harshana Yaga Gara/Vanija Karana Tridhya/Chaturthiyam Tilau				Yangon, Myanmar Sun 16 Sutra 75 Vasvasu 5127
Kalka Rasi: 15.45	Tithi 3 - 4	Gulika 5:36AM - 7:14AM Yama 1:47PM - 3:25PM 342518571 Rahu 8:52AM - 10:30AM	Pushya Untill 7:36AM Harshana Untill 8:15PM Vanija Untill 10:31PM Tridhya Untill 10:55AM	Ganesha: White Muruga: Red Nataraja: Blue Moon - Blue Ashada-Ani	Sunrise: 5:36AM Sunset: 6:49PM	Moon 6 - Phase 11 - 16 3rd Phase
Creative Work	Siddha Yoga					Devaloka Day
Untill 7:36AM						
Then Routine Work - Marana Yoga						
3 Sunday, June 29, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Bharu Vasara Yuktayam Ashlesha/Magha' Nakshatra Vajra Yaga Visi' Bava Karana Chaturthi/Panchamyam Tilau				Yangon, Myanmar Sun 17 Sutra 76 Vasvasu 5127
Kalka Rasi: 29.08	Tithi 4 - 5	Gulika 3:25PM - 5:04PM Yama 12:09PM - 1:47PM 342518571 Rahu 5:04PM - 6:42PM	Ashlesha' Untill 7:25AM Vajra' Untill 6:58PM Bava Untill 10:16PM Chaturthi' Untill 10:16AM	Ganesha: White Muruga: Red Nataraja: Blue Moon - Blue Ashada-Ani	Sunrise: 5:36AM Sunset: 6:49PM	Moon 6 - Phase 11 - 17 3rd Phase
Creative Work	Siddha Yoga					Devaloka Day
Untill 7:25AM						
Then Routine Work - Marana Yoga						
4 Monday, June 30, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Indu Vasara Yuktayam Magha/Purvaphalguni Nakshatra Siddhi Yaga Balava/Kaulava Karana Panchami/Shashthiyam Tilau				Yangon, Myanmar Sun 18 Sutra 77 Vasvasu 5127
Simha Rasi: 12.04	Tithi 5 - 6	Gulika 1:47PM - 3:26PM Yama 10:31AM - 12:09PM 352518571 Rahu 7:14AM - 8:53AM	Magha' Untill 8:22AM Siddhi Untill 6:21PM Kaulava Untill 10:51PM Panchami Untill 10:27AM	Ganesha: Clear Muruga: Red Nataraja: Blue Moon - Red Ashada-Ani	Sunrise: 5:36AM Sunset: 6:49PM	Moon 6 - Phase 11 - 18 3rd Phase
Family Home Evening						Sivaloka Day
Routine Work	Marana Yoga					
Untill 8:22AM						
Then Creative Work - Siddha Yoga						
5 Tuesday, July 1, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyajipala' Yaga Taitila/Gara Karana Shashthi/Saptamyam Tilau				Yangon, Myanmar Sun 19 Sutra 78 Vasvasu 5127
Simha Rasi: 24.38	Tithi 6 - 7	Gulika 12:09PM - 1:48PM Yama 8:53AM - 10:31AM 352518571 Rahu 3:26PM - 5:04PM	Purvaphalguni Untill 9:56AM Vyajipala' Untill 6:22PM Gara Untill 12:11AM Wed Shashthi' Untill 11:25AM	Ganesha: Clear Muruga: Red Nataraja: Blue Moon - Red Ashada-Ani	Sunrise: 5:36AM Sunset: 6:49PM	Moon 6 - Phase 11 - 19 3rd Phase
Creative Work	Siddha Yoga					Sivaloka Day
Untill 9:56AM		Chidambaram Abhishekam				
Then Creative Work - Amrita Yoga						
Wednesday, July 2, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varijan Yaga Vanija/Visi' Karana Sapthami/Ashtamyam Tilau				Yangon, Myanmar Sun 20 Sutra 79 Vasvasu 5127
Kanya Rasi: 6.52	Tithi 7 - 8	Gulika 10:31AM - 12:09PM Yama 7:15AM - 8:53AM 352518571 Rahu 12:09PM - 1:48PM	Uttaraphalguni Untill 12:01PM Varijan Untill 6:50PM Visi Untill 2:07AM Thu Sapthami Untill 1:04PM	Ganesha: Clear Muruga: Red Nataraja: Blue Moon - Red Ashada-Ani	Sunrise: 5:27AM Sunset: 6:49PM	Moon 6 - Phase 11 - 20 Ashtami
Creative Work	Amrita Yoga					Sivaloka Day
Untill 12:01PM						
Then Routine Work - Marana Yoga						
Thursday, July 3, 2025		Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukta Paksha Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha' Yaga Bava/Balava Karana Ashtami/Navamyam Tilau				Yangon, Myanmar Sun 21 Sutra 80 Vasvasu 5127
Kanya Rasi: 18.53	Tithi 8 - 9	Gulika 8:53AM - 10:31AM Yama 5:37AM - 7:15AM 362518571 Rahu 1:48PM - 3:26PM	Hasta Untill 2:55PM Parigha' Untill 7:39PM Balava Untill 4:26AM Fri Ashtami' Untill 3:13PM	Ganesha: Purple Muruga: Red Nataraja: Blue Moon - Green Ashada-Ani	Sunrise: 5:27AM Sunset: 6:49PM	Moon 6 - Phase 11 - 21 Navami
Routine Work	Marana Yoga					Devaloka Day
Untill 2:55PM						
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 Yangon, Myanmar on 12/20/23

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1 Friday, July 4, 2025

Tula Rasi: 0.47		Tithi 9 - 10	362518571		Gulika 7:15AM - 8:54AM Yama 3:26PM - 5:04PM Rahu 10:32AM - 12:10PM	Chitra Until 5:54PM Shiva Until 8:39PM Taitilla Until 6:52AM Sat Navami* Until 5:37PM	Ganesh: Purple Sunrise: 5:27AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Green Ashada-Ani	Sunrise: 5:27AM Sunset: 6:42PM Moon 6 - Phase 12 - 23 4th Phase	Yangon, Myanmar Sun 22 Sutra 81 Vesavasu 5127 Vesavasu 5127 Devaloka Day
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2 Saturday, July 5, 2025

Tula Rasi: 12.38		Tithi 10	362518571		Gulika 5:38AM - 7:16AM Yama 1:48PM - 3:26PM Rahu 8:54AM - 10:32AM	Svali Until 8:44PM Siddha Until 9:37PM Taitilla Until 6:52AM Dashami Until 8:03PM	Ganesh: Purple Sunrise: 5:38AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Green Ashada-Ani	Sunrise: 5:38AM Sunset: 6:42PM Moon 6 - Phase 12 - 23 4th Phase	Yangon, Myanmar Sun 23 Sutra 82 Vesavasu 5127 Vesavasu 5127 Devaloka Day
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3 Sunday, July 6, 2025

Tula Rasi: 24.3		Tithi 11	372518571		Gulika 3:26PM - 5:04PM Yama 12:10PM - 1:48PM Rahu 5:04PM - 6:42PM	Vishakha Until 11:43PM Sadhya Until 10:27PM Vanija Until 9:14AM Ekadashi Until 10:17PM	Ganesh: Clear Sunrise: 5:38AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Orange Ashada-Ani	Sunrise: 5:38AM Sunset: 6:42PM Moon 6 - Phase 12 - 24 4th Phase	Yangon, Myanmar Sun 24 Sutra 83 Vesavasu 5127 Vesavasu 5127 Sivaloka Day
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4 Monday, July 7, 2025

Wischika Rasi: 6.28		Tithi 12	472518571		Gulika 1:48PM - 3:26PM Yama 10:32AM - 12:10PM Rahu 7:16AM - 8:54AM	Anuradha Until 2:12AM Tue Subha Until 11:03PM Bava Until 11:19AM Dvadashi Until 12:12AM Tue	Ganesh: Purple Sunrise: 5:38AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Orange Ashada-Ani	Sunrise: 5:38AM Sunset: 6:42PM Moon 6 - Phase 12 - 25 4th Phase	Yangon, Myanmar Sun 25 Sutra 84 Vesavasu 5127 Vesavasu 5127 Devaloka Day
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5 Tuesday, July 8, 2025

Wischika Rasi: 18.35		Tithi 13	472518571		Gulika 12:11PM - 1:49PM Yama 8:55AM - 10:33AM Rahu 3:27PM - 5:05PM	Jyeshtha* Until 4:06AM Wed Sukla Until 11:17PM Kaulava Until 1:01PM Trayodashi Until 1:40AM Wed	Ganesh: Purple Sunrise: 5:39AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Orange Ashada-Ani	Sunrise: 5:39AM Sunset: 6:42PM Moon 6 - Phase 12 - 26 4th Phase	Yangon, Myanmar Sun 26 Sutra 85 Vesavasu 5127 Vesavasu 5127 Devaloka Day
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Pradosha Vata

6 Wednesday, July 9, 2025

Dhanus Rasi: 0.53		Tithi 14	482518571		Gulika 10:33AM - 12:11PM Yama 7:17AM - 8:55AM Rahu 12:11PM - 1:49PM	Mula* Until 5:51AM Thu Brahma Until 11:09PM Gara Until 2:15PM Chaturdashi* Until 2:39AM Thu	Ganesh: Clear Sunrise: 5:39AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Light Blue Ashada-Ani	Sunrise: 5:39AM Sunset: 6:42PM Moon 6 - Phase 12 - 27 4th Phase	Yangon, Myanmar Sun 27 Sutra 86 Vesavasu 5127 Vesavasu 5127 Sivaloka Day
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○ Thursday, July 10, 2025

Dhanus Rasi: 13.24		Tithi 15	483518571		Gulika 8:55AM - 10:33AM Yama 5:39AM - 7:17AM Rahu 1:49PM - 3:27PM	Purvashadha* Until 6:58AM Fri Indra Until 10:39PM Visi Until 2:59PM Purnima* Until 3:10AM Fri	Ganesh: White Sunrise: 5:39AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Light Blue Ashada-Ani	Sunrise: 5:39AM Sunset: 6:42PM Moon 6 - Phase 12 - 28 Purnima	Yangon, Myanmar Sun 28 Sutra 87 Vesavasu 5127 Vesavasu 5127 Subha Sivaloka Day
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Friday, July 11, 2025

Dhanus Rasi: 26.08		Tithi 16	483518571		Gulika 7:17AM - 8:55AM Yama 3:27PM - 5:05PM Rahu 10:33AM - 12:11PM	Purvashadha* Until 6:58AM Vaidhriti* Until 9:45PM Balava Until 3:15PM Prathama* Until 3:12AM Sat	Ganesh: White Sunrise: 5:39AM Muruga: Red Sunset: 6:42PM Nataraja: Blue Moon - Light Blue Ashada-Ani	Sunrise: 5:39AM Sunset: 6:42PM Moon 6 - Phase 12 - 29 Prathama	Yangon, Myanmar Sun 29 Sutra 88 Vesavasu 5127 Vesavasu 5127 Subha Sivaloka Day
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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 Yangon, Myanmar on 12/20/23

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

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Mania Vasara Yuktayam Yangon, Myanmar
 Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Talila/Gara Karana Dvilyayam Tilau Sutra 89

Makara Rasi: 9.06	Tithi 17	Gulika 5:40AM - 7:18AM	Uttarashadha Until 7:29AM	Ganesh: White	Sunrise: 5:40AM	Vasarasu 5:17
		Yama 1:49PM - 3:27PM	Vishkambha* Until 8:32PM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 1st Phase
		Rahu 8:55AM - 10:33AM	Tailila Until 3:05PM	Nataraja: Blue		
Routine Work - Marana Yoga			Dvitiya Until 2:49AM Sun	Moon - Light Blue		Subha Sivaloka Day
Until 7:29AM				Ashada-Adi		
Then Creative Work - Siddha Yoga						

1 Sunday, July 13, 2025

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Bharu Vasara Yuktayam Yangon, Myanmar
 Shravana/Dhanishtha Nakshatra Pithi Yoga Vanja/Visi* Karana Trilyayam Tilau Sun 1 Sutra 90

Makara Rasi: 22.16	Tithi 18	Gulika 3:27PM - 5:05PM	Shravana Until 7:54AM	Ganesh: Yellow	Sunrise: 5:40AM	Vasarasu 5:17
		Yama 12:11PM - 1:49PM	Pithi Until 7:02PM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 1st Phase
		Rahu 5:05PM - 6:42PM	Bava Until 2:31PM	Nataraja: Blue		
Creative Work - Amrita Yoga			Tritiya Until 2:05AM Mon	Van - Purple		Sivaloka Day
Until 7:54AM				Ashada-Adi		
Then Routine Work - Marana Yoga						

2 Monday, July 14, 2025

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Indu Vasara Yuktayam Yangon, Myanmar
 Shatabhishak/Purvashrothapada* Nakshatra Aajushman/Saubhagya Yoga Bava/Balava Karana Chaturthayam Tilau Sun 2 Sutra 91

Kumbha Rasi: 5.38	Tithi 19	Gulika 1:49PM - 3:27PM	Dhanishtha Until 7:49AM	Ganesh: Yellow	Sunrise: 5:40AM	Vasarasu 5:17
Family Home Evening		Yama 10:34AM - 12:11PM	Ayushman Until 5:13PM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 2 1st Phase
		Rahu 7:18AM - 8:56AM	Bava Until 1:36PM	Nataraja: Blue		
Creative Work - Siddha Yoga			Chaturthi* Until 1:01AM Tue	Moon - Purple		Sivaloka Day
				Ashada-Adi		

3 Tuesday, July 15, 2025

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Mangala Vasara Yuktayam Yangon, Myanmar
 Shatabhishak/Purvashrothapada* Nakshatra Saubhagya/Sobhana Yoga Kaulava/Salila Karana Panchmayam Tilau Sun 3 Sutra 92

Kumbha Rasi: 19.11	Tithi 20	Gulika 12:11PM - 1:49PM	Shatabhishak Until 7:17AM	Ganesh: Yellow	Sunrise: 5:41AM	Vasarasu 5:17
		Yama 8:56AM - 10:34AM	Saubhagya Until 3:11PM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 3 1st Phase
		Rahu 3:27PM - 5:04PM	Kaulava Until 12:23PM	Nataraja: Blue		
Routine Work - Marana Yoga			Panchami Until 11:39PM	Moon - Purple		Sivaloka Day
				Ashada-Adi		

4 Wednesday, July 16, 2025

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Budha Vasara Yuktayam Yangon, Myanmar
 Purvashrothapada*/Uttarashrothapada* Nakshatra Sobhana/Ahiganda* Yoga Gara/Variji Karana Shashthayam Tilau Sun 4 Sutra 93

Meena Rasi: 2.53	Tithi 21	Gulika 10:34AM - 12:12PM	Purvashrothapada* Until 6:45AM	Ganesh: Purple	Sunrise: 5:41AM	Vasarasu 5:17
		Yama 7:19AM - 8:56AM	Sobhana Until 12:56PM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 4 1st Phase
		Rahu 12:12PM - 1:49PM	Gara Until 10:53AM	Nataraja: Blue		
Creative Work - Amrita Yoga			Shashthi* Until 10:02PM	Moon - Clear		Devaloka Day
Until 6:45AM				Ashada-Adi		
Then Creative Work - Siddha Yoga						

5 Thursday, July 17, 2025

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Guru Vasara Yuktayam Yangon, Myanmar
 Revati Nakshatra Ahiganda*/Sukarma Yoga Visi*/Bava Karana Sapthmayam Tilau Sun 5 Sutra 94

Meena Rasi: 16.46	Tithi 22	Gulika 8:57AM - 10:34AM	Revati Until 4:29AM Fri	Ganesh: Purple	Sunrise: 5:41AM	Vasarasu 5:17
		Yama 5:41AM - 7:19AM	Ahiganda* Until 10:26AM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 5 1st Phase
		Rahu 1:49PM - 3:27PM	Visi Until 9:08AM	Nataraja: Yellow		
Creative Work - Siddha Yoga			Saptami Until 8:09PM	Moon - Clear		Bhuloka Day
Until 4:29AM Fri				Ashada-Adi		Devaloka Time: 3PM to 6PM
Then Creative Work - Amrita Yoga						

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

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Sukra Vasara Yuktayam Yangon, Myanmar
 Ashvini Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ashtmayam Tilau Sun 6 Sutra 95

Mesha Rasi: 0.47	Tithi 23	Gulika 7:19AM - 8:57AM	Ashvini Until 3:13AM Sat	Ganesh: Clear	Sunrise: 5:42AM	Vasarasu 5:17
		Yama 3:27PM - 5:04PM	Sukarma Until 7:46AM	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 6 Ashtami
		Rahu 10:34AM - 12:12PM	Balava Until 7:06AM	Nataraja: Yellow		
Creative Work - Amrita Yoga			Ashtami* Until 6:02PM	Moon - White		Devaloka Day
Until 3:13AM Sat				Ashada-Adi		
Then Creative Work - Siddha Yoga						

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

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Mania Vasara Yuktayam Yangon, Myanmar
 Bharani Nakshatra Shula* Yoga Gara/Vanija Karana Navami/Dashmayam Tilau Sun 7 Sutra 96

Mesha Rasi: 14.58	Tithi 24 - 25	Gulika 5:42AM - 7:19AM	Bharani Until 1:37AM Sun	Ganesh: Clear	Sunrise: 5:42AM	Vasarasu 5:17
		Yama 1:49PM - 3:27PM	Shula* Until 1:54AM Sun	Muruga: Red	Sunset: 6:49PM	Moon 7 - Phase 13 - 7 Navami
		Rahu 8:57AM - 10:34AM	Vanija Until 2:31AM Sun	Nataraja: Yellow		
Creative Work - Siddha Yoga			Navami* Until 3:43PM	Moon - White		Devaloka Day
				Ashada-Adi		

1 Sunday, July 20, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Pakshhe Bhanu Vesara Yukitayam			Yangan, Myanmar	
			Kritika Nakshatra Ganda* Yoga Vasil* Bava Karana Dashami/Ekadashtyam Titau			Sun 8 Sutra 97	
			Gulika 3:27PM - 5:04PM	Kritika Until 11:45PM	Ganesha: Clear	Sunrise: 5:43AM	Vesavasu 5:17
			Yama 12:12PM - 1:49PM	Ganda* Until 10:48PM	Muruga: Red	Sunset: 6:41PM	Moon 7 - Phase 14 - 8
			Rahu 5:04PM - 6:41PM	Bava Until 11:59PM	Nataraja: Yellow		2nd Phase
				Dashami Until 1:15PM	Moon - White:		
					Ashada-Adi		Devaloka Day

2 Monday, July 21, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Pakshhe Indu Vesara Yukitayam			Yangan, Myanmar	
			Rohini Nakshatra Middhi Yoga Balava/Kaulava Karana Ekadashi/Dwadashyam Titau			Sun 9 Sutra 98	
			Gulika 1:49PM - 3:26PM	Rohini Until 10:08PM	Ganesha: White	Sunrise: 5:43AM	Vesavasu 5:17
			Yama 10:35AM - 12:12PM	Viddhi Until 7:39PM	Muruga: Red	Sunset: 6:41PM	Moon 7 - Phase 14 - 9
			Rahu 7:20AM - 8:57AM	Kaulava Until 9:25PM	Nataraja: Yellow		2nd Phase
				Ekadashi* Until 10:41AM	Moon - Yellow:		
					Ashada-Adi		Bhuloka Day
							Devaloka Time: 3PM to 6PM

3 Tuesday, July 22, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Pakshhe Mangala Vesara Yukitayam			Yangan, Myanmar	
			Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau			Sun 10 Sutra 99	
			Gulika 12:12PM - 1:49PM	Mrigashira Until 8:25PM	Ganesha: White	Sunrise: 5:43AM	Vesavasu 5:17
			Yama 8:57AM - 10:35AM	Dhruva Until 4:32PM	Muruga: Red	Sunset: 6:41PM	Moon 7 - Phase 14 - 10
			Rahu 3:26PM - 5:04PM	Gara Until 6:54PM	Nataraja: Yellow		2nd Phase
				Dvadashi* Until 8:08AM	Moon - Yellow:		
					Ashada-Adi		Bhuloka Day
							Devaloka Time: 3PM to 6PM
					Pradosha Vata (Fasting)		

4 Wednesday, July 23, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Pakshhe Budha Vesara Yukitayam			Yangan, Myanmar	
			Ardra Nakshatra Vyaghata* Harshana Yoga Vasil*/Sakuni* Karana Chaturdashyam Titau			Sun 11 Sutra 100	
			Gulika 10:35AM - 12:12PM	Ardra Until 6:45PM	Ganesha: White	Sunrise: 5:43AM	Vesavasu 5:17
			Yama 7:20AM - 8:58AM	Vyaghata* Until 1:33PM	Muruga: Red	Sunset: 6:41PM	Moon 7 - Phase 14 - 11
			Rahu 12:12PM - 1:49PM	Vistil Until 4:34PM	Nataraja: Yellow		2nd Phase
				Chaturdashi* Until 3:29AM Thu	Moon - Yellow:		
					Ashada-Adi		Bhuloka Day
							Devaloka Time: 3PM to 6PM

Thursday, July 24, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Krishna Pakshhe Guru Vesara Yukitayam			Yangan, Myanmar	
			Punarvasu/Pushya Nakshatra Harshana/Vajra* Yoga Catuspadi*/Raga* Karana Amavasyayam Titau			Sun 12 Sutra 101	
			Gulika 8:58AM - 10:35AM	Punarvasu Until 5:42PM	Ganesha: Green	Sunrise: 5:44AM	Vesavasu 5:17
			Yama 5:44AM - 7:21AM	Harshana Until 10:50AM	Muruga: Red	Sunset: 6:40PM	Moon 7 - Phase 14 - 12
			Rahu 1:49PM - 3:26PM	Catuspada Until 2:32PM	Nataraja: Yellow		Amavasya
				Amavasya* Until 1:40AM Fri	Moon - Blue:		
					Ashada-Adi		Bhuloka Day
							Devaloka Time: 3PM to 6PM

Friday, July 25, 2025

			Viswasa Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mese Sukla Pakshhe Sukra Vesara Yukitayam			Yangan, Myanmar	
			Pushya/Ashlesha* Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau			Sun 13 Sutra 102	
			Gulika 7:21AM - 8:58AM	Pushya Until 4:58PM	Ganesha: Orange	Sunrise: 5:44AM	Vesavasu 5:17
			Yama 3:26PM - 5:03PM	Vajra* Until 8:25AM	Muruga: Red	Sunset: 6:40PM	Moon 7 - Phase 14 - 13
			Rahu 10:35AM - 12:12PM	Kintughna Until 12:57PM	Nataraja: Yellow		Prathama
				Prathama* Until 12:21AM Sat	Moon - Blue:		
					Sravana-Adi		Devaloka Day

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 Yangan, Myanmar on 12/20/23

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1 Saturday, July 26, 2025

Katakala Rasi: 23:59		Tilthi 2	444618572		Rahu	5:44AM - 7:21AM 5:49PM - 3:26PM 8:58AM - 10:35AM	Ashlesha* Untill 4:40PM Siddhi Untill 6:28AM Balava Untill 11:57AM Dvitiya Untill 11:40PM	Ganesh: Orange Muruga: Red Nataraja: Yellow Moon - Blue Savana-Adi	Sunrise: 5:44AM Sunset: 6:40PM Moon 7 - Phase 15 - 14 3rd Phase	Yangon, Myanmar Sun 14 Sutra 103 Vasavasu 5127
Routine Work		Marana Yoga		Untill 4:40PM		Then Creative Work - Amrita Yoga		Devaloka Day		

2 Sunday, July 27, 2025

Simha Rasi: 7:12		Tilthi 3	454618572		Rahu	3:26PM - 5:03PM 12:12PM - 1:49PM 5:03PM - 6:39PM	Magha* Untill 5:21PM Varyan Untill 4:12AM Mon Talitla Untill 11:36AM Tritiya Untill 11:41PM	Ganesh: Clear Muruga: Red Nataraja: Yellow Moon - Red Savana-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 - 15 3rd Phase	Yangon, Myanmar Sun 15 Sutra 104 Vasavasu 5127
Routine Work		Marana Yoga		Untill 5:21PM		Then Creative Work - Siddha Yoga		Devaloka Day		

3 Monday, July 28, 2025

Simha Rasi: 20:03		Tilthi 4	454618572		Rahu	1:49PM - 3:26PM 10:35AM - 12:12PM 7:22AM - 8:58AM	Purvaphalguni Untill 6:35PM Parigha* Untill 3:54AM Tue Vanija Untill 12:00PM Chaturthi* Untill 12:26AM Tue	Ganesh: Clear Muruga: Red Nataraja: Yellow Moon - Red Savana-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 - 16 3rd Phase	Yangon, Myanmar Sun 16 Sutra 105 Vasavasu 5127
Family Home Evening		Siddha Yoga		Creative Work		Siddha Yoga		Devaloka Day		

4 Tuesday, July 29, 2025

Kanya Rasi: 2:34		Tilthi 5	454618572		Rahu	12:12PM - 1:49PM 5:49AM - 10:35AM 3:25PM - 5:02PM	Uttaraphalguni Untill 8:20PM Shiva Untill 4:08AM Wed Bava Untill 1:05PM Panchami Untill 1:51AM Wed	Ganesh: Clear Muruga: Red Nataraja: Yellow Moon - Red Savana-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 - 17 3rd Phase	Yangon, Myanmar Sun 17 Sutra 106 Vasavasu 5127
Creative Work		Amrita Yoga		Untill 8:20PM		Then Creative Work - Siddha Yoga		Devaloka Day		

5 Wednesday, July 30, 2025

Kanya Rasi: 14:48		Tilthi 6	464618572		Rahu	10:35AM - 12:12PM 7:22AM - 8:59AM 12:12PM - 1:49PM	Hasla Untill 10:57PM Siddha Untill 4:44AM Thu Kaulava Untill 2:47PM Shashthi* Untill 3:48AM Thu	Ganesh: Purple Muruga: Red Nataraja: Yellow Moon - Green Savana-Adi	Sunrise: 5:45AM Sunset: 6:39PM Moon 7 - Phase 15 - 18 3rd Phase	Yangon, Myanmar Sun 18 Sutra 107 Vasavasu 5127
Routine Work		Marana Yoga		Untill 10:57PM		Then Creative Work - Siddha Yoga		Sivaloka Day		

6 Thursday, July 31, 2025

Kanya Rasi: 26:5		Tilthi 7	464618572		Rahu	8:59AM - 10:35AM 5:46AM - 7:22AM 1:48PM - 3:25PM	Chitra Untill 1:46AM Fri Sadhya Untill 5:36AM Fri Gara Untill 4:56PM Saptami Untill 6:04AM Fri	Ganesh: Purple Muruga: Red Nataraja: Yellow Moon - Green Savana-Adi	Sunrise: 5:46AM Sunset: 6:39PM Moon 7 - Phase 15 - 19 3rd Phase	Yangon, Myanmar Sun 19 Sutra 108 Vasavasu 5127
Creative Work		Siddha Yoga						Sivaloka Day		

Friday, August 1, 2025

Tula Rasi: 8:45		Tilthi 7 - 8	464618572		Rahu	7:22AM - 8:59AM 3:25PM - 5:01PM 10:35AM - 12:12PM	Svati Untill 4:33AM Sat Subha Untill 6:33AM Sat Visi Untill 7:17PM Saptami Untill 6:04AM	Ganesh: Purple Muruga: Red Nataraja: Yellow Moon - Green Savana-Adi	Sunrise: 5:46AM Sunset: 6:39PM Moon 7 - Phase 15 - 20 Ashtami	Yangon, Myanmar Sun 20 Sutra 109 Vasavasu 5127
Creative Work		Siddha Yoga						Sivaloka Day		

Saturday, August 2, 2025

Tula Rasi: 20:37		Tilthi 8 - 9	474628572		Rahu	5:46AM - 7:23AM 1:48PM - 3:25PM 8:59AM - 10:35AM	Vishakha Untill 7:35AM Sun Subha Untill 6:33AM Balava Untill 9:38PM Ashlami* Untill 8:27AM	Ganesh: Clear Muruga: Blue Nataraja: Yellow Savana-Adi	Sunrise: 5:46AM Sunset: 6:39PM Moon 7 - Phase 15 - 21 Navami	Yangon, Myanmar Sun 21 Sutra 110 Vasavasu 5127
Creative Work		Siddha Yoga		Untill 7:35AM Sun		Then Routine Work - Marana Yoga		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 Yangon, Myanmar on 12/20/23

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1 Sunday, August 3, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Bhanu Vasara Yukitayam Vishakha/Anuradha Nakshatra Saka/Brahma Yoga Kaulava/Taila Karana Navami/Dashami Titau				Yangan, Myanmar Sun 22	Sudra 111
Wislichka Rasi: 2.32	Tithi 9 – 10	Gulika 3:24PM – 5:01PM	Vishakha Until 7:35AM	Ganesha: Clear Muruga: Blue Nataraja: Yellow Moon – Orange	Sunrise: 5:47AM Sunset: 6:37PM	Vasavasu 5:27	Moon 7 - Phase 16 - 23 4th Phase
Routine Work	Marana Yoga	474628572 Rahu 5:01PM – 6:37PM	Navami* Until 10:43AM	Savana-Adi			Sivaloka Day

2 Monday, August 4, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Indru Vasara Yukitayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau				Yangan, Myanmar Sun 23	Sudra 112
Wislichka Rasi: 14.32	Tithi 10 – 11	Gulika 1:48PM – 3:24PM	Anuradha Until 10:11AM	Ganesha: Clear Muruga: Blue Nataraja: Yellow Moon – Orange	Sunrise: 5:47AM Sunset: 6:36PM	Vasavasu 5:27	Moon 7 - Phase 16 - 23 4th Phase
Family Home Evening	Siddha Yoga	474628572 Rahu 7:23AM – 8:59AM	Brahma Until 8:03AM Vanija Until 1:31AM Tue Dashami Until 12:41PM	Savana-Adi			Sivaloka Day

3 Tuesday, August 5, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Mangala Vasara Yukitayam Jyeshtha/Mula* Nakshatra Indra/Vaidhiti* Yoga Visi/Bava Karana Ekadashi/Dwadashyam Titau				Yangan, Myanmar Sun 24	Sudra 113
Wislichka Rasi: 26.44	Tithi 11 – 12	Gulika 12:12PM – 1:48PM	Jyeshtha* Until 12:11PM	Ganesha: Clear Muruga: Blue Nataraja: Yellow Moon – Orange	Sunrise: 5:47AM Sunset: 6:36PM	Vasavasu 5:27	Moon 7 - Phase 16 - 24 4th Phase
Routine Work	Marana Yoga	474628572 Rahu 3:24PM – 5:00PM	Indra Until 8:23AM Bava Until 2:46AM Wed Ekadashi Until 2:11PM	Savana-Adi			Sivaloka Day
Then Creative Work	Amrita Yoga						

4 Wednesday, August 6, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Budha Vasara Yukitayam Mula*/Purvashadha* Nakshatra Vaidhiti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Troydashyam Titau				Yangan, Myanmar Sun 25	Sudra 114
Dhanus Rasi: 9.08	Tithi 12 – 13	Gulika 10:35AM – 12:11PM	Mula* Until 1:59PM	Ganesha: Yellow Muruga: Blue Nataraja: Yellow Moon – Light Blue	Sunrise: 5:47AM Sunset: 6:36PM	Vasavasu 5:27	Moon 7 - Phase 16 - 25 4th Phase
Routine Work	Marana Yoga	485628572 Rahu 12:11PM – 1:47PM	Vaidhiti* Until 8:16AM Kaulava Until 3:25AM Thu Dvadashi Until 3:09PM	Savana-Adi			Sivaloka Day
Then Creative Work	Amrita Yoga		Pradosha Vata				

5 Thursday, August 7, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Guru Vasara Yukitayam Purvashadha*/Uttarashadha Nakshatra Vishkambha*/Pithi Yoga Taila/Gara Karana Troydashhi/Chaturdashyam Titau				Yangan, Myanmar Sun 26	Sudra 115
Dhanus Rasi: 21.49	Tithi 13 – 14	Gulika 8:59AM – 10:35AM	Purvashadha* Until 3:02PM	Ganesha: Yellow Muruga: Blue Nataraja: Yellow Moon – Light Blue	Sunrise: 5:48AM Sunset: 6:35PM	Vasavasu 5:27	Moon 7 - Phase 16 - 26 4th Phase
Creative Work	Siddha Yoga	485628572 Rahu 1:47PM – 3:23PM	Vishkambha* Until 7:42AM Gara Until 3:28AM Fri Troydashhi Until 3:30PM	Savana-Adi			Sivaloka Day
Then Routine Work	Marana Yoga						

6 Friday, August 8, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Saka Pakche Salira Vasara Yukitayam Uttarashadha/Shravana Nakshatra Pithi/Ayushman* Yoga Vanija/Visi* Karana Chaturdashi/Purnimyam Titau				Yangan, Myanmar Sun 27	Sudra 116
Makara Rasi: 4.46	Tithi 14 – 15	Gulika 7:24AM – 9:00AM	Uttarashadha Until 3:21PM	Ganesha: Yellow Muruga: Blue Nataraja: Yellow Moon – Light Blue	Sunrise: 5:48AM Sunset: 6:35PM	Vasavasu 5:27	Moon 7 - Phase 16 - 27 4th Phase
Routine Work	Marana Yoga	485628572 Rahu 10:35AM – 12:11PM	Pithi Until 6:41AM Visi Until 2:57AM Sat Chalurdashi* Until 3:16PM	Savana-Adi			Sivaloka Day
			Varalakshmi Vratam				

○ Saturday, August 9, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Krishna Pakche Mantra Vasara Yukitayam Shravana/Dhanushtha Nakshatra Saudhagya Yoga Bava/Balava Karana Purnima/Prathamam Titau				Yangan, Myanmar Sun 27	Sudra 117
Copper Retreat Star		Gulika 5:48AM – 7:24AM	Shravana Until 3:27PM	Ganesha: Blue Muruga: Blue Nataraja: Yellow Moon – Purple	Sunrise: 5:48AM Sunset: 6:34PM	Vasavasu 5:27	Moon 7 - Phase 16 - 27 Purnima
Makara Rasi: 18.02	Tithi 15 – 16	495628572 Rahu 9:00AM – 10:35AM	Saudhagya Until 3:17AM Sun Balava Until 1:56AM Sun Purnima* Until 2:29PM	Savana-Adi			Devaloka Day
Creative Work	Siddha Yoga		Raksha Bandhan				

Sunday, August 10, 2025		Vasavasu Nama Samvatsara Dakshinayya Naritana Ritau Kataka Mase Krishna Pakche Bhanu Vasara Yukitayam Dhanushtha/Shatshobhak* Nakshatra Sobhana Yoga Kaulava/Taila Karana Prathama/Dvityayam Titau				Yangan, Myanmar Sun 28	Sudra 118
Silver Retreat Star		Gulika 3:22PM – 4:58PM	Dhanushtha Until 2:55PM	Ganesha: Yellow Muruga: Blue Nataraja: Yellow Moon – Purple	Sunrise: 5:48AM Sunset: 6:34PM	Vasavasu 5:27	Moon 7 - Phase 16 - 27 Prathama
Kumbha Rasi: 1.34	Tithi 16 – 17	495728572 Rahu 4:58PM – 6:34PM	Sobhana Until 1:04AM Mon Taila Until 12:28AM Mon Prathama* Until 1:14PM	Savana-Adi			Sivaloka Day
Routine Work	Marana Yoga						
Then Creative Work	Siddha Yoga						

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

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Monday, August 11, 2025

Gold Retreat Star

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Indu Uvassu Yuktayam
Shatabhishak/Puravroshtapada* Nakshatra Ahiganda* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Gulika 1:46PM - 3:22PM Shatabhishak Until 1:52PM Ganesha: Yellow Sunrise: 5:49AM
Yama 10:35AM - 12:11PM Athiganda* Until 10:33PM Muruga: Blue Sunset: 6:23PM
Rahu 7:24AM - 9:00AM Vanija Until 10:41PM Nataraja: Yellow Moon 8 - Phase 17 - 1
Dvitiya Until 11:36AM Moon - Purple Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 1 Sutra 119
Visavassu 5127
Moon 8 - Phase 17 - 1
1st Phase

Kumbha Rasi: 15.2 Tithi 17 - 18
Family Home Evening
Creative Work Siddha Yoga
Until 1:52PM
Then Routine Work - Marana Yoga



Tuesday, August 12, 2025

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Mangala Uvassu Yuktayam
Puravroshtapada*/Uttarroshtapada Nakshatra Sukama Yoga Vesi/Bava Karana Tritiya/Chaturthayam Titau

Gulika 12:11PM - 1:46PM Puravroshtapada* Until 12:51PM Ganesha: Clear Sunrise: 5:49AM
Yama 9:00AM - 10:35AM Sukama Until 7:51PM Muruga: Blue Sunset: 6:23PM
Rahu 3:22PM - 4:57PM Bava Until 8:40PM Nataraja: Yellow Moon 8 - Phase 17 - 2
Tritiya Until 9:41AM Moon - Clear Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 2 Sutra 120
Visavassu 5127
Moon 8 - Phase 17 - 2
1st Phase

Routine Work Marana Yoga
Until 12:51PM
Then Creative Work - Amrita Yoga



Wednesday, August 13, 2025

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Budha Vasara Yuktayam
Uttarroshtapada/Revati Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Chalurthi/Panchamayam Titau

Gulika 10:35AM - 12:10PM Uttarroshtapada Until 11:30AM Ganesha: Clear Sunrise: 5:49AM
Yama 9:00AM - 9:00AM Dhriti Until 5:03PM Muruga: Blue Sunset: 6:23PM
Rahu 12:10PM - 1:46PM Kaulava Until 6:29PM Nataraja: Yellow Moon 8 - Phase 17 - 3
Chalurthi* Until 7:34AM Moon - Clear Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 3 Sutra 121
Visavassu 5127
Moon 8 - Phase 17 - 3
1st Phase

Creative Work Siddha Yoga
Until 11:30AM
Then Routine Work - Marana Yoga



Thursday, August 14, 2025

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Guru Vasara Yuktayam
Revati/Ashvini Nakshatra Shula*Ganda* Yoga Gara/Vanija Karana Shashthiyam Titau

Gulika 9:00AM - 10:35AM Revati Until 9:54AM Ganesha: Clear Sunrise: 5:49AM
Yama 5:49AM - 7:24AM Shula* Until 2:08PM Muruga: Blue Sunset: 6:23PM
Rahu 1:46PM - 3:21PM Gara Until 4:14PM Nataraja: Yellow Moon 8 - Phase 17 - 4
Shashthi* Until 3:05AM Fri Moon - Clear Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 4 Sutra 122
Visavassu 5127
Moon 8 - Phase 17 - 4
1st Phase

Creative Work Siddha Yoga
Until 9:54AM
Then Creative Work - Amrita Yoga



Friday, August 15, 2025

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Sukra Vasara Yuktayam
Ashvini/Bharani Nakshatra Ganda*/Middhi Yoga Vesi/Bava Karana Saptamyam Titau

Gulika 7:25AM - 9:00AM Ashvini Until 8:33AM Ganesha: Clear Sunrise: 5:49AM
Yama 3:20PM - 4:55PM Ganda* Until 11:13AM Muruga: Blue Sunset: 6:23PM
Rahu 10:35AM - 12:10PM Vesi Until 1:57PM Nataraja: Yellow Moon 8 - Phase 17 - 5
Saptami Until 12:48AM Sat Moon - White Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 5 Sutra 123
Visavassu 5127
Moon 8 - Phase 17 - 5
1st Phase

Creative Work Amrita Yoga
Until 8:33AM
Then Creative Work - Siddha Yoga



Saturday, August 16, 2025

Retreat Star

Visavassu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Manva Vasara Yuktayam
Bharani/Kittika Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 5:50AM - 7:25AM Bharani Until 7:04AM Ganesha: Clear Sunrise: 5:50AM
Yama 1:45PM - 3:20PM Vridhhi Until 8:20AM Muruga: Blue Sunset: 6:23PM
Rahu 9:00AM - 10:35AM Balava Until 11:42AM Nataraja: Yellow Moon 8 - Phase 17 - 6
Krishna Janmashtami Ashlami* Until 10:35PM Moon - White Sivaloka Day
Savana-Adi

Yangon, Myanmar
Sun 6 Sutra 124
Visavassu 5127
Moon 8 - Phase 17 - 6
Ashtami

Creative Work Siddha Yoga
Until 7:04AM
Then Creative Work - Amrita Yoga

Sunday, August 17, 2025

Retreat Star

Visavassu Nama Samvatsare Dakshinaya Jivana Ritau Sinha Mase Krishna Paksho Bhanu Vasara Yuktayam
Rohini Nakshatra Vyaghata* Yoga Taila/Gara Karana Navamyam Titau

Gulika 3:20PM - 4:55PM Rohini Until 4:19AM Mon Ganesha: Clear Sunrise: 5:50AM
Yama 12:10PM - 1:45PM Vyaghata* Until 2:41AM Mon Muruga: Blue Sunset: 6:23PM
Rahu 4:55PM - 6:29PM Taila Until 9:31AM Nataraja: Yellow Moon 8 - Phase 17 - 7
Navami* Until 8:27PM Moon - Yellow Sivaloka Day
Savana-Avani

Yangon, Myanmar
Sun 7 Sutra 125
Visavassu 5127
Moon 8 - Phase 17 - 7
Navami

Wishabha Rasi: 10.12 Tithi 24
Creative Work Siddha Yoga
Until 4:19AM Mon
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

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1 Monday, August 18, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Indu Vasara Yuktayam Yangon, Myanmar Mrigashira Nakshatra Harshana Yoga Vanja/Vidhi Karana Dashamam Tilau Sun 8 Sutra 126				
	Gulika	1:41PM - 3:19PM	Mrigashira Until 3:08AM Tue	Ganesh: Clear	Sunrise: 5:50AM	Vasavasu 5:17
Wishabha Rasi: 24.19	Yama	10:35AM - 12:09PM	Harshana Until 12:02AM Tue	Muruga: Blue	Sunset: 6:29PM	Moon 8 - Phase 18 - 8
Family Home Evening	Rahu	7:25AM - 9:00AM	Vanija Until 7:26AM	Nataraja: Yellow		2nd Phase
Creative Work - Amrita Yoga			Dashami Until 6:26PM	Moon - Yellow		Sivaloka Day
Until 3:08AM Tue				Sravana-Avani		
Then Routine Work - Marana Yoga						
2 Tuesday, August 19, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Mangala Vasara Yuktayam Yangon, Myanmar Ardra Nakshatra Vajra Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Tilau Sun 9 Sutra 127				
	Gulika	12:09PM - 1:44PM	Ardra Until 2:01AM Wed	Ganesh: Clear	Sunrise: 5:50AM	Vasavasu 5:17
Mithuna Rasi: 8.19	Yama	9:00AM - 10:34AM	Vajra Until 9:31PM	Muruga: Blue	Sunset: 6:29PM	Moon 8 - Phase 18 - 9
	Rahu	3:19PM - 4:53PM	Kaulava Until 3:48AM Wed	Nataraja: Yellow		2nd Phase
Routine Work - Marana Yoga			Ekadashi Until 4:36PM	Moon - Yellow		Sivaloka Day
Until 2:01AM Wed				Sravana-Avani		
Then Creative Work - Siddha Yoga						
3 Wednesday, August 20, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Budha Vasara Yuktayam Yangon, Myanmar Punarvasu Nakshatra Siddhi Yoga Talila/Gara Karana Dvadashi/Trayodashyam Tilau Sun 10 Sutra 128				
	Gulika	10:34AM - 12:09PM	Punarvasu Until 1:28AM Thu	Ganesh: Purple	Sunrise: 5:50AM	Vasavasu 5:17
Mithuna Rasi: 22.12	Yama	7:25AM - 9:00AM	Siddhi Until 7:14PM	Muruga: Blue	Sunset: 6:29PM	Moon 8 - Phase 18 - 10
	Rahu	12:09PM - 1:44PM	Gara Until 2:22AM Thu	Nataraja: Yellow		2nd Phase
Creative Work - Siddha Yoga			Dvadashi Until 3:01PM	Moon - Blue		Devaloka Day
Until 1:28AM Thu				Sravana-Avani		
Then Creative Work - Amrita Yoga						
<i>Pradosha Uata (Fasting)</i>						
4 Thursday, August 21, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Guru Vasara Yuktayam Yangon, Myanmar Pushya Nakshatra Vyatipala/Variyan Yoga Vanja/Vidhi Karana Trayodashi/Chaturdashyam Tilau Sun 11 Sutra 129				
	Gulika	9:00AM - 10:34AM	Pushya Until 1:07AM Fri	Ganesh: Purple	Sunrise: 5:51AM	Vasavasu 5:17
Kataka Rasi: 5.54	Yama	5:51AM - 7:25AM	Vyatipala Until 5:14PM	Muruga: Blue	Sunset: 6:27PM	Moon 8 - Phase 18 - 11
	Rahu	1:43PM - 3:18PM	Vidhi Until 1:18AM Fri	Nataraja: Yellow		2nd Phase
Creative Work - Amrita Yoga			Trayodashi Until 1:45PM	Moon - Blue		Devaloka Day
Until 1:07AM Fri				Sravana-Avani		
Then Routine Work - Marana Yoga						
Friday, August 22, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Sukra Vasara Yuktayam Yangon, Myanmar Ashlesha Nakshatra Variyan/Parigha Yoga Sakuni/Chaturpadi Karana Chaturdashi/Amavasyam Tilau Sun 12 Sutra 130				
	Gulika	7:25AM - 9:00AM	Ashlesha Until 1:04AM Sat	Ganesh: Purple	Sunrise: 5:51AM	Vasavasu 5:17
Kataka Rasi: 19.23	Yama	3:17PM - 4:52PM	Variyan Until 3:32PM	Muruga: Blue	Sunset: 6:26PM	Moon 8 - Phase 18 - 12
	Rahu	10:34AM - 12:08PM	Chaturpadi Until 12:41AM Sat	Nataraja: Yellow		Amavasya
Routine Work - Marana Yoga			Chaturdashi Until 12:55PM	Moon - Blue		Devaloka Day
Until 1:04AM Sat				Sravana-Avani		
Then Creative Work - Amrita Yoga						
Saturday, August 23, 2025		Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mese Sukra Paksha Manu Vasara Yuktayam Yangon, Myanmar Magha Nakshatra Parigha/Shiva Yoga Naga/Kintughna Karana Amavasya/Prathamam Tilau Sun 13 Sutra 131				
	Gulika	5:51AM - 7:25AM	Magha Until 1:51AM Sun	Ganesh: Purple	Sunrise: 5:51AM	Vasavasu 5:17
Simha Rasi: 3	Yama	1:43PM - 3:17PM	Parigha Until 2:16PM	Muruga: Blue	Sunset: 6:26PM	Moon 8 - Phase 18 - 13
	Rahu	9:00AM - 10:34AM	Kintughna Until 12:36AM Sun	Nataraja: Yellow		Prathama
Creative Work - Amrita Yoga			Amavasya Until 12:33PM	Moon - Red		Devaloka Day
Until 1:51AM Sun				Bhadrapada-Avani		
Then Creative Work - Siddha Yoga						

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

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1

Sunday, August 24, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Bhanu Vasara Yuktayam Parvaphalguni Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Prathamam/Dvityayam Tilau				Yangon, Myanmar Sun 14	Sutra 132
Simha Rasi: 15.32	Tilthi 1 - 2	Gulika Yama Rahu	3:16PM - 4:51PM 12:08PM - 1:42PM 4:51PM - 6:25PM	Purvaphalguni Until 3:03AM Mon Shiva Until 1:27PM Balava Until 1:07AM Mon Prathama* Until 12:46PM	Ganesha: Purple Muruga: Blue Nataraja: Yellow Moon - Red Bhadrapada-Avani	Sunrise: 5:51AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 12 3rd Phase
Creative Work	Siddha Yoga	557728572					Devaloka Day

2

Monday, August 25, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Indu Vasara Yuktayam Uttaraphalguni Nakshatra Siddha/Sadha Yoga Kaulava/Tailita Karana Dvityaya/Tritiyayam Tilau				Yangon, Myanmar Sun 15	Sutra 133
Simha Rasi: 28.11	Tilthi 2 - 3	Gulika Yama Rahu	1:42PM - 3:16PM 10:34AM - 12:08PM 7:25AM - 8:59AM	Uttaraphalguni Until 4:40AM Tue Siddha Until 1:04PM Tailita Until 2:12AM Tue Dvitiya Until 1:34PM	Ganesha: Purple Muruga: Blue Nataraja: Yellow Moon - Red Bhadrapada-Avani	Sunrise: 5:51AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 15 3rd Phase
Family Home Evening	Siddha Yoga	557728572					Devaloka Day

3

Tuesday, August 26, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Mangala Vasara Yuktayam Uttaraphalguni Nakshatra Siddha/Sadha Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Tilau				Yangon, Myanmar Sun 16	Sutra 134
Kanya Rasi: 10.35	Tilthi 3 - 4	Gulika Yama Rahu	12:07PM - 1:41PM 8:59AM - 10:33AM 3:15PM - 4:49PM	Hasla Until 7:07AM Wed Sadha Until 1:09PM Vanija Until 3:51AM Wed Tritiya Until 2:57PM	Ganesha: Light Blue Muruga: Blue Nataraja: Yellow Moon - Green Bhadrapada-Avani	Sunrise: 5:51AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 16 3rd Phase
Creative Work	Siddha Yoga	567728572					Devaloka Day

4

Wednesday, August 27, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Budha Vasara Yuktayam Uttaraphalguni Nakshatra Sukla/Sukla Yoga Vasi*/Bava Karana Chaturthi/Panchamyam Tilau				Yangon, Myanmar Sun 17	Sutra 135
Kanya Rasi: 22.46	Tilthi 4 - 5	Gulika Yama Rahu	10:33AM - 12:07PM 7:25AM - 8:59AM 12:07PM - 1:41PM	Hasla Until 7:07AM Subha Until 1:38PM Bava Until 5:54AM Thu Chaturthi* Until 4:49PM	Ganesha: Light Blue Muruga: Blue Nataraja: Yellow Moon - Green Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 17 3rd Phase
Routine Work	Marana Yoga			Ganesha Chaturthi			Devaloka Day
Until 7:07AM							
Then Creative Work	Siddha Yoga						

5

Thursday, August 28, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Guru Vasara Yuktayam Chitra/Svali Nakshatra Sukla/Brahma Yoga Balava Karana Panchamyam Tilau				Yangon, Myanmar Sun 18	Sutra 136
Tula Rasi: 4.46	Tilthi 5	Gulika Yama Rahu	8:59AM - 10:33AM 5:52AM - 7:25AM 1:41PM - 3:14PM	Chitra Until 9:47AM Sukla Until 2:21PM Balava Until 7:02PM Panchami Until 7:02PM	Ganesha: Light Blue Muruga: Blue Nataraja: White Moon - Green Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 18 3rd Phase
Creative Work	Siddha Yoga	567728573					Sivaloka Day
Until 9:47AM							
Then Creative Work	Amrita Yoga						

6

Friday, August 29, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Sukra Vasara Yuktayam Svali/Vishakha Nakshatra Brahma/Indra Yoga Kaulava/Tailita Karana Saptamyam Tilau				Yangon, Myanmar Sun 19	Sutra 137
Tula Rasi: 16.41	Tilthi 6	Gulika Yama Rahu	7:25AM - 8:59AM 3:14PM - 4:48PM 10:33AM - 12:07PM	Svali Until 12:31PM Brahma Until 3:15PM Kaulava Until 8:14AM Shashthi* Until 9:25PM	Ganesha: Purple Muruga: Blue Nataraja: White Moon - Green Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 19 3rd Phase
Creative Work	Siddha Yoga	568728573					Sivaloka Day

Saturday, August 30, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Indra/Vaidhri* Yoga Gara/Vanija Karana Saptamyam Tilau				Yangon, Myanmar Sun 20	Sutra 138
Tula Rasi: 28.33	Tilthi 7	Gulika Yama Rahu	5:52AM - 7:26AM 1:40PM - 3:13PM 8:59AM - 10:33AM	Vishakha Until 3:38PM Indra Until 4:11PM Gara Until 10:39AM Saptami Until 11:47PM	Ganesha: Clear Muruga: Blue Nataraja: White Moon - Orange Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 20 3rd Phase
Creative Work	Siddha Yoga	578728573					Subha Sivaloka Day

D

Sunday, August 31, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Bhanu Vasara Yuktayam Anuradha Nakshatra Vaidhri*/Vishkambha* Yoga Vasi*/Bava Karana Ashtamyam Tilau				Yangon, Myanmar Sun 21	Sutra 139
Vishkha Rasi: 10.27	Tilthi 8	Gulika Yama Rahu	3:13PM - 4:46PM 12:06PM - 1:39PM 4:46PM - 6:20PM	Anuradha Until 6:25PM Vaidhri* Until 4:57PM Vasi Until 12:55PM Ashtami* Until 1:56AM Mon	Ganesha: Clear Muruga: Blue Nataraja: White Moon - Orange Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 21 Ashtami
Routine Work	Marana Yoga	578728573					Subha Sivaloka Day

Monday, September 1, 2025

		Vivasaasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Pakche Indu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Prithi Yoga Balava/Kaulava Karana Navamyam Tilau				Yangon, Myanmar Sun 22	Sutra 140
Vishkha Rasi: 22.28	Tilthi 9	Gulika Yama Rahu	1:39PM - 3:12PM 10:32AM - 12:06PM 7:26AM - 8:59AM	Jyeshtha* Until 8:42PM Vishkambha* Until 5:28PM Balava Until 2:53PM Navami* Until 3:40AM Tue	Ganesha: Clear Muruga: Blue Nataraja: White Moon - Orange Bhadrapada-Avani	Sunrise: 5:50AM Sunset: 6:29PM	Vasavaasu 5:17 Moon 8 - Phase 19 - 22 Navami
Family Home Evening	Siddha Yoga	578728573					Subha Sivaloka Day
Creative Work							

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

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1 Tuesday, September 2, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Mangala Vasara Yuktayam Yangon, Myanmar			
Dhanus Rasi: 4.39 Tithi 10		Mula* Nakshatra Pihli/Ayushman Yoga Talila/Gara Karana Dashamyam Tilau Sun 23 Sutra 141		Vasarasu 5:27	
Creative Work Amrita Yoga		Gulika 12:05PM - 1:39PM	Mula* Untill 10:48PM	Ganesha: White Sunrise: 5:52AM	Moon 8 - Phase 20 - 23
Untill 10:48PM		Yama 8:59AM - 10:32AM	Pihli Untill 5:37PM	Muruga: Blue Sunset: 6:18PM	4th Phase
Then Creative Work - Siddha Yoga		588728573 Rahu 3:12PM - 4:45PM	Tailila Untill 4:22PM	Nataraja: White	Sivaloka Day
		Dashami Untill 4:51AM Wed		Moon - Light Blue Bhadrapada-Avani	
2 Wednesday, September 3, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Bauha Vasara Yuktayam Yangon, Myanmar			
Dhanus Rasi: 17.05 Tithi 11		Purvashada* Untill 12:07AM Thu		Sun 24 Sutra 142	
Creative Work Amrita Yoga		Gulika 10:32AM - 12:05PM	Ayushman Untill 5:15PM	Ganesha: White Sunrise: 5:52AM	Vasarasu 5:27
Untill 12:07AM Thu		Yama 7:26AM - 8:59AM	Vanija Untill 5:13PM	Muruga: Blue Sunset: 6:18PM	Moon 8 - Phase 20 - 24
Then Routine Work - Marana Yoga		588728573 Rahu 12:05PM - 1:38PM	Ekadashi Untill 5:22AM Thu	Nataraja: White	Sivaloka Day
		Ekadashi Untill 5:22AM Thu		Moon - Light Blue Bhadrapada-Avani	
3 Thursday, September 4, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Guru Vasara Yuktayam Yangon, Myanmar			
Dhanus Rasi: 29.48 Tithi 12		Uttarashada Untill 12:36AM Fri		Sun 25 Sutra 143	
Routine Work Marana Yoga		Gulika 8:59AM - 10:32AM	Saubhagya Untill 4:22PM	Ganesha: Green Sunrise: 5:53AM	Vasarasu 5:27
Untill 12:07AM Thu		Yama 7:26AM - 8:59AM	Bava Untill 5:23PM	Muruga: Blue Sunset: 6:18PM	Moon 8 - Phase 20 - 25
Then Routine Work - Marana Yoga		588828573 Rahu 1:38PM - 3:11PM	Dvadashi Untill 5:10AM Fri	Nataraja: White	Sivaloka Day
		Dvadashi Untill 5:10AM Fri		Moon - Light Blue Bhadrapada-Avani	
4 Friday, September 5, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Sukra Vasara Yuktayam Yangon, Myanmar			
Makara Rasi: 12.53 Tithi 13		Shravana Untill 12:41AM Sat		Sun 26 Sutra 144	
Routine Work Marana Yoga		Gulika 7:26AM - 8:59AM	Sobhana Untill 2:55PM	Ganesha: Yellow Sunrise: 5:53AM	Vasarasu 5:27
Untill 12:41AM Sat		Yama 3:10PM - 4:43PM	Kaulava Untill 4:50PM	Muruga: Blue Sunset: 6:17PM	Moon 8 - Phase 20 - 26
Then Creative Work - Siddha Yoga		599828573 Rahu 10:31AM - 12:04PM	Trayodashi Untill 4:17AM Sat	Nataraja: White	4th Phase
		Trayodashi Untill 4:17AM Sat		Moon - Purple Bhadrapada-Avani	Subha Sivaloka Day
		<i>Pradosha Vata</i>			
5 Saturday, September 6, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Manta Vasara Yuktayam Yangon, Myanmar			
Makara Rasi: 26.2 Tithi 14		Dhanishtha Untill 11:59PM		Sun 27 Sutra 145	
Creative Work Siddha Yoga		Gulika 5:53AM - 7:26AM	Ahiganda* Untill 12:54PM	Ganesha: Yellow Sunrise: 5:53AM	Vasarasu 5:27
Untill 11:59PM		Yama 1:37PM - 3:10PM	Gara Untill 3:37PM	Muruga: Blue Sunset: 6:15PM	Moon 8 - Phase 20 - 27
Then Creative Work - Amrita Yoga		599828573 Rahu 8:58AM - 10:31AM	Chaturdashi* Untill 2:45AM Sun	Nataraja: White	4th Phase
		Chidambaram Abhishekam	Chaturdashi* Untill 2:45AM Sun	Moon - Purple Bhadrapada-Avani	Subha Sivaloka Day
○ Sunday, September 7, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Sukla Paksho Bhanu Vasara Yuktayam Yangon, Myanmar			
Copper Retreat Star		Shatabhishak Untill 10:36PM		Sun 28 Sutra 146	
Kumbha Rasi: 10.09 Tithi 15		Gulika 3:09PM - 4:42PM	Sukarma Untill 10:25AM	Ganesha: Yellow Sunrise: 5:53AM	Vasarasu 5:27
Creative Work Siddha Yoga		Yama 12:04PM - 1:36PM	Visli Untill 1:48PM	Muruga: Blue Sunset: 6:14PM	Moon 8 - Phase 20 - Purnima
Untill 11:59PM		599828573 Rahu 4:42PM - 6:14PM	Grandparent's Day	Nataraja: White	
		Grandparent's Day		Moon - Purple Bhadrapada-Avani	Subha Sivaloka Day
Monday, September 8, 2025		Visvasu Nama Samvatsare Dakshinaya Jvana Ritau Simha Mese Krishna Paksho Indu Vasara Yuktayam Yangon, Myanmar			
Silver Retreat Star		Puruvashrothapada* Untill 9:04PM		Sun 29 Sutra 147	
Kumbha Rasi: 24.18 Tithi 16		Gulika 1:36PM - 3:08PM	Dhriili Untill 7:33AM	Ganesha: Yellow Sunrise: 5:53AM	Vasarasu 5:27
Family Home Evening		Yama 10:31AM - 12:03PM	Balava Untill 11:32AM	Muruga: Blue Sunset: 6:14PM	Moon 8 - Phase 20 - Prathama
Routine Work Marana Yoga		519828573 Rahu 7:26AM - 8:58AM	Prathama* Untill 10:15PM	Nataraja: White	
Untill 9:04PM		Prathama* Untill 10:15PM		Moon - Clear Bhadrapada-Avani	Subha Sivaloka Day
Then Creative Work - Siddha Yoga					

Having realized the Self, the risbis, 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

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

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Mangala Vasara Yuktyam Uttaraprosphhadapa Nakshatra Ganda* Yoga Talilla/Gara Karana Dvityayam Titau			Yanong, Myanmar Sun 1 Sutra 148 Vasavasu 5127
Mesha Rasi: 8.42	Tithi 17	Gulika 12:03PM - 1:35PM	Uttaraprosphhadapa Until 7:08PM	Ganesha: Yellow Muruga: Blue Nataraja: White	Sunrise: 5:53AM Sunset: 6:18PM Moon 9 - Phase 21 - 1 1st Phase
		Yama 8:58AM - 10:31AM	Ganda* Until 12:58AM Wed		
		Rahu 3:08PM - 4:40PM	Taililla Until 8:55AM	Moon - Clear	Subha Sivaloka Day
Creative Work Amrita Yoga		Dvitiya Until 7:30PM			
Until 7:08PM					
Then Creative Work - Siddha Yoga					

1**Wednesday, September 10, 2025**

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Budha Vasara Yuktyam Revati/Ashvini Nakshatra Viddhi Viddhi Yoga Vanja/Bava Karana Tritya/Chaturtham Titau			Yanong, Myanmar Sun 2 Sutra 149 Vasavasu 5127
Mesha Rasi: 23.16	Tithi 18 - 19	Gulika 10:30AM - 12:03PM	Revati Until 4:54PM	Ganesha: Yellow Muruga: Blue Nataraja: White	Sunrise: 5:53AM Sunset: 6:18PM Moon 9 - Phase 21 - 2 1st Phase
		Yama 7:26AM - 8:58AM	Viddhi Until 9:31PM		
		Rahu 12:03PM - 1:35PM	Vanija Until 6:06AM	Moon - Clear	Subha Sivaloka Day
Routine Work Marana Yoga		Tritya Until 4:38PM			

2**Thursday, September 11, 2025**

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Guru Vasara Yuktyam Ashvini/Bharani Nakshatra Dhruva Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau			Yanong, Myanmar Sun 3 Sutra 150 Vasavasu 5127
Mesha Rasi: 7.53	Tithi 19 - 20	Gulika 8:58AM - 10:30AM	Ashvini Until 2:56PM	Ganesha: White Muruga: Blue Nataraja: White	Sunrise: 5:53AM Sunset: 6:17PM Moon 9 - Phase 21 - 3 1st Phase
		Yama 5:53AM - 7:26AM	Dhruva Until 6:02PM		
		Rahu 1:35PM - 3:07PM	Kaulava Until 12:21AM Fri	Moon - White	Sivaloka Day
Creative Work Amrita Yoga		Chaturthi* Until 1:45PM			
Until 2:56PM					
Then Creative Work - Siddha Yoga					

3**Friday, September 12, 2025**

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Sukra Vasara Yuktyam Bharani/Kritika Nakshatra Vyaghata*Harshana Yoga Talilla/Gara Karana Panchami/Shashthiyam Titau			Yanong, Myanmar Sun 4 Sutra 151 Vasavasu 5127
Mesha Rasi: 22.28	Tithi 20 - 21	Gulika 7:26AM - 8:58AM	Bharani Until 12:56PM	Ganesha: Blue Muruga: Blue Nataraja: White	Sunrise: 5:53AM Sunset: 6:10PM Moon 9 - Phase 21 - 4 1st Phase
		Yama 3:06PM - 4:38PM	Vyaghata* Until 2:41PM		
		Rahu 10:30AM - 12:02PM	Gara Until 9:39PM	Moon - White	Sivaloka Day
Creative Work Siddha Yoga		Panchami Until 10:57AM			

4**Saturday, September 13, 2025**

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Mani Vasara Yuktyam Kritika/Rohini Nakshatra Harshana/Vajra* Yoga Vanja/Vel* Karana Shashthi/Saptamam Titau			Yanong, Myanmar Sun 5 Sutra 152 Vasavasu 5127
Wishabha Rasi: 6.55	Tithi 21 - 22	Gulika 5:54AM - 7:26AM	Kritika Until 11:01AM	Ganesha: Blue Muruga: Blue Nataraja: White	Sunrise: 5:54AM Sunset: 6:10PM Moon 9 - Phase 21 - 5 1st Phase
		Yama 1:34PM - 3:06PM	Harshana Until 11:31AM		
		Rahu 8:58AM - 10:30AM	Visli Until 7:12PM	Moon - White	Sivaloka Day
Creative Work Amrita Yoga		Shashthi* Until 8:22AM			

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

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Bharu Vasara Yuktyam Rohini/Mrigashira Nakshatra Vajra/Siddhi Yoga Bava/Kaulava Karana Sapthami/Ashthamam Titau			Yanong, Myanmar Sun 6 Sutra 153 Vasavasu 5127
Wishabha Rasi: 21.1	Tithi 22 - 23	Gulika 3:05PM - 4:37PM	Rohini Until 9:40AM	Ganesha: Red Muruga: Blue Nataraja: White	Sunrise: 5:54AM Sunset: 6:09PM Moon 9 - Phase 21 - 6 Ashtami
		Yama 12:01PM - 1:33PM	Vajra* Until 8:34AM		
		Rahu 4:37PM - 6:09PM	Kaulava Until 4:07AM Mon	Moon - Yellow	Subha Sivaloka Day
Creative Work Siddha Yoga		Sapthami Until 6:04AM			

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

		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksho Indu Vasara Yuktyam Mrigashira/Andra Nakshatra Vyalipata* Yoga Talilla/Gara Karana Navamam Titau			Yanong, Myanmar Sun 7 Sutra 154 Vasavasu 5127
Mithuna Rasi: 5.11	Tithi 24	Gulika 1:33PM - 3:04PM	Mrigashira Until 8:31AM	Ganesha: Red Muruga: Blue Nataraja: White	Sunrise: 5:54AM Sunset: 6:08PM Moon 9 - Phase 21 - 7 Navami
		Yama 10:29AM - 12:01PM	Vyalipata* Until 3:35AM Tue		
		Rahu 7:26AM - 8:57AM	Taililla Until 3:18PM	Moon - Yellow	Subha Sivaloka Day
Creative Work Amrita Yoga		Navami* Until 2:33AM Tue			
Until 8:31AM					
Then Creative Work - Siddha Yoga					

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

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1

Tuesday, September 16, 2025

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksho Mangala Vasara Yukatayam
Ardra/Purnvasu Nakshatra Varjyan Yoga Vanja/Vasli* Karana Dashantayam TitauYanong, Myanmar
Sun 8 Sutra 155

Mithuna Rasi: 18.59

Tithi 25

Gulika 12:01PM - 1:32PM
Yama 8:57AM - 10:29AM
531828573 Rahu 3:04PM - 4:36PMArdra Until 7:38AM
Varjyan Until 1:34AM Wed
Vanija Until 1:56PMGanesha: Red Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Yellow
Bhadrapada-AvantiVasavasu 5:17
Sutra 22: 8
2nd PhaseRoutine Work Marana Yoga
Until 7:38AM
Then Creative Work - Siddha Yoga

Subha Sivaloka Day

2

Wednesday, September 17, 2025

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Budha Vasara Yukatayam
Punarvasu/Pushya Nakshatra Parigha* Yoga Bava/Balava Karana Ekadashyam TitauYanong, Myanmar
Sun 9 Sutra 156

Kalkata Rasi: 2.31

Tithi 26

Gulika 10:29AM - 12:00PM
Yama 7:26AM - 8:57AM
541828573 Rahu 12:00PM - 1:32PMPunarvasu Until 7:26AM
Parigha* Until 11:54PM
Bava Until 1:00PM
Ekadashi* Until 12:41AM ThuGanesha: Green Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Blue
Bhadrapada-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 9
2nd Phase

Creative Work Siddha Yoga

Sivaloka Day

3

Thursday, September 18, 2025

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Guru Vasara Yukatayam
Pushya/Ashlesha* Nakshatra Shiva Yoga Kaulava/Taila Karana Dvadashyam TitauYanong, Myanmar
Sun 10 Sutra 157

Kalkata Rasi: 15.49

Tithi 27

Gulika 8:57AM - 10:28AM
Yama 5:54AM - 7:25AM
541828573 Rahu 1:31PM - 3:03PMPushya Until 7:32AM
Shiva Until 10:37PM
Kaulava Until 12:30PM
Dvadashi* Until 12:24AM FriGanesha: Green Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Blue
Bhadrapada-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 10
2nd PhaseCreative Work Amrita Yoga
Until 7:32AM
Then Creative Work - Siddha Yoga

Sivaloka Day

4

Friday, September 19, 2025

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Sukra Vasara Yukatayam
Ashlesha/Magha* Nakshatra Siddha Yoga Gara/Vanja Karana Trayodashyam TitauYanong, Myanmar
Sun 11 Sutra 158

Kalkata Rasi: 28.52

Tithi 28

Gulika 7:25AM - 8:57AM
Yama 3:02PM - 4:33PM
541828573 Rahu 10:28AM - 11:59AMAshlesha* Until 7:55AM
Siddha Until 9:39PM
Gara Until 12:28PM
Trayodashi* Until 12:36AM SatGanesha: Green Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Blue
Bhadrapada-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 11
2nd Phase

Routine Work Marana Yoga

Sivaloka Day

Pradosha Vata (Fasting)

5

Saturday, September 20, 2025

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Mani Vasara Yukatayam
Magha/Purvaphalguni Nakshatra Sadhya Yoga Visli/Sakuni* Karana Chalurdashyam TitauYanong, Myanmar
Sun 12 Sutra 159

Simha Rasi: 11.42

Tithi 29

Gulika 5:54AM - 7:25AM
Yama 1:30PM - 3:02PM
551828573 Rahu 8:57AM - 10:28AMMagha* Until 9:04AM
Sadhya Until 9:04PM
Visli Until 12:54PM
Chalurdashi* Until 1:16AM SunGanesha: White Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Red
Bhadrapada-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 12
2nd PhaseCreative Work Amrita Yoga
Until 9:04AM
Then Creative Work - Siddha Yoga

Sivaloka Day

●

Sunday, September 21, 2025

Retreat Star

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Krishna Paksho Bharu Vasara Yukatayam
Purvaphalguni/Hasta Nakshatra Subha Yoga Catuspada/Naga* Karana Amavasyayam TitauYanong, Myanmar
Sun 13 Sutra 160

Simha Rasi: 24.19

Tithi 30

Gulika 3:01PM - 4:32PM
Yama 11:59AM - 1:30PM
551828573 Rahu 4:32PM - 6:03PMPurvaphalguni Until 10:30AM
Subha Until 8:52PM
Catuspada Until 1:47PM
Amavasya* Until 2:23AM MonGanesha: White Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Red
Bhadrapada-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 13
AmavasyaCreative Work Siddha Yoga
Until 10:30AM
Then Creative Work - Amrita Yoga

Sivaloka Day

Monday, September 22, 2025

Retreat Star

Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mese Sukla Paksho Indu Vasara Yukatayam
Uttaraphalguni/Hasta Nakshatra Sukla Yoga Kintughna/Bava Karana Prathamayam TitauYanong, Myanmar
Sun 14 Sutra 161

Kanya Rasi: 6.43

Tithi 1

Gulika 1:29PM - 3:00PM
Yama 10:27AM - 11:58AM
551828573 Rahu 7:25AM - 8:56AMUttaraphalguni Until 12:14PM
Sukla Until 8:59PM
Kintughna Until 3:09PMGanesha: White Sunrise: 5:54AM
Muruga: Blue Sunset: 6:03PM
Nataraja: White
Moon - Red
Ashvina-PuratasiVasavasu 5:17
Moon 9 - Phase 22: 14
Prathama

Family Home Evening

Creative Work Siddha Yoga

Sivaloka Day

Navaratri Begins

Prathama* Until 3:58AM Tue

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

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1	Tuesday, September 23, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Brahma Yoga Balava/Kaulava Karana Dvilyayam Tilau				Yanong, Myanmar
	Kanya Rasi: 18.56	Tilhi 2	Gulika Yama 56282873	11:58AM - 1:29PM 8:56AM - 10:27AM Rahu 3:00PM - 4:31PM	Hasla Until 2:41PM Brahma Until 9:24PM Balava Until 4:55PM Dvitiya Until 5:55AM Wed	Ganesha: Red Muruga: Blue Nataraja: White Moon - Green Ashvina-Puratasi	Sun 15 Sutra 162 Vasavasu 5:17 Moon 9 - Phase 23 - 15 3rd Phase
Creative Work	Siddha Yoga					Subha Sivaloka Day	

2	Wednesday, September 24, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Badha Vasara Yuktayam Chitra/Svali Nakshatra Indra Yoga Talila Karana Trilyayam Tilau				Yanong, Myanmar
	Tula Rasi: 1	Tilhi 3	Gulika Yama 56282873	10:27AM - 11:58AM 7:25AM - 8:56AM Rahu 11:58AM - 1:28PM	Chitra Until 5:19PM Indra Until 10:06PM Talila Until 7:02PM Tritiya Until 8:10AM Thu	Ganesha: Red Muruga: Blue Nataraja: White Moon - Green Ashvina-Puratasi	Sun 16 Sutra 163 Vasavasu 5:17 Moon 9 - Phase 23 - 16 3rd Phase
Creative Work	Siddha Yoga					Subha Sivaloka Day	

3	Thursday, September 25, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Guru Vasara Yuktayam Svali Nakshatra Vaidhili' Yoga Gara/Varija Karana Trilya/Chaturtham Tilau				Yanong, Myanmar
	Tula Rasi: 12.58	Tilhi 3 - 4	Gulika Yama 56282873	8:56AM - 10:27AM 5:55AM - 7:25AM Rahu 1:28PM - 2:59PM	Svali Until 8:01PM Vaidhili' Until 10:56PM Varija Until 9:24PM Tritiya Until 8:10AM	Ganesha: Red Muruga: Blue Nataraja: White Moon - Green Ashvina-Puratasi	Sun 17 Sutra 164 Vasavasu 5:17 Moon 9 - Phase 23 - 17 3rd Phase
Creative Work	Amrita Yoga					Subha Sivaloka Day	
Until 8:01PM							
Then Creative Work - Siddha Yoga							

4	Friday, September 26, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Sukra Vasara Yuktayam Vishakha Nakshatra Vishkamba' Yoga Visi' Bava Karana Chaturthi/Panchamam Tilau				Yanong, Myanmar
	Tula Rasi: 24.5	Tilhi 4 - 5	Gulika Yama 57282873	7:25AM - 8:56AM 1:27PM - 2:57PM Rahu 10:26AM - 11:57AM	Vishakha Until 11:10PM Vishkamba' Until 11:51PM Bava Until 11:52PM Chaturthi' Until 10:36AM	Ganesha: Blue Muruga: Blue Nataraja: White Moon - Orange Ashvina-Puratasi	Sun 18 Sutra 165 Vasavasu 5:17 Moon 9 - Phase 23 - 18 3rd Phase
Creative Work	Siddha Yoga					Subha Subha Sivaloka Day	

5	Saturday, September 27, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Manta Vasara Yuktayam Anuradha Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtham Tilau				Yanong, Myanmar
	Wishkika Rasi: 6.41	Tilhi 5 - 6	Gulika Yama 57282873	5:55AM - 7:25AM 1:27PM - 2:57PM Rahu 8:56AM - 10:26AM	Anuradha Until 2:07AM Sun Priti Until 12:46AM Sun Kaulava Until 2:18AM Sun Panchami Until 1:05PM	Ganesha: Blue Muruga: Blue Nataraja: White Moon - Orange Ashvina-Puratasi	Sun 19 Sutra 166 Vasavasu 5:17 Moon 9 - Phase 23 - 19 3rd Phase
Creative Work	Siddha Yoga					Subha Subha Sivaloka Day	
Until 2:07AM Sun							
Then Routine Work - Marana Yoga							

6	Sunday, September 28, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Bhanu Vasara Yuktayam Jyeshtha' Nakshatra Ayushman Yoga Talila/Gara Karana Shashthi/Saptamam Tilau				Yanong, Myanmar
	Wishkika Rasi: 18.35	Tilhi 6 - 7	Gulika Yama 67292873	2:57PM - 4:27PM 11:56AM - 1:27PM Rahu 4:27PM - 5:57PM	Jyeshtha' Until 4:42AM Mon Ayushman Until 1:30AM Mon Gara Until 4:32AM Mon Shashthi' Until 3:26PM	Ganesha: Green Muruga: Blue Nataraja: White Moon - Orange Ashvina-Puratasi	Sun 20 Sutra 167 Vasavasu 5:17 Moon 9 - Phase 23 - 20 3rd Phase
Routine Work	Marana Yoga					Sivaloka Day	
Until 4:42AM Mon							
Then Creative Work - Siddha Yoga							

Monday, September 29, 2025	Monday, September 29, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Indu Vasara Yuktayam Mula' Nakshatra Saubhagya Yoga Vanija/Visi' Karana Sapthami/Ashthamam Tilau				Yanong, Myanmar
	Dhanu Rasi: 0.33	Tilhi 7 - 8	Gulika Yama 68292873	1:26PM - 2:56PM 10:26AM - 11:56AM Rahu 7:25AM - 8:56AM	Mula' Until 7:15AM Tue Saubhagya Until 1:58AM Tue Visi Until 6:22AM Tue Sapthami Until 5:30PM	Ganesha: Red Muruga: Blue Nataraja: White Moon - Light Blue Ashvina-Puratasi	Sun 21 Sutra 168 Vasavasu 5:17 Moon 9 - Phase 23 - 21 3rd Phase
Family Home Evening						Subha Sivaloka Day	
Creative Work	Siddha Yoga						

Tuesday, September 30, 2025	Tuesday, September 30, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Mangala Vasara Yuktayam Mula' Purvashadha' Nakshatra Sobhana Yoga Visi' Bava Karana Ashtamam Tilau				Yanong, Myanmar
	Dhanu Rasi: 12.41	Tilhi 8	Gulika Yama 68292873	11:56AM - 1:26PM 8:56AM - 10:26AM Rahu 2:56PM - 4:26PM	Mula' Until 7:15AM Sobhana Until 2:02AM Wed Visi Until 6:22AM Ashlami' Until 7:04PM	Ganesha: Red Muruga: Blue Nataraja: White Moon - Light Blue Ashvina-Puratasi	Sun 22 Sutra 169 Vasavasu 5:17 Moon 9 - Phase 23 - 22 Ashtami
Creative Work	Amrita Yoga					Subha Sivaloka Day	
Until 7:15AM							
Then Creative Work - Siddha Yoga							

Wednesday, October 1, 2025	Wednesday, October 1, 2025		Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mese Sukla Pakshi Badha Vasara Yuktayam Purvashadha' Uttarashadha Nakshatra Athiganda' Yoga Balava/Kaulava Karana Navamam Tilau				Yanong, Myanmar
	Dhanu Rasi: 25.03	Tilhi 9	Gulika Yama 68292873	10:25AM - 11:55AM 7:25AM - 8:55AM Rahu 11:55AM - 1:25PM	Purvashadha' Until 9:05AM Athiganda' Until 1:33AM Thu Balava Until 7:39AM Navam' Until 8:01PM	Ganesha: Red Muruga: Blue Nataraja: White Moon - Light Blue Ashvina-Puratasi	Sun 23 Sutra 170 Vasavasu 5:17 Moon 9 - Phase 23 - 23 Navami
Creative Work	Amrita Yoga					Subha Sivaloka Day	

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 margas. Tirumantiram 1502

All times are standard time. Calculated for Yanong, Myanmar on 12/20/23

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1 Thursday, October 2, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Guru Vasara Yuktayam Yangon, Myanmar Uttarashadha/Shravana Nakshatra Sukama Yoga Talila/Gara Karana Dashamyam Titau Sun 24 Sutra 171			
Makara Rasi: 7.43	Tithi 10	Gulika 8:55AM - 10:25AM Yama 5:56AM - 7:26AM 682928573 Rahu 1:25PM - 2:55PM	Uttarashadha Untill 10:04AM Sukarma Untill 12:29AM Fri Talila Untill 8:14AM Dashami Untill 8:12PM	Ganesh: Red Muruga: Blue Nataraja: White Moon - Light Blue Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:54PM Moon 9 - Phase 24 - 27 4th Phase
Routine Work - Marana Yoga Untill 10:04AM Then Creative Work - Siddha Yoga		Subha Sivaloka Day			
2 Friday, October 3, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Sukra Vasara Yuktayam Yangon, Myanmar Shravana/Dhanishtha Nakshatra Dhriti Yoga Vanja/Visil Karana Ekadashyam Titau Sun 25 Sutra 172			
Makara Rasi: 20.47	Tithi 11	Gulika 7:26AM - 8:55AM Yama 2:54PM - 4:24PM 692928573 Rahu 10:25AM - 11:55AM	Shravana Untill 10:35AM Dhriti Untill 10:48PM Vanija Untill 8:01AM Ekadashi Untill 7:35PM	Ganesh: Blue Muruga: Blue Nataraja: White Moon - Purple Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:54PM Moon 9 - Phase 24 - 25 4th Phase
Routine Work - Marana Yoga Untill 10:35AM Then Creative Work - Siddha Yoga		Sivaloka Day			
3 Saturday, October 4, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Manu Vasara Yuktayam Yangon, Myanmar Dhanishtha/Shatabhishak Nakshatra Shula Yoga Bava/Balava Karana Dvadashyam Titau Sun 26 Sutra 173			
Kumbha Rasi: 4.16	Tithi 12	Gulika 5:56AM - 7:26AM Yama 1:24PM - 2:54PM 692928573 Rahu 8:55AM - 10:25AM	Dhanishtha Untill 10:11AM Shula Untill 8:28PM Bava Untill 7:00AM Dvadashti Untill 6:12PM	Ganesh: Blue Muruga: Blue Nataraja: White Moon - Purple Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:53PM Moon 9 - Phase 24 - 26 4th Phase
Creative Work - Siddha Yoga Untill 10:11AM Then Creative Work - Amrita Yoga		Sivaloka Day			
4 Sunday, October 5, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Bharu Vasara Yuktayam Yangon, Myanmar Shatabhishak/Purvashrothapada Nakshatra Ganda/Vridhi Yoga Talila/Gara Karana Trayodashi/Chaladashyam Titau Sun 27 Sutra 174			
Makara Rasi: 18.11	Tithi 13 - 14	Gulika 2:53PM - 4:23PM Yama 11:54AM - 1:24PM 692928573 Rahu 4:23PM - 5:52PM	Shatabhishak Untill 8:54AM Ganda Untill 5:35PM Gara Untill 2:51AM Mon Trayodashi Untill 4:06PM	Ganesh: Blue Muruga: Blue Nataraja: White Moon - Purple Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:53PM Moon 9 - Phase 24 - 27 4th Phase
Creative Work - Siddha Yoga Chidambaram Abhishekam		Sivaloka Day			
<i>Pradosha Vata</i>					
Monday, October 6, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Pakche Indu Vasara Yuktayam Yangon, Myanmar Purvashrothapada/Uttarashrothapada Nakshatra Vridhi/Dhruva Yoga Vanja/Visil Karana Chaturdashi/Purnimayam Titau Sun 28 Sutra 175			
Meena Rasi: 2.32	Tithi 14 - 15	Gulika 1:23PM - 2:53PM Yama 10:24AM - 11:54AM 613928573 Rahu 7:26AM - 8:55AM	Purvashrothapada Untill 7:17AM Vridhi Untill 2:15PM Visil Untill 11:56PM Chaturdashi Untill 1:26PM	Ganesh: Clear Muruga: Blue Nataraja: White Moon - Clear Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:51PM Moon 9 - Phase 24 - 28 Purnima
Family Home Evening Routine Work - Marana Yoga Untill 7:17AM Then Creative Work - Siddha Yoga		Subha Sivaloka Day			
Tuesday, October 7, 2025		Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Pakche Mangala Vasara Yuktayam Yangon, Myanmar Revati Nakshatra Dhruva/Vyaghata Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 29 Sutra 176			
Meena Rasi: 17.14	Tithi 15 - 16	Gulika 11:53AM - 1:23PM Yama 8:55AM - 10:24AM 613928573 Rahu 2:52PM - 4:21PM	Revati Untill 2:22AM Wed Dhruva Untill 10:32AM Balava Untill 8:40PM Purnima Untill 10:19AM	Ganesh: Clear Muruga: Blue Nataraja: White Moon - Clear Ashvina-Puratasi	Sunrise: 5:56AM Sunset: 5:51PM Moon 9 - Phase 24 - 29 Prathama
Creative Work - Siddha Yoga Untill 2:22AM Wed Then Routine Work - Marana Yoga		Subha Sivaloka Day			

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 Yangon, Myanmar on 12/20/23

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**Wednesday, October 8, 2025****Gold Retreat Star**Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Budha Vasara Yuktiyam
Ashvini Nakshatra Vyaghata/Harshata Yoga Kaulava/Gara Karana Prathama/Dhityayam TilauYangon, Myanmar
Sutra 177

Mesha Rasi: 2.11	Tithi 16 - 17	Gulika 10:24AM - 11:53AM	Ashvini Until 11:47PM	Ganesha: White	Sunrise: 5:57AM	Vasavasru 5:127
		Yama 7:26AM - 8:55AM	Vyaghata* Until 6:36AM	Muruga: Blue	Sunset: 5:59PM	Moon 10 - Phase 25 - 1st Phase
		633928574 Rahu 11:53AM - 1:22PM	Gara Until 3:26AM Thu	Nataraja: Clear		
Routine Work	Marana Yoga		Prathama* Until 6:56AM	Moon - White		Subha Sivaloka Day
Until 11:47PM				Ashvina-Puratasi		
Then Creative Work	Siddha Yoga					

Thursday, October 9, 2025Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Guru Vasara Yuktiyam
Bharani Nakshatra Vajra* Yoga Vanja/Visi* Karana Trityayam TilauYangon, Myanmar
Sun 1 Sutra 178

Mesha Rasi: 17.13	Tithi 18	Gulika 8:55AM - 10:24AM	Bharani Until 9:05PM	Ganesha: White	Sunrise: 5:57AM	Vasavasru 5:127
		Yama 5:57AM - 7:26AM	Vajra* Until 10:34PM	Muruga: Blue	Sunset: 5:49PM	Moon 10 - Phase 25 - 1st Phase
		633928574 Rahu 1:22PM - 2:51PM	Vanija Until 1:42PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Tritya Until 11:58PM	Moon - White		Subha Sivaloka Day
Until 9:05PM				Ashvina-Puratasi		
Then Routine Work	Marana Yoga					

Friday, October 10, 2025Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Sukra Vasara Yuktiyam
Kritika Nakshatra Siddhi Yoga Bava/Balava Karana Chaturthiyam TilauYangon, Myanmar
Sun 2 Sutra 179

Wishabha Rasi: 2.13	Tithi 19	Gulika 7:26AM - 8:55AM	Kritika Until 6:25PM	Ganesha: White	Sunrise: 5:57AM	Vasavasru 5:127
		Yama 2:50PM - 4:19PM	Siddhi Until 6:43PM	Muruga: Blue	Sunset: 5:49PM	Moon 10 - Phase 25 - 2 1st Phase
		633928574 Rahu 10:24AM - 11:53AM	Bava Until 10:19AM	Nataraja: Clear		
Creative Work	Siddha Yoga		Chaturthi* Until 8:42PM	Moon - White		Subha Sivaloka Day
Until 6:25PM				Ashvina-Puratasi		
Then Routine Work	Marana Yoga					

Saturday, October 11, 2025Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Mania Vasara Yuktiyam
Rohini/Magshira Nakshatra Vyatpata/Variyan Yoga Kaulava/Gara Karana Panchami/Shashthiyam TilauYangon, Myanmar
Sun 3 Sutra 180

Wishabha Rasi: 17.01	Tithi 20 - 21	Gulika 5:57AM - 7:26AM	Rohini Until 4:21PM	Ganesha: Yellow	Sunrise: 5:57AM	Vasavasru 5:127
		Yama 1:21PM - 2:50PM	Vyatlipala* Until 3:09PM	Muruga: Blue	Sunset: 5:49PM	Moon 10 - Phase 25 - 3 1st Phase
		633928574 Rahu 8:55AM - 10:24AM	Kaulava Until 7:12AM	Nataraja: Clear		
Creative Work	Amrita Yoga		Panchami Until 5:46PM	Moon - Yellow		Sivaloka Day
Until 4:21PM				Ashvina-Puratasi		
Then Creative Work	Siddha Yoga					

Sunday, October 12, 2025Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Bhanu Vasara Yuktiyam
Migashira/Ardra Nakshatra Varjyan/Parigaha* Yoga Vanja/Visi* Karana Shaathi/Saptamam TilauYangon, Myanmar
Sun 4 Sutra 181

Mithuna Rasi: 1.32	Tithi 21 - 22	Gulika 2:50PM - 4:18PM	Migashira Until 2:37PM	Ganesha: Yellow	Sunrise: 5:57AM	Vasavasru 5:127
		Yama 11:52AM - 1:21PM	Varjyan Until 11:55AM	Muruga: Blue	Sunset: 5:47PM	Moon 10 - Phase 25 - 4 1st Phase
		633928574 Rahu 4:18PM - 5:47PM	Visli Until 2:18AM Mon	Nataraja: Clear		
Creative Work	Siddha Yoga		Shashthi* Until 3:18PM	Moon - Yellow		Sivaloka Day
Until 4:21PM				Ashvina-Puratasi		

Monday, October 13, 2025**Retreat Star**Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Indu Vasara Yuktiyam
Ardra/Punarvasu Nakshatra Parigaha/Shiva Yoga Bava/Balava Karana Saptami/Ashtamam TilauYangon, Myanmar
Sun 5 Sutra 182

Mithuna Rasi: 15.41	Tithi 22 - 23	Gulika 1:20PM - 2:49PM	Ardra Until 1:17PM	Ganesha: Yellow	Sunrise: 5:58AM	Vasavasru 5:127
		Yama 10:23AM - 11:52AM	Parigaha* Until 9:09AM	Muruga: Blue	Sunset: 5:46PM	Moon 10 - Phase 25 - 5 Ashtami
		633928574 Rahu 7:26AM - 8:55AM	Balava Until 12:42AM Tue	Nataraja: Clear		
Family Home Evening			Saptami Until 1:24PM	Moon - Yellow		Sivaloka Day
Creative Work	Siddha Yoga			Ashvina-Puratasi		
Until 1:17PM						
Then Creative Work	Amrita Yoga					

Tuesday, October 14, 2025**Retreat Star**Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksho Mangala Vasara Yuktiyam
Punarvasu/Pushya Nakshatra Shiva/Siddha Yoga Kaulava/Taila Karana Ashtami/Navamam TilauYangon, Myanmar
Sun 6 Sutra 183

Mithuna Rasi: 29.28	Tithi 23 - 24	Gulika 11:52AM - 1:20PM	Punarvasu Until 12:51PM	Ganesha: Blue	Sunrise: 5:58AM	Vasavasru 5:127
		Yama 8:55AM - 10:23AM	Shiva Until 6:53AM	Muruga: Blue	Sunset: 5:46PM	Moon 10 - Phase 25 - 6 Navami
		643928574 Rahu 2:49PM - 4:17PM	Taila Until 11:45PM	Nataraja: Clear		
Creative Work	Siddha Yoga		Ashtami* Until 12:08PM	Moon - Blue		Subha Sivaloka Day
Until 1:17PM				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

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1

Wednesday, October 15, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Krishna Paksha: Budha Vasara Yuktiyayam
Pushya/Ashlesha* Nakshatra Sadhya Yoga Gara/Vanija Karana Navami/Dashmham TithauYangon, Myanmar
Sun 7 Sutra 184

Kataka Rasi: 12.51 Tithi 24 - 25

Gulika 10:23AM - 11:51AM
Yama 7:26AM - 8:55AM
Rahu 11:51AM - 1:20PM

Pushya Until 12:56PM

Sadhya Until 3:53AM Thu

Vanija Until 11:28PM

Navami* Until 11:31AM

Ganesha: Blue Sunrise: 5:58AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Blue Ashvina-Puratasi

Vasarasu 5:127
Moon 10 - Phase 26 - 8
2nd Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

2

Thursday, October 16, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Krishna Paksha: Guru Vasara Yuktiyayam
Ashlesha*/Magha* Nakshatra Subha Yoga Bhlava/Kaulava Karana Ekadashi/Dvadashyam TithauYangon, Myanmar
Sun 8 Sutra 185

Kataka Rasi: 25.54 Tithi 25 - 26

Gulika 8:55AM - 10:23AM
Yama 5:58AM - 7:26AM
Rahu 1:19PM - 2:48PM

Ashlesha* Until 1:29PM

Subha Until 3:08AM Fri

Bava Until 11:49PM

Dashami Until 11:33AM

Ganesha: Blue Sunrise: 5:58AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Blue Ashvina-Puratasi

Vasarasu 5:127
Moon 10 - Phase 26 - 8
2nd Phase

Subha Sivaloka Day

Creative Work Siddha Yoga

Then Creative Work - Amrita Yoga

3

Friday, October 17, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Krishna Paksha: Sukra Vasara Yuktiyayam
Magha*/Purvaphalguni Nakshatra Sukla Yoga Bhlava/Kaulava Karana Ekadashi/Dvadashyam TithauYangon, Myanmar
Sun 9 Sutra 186

Simha Rasi: 8.39 Tithi 26 - 27

Gulika 7:27AM - 8:55AM
Yama 2:47PM - 4:15PM
Rahu 10:23AM - 11:51AM

Magha* Until 2:55PM

Sukla Until 2:46AM Sat

Kaulava Until 12:42AM Sat

Ekadashi* Until 12:10PM

Ganesha: Red Sunrise: 5:58AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Red Ashvina-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 8
2nd Phase

Sivaloka Day

Routine Work Marana Yoga

Until 2:55PM

Then Creative Work - Siddha Yoga

4

Saturday, October 18, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Krishna Paksha: Manta Vasara Yuktiyayam
Purvaphalguni Nakshatra Brahma Yoga Lalita/Gara Karana Dvadashi/Trayodashyam TithauYangon, Myanmar
Sun 10 Sutra 187

Simha Rasi: 21.1 Tithi 27 - 28

Gulika 5:59AM - 7:27AM
Yama 1:19PM - 2:47PM
Rahu 8:55AM - 10:23AM

Purvaphalguni Until 4:40PM

Brahma Until 2:47AM Sun

Gara Until 2:04AM Sun

Dvadashi* Until 1:19PM

Ganesha: Red Sunrise: 5:59AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Red Ashvina-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 10
2nd Phase

Sivaloka Day

Creative Work Siddha Yoga

Until 4:40PM

Then Routine Work - Marana Yoga

Pradosha Vata (Fasting)

5

Sunday, October 19, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Krishna Paksha: Bhanu Vasara Yuktiyayam
Uttaraphalguni Nakshatra Indra Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam TithauYangon, Myanmar
Sun 11 Sutra 188

Kanya Rasi: 3.28 Tithi 28 - 29

Gulika 2:46PM - 4:14PM
Yama 11:51AM - 1:19PM
Rahu 4:14PM - 5:42PM

Uttaraphalguni Until 6:40PM

Indra Until 3:05AM Mon

Visli Until 3:49AM Mon

Trayodashi* Until 2:53PM

Ganesha: Red Sunrise: 5:59AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Red Ashvina-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 11
2nd Phase

Sivaloka Day

Creative Work Amrita Yoga

Deepavali Hindu Solidarity Day

6

Monday, October 20, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Krishna Paksha: Indu Vasara Yuktiyayam
Hasta Nakshatra Vaidhriti* Yoga Sakuni*/Catuspadi* Karana Chaturdashi/Amavasyayam TithauYangon, Myanmar
Sun 12 Sutra 189Kanya Rasi: 15.38 Tithi 29 - 30
Family Home EveningGulika 1:18PM - 2:46PM
Yama 10:23AM - 11:50AM
Rahu 7:27AM - 8:55AM

Hasta Until 9:18PM

Vaidhriti* Until 3:36AM Tue

Catuspadi Until 5:52AM Tue

Chaturdashi* Until 4:48PM

Ganesha: Blue Sunrise: 5:59AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Green Ashvina-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 12
2nd Phase

Devaloka Day

Creative Work Siddha Yoga

Until 9:18PM

Then Routine Work - Prabalashtha Yoga

●

Tuesday, October 21, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Krishna Paksha: Mangala Vasara Yuktiyayam
Chitra Nakshatra Vishkambha* Yoga Naga* Karana Amavasyayam TithauYangon, Myanmar
Sun 13 Sutra 190Kanya Rasi: 27.4 Tithi 30
Retreat StarGulika 11:50AM - 1:18PM
Yama 8:55AM - 10:23AM
Rahu 2:46PM - 4:13PM

Chitra Until 12:01AM Wed

Vishkambha* Until 4:18AM Wed

Naga Until 6:58PM

Amavasya* Until 6:58PM

Ganesha: Blue Sunrise: 5:59AM

Muruga: Blue Sunset: 5:49PM

Nataraja: Clear

Moon - Green Ashvina-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 13
Amavasya

Devaloka Day

Creative Work Siddha Yoga

Subramuniaswami Mahasamadhi

Wednesday, October 22, 2025

Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Tula Mase Sukla Paksha: Budha Vasara Yuktiyayam
Svali Nakshatra Pili Yoga Kintughna*/Bava Karana Prathmayam TithauYangon, Myanmar
Sun 14 Sutra 191Tula Rasi: 9.38 Tithi 1
Retreat StarGulika 10:22AM - 11:50AM
Yama 7:27AM - 8:55AM
Rahu 11:50AM - 1:18PM

Svali Until 2:44AM Thu

Pili Until 5:08AM Thu

Kintughna Until 8:09AM

Prathama* Until 9:20PM

Ganesha: Blue Sunrise: 6:00AM

Muruga: Yellow Sunset: 5:49PM

Nataraja: Clear

Moon - Green Kartika-Alpasi

Vasarasu 5:127
Moon 10 - Phase 26 - 14
Prathama

Bhuloka Day

Devaloka Time: 3PM to 6PM

Creative Work Siddha Yoga

Skanda Shashi Begins

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 Yangon, Myanmar on 12/20/23

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1	Thursday, October 23, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Guru Vasara Yuktayam Vishakha Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvityayam Tilau				Yanong, Myanmar
	Tula Rasi: 21.31	Tilhi 2	Gulika 8:55AM - 10:22AM Yama 6:00AM - 7:27AM Rahu 1:17PM - 2:45PM	Vishakha Untill 5:52AM Fri Ayushman Untill 6:00AM Fri Balava Untill 10:35AM Dvitiya Untill 11:49PM	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Orange	Sunrise: 6:00AM Sunset: 5:40PM	Sun 15 Sutra 192 Vasavasu 5:17 Moon 10 - Phase 27 - 15 3rd Phase
	Creative Work	Siddha Yoga	674138574		Kartika-Alpasi	Bhuloka Day Devaloka Time: 3PM to 6PM	

2	Friday, October 24, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Sukra Vasara Yuktayam Anuradha Nakshatra Ayushman/Saubhaya Yoga Talila/Gara Karana Tritiyayam Tilau				Yanong, Myanmar
	Wischika Rasi: 3.23	Tilhi 3	Gulika 7:28AM - 8:55AM Yama 2:45PM - 4:12PM Rahu 10:22AM - 11:50AM	Anuradha Untill 8:51AM Sat Ayushman Untill 6:00AM Talila Untill 1:06PM Tritiya Untill 2:20AM Sat	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Orange	Sunrise: 6:00AM Sunset: 5:39PM	Sun 16 Sutra 193 Vasavasu 5:17 Moon 10 - Phase 27 - 16 3rd Phase
	Creative Work	Siddha Yoga	674138574		Kartika-Alpasi	Bhuloka Day Devaloka Time: 3PM to 6PM	

3	Saturday, October 25, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Manta Vasara Yuktayam Wischika Nakshatra Ayushman/Saubhaya/Sobhana Yoga Vanija/Visi' Karana Chaturthiyam Tilau				Yanong, Myanmar
	Wischika Rasi: 15.15	Tilhi 4	Gulika 6:01AM - 7:28AM Yama 1:17PM - 2:44PM Rahu 8:55AM - 10:22AM	Anuradha Untill 8:51AM Saubhaya Untill 6:54AM Vanija Untill 3:36PM Chaturthi Untill 4:47AM Sun	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Orange	Sunrise: 6:01AM Sunset: 5:39PM	Sun 17 Sutra 194 Vasavasu 5:17 Moon 10 - Phase 27 - 17 3rd Phase
	Creative Work	Siddha Yoga	674138574		Kartika-Alpasi	Bhuloka Day Devaloka Time: 3PM to 6PM	

4	Sunday, October 26, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Bharu Vasara Yuktayam Jyeshtha Nakshatra Sobhana/Alhiganda' Yoga Bava/Balava Karana Panchamam Tilau				Yanong, Myanmar
	Wischika Rasi: 27.08	Tilhi 5	Gulika 2:44PM - 4:11PM Yama 11:50AM - 1:17PM Rahu 4:11PM - 5:38PM	Jyeshtha Untill 11:35AM Sobhana Untill 7:44AM Bava Untill 5:59PM Panchami Untill 7:03AM Mon	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Orange	Sunrise: 6:01AM Sunset: 5:38PM	Sun 18 Sutra 195 Vasavasu 5:17 Moon 10 - Phase 27 - 18 3rd Phase
	Routine Work	Marana Yoga	674138574		Kartika-Alpasi	Bhuloka Day Devaloka Time: 3PM to 6PM	

5	Monday, October 27, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Indu Vasara Yuktayam Mula/Purvashadha' Nakshatra Alhiganda/Sakama Yoga Balava/Kaulava Karana Panchami/Sheshthiyam Tilau				Yanong, Myanmar
	Dhanus Rasi: 9.06	Tilhi 5 - 6	Gulika 1:17PM - 2:44PM Yama 10:22AM - 11:49AM Rahu 7:28AM - 8:55AM	Mula Untill 2:25PM Alhiganda' Untill 8:24AM Kaulava Untill 8:06PM Panchami Untill 7:03AM	Ganesha: Clear Muruga: Yellow Nataraja: Clear Moon - Light Blue	Sunrise: 6:01AM Sunset: 5:38PM	Sun 19 Sutra 196 Vasavasu 5:17 Moon 10 - Phase 27 - 19 3rd Phase
	Family Home Evening	Siddha Yoga	684138574		Kartika-Alpasi	Devaloka Day	

6	Tuesday, October 28, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Mangala Vasara Yuktayam Purvashadha'Ultrasadhha Nakshatra Sakama/Dhriti Yoga Talila/Gara Karana Sapthami/Saptamam Tilau				Yanong, Myanmar
	Dhanus Rasi: 21.11	Tilhi 6 - 7	Gulika 11:49AM - 1:16PM Yama 8:55AM - 10:22AM Rahu 2:43PM - 4:10PM	Purvashadha' Untill 4:44PM Sukama Untill 8:49AM Gara Untill 9:47PM Shashthi Untill 8:59AM	Ganesha: Clear Muruga: Yellow Nataraja: Clear Moon - Light Blue	Sunrise: 6:01AM Sunset: 5:37PM	Sun 20 Sutra 197 Vasavasu 5:17 Moon 10 - Phase 27 - 20 3rd Phase
	Creative Work	Siddha Yoga	684138574		Kartika-Alpasi	Devaloka Day	

D	Wednesday, October 29, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Budha Vasara Yuktayam Ultrasadhha Nakshatra Dhriti/Shula' Yoga Vanija/Visi' Karana Sapthami/Ashtamam Tilau				Yanong, Myanmar
	Makara Rasi: 3.29	Tilhi 7 - 8	Gulika 10:22AM - 11:49AM Yama 7:29AM - 8:56AM Rahu 11:49AM - 1:16PM	Ultrasadhha Untill 6:21PM Dhriti Untill 8:52AM Visi Untill 10:54PM Sapthami Untill 10:24AM	Ganesha: Clear Muruga: Yellow Nataraja: Clear Moon - Light Blue	Sunrise: 6:00AM Sunset: 5:37PM	Sun 21 Sutra 198 Vasavasu 5:17 Moon 10 - Phase 27 - 21 Ashtami
	Creative Work	Amrita Yoga	684138574		Kartika-Alpasi	Devaloka Day	

	Thursday, October 30, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Guru Vasara Yuktayam Shravana Nakshatra Shula'Ganda' Yoga Bava/Balava Karana Ashtami/Navamam Tilau				Yanong, Myanmar
	Makara Rasi: 16.03	Tilhi 8 - 9	Gulika 8:56AM - 10:22AM Yama 6:02AM - 7:29AM Rahu 1:16PM - 2:43PM	Shravana Untill 7:36PM Shula' Untill 8:22AM Balava Untill 11:15PM Ashtami Untill 11:09AM	Ganesha: Purple Muruga: Yellow Nataraja: Clear Moon - Purple	Sunrise: 6:00AM Sunset: 5:36PM	Sun 22 Sutra 199 Vasavasu 5:17 Moon 10 - Phase 27 - 22 Navami
	Creative Work	Siddha Yoga	694138574		Kartika-Alpasi	Bhuloka Day 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

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1 Friday, October 31, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Sutra Varsara Yuktayam Dhanishtha Nakshatra Ganda*Widdhi Yoga Kauleva/Taila Karana Navami/Dushanyam Titau				Yangon, Myanmar Sun 23	Sutra 200
Makara Rasi: 28.59	Tithi 9 - 10	Gulika 7:29AM - 8:56AM	Dhanishtha Until 7:53PM	Ganesha: Purple	Sunrise: 6:03AM	Vasvasu 5:127	
		Yama 2:42PM - 4:09PM	Ganda* Until 7:17AM	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - 23	
		694138574 Rahu 10:22AM - 11:49AM	Taila Until 10:48PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Navami* Until 11:07AM	Moon - Purple		Bhuloka Day	
				Kartika-Alpasi		Devaloka Time: 3PM to 6PM	

2 Saturday, November 1, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Maru Varsara Yuktayam Shalabhshak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau				Yangon, Myanmar Sun 24	Sutra 201
Kumbha Rasi: 12.2	Tithi 10 - 11	Gulika 6:03AM - 7:29AM	Shalabhshak Until 7:12PM	Ganesha: Purple	Sunrise: 6:03AM	Vasvasu 5:127	
		Yama 1:16PM - 2:42PM	Dhruva Until 3:09AM Sun	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - 24	
		694138574 Rahu 8:56AM - 10:23AM	Vanija Until 9:30PM	Nataraja: Clear		4th Phase	
Creative Work	Amrita Yoga		Dashami Until 10:14AM	Moon - Purple		Bhuloka Day	
Until 7:12PM				Kartika-Alpasi		Devaloka Time: 3PM to 6PM	
Then Routine Work	Marana Yoga						

3 Sunday, November 2, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Bharu Varsara Yuktayam Puravproshthapada* Nakshatra Vyaghata* Yoga Visi*YBava Karana Ekadashi/Dwadashyam Titau				Yangon, Myanmar Sun 25	Sutra 202
Kumbha Rasi: 26.11	Tithi 11 - 12	Gulika 2:42PM - 4:09PM	Puravproshthapada* Until 6:03PM	Ganesha: Clear	Sunrise: 6:03AM	Vasvasu 5:127	
		Yama 11:49AM - 1:16PM	Vyaghata* Until 12:09AM Mon	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - 25	
		615138574 Rahu 4:09PM - 5:35PM	Bava Until 7:25PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Ekadashi Until 8:32AM	Moon - Clear		Devaloka Day	
Until 6:03PM				Kartika-Alpasi			
Then Creative Work	Amrita Yoga						

4 Monday, November 3, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Indu Varsara Yuktayam Uttaravproshthapada*Revati Nakshatra Harshana Yoga Balava/Taila Karana Dvadashi/Trayodashyam Titau				Yangon, Myanmar Sun 26	Sutra 203
Meena Rasi: 10.31	Tithi 12 - 13	Gulika 1:15PM - 2:42PM	Uttaravproshthapada Until 4:04PM	Ganesha: Clear	Sunrise: 6:04AM	Vasvasu 5:127	
Family Home Evening		Yama 10:23AM - 11:49AM	Harshana Until 8:38PM	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - 26	
		615138574 Rahu 7:30AM - 8:56AM	Taila Until 3:04AM Tue	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Dvadashi Until 6:06AM	Moon - Clear		Devaloka Day	
				Kartika-Alpasi			

Pradosha Vata

5 Tuesday, November 4, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Mangala Varsara Yuktayam Revati/Ashvini Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Yangon, Myanmar Sun 27	Sutra 204
Meena Rasi: 25.16	Tithi 14	Gulika 11:49AM - 1:15PM	Revati Until 1:25PM	Ganesha: Clear	Sunrise: 6:04AM	Vasvasu 5:127	
		Yama 8:57AM - 10:23AM	Vajra* Until 4:41PM	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - 27	
		615138574 Rahu 2:42PM - 4:08PM	Gara Until 1:24PM	Nataraja: Clear		4th Phase	
Creative Work	Siddha Yoga		Chaturdashi* Until 11:36PM	Moon - Clear		Devaloka Day	
				Kartika-Alpasi			

Wednesday, November 5, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Varsara Yuktayam Ashvini/Bharani Nakshatra Siddhi/Vyapalpa* Yoga Visi*/Bava Karana Punimanyam Titau				Yangon, Myanmar Sun 28	Sutra 205
Copper Retreat Star		Gulika 10:23AM - 11:49AM	Ashvini Until 10:40AM	Ganesha: Purple	Sunrise: 6:04AM	Vasvasu 5:127	
Mesha Rasi: 10.22	Tithi 15	Yama 7:31AM - 8:57AM	Siddhi Until 12:28PM	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - Punima	
		625138574 Rahu 11:49AM - 1:15PM	Visi Until 9:46AM	Nataraja: Clear			
Routine Work	Marana Yoga		Purnima* Until 7:51PM	Moon - White		Sivaloka Day	
Until 10:40AM				Kartika-Alpasi			
Then Creative Work	Siddha Yoga						

Thursday, November 6, 2025		Visvasasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Gara Varsara Yuktayam Bharani/Kritika Nakshatra Vyapalpa*/Yorijan Yoga Kauleva/Taila Karana Prathama/Dvayitayam Titau				Yangon, Myanmar Sun 29	Sutra 206
Silver Retreat Star		Gulika 8:57AM - 10:23AM	Bharani Until 7:36AM	Ganesha: Purple	Sunrise: 6:05AM	Vasvasu 5:127	
Mesha Rasi: 25.38	Tithi 16 - 17	Yama 6:05AM - 7:31AM	Vyapalpa* Until 8:07AM	Muruga: Yellow	Sunset: 5:36PM	Moon 10 - Phase 28 - Prathama	
		625138574 Rahu 1:15PM - 2:41PM	Taila Until 2:05AM Fri	Nataraja: Clear			
Creative Work	Siddha Yoga		Prathama* Until 3:59PM	Moon - White		Sivaloka Day	
Until 7:36AM				Kartika-Alpasi			
Then Routine Work	Marana Yoga						

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

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

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Sukra Vasara Yuktayam Rohini Nakshatra Parigha* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Tilau				Yangon, Myanmar Sun 1	Sutra 207 Vasavasu 5127
Wishabha Rasi: 10.55	Tithi 17 - 18	Gulika 7:31AM - 8:57AM	Rohini Until 1:39AM Sat Parigha* Until 11:32PM	Ganesha: Purple Muruga: Yellow Nataraja: Clear Moon - Yellow	Sunrise: 6:05AM Sunset: 5:29PM	Moon 11 - Phase 29 - 1	1st Phase
Routine Work	Marana Yoga	735138574	Rahu 10:23AM - 11:49AM	Dvitiya Until 12:12PM		Sivaloka Day	
Then Creative Work	Siddha Yoga						

1**Saturday, November 8, 2025**

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Maria Vasara Yuktayam Mrigashira Nakshatra Shiva Yoga Visi* Bava Karana Tritiya/Chaturthiyam Tilau				Yangon, Myanmar Sun 2	Sutra 208 Vasavasu 5127
Wishabha Rasi: 26.02	Tithi 18 - 19	Gulika 6:06AM - 7:32AM	Mrigashira Until 11:08PM Shiva Until 7:37PM	Ganesha: Purple Muruga: Yellow Nataraja: Clear Moon - Yellow	Sunrise: 6:06AM Sunset: 5:29PM	Moon 11 - Phase 29 - 2	1st Phase
Creative Work	Siddha Yoga	735138574	Rahu 8:57AM - 10:23AM	Tritiya Until 8:40AM		Sivaloka Day	

2**Sunday, November 9, 2025**

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Bhanu Vasara Yuktayam Ardra Nakshatra Siddha/Sadhya Yoga Kaulava/Taila Karana Panchamyam Tilau				Yangon, Myanmar Sun 3	Sutra 209 Vasavasu 5127
Mihuna Rasi: 10.51	Tithi 20	Gulika 2:41PM - 4:07PM	Ardra Until 9:00PM Siddha Until 4:05PM	Ganesha: Purple Muruga: Yellow Nataraja: Clear Moon - Yellow	Sunrise: 6:06AM Sunset: 5:29PM	Moon 11 - Phase 29 - 3	1st Phase
Creative Work	Siddha Yoga	735138574	Rahu 4:07PM - 5:33PM	Kaulava Until 4:12PM Panchami Until 2:59AM Mon		Sivaloka Day	

3**Monday, November 10, 2025**

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Indu Vasara Yuktayam Punarvasu Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Shashthiyam Tilau				Yangon, Myanmar Sun 4	Sutra 210 Vasavasu 5127
Mihuna Rasi: 25.15	Tithi 21	Gulika 1:15PM - 2:41PM	Punarvasu Until 7:48PM Sadhya Until 1:05PM	Ganesha: Clear Muruga: Yellow Nataraja: Clear Moon - Blue	Sunrise: 6:07AM Sunset: 5:29PM	Moon 11 - Phase 29 - 4	1st Phase
Family Home Evening	Amrita Yoga	745138574	Rahu 7:32AM - 8:58AM	Gara Until 1:59PM Shashthi* Until 1:08AM Tue		Devaloka Day	
Then Creative Work	Siddha Yoga						

4**Tuesday, November 11, 2025**

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Mangala Vasara Yuktayam Pushya Nakshatra Subha/Sukla Yoga Visi* Bava Karana Saptamyam Tilau				Yangon, Myanmar Sun 5	Sutra 211 Vasavasu 5127
Kataka Rasi: 9.11	Tithi 22	Gulika 11:50AM - 1:15PM	Pushya Until 7:15PM Subha Until 10:43AM	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Blue	Sunrise: 6:07AM Sunset: 5:29PM	Moon 11 - Phase 29 - 5	1st Phase
Creative Work	Siddha Yoga	746138574	Rahu 2:41PM - 4:06PM	Visi Until 12:32PM Saptami Until 12:06AM Wed		Bhuloka Day Devaloka Time: 3PM to 6PM	

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

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Budha Vasara Yuktayam Ashlesha* Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ashtamyam Tilau				Yangon, Myanmar Sun 6	Sutra 212 Vasavasu 5127
Kataka Rasi: 22.37	Tithi 23	Gulika 10:24AM - 11:50AM	Ashlesha* Until 7:21PM Sukla Until 8:57AM	Ganesha: White Muruga: Yellow Nataraja: Clear Moon - Blue	Sunrise: 6:07AM Sunset: 5:29PM	Moon 11 - Phase 29 - 6	Ashtami
Creative Work	Siddha Yoga	746138574	Rahu 11:50AM - 1:15PM	Balava Until 11:55AM Ashlami* Until 11:54PM		Bhuloka Day Devaloka Time: 3PM to 6PM	

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

		Viswasesu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Guru Vasara Yuktayam Magha* Nakshatra Brahma/Indra Yoga Taila/Gara Karana Navamyam Tilau				Yangon, Myanmar Sun 7	Sutra 213 Vasavasu 5127
Simha Rasi: 5.38	Tithi 24	Gulika 8:59AM - 10:24AM	Magha* Until 8:33PM Brahma Until 7:52AM	Ganesha: Yellow Muruga: Yellow Nataraja: Clear Moon - Red	Sunrise: 6:08AM Sunset: 5:29PM	Moon 11 - Phase 29 - 7	Navami
Creative Work	Amrita Yoga	756138574	Rahu 1:15PM - 2:41PM	Taila Until 12:07PM Navami* Until 12:30AM Fri		Devaloka Day	
Then Creative Work	Siddha Yoga						

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

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1

Friday, November 14, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakche Sakra Vasara Yuktayam Yangon, Myanmar
			Purvapahaguni Nakshatra Indra/Vaidhriti* Yoga Vanja/Visi* Karana Dashamyam Titau Sun 8 Sutra 214
Simha Rasi: 18.16	Tithi 25	Gulika 7:34AM - 8:59AM	Purvapahaguni Until 10:17PM
		Yama 2:41PM - 4:06PM	Ganesha: Yellow Sunrise: 6:08AM
		Rahu 10:25AM - 11:50AM	Muruga: Yellow Sunset: 5:19PM
Creative Work	Siddha Yoga		Moon 11 - Phase 30 - 8 2nd Phase
			Nataraja: Clear
			Devaloka Day
			Moan - Red
			Kartika-Alpasi
			Dashami Until 1:47AM Sat

2

Saturday, November 15, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakche Marita Vasara Yuktayam Yangon, Myanmar
			Uttarapahaguni Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau Sun 9 Sutra 215
Kanya Rasi: 1	Tithi 26	Gulika 6:09AM - 7:34AM	Uttarapahaguni Until 12:23AM Sun
		Yama 1:15PM - 2:41PM	Ganesha: Yellow Sunrise: 6:09AM
		Rahu 8:59AM - 10:25AM	Muruga: Yellow Sunset: 5:19PM
Routine Work	Marana Yoga		Moon 11 - Phase 30 - 9 2nd Phase
Until 12:23AM Sun			Nataraja: Clear
Then Creative Work - Amrita Yoga			Devaloka Day
			Moan - Red
			Kartika-Alpasi
			Ekadashi* Until 3:38AM Sun

3

Sunday, November 16, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishcha Mase Krishna Pakche Bhamu Vasara Yuktayam Yangon, Myanmar
			Hashta Nakshatra Vishkambha*/Pithi Yoga Kaulava/Talita Karana Dvadashyam Titau Sun 10 Sutra 216
Kanya Rasi: 12.43	Tithi 27	Gulika 2:41PM - 4:06PM	Hashta Until 3:12AM Mon
		Yama 11:50AM - 1:15PM	Ganesha: Blue Sunrise: 6:09AM
		Rahu 4:06PM - 5:31PM	Muruga: Yellow Sunset: 5:19PM
Creative Work	Amrita Yoga		Moon 11 - Phase 30 - 10 2nd Phase
Until 3:12AM Mon			Nataraja: Clear
Then Routine Work - Prabalarishta Yoga			Moan - Green
			Kartika-Kartikai
			Dvadashi* Until 5:50AM Mon
			Devaloka Time: 3PM to 6PM

4

Monday, November 17, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishcha Mase Krishna Pakche Indu Vasara Yuktayam Yangon, Myanmar
			Chitra Nakshatra Pithi/Ayushman Yoga Gara Karana Trayodashyam Titau Sun 11 Sutra 217
Kanya Rasi: 24.43	Tithi 28	Gulika 1:16PM - 2:41PM	Chitra Until 6:04AM Tue
Family Home Evening		Yama 10:25AM - 11:50AM	Ganesha: Yellow Sunrise: 6:10AM
		Rahu 7:35AM - 9:00AM	Muruga: Yellow Sunset: 5:19PM
Routine Work	Prabalarishta Yoga		Moon 11 - Phase 30 - 11 2nd Phase
Until 6:04AM Tue			Nataraja: Purple
Then Creative Work - Siddha Yoga			Moan - Green
			Kartika-Kartikai
			Trayodashi* Until 8:16AM Tue
			Pradosha Vata (Fasting)

5

Tuesday, November 18, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishcha Mase Krishna Pakche Mangala Vasara Yuktayam Yangon, Myanmar
			Chitra/Svali Nakshatra Ayushman/Saubhagya Yoga Vanja/Visi* Karana Trayodashi/Charudashyam Titau Sun 12 Sutra 218
Tula Rasi: 6.37	Tithi 28 - 29	Gulika 11:51AM - 1:16PM	Chitra Until 6:04AM
		Yama 9:01AM - 10:26AM	Ganesha: Yellow Sunrise: 6:10AM
		Rahu 2:41PM - 4:06PM	Muruga: Yellow Sunset: 5:19PM
Creative Work	Siddha Yoga		Moon 11 - Phase 30 - 12 2nd Phase
			Nataraja: Purple
			Moan - Green
			Kartika-Kartikai
			Trayodashi* Until 8:16AM

●

Wednesday, November 19, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishcha Mase Sakra Pakche Budha Vasara Yuktayam Yangon, Myanmar
			Svali/Vishakha Nakshatra Saubhagya/Sobhana Yoga Sakun*/Cataspada* Karana Chaturdashi/Amavasyam Titau Sun 13 Sutra 219
Tula Rasi: 18.3	Tithi 29 - 30	Gulika 10:26AM - 11:51AM	Svali Until 8:51AM
		Yama 7:36AM - 9:01AM	Ganesha: Blue Sunrise: 6:11AM
		Rahu 11:51AM - 1:16PM	Muruga: Yellow Sunset: 5:19PM
Creative Work	Siddha Yoga		Moon 11 - Phase 30 - 13 Amavasya
			Nataraja: Purple
			Moan - Green
			Kartika-Kartikai
			Chaturdashi* Until 10:47AM

Thursday, November 20, 2025

			Visvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishcha Mase Sakra Pakche Guru Vasara Yuktayam Yangon, Myanmar
			Vishakha/Anusadha Nakshatra Sobhana/Khiganda* Yoga Naga*/Kintughna* Karana Amavasya/Prathamam Titau Sun 14 Sutra 220
			Retraat Star
		Gulika 9:01AM - 10:26AM	Vishakha Until 11:59AM
		Yama 6:11AM - 7:36AM	Ganesha: Blue Sunrise: 6:11AM
		Rahu 1:16PM - 2:41PM	Muruga: Yellow Sunset: 5:19PM
Wishcha Rasi: 0.22	Tithi 30 - 1		Moon 11 - Phase 30 - 14 Prathama
Creative Work	Siddha Yoga		Nataraja: Purple
			Moan - Orange
			Kartika-Kartikai
			Amavasya* Until 1:18PM

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

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1 Friday, November 21, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Sukra Uvora Yukatayam Anuradha/Jyestha ¹ Nakshatra Abhiganda ² /Sukama Yoga Bava/Balava Karana Pratham/Dvityayam Titau			Yangon, Myanmar Sun 15	Sutra 221 Viswasa 517
Wischika Rasi: 12.14	Tilthi 1 – 2	Gulika 7:37AM – 9:02AM Yama 2:41PM – 4:06PM 787238575	Anuradha Until 2:54PM Abhiganda ¹ Until 11:42AM Balava Until 5:00AM Sat Prathama ² Until 3:47PM	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Orange Margasira-Karttikai	Sunrise: 6:12AM Sunset: 5:31PM	Moon 11 - Phase 31 - 15 3rd Phase
Creative Work	Siddha Yoga					Devaloka Day
Until 2:54PM						
Then Routine Work	Marana Yoga					

2 Saturday, November 22, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Manta Vasara Yukatayam Jyeshtha ¹ /Mula ² Nakshatra Sukama/Dhriti Yoga Kaulava Karana Dvityayam Titau			Yangon, Myanmar Sun 16	Sutra 222 Viswasa 517
Wischika Rasi: 24.09	Tilthi 2	Gulika 6:13AM – 7:37AM Yama 1:16PM – 2:41PM 787238575	Jyeshtha¹ Until 5:34PM Sukama Until 12:27PM Kaulava Until 6:09PM Dvitiya Until 6:09PM	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Orange Margasira-Karttikai	Sunrise: 6:13AM Sunset: 5:31PM	Moon 11 - Phase 31 - 16 3rd Phase
Creative Work	Siddha Yoga					Devaloka Day

3 Sunday, November 23, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Bharu Vasara Yukatayam Mula ¹ Nakshatra Dhriti/Shula ² Yoga Talila/Gara Karana Trityayam Titau			Yangon, Myanmar Sun 17	Sutra 223 Viswasa 517
Dhanus Rasi: 6.07	Tilthi 3	Gulika 2:41PM – 4:06PM Yama 11:52AM – 1:16PM 787238575	Mula¹ Until 8:25PM Dhriti Until 1:06PM Talila Until 7:19AM Tritya Until 8:22PM	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Light Blue Margasira-Karttikai	Sunrise: 6:13AM Sunset: 5:31PM	Moon 11 - Phase 31 - 17 3rd Phase
Creative Work	Amrita Yoga					Devaloka Day
Until 8:25PM						
Then Creative Work	Siddha Yoga					

4 Monday, November 24, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Indu Vasara Yukatayam Purvashada ¹ Nakshatra Shula ² /Ganda ³ Yoga Vanija/Visi ⁴ Karana Chaturtham Titau			Yangon, Myanmar Sun 18	Sutra 224 Viswasa 517
Dhanus Rasi: 18.08	Tilthi 4	Gulika 1:17PM – 2:41PM Yama 10:27AM – 11:52AM 787238575	Purvashada¹ Until 10:51PM Shula ² Until 1:34PM Vanija Until 9:25AM Chaturthi ³ Until 10:21PM	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Light Blue Margasira-Karttikai	Sunrise: 6:14AM Sunset: 5:31PM	Moon 11 - Phase 31 - 18 3rd Phase
Family Home Evening						Devaloka Day
Routine Work	Marana Yoga					

5 Tuesday, November 25, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Mangala Vasara Yukatayam Uttarashada Nakshatra Ganda ¹ /Widdhi Yoga Bava/Balava Karana Panchamam Titau			Yangon, Myanmar Sun 19	Sutra 225 Viswasa 517
Makara Rasi: 0.17	Tilthi 5	Gulika 11:52AM – 1:17PM Yama 9:03AM – 10:28AM 788238575	Uttarashada Until 12:48AM Wed Ganda ¹ Until 1:48PM Bava Until 11:14AM Panchami Until 11:58PM	Ganesh: Red Muruga: Yellow Nataraja: Purple Moon – Light Blue Margasira-Karttikai	Sunrise: 6:14AM Sunset: 5:31PM	Moon 11 - Phase 31 - 19 3rd Phase
Routine Work	Prabalarishya Yoga					Sivaloka Day
Until 12:48AM Wed						
Then Creative Work	Siddha Yoga					

6 Wednesday, November 26, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Butha Vasara Yukatayam Shrawana Nakshatra Dhruva/Vyaghala ¹ Yoga Gara/Vanija Karana Saptamam Titau			Yangon, Myanmar Sun 20	Sutra 226 Viswasa 517
Makara Rasi: 12.35	Tilthi 6	Gulika 10:28AM – 11:53AM Yama 7:39AM – 9:04AM 798238575	Shrawana Until 2:35AM Thu Widdhi Until 1:44PM Kaulava Until 12:37PM Shashthi ¹ Until 1:05AM Thu	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Purple Margasira-Karttikai	Sunrise: 6:15AM Sunset: 5:31PM	Moon 11 - Phase 31 - 20 3rd Phase
Creative Work	Siddha Yoga					Subha Sivaloka Day

Thursday, November 27, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Guru Vasara Yukatayam Dhanishtha Nakshatra Dhruva/Vyaghala ¹ Yoga Gara/Vanija Karana Saptamam Titau			Yangon, Myanmar Sun 21	Sutra 227 Viswasa 517
Retreat Star		Gulika 9:04AM – 10:29AM Yama 6:15AM – 7:40AM 798238575	Dhanishtha Until 3:35AM Fri Dhruva Until 1:11PM Gara Until 1:26PM Saptami Until 1:35AM Fri	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Purple Margasira-Karttikai	Sunrise: 6:15AM Sunset: 5:31PM	Moon 11 - Phase 31 - 21 3rd Phase
Creative Work	Siddha Yoga					Subha Sivaloka Day

Friday, November 28, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Sukra Vasara Yukatayam Shatabhishak Nakshatra Vyaghala ¹ /Harshana Yoga Visi ² /Bava Karana Ashtamam Titau			Yangon, Myanmar Sun 22	Sutra 228 Viswasa 517
Retreat Star		Gulika 7:40AM – 9:05AM Yama 2:42PM – 4:06PM 798238575	Shatabhishak Until 3:43AM Sat Vyaghala ¹ Until 12:08PM Visi Until 1:34PM Ashlami ² Until 1:19AM Sat	Ganesh: Blue Muruga: Yellow Nataraja: Purple Moon – Purple Margasira-Karttikai	Sunrise: 6:16AM Sunset: 5:31PM	Moon 11 - Phase 31 - 22 Ashtami
Creative Work	Siddha Yoga					Subha Sivaloka Day
Until 3:43AM Sat						
Then Routine Work	Marana Yoga					

Saturday, November 29, 2025		Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mase Sulka Paksha Manta Vasara Yukatayam Purvashrothapada ¹ Nakshatra Harshana/Vajra ² Yoga Balava/Kaulava Karana Navamam Titau			Yangon, Myanmar Sun 23	Sutra 229 Viswasa 517
Retreat Star		Gulika 6:16AM – 7:41AM Yama 1:18PM – 2:42PM 718238575	Purvashrothapada¹ Until 3:23AM Sun Harshana Until 10:29AM Balava Until 12:55PM Navam ² Until 12:17AM Sun	Ganesh: Purple Muruga: Yellow Nataraja: Purple Moon – Clear Margasira-Karttikai	Sunrise: 6:16AM Sunset: 5:31PM	Moon 11 - Phase 31 - 23 Navami
Routine Work	Marana Yoga					Subha Sivaloka Day
Until 3:23AM 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

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1 Sunday, November 30, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Bhanu Vasara Yukitayam Yangon, Myanmar Uttaraprosrthapada Nakshatra Vajra* Siddhi Yoga Talila*Gara Karana Dashamyam Tilau Sun 24 Sutra 230			
Mesha Rasi: 4.5	Tithi 10	Gulika 2:43PM - 4:07PM	Uttaraprosrthapada Until 2:09AM Mon	Ganesh: Purple Sunrise: 6:17AM	Vasavasu 5:27
		Yama 11:54AM - 1:18PM	Vajra* Until 8:12AM	Muruga: Yellow Sunset: 5:31PM	Moon 11 - Phase 32 - 24
Creative Work - Amrita Yoga	718238575	Rahu 4:07PM - 5:31PM	Tailila Until 11:29AM	Nataraja: Purple	4th Phase
Until 2:09AM Mon			Dashami Until 10:28PM	Moon - Clear	
Then Creative Work - Siddha Yoga				Margasira-Karttikai	Subha Sivaloka Day

2 Monday, December 1, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Indu Vasara Yukitayam Yangon, Myanmar Revati Nakshatra Vyalipala* Yoga Vanija/Visli* Karana Ekadashyam Tilau Sun 25 Sutra 231			
Mesha Rasi: 18.57	Tithi 11	Gulika 1:19PM - 2:43PM	Revati Until 12:06AM Tue	Ganesh: Purple Sunrise: 6:18AM	Vasavasu 5:27
Family Home Evening	718238575	Yama 10:30AM - 11:54AM	Vyalipala* Until 1:55AM Tue	Muruga: Yellow Sunset: 5:31PM	Moon 11 - Phase 32 - 25
Creative Work - Siddha Yoga		Rahu 7:42AM - 9:06AM	Vanija Until 9:19AM	Nataraja: Purple	4th Phase
			Ekadashi Until 7:58PM	Moon - Clear	
		Gita Jayanthi		Margasira-Karttikai	Subha Sivaloka Day

3 Tuesday, December 2, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Mangala Vasara Yukitayam Yangon, Myanmar Ashvini Nakshatra Varayan Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Tilau Sun 26 Sutra 232			
Mesha Rasi: 3.31	Tithi 12 - 13	Gulika 11:55AM - 1:19PM	Ashvini Until 9:47PM	Ganesh: White Sunrise: 6:18AM	Vasavasu 5:27
		Yama 10:30AM - 11:54AM	Varayan Until 10:04PM	Muruga: Yellow Sunset: 5:31PM	Moon 11 - Phase 32 - 26
Creative Work - Siddha Yoga	729238575	Rahu 2:43PM - 4:07PM	Bava Until 6:30AM	Nataraja: Purple	4th Phase
			Dvadashi Until 4:53PM	Moon - White	
				Margasira-Karttikai	Devaloka Day
					<i>Pradosha Vata</i>

4 Wednesday, December 3, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Budha Vasara Yukitayam Yangon, Myanmar Bharani Nakshatra Parigha*/Shiva Yoga Talila*Gara Karana Trayodashi/Chatradashyam Tilau Sun 27 Sutra 233			
Mesha Rasi: 18.28	Tithi 13 - 14	Gulika 10:31AM - 11:55AM	Bharani Until 6:57PM	Ganesh: White Sunrise: 6:19AM	Vasavasu 5:27
		Yama 9:07AM - 10:31AM	Parigha* Until 5:54PM	Muruga: Yellow Sunset: 5:32PM	Moon 11 - Phase 32 - 27
Creative Work - Siddha Yoga	729238575	Rahu 11:55AM - 1:19PM	Gara Until 11:32PM	Nataraja: Purple	4th Phase
Until 6:57PM			Trayodashi Until 1:23PM	Moon - White	
Then Creative Work - Amrita Yoga				Margasira-Karttikai	Devaloka Day

○ Thursday, December 4, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Guru Vasara Yukitayam Yangon, Myanmar Kritika/Rohini Nakshatra Shiva/Siddha Yoga Vanija/Visli* Karana Chatradashi/Purnamayam Tilau Sun 28 Sutra 234			
Copper Retreat Star		Gulika 9:07AM - 10:32AM	Kritika Until 3:46PM	Ganesh: White Sunrise: 6:19AM	Vasavasu 5:27
Wishabha Rasi: 3.41	Tithi 14 - 15	Yama 6:19AM - 7:43AM	Shiva Until 1:34PM	Muruga: Yellow Sunset: 5:32PM	Moon 11 - Phase 32 - Purnima
Routine Work - Marana Yoga	729238575	Rahu 1:20PM - 2:44PM	Visli Until 7:43PM	Nataraja: Purple	
			Chalurdashi* Until 9:37AM	Moon - White	
		Kritika Deepam		Margasira-Karttikai	Devaloka Day

Friday, December 5, 2025		Vivavasu Nama Samvatsare Dakshinaya Jivana Ritau Wischika Mese Sukla Paksha Sutra Vasara Yukitayam Yangon, Myanmar Rohini/Migashtra Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Tilau Sun 29 Sutra 235			
Silver Retreat Star		Gulika 7:44AM - 9:08AM	Rohini Until 12:49PM	Ganesh: Yellow Sunrise: 6:20AM	Vasavasu 5:27
Wishabha Rasi: 18.59	Tithi 16	Yama 2:44PM - 4:08PM	Siddha Until 9:09AM	Muruga: Yellow Sunset: 5:32PM	Moon 11 - Phase 32 - Prathama
Routine Work - Marana Yoga	739238575	Rahu 10:32AM - 11:56AM	Balava Until 3:53PM	Nataraja: Purple	
Until 12:49PM			Prathama* Until 2:01AM Sat	Moon - Yellow	
Then Creative Work - Siddha Yoga		Vinayaga Viratam Begins		Margasira-Karttikai	Sivaloka Day

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 Vishkha Mase Krishna Paksha Mania Vasara Yuktyam
Mrigashira/Ardra Nakshatra Subha Yoga Talila/Gara Karana Dvitiyayam Tilau

Yangon, Myanmar

Sutra 236

Mithuna Rasi: 4.13 Tithi 17

Gulika

6:21AM - 7:45AM

Mrigashira Until 9:53AM

Ganesh: Yellow

Sunrise: 6:21AM

Vasavasu 5:127

Yama 1:20PM - 2:44PM

Rahu

9:08AM - 10:32AM

Subha Until 12:51AM Sun

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

Taitila Until 12:15PM

Nataraja: Purple

Sivaloka Day

Dvitiya Until 10:33PM

Moon - Yellow

Margarisa-Karttikai

Sunday, December 7, 2025Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Bhamu Vasara Yuktyam
Ardra/Punarvasu Nakshatra Sukla Yoga Vanja/Visli' Karana Tritiyayam Tilau

Yangon, Myanmar

Sutra 237

Mithuna Rasi: 19.11 Tithi 18

Gulika

2:45PM - 4:09PM

Ardra Until 7:11AM

Ganesh: Yellow

Sunrise: 6:21AM

Vasavasu 5:127

Yama 11:57AM - 1:21PM

Rahu

4:09PM - 5:32PM

Sukla Until 9:11PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 1st Phase

Creative Work Siddha Yoga

Vanija Until 8:59AM

Nataraja: Purple

Sivaloka Day

Tritiya Until 7:31PM

Moon - Yellow

Margarisa-Karttikai

Monday, December 8, 2025Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Indu Vasara Yuktyam
Pushya Nakshatra Brahma Yoga Bava/Kaulava Karana Chaturthi/Panchayam Tilau

Yangon, Myanmar

Sutra 238

Kataka Rasi: 3.46 Tithi 19 - 20

Gulika

1:21PM - 2:45PM

Pushya Until 3:54AM Tue

Ganesh: Blue

Sunrise: 6:22AM

Vasavasu 5:127

Yama 11:57AM - 1:21PM

Rahu

7:46AM - 9:10AM

Brahma Until 6:03PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 2 1st Phase

Creative Work Siddha Yoga

Bava Until 6:15AM

Nataraja: Purple

Devaloka Day

Chaturthi' Until 5:07PM

Moon - Blue

Margarisa-Karttikai

Tuesday, December 9, 2025Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Mangala Vasara Yuktyam
Ashlesha' Nakshatra Indra/Vaidhiti' Yoga Talila/Gara Karana Panchmi/Shabdhyam Tilau

Yangon, Myanmar

Sutra 239

Kataka Rasi: 17.52 Tithi 20 - 21

Gulika

11:58AM - 1:22PM

Ashlesha' Until 3:12AM Wed

Ganesh: White

Sunrise: 6:22AM

Vasavasu 5:127

Yama 9:10AM - 10:34AM

Rahu

2:45PM - 4:09PM

Indra Until 3:33PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 3 1st Phase

Creative Work Siddha Yoga

Gara Until 3:02AM Wed

Nataraja: Purple

Devaloka Day

Panchami Until 3:30PM

Moon - Blue

Margarisa-Karttikai

Wednesday, December 10, 2025Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Budha Vasara Yuktyam
Magha' Nakshatra Vaidhiti'/Vishkambha' Yoga Vanja/Visli' Karana Shashthi/Saptayam Tilau

Yangon, Myanmar

Sutra 240

Simha Rasi: 1.28 Tithi 21 - 22

Gulika

10:34AM - 11:58AM

Magha' Until 3:40AM Thu

Ganesh: Clear

Sunrise: 6:23AM

Vasavasu 5:127

Yama 7:47AM - 9:11AM

Rahu

11:58AM - 1:22PM

Vaidhiti' Until 1:42PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 4 1st Phase

Creative Work Siddha Yoga

Visli Until 2:44AM Thu

Nataraja: Purple

Sivaloka Day

Shashthi' Until 2:45PM

Moon - Red

Margarisa-Karttikai

Thursday, December 11, 2025**Retreat Star**Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Guru Vasara Yuktyam
Purvaphalguni Nakshatra Vshikambha' Prithi Yoga Bava/Balava Karana Saptami/Ashtayam Tilau

Yangon, Myanmar

Sutra 241

Simha Rasi: 14.34 Tithi 22 - 23

Gulika

9:11AM - 10:35AM

Purvaphalguni Until 4:52AM Fri

Ganesh: Clear

Sunrise: 6:23AM

Vasavasu 5:127

Yama 6:23AM - 7:47AM

Rahu

1:22PM - 2:46PM

Vshikambha' Until 12:35PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 5 Ashtami

Creative Work Siddha Yoga

Balava Until 3:20AM Fri

Nataraja: Purple

Sivaloka Day

Saptami Until 2:54PM

Moon - Red

Margarisa-Karttikai

Friday, December 12, 2025**Retreat Star**Vivavasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Sulea Vasara Yuktyam
Uttaraphalguni Nakshatra Prithi/Ajyotham Yoga Kaulava/Taila Karana Ashtami/Navayam Tilau

Yangon, Myanmar

Sutra 242

Simha Rasi: 27.15 Tithi 23 - 24

Gulika

7:48AM - 9:12AM

Uttaraphalguni Until 6:38AM Sat

Ganesh: Purple

Sunrise: 6:24AM

Vasavasu 5:127

Yama 2:47PM - 4:10PM

Rahu

10:35AM - 11:59AM

Prithi Until 12:09PM

Muruga: Yellow

Sunset: 5:29PM

Moon 12 - Phase 33 - 6 Navami

Creative Work Siddha Yoga

Taila Until 4:43AM Sat

Nataraja: Purple

Subha Sivaloka Day

Ashtami' Until 3:55PM

Moon - Red

Margarisa-Karttikai

Then Routine Work - Marana Yoga

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

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1		Saturday, December 13, 2025		Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Menta Vasara Yuktyam Uttaraphalguni/Hasta Nakshatra Abhiganda*Yoga Gara/Vanija Karana Navam/Dashamyan Tilau		Yangan, Myanmar Sun 7 Sutra 243	
Kanya Rasi: 9.35	Tithi 24 - 25	Gulika 6:25AM - 7:48AM	Uttaraphalguni Until 6:38AM	Ganesh: Purple	Sunrise: 6:25AM	Vasarasu 5:17	
		Yama 1:23PM - 2:47PM	Ayushman Until 12:14PM	Muruga: Yellow	Sunset: 5:49PM	Moon 12 - Phase 34 - 7	
Routine Work	Marana Yoga	Rahu 9:12AM - 10:36AM	Vanija Until 6:44AM Sun	Nataraja: Purple		2nd Phase	
			Navami* Until 5:38PM	Moon - Red		Subha Sivaloka Day	
				Margasira-Kartikali			

2		Sunday, December 14, 2025		Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Bhanu Vasara Yuktyam Hasta/Chitra Nakshatra Saubhagya/Sobhana Yoga Vanija/Visi* Karana Dashamyan Tilau		Yangan, Myanmar Sun 8 Sutra 244	
Kanya Rasi: 21.4	Tithi 25	Gulika 2:47PM - 4:11PM	Hasta Until 9:19AM	Ganesh: Clear	Sunrise: 6:25AM	Vasarasu 5:17	
		Yama 12:00PM - 1:24PM	Saubhagya Until 12:45PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 8	
Creative Work	Amrita Yoga	Rahu 4:11PM - 5:35PM	Vanija Until 6:44AM	Nataraja: Purple		2nd Phase	
Until 9:19AM			Dashami Until 7:53PM	Moon - Green		Sivaloka Day	
Then Creative Work - Siddha Yoga				Margasira-Kartikali			

3		Monday, December 15, 2025		Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Indu Vasara Yuktyam Svali/Svali Nakshatra Sobhana/Abhiganda* Yoga Baya/Balava Karana Ekadashyan Tilau		Yangan, Myanmar Sun 9 Sutra 245	
Tula Rasi: 4	Tithi 26	Gulika 1:24PM - 2:48PM	Chitra Until 12:10PM	Ganesh: Clear	Sunrise: 6:26AM	Vasarasu 5:17	
Family Home Evening		Yama 10:37AM - 12:00PM	Sobhana Until 1:32PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 10	
Routine Work	Prabalarishta Yoga	Rahu 7:49AM - 9:13AM	Bava Until 9:08AM	Nataraja: Purple		2nd Phase	
Until 12:10PM			Ekadashi* Until 10:24PM	Moon - Green		Sivaloka Day	
Then Creative Work - Amrita Yoga				Margasira-Kartikali			

4		Tuesday, December 16, 2025		Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Mangala Vasara Yuktyam Svali/Vishakha Nakshatra Abhiganda*Yoga Kaulava/Tilla Karana Dvadashyan Tilau		Yangan, Myanmar Sun 10 Sutra 246	
Tula Rasi: 15.28	Tithi 27	Gulika 12:01PM - 1:25PM	Svali Until 3:01PM	Ganesh: Purple	Sunrise: 6:26AM	Vasarasu 5:17	
		Yama 9:14AM - 10:37AM	Abhiganda* Until 2:24PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 10	
Creative Work	Siddha Yoga	Rahu 2:48PM - 4:12PM	Kaulava Until 11:43AM	Nataraja: Purple		2nd Phase	
Until 3:01PM			Dvadashi* Until 1:00AM Wed	Moon - Green		Subha Sivaloka Day	
Then Routine Work - Marana Yoga				Margasira-Markali			

5		Wednesday, December 17, 2025		Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Budha Vasara Yuktyam Vishakha Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Trayodashyan Tilau		Yangan, Myanmar Sun 11 Sutra 247	
Tula Rasi: 27.18	Tithi 28	Gulika 10:38AM - 12:01PM	Vishakha Until 6:12PM	Ganesh: Clear	Sunrise: 6:27AM	Vasarasu 5:17	
		Yama 7:51AM - 9:14AM	Sukarma Until 3:16PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 11	
Creative Work	Siddha Yoga	Rahu 12:01PM - 1:25PM	Gara Until 2:19PM	Nataraja: Purple		2nd Phase	
Until 3:01PM			Trayodashi* Until 3:34AM Thu	Moon - Orange		Sivaloka Day	
				Margasira-Markali			

Pradosha Vata (Fasting)

6		Thursday, December 18, 2025		Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Guru Vasara Yuktyam Vishakha Nakshatra Sukarma/Dhriti/Shula* Yoga Visi/Sakuni* Karana Chaludashyan Tilau		Yangan, Myanmar Sun 12 Sutra 248	
Wishkha Rasi: 9.1	Tithi 29	Gulika 9:15AM - 10:38AM	Anuradha Until 9:05PM	Ganesh: Clear	Sunrise: 6:27AM	Vasarasu 5:17	
		Yama 6:27AM - 7:51AM	Dhriti Until 4:05PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 12	
Creative Work	Siddha Yoga	Rahu 1:26PM - 2:49PM	Visi Until 4:49PM	Nataraja: Purple		2nd Phase	
Until 9:05PM			Chalurdashi* Until 5:58AM Fri	Moon - Orange		Sivaloka Day	
Then Routine Work - Prabalarishta Yoga				Margasira-Markali			

●		Friday, December 19, 2025		Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksha Sukra Vasara Yuktyam Jyeshtha* Nakshatra Shula*Ganda* Yoga Catuspada* Karana Amavasyayam Tilau		Yangan, Myanmar Sun 13 Sutra 249	
Retreat Star		Gulika 7:52AM - 9:15AM	Jyeshtha* Until 11:38PM	Ganesh: Clear	Sunrise: 6:28AM	Vasarasu 5:17	
Wishkha Rasi: 21.05	Tithi 30	Yama 2:50PM - 4:13PM	Shula* Until 4:43PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 13	
Routine Work	Marana Yoga	Rahu 10:39AM - 12:02PM	Catuspada Until 7:07PM	Nataraja: Purple		Amavasya	
Until 11:38PM			Amavasya* Until 8:11AM Sat	Moon - Orange		Sivaloka Day	
Then Creative Work - Amrita Yoga				Margasira-Markali			

●		Saturday, December 20, 2025		Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Manita Vasara Yuktyam Mula* Nakshatra Ganda*Vidhhi Yoga Naga*Kintughna* Karana Amavasya/Prathamayam Tilau		Yangan, Myanmar Sun 14 Sutra 250	
Retreat Star		Gulika 6:28AM - 7:52AM	Mula* Until 2:18AM Sun	Ganesh: Light Blue	Sunrise: 6:28AM	Vasarasu 5:17	
Dhanus Rasi: 3.06	Tithi 30 - 1	Yama 1:27PM - 2:50PM	Ganda* Until 5:13PM	Muruga: Yellow	Sunset: 5:59PM	Moon 12 - Phase 34 - 14	
Creative Work	Siddha Yoga	Rahu 9:16AM - 10:39AM	Kintughna Until 9:13PM	Nataraja: Purple		Prathama	
Until 11:38PM			Amavasya* Until 8:11AM	Moon - Light Blue		Devaloka Day	
Then Creative Work - Amrita Yoga				Pausha-Markali			

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 Yangan, Myanmar on 12/20/23

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1

Sunday, December 21, 2025

Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Bharu Vasara Yukayam
Paravashada* Nakshatra Viddhi/Dhruva Yoga Bava/Balava Karana Prathama/Dhivlyam TitauYangon, Myanmar
Sun 15 Sutra 251

Dhanus Rasi: 15.12 Tithi 1 - 2

Gulika	2:51PM - 4:14PM	Purvashada* Until 4:32AM Mon	Ganesh: Light Blue	Sunrise: 6:29AM	Vasavasu 5:17
Yama	12:03PM - 1:27PM	Vridhhi Until 5:32PM	Muruga: Yellow	Sunset: 5:38PM	Moon 12 - Phase 35 - 15
Rahu	4:14PM - 5:38PM	Balava Until 11:02PM	Nataraja: Purple		3rd Phase

Creative Work Siddha Yoga

Until 4:32AM Mon

Then Routine Work - Marana Yoga

Day 1 of Pancha Ganapati

Prathama* Until 10:08AM

Pausha-Markali

Devaloka Day

2

Monday, December 22, 2025

Vishvasu Nama Samvatsara Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Indu Vasara Yukayam
Uttarashada Nakshatra Dhruva/Vyaghata* Yoga Kaulava Talila Karana Dvitiya/Titayam TitauYangon, Myanmar
Sun 16 Sutra 252

Dhanus Rasi: 27.24 Tithi 2 - 3

Family Home Evening

Routine Work Marana Yoga

Until 6:20AM Tue

Then Creative Work - Siddha Yoga

Gulika	1:28PM - 2:51PM	Uttarashada Until 6:20AM Tue	Ganesh: Light Blue	Sunrise: 6:29AM	Vasavasu 5:17
Yama	10:40AM - 12:04PM	Dhruva Until 5:37PM	Muruga: Yellow	Sunset: 5:38PM	Moon 12 - Phase 35 - 16
Rahu	7:53AM - 9:17AM	Talila Until 12:34AM Tue	Nataraja: Purple		3rd Phase

Day 2 of Pancha Ganapati

Dvitiya Until 11:49AM

Pausha-Markali

Devaloka Day

3

Tuesday, December 23, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Mangala Vasara Yukayam
Uttarashada Nakshatra Dhruva/Vyaghata* Harshana Yoga Gara/Vanija Karana Tritiya/Chaturtham TitauYangon, Myanmar
Sun 17 Sutra 253

Makara Rasi: 9.44 Tithi 3 - 4

Routine Work Prabalarishta Yoga

Until 6:20AM

Then Creative Work - Siddha Yoga

Gulika	12:04PM - 1:28PM	Uttarashada Until 6:20AM	Ganesh: Light Blue	Sunrise: 6:30AM	Vasavasu 5:17
Yama	9:17AM - 10:41AM	Vyaghata* Until 5:28PM	Muruga: Yellow	Sunset: 5:39PM	Moon 12 - Phase 35 - 17
Rahu	2:52PM - 4:15PM	Vanija Until 1:46AM Wed	Nataraja: Purple		3rd Phase

Day 3 of Pancha Ganapati

Tritiya Until 1:12PM

Pausha-Markali

Devaloka Day

4

Wednesday, December 24, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Budha Vasara Yukayam
Uttarashada/Shravana Nakshatra Harshana/Vajra* Yoga Vasi/Bava Karana Chaturthi/Panchamam TitauYangon, Myanmar
Sun 18 Sutra 254

Makara Rasi: 22.13 Tithi 4 - 5

Creative Work Siddha Yoga

Until 8:07AM

Then Routine Work - Prabalarishta Yoga

Gulika	10:41AM - 12:05PM	Shravana Until 8:07AM	Ganesh: Purple	Sunrise: 6:30AM	Vasavasu 5:17
Yama	7:54AM - 9:18AM	Harshana Until 5:02PM	Muruga: Yellow	Sunset: 5:39PM	Moon 12 - Phase 35 - 18
Rahu	12:05PM - 1:29PM	Bava Until 2:33AM Thu	Nataraja: Purple		3rd Phase

Day 4 of Pancha Ganapati

Chaturthi* Until 2:12PM

Pausha-Markali

Devaloka Day

5

Thursday, December 25, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Guru Vasara Yukayam
Dhanishtha/Shatabhishak Nakshatra Vajra* Siddhi Yoga Balava/Kaulava Karana Panchmi/Shashthi TitauYangon, Myanmar
Sun 19 Sutra 255

Kumbha Rasi: 4.53 Tithi 5 - 6

Creative Work Siddha Yoga

Gulika	9:18AM - 10:42AM	Dhanishtha Until 9:19AM	Ganesh: Purple	Sunrise: 6:31AM	Vasavasu 5:17
Yama	6:31AM - 7:55AM	Vajra* Until 4:14PM	Muruga: Yellow	Sunset: 5:40PM	Moon 12 - Phase 35 - 19
Rahu	1:29PM - 2:53PM	Kaulava Until 2:51AM Fri	Nataraja: Purple		3rd Phase

Day 5 of Pancha Ganapati

Panchami Until 2:45PM

Pausha-Markali

Devaloka Day

6

Friday, December 26, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Salva Vasara Yukayam
Shatabhishak/Paravroshthapada* Nakshatra Siddhi/Vyapata* Yoga Talila/Gara Karana Shashthi/Saptamam TitauYangon, Myanmar
Sun 20 Sutra 256

Kumbha Rasi: 17.47 Tithi 6 - 7

Creative Work Siddha Yoga

Gulika	7:55AM - 9:19AM	Shatabhishak Until 9:53AM	Ganesh: Purple	Sunrise: 6:31AM	Vasavasu 5:17
Yama	2:53PM - 4:17PM	Siddhi Until 3:02PM	Muruga: Yellow	Sunset: 5:41PM	Moon 12 - Phase 35 - 20
Rahu	10:42AM - 12:06PM	Gara Until 2:35AM Sat	Nataraja: Clear		3rd Phase

Day 6 of Pancha Ganapati

Shashthi* Until 2:47PM

Pausha-Markali

Bhuloka Day

Devaloka Time: 3PM to 6PM

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Saturday, December 27, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Manu Vasara Yukayam
Paravroshthapada/Uttarproshthapada Nakshatra Vyapata* Varjyan Yoga Vanija/Vasi* Karana Saptami/Ahtamam TitauYangon, Myanmar
Sun 21 Sutra 257

Meena Rasi: 0.59 Tithi 7 - 8

Routine Work Marana Yoga

Until 10:11AM

Then Creative Work - Siddha Yoga

Gulika	6:32AM - 7:55AM	Purvavroshthapada* Until 10:11AM	Ganesh: Green	Sunrise: 6:32AM	Vasavasu 5:17
Yama	1:30PM - 2:54PM	Vyapata* Until 1:23PM	Muruga: Yellow	Sunset: 5:41PM	Moon 12 - Phase 35 - 21
Rahu	9:19AM - 10:43AM	Vasi Until 1:43AM Sun	Nataraja: Clear		Ashtami

Day 7 of Pancha Ganapati

Saptami Until 2:13PM

Pausha-Markali

Bhuloka Day

Devaloka Time: 3PM to 6PM

Sunday, December 28, 2025

Vishvasu Nama Samvatsara Uttarayam Moksha Ritau Dhanus Mase Sukla Paksha Bharu Vasara Yukayam
Uttarproshthapada/Revati Nakshatra Varjyan/Parigraha* Yoga Bava/Balava Karana Ashtami/Navamam TitauYangon, Myanmar
Sun 22 Sutra 258

Meena Rasi: 14.31 Tithi 8 - 9

Creative Work Amrita Yoga

Gulika	2:54PM - 4:18PM	Uttarproshthapada Until 9:44AM	Ganesh: Green	Sunrise: 6:32AM	Vasavasu 5:17
Yama	12:07PM - 1:31PM	Varjyan Until 11:13AM	Muruga: Yellow	Sunset: 5:42PM	Moon 12 - Phase 35 - 22
Rahu	4:18PM - 5:42PM	Balava Until 12:12AM Mon	Nataraja: Clear		Navami

Day 8 of Pancha Ganapati

Ashtami* Until 1:01PM

Pausha-Markali

Bhuloka Day

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 Yangon, Myanmar on 12/20/23

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1 Monday, December 29, 2025		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksho Indu Vasara Yuktayam Yangon, Myanmar				
		Revati/Ashvini Nakshatra Parigha/7Shiva Yoga Kaulava/Tailita Karana Navami/Dashmyam Tilau Sun 23 Sutra 259				
Mesha Rasi: 28.25	Tithi 9 – 10	Gulika 1:31PM – 2:55PM	Revati Until 8:31AM	Ganesh: Green	Sunrise: 6:33AM	Vasavasu 5:127
Family Home Evening		Yama 10:44AM – 12:07PM	Parigha* Until 8:35AM	Muruga: Yellow	Sunset: 5:49PM	Moon 12 - Phase 36 - 23
Creative Work	Siddha Yoga	Rahu 7:56AM - 9:20AM	Tailita Until 10:06PM	Nataraja: Clear		4th Phase
		Navami* Until 11:12AM		Moon - Clear		Bhuloka Day
				Pausha-Markali		Devaloka Time: 3PM to 6PM

2 Tuesday, December 30, 2025		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksho Mangala Vesara Yuktayam Yangon, Myanmar				
		Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadasmyam Tilau Sun 24 Sutra 260				
Mesha Rasi: 12.42	Tithi 10 – 11	Gulika 12:08PM – 1:32PM	Ashvini Until 7:02AM	Ganesh: Red	Sunrise: 6:33AM	Vasavasu 5:127
		Yama 9:21AM – 10:44AM	Siddha Until 1:58AM Wed	Muruga: Yellow	Sunset: 5:49PM	Moon 12 - Phase 36 - 24
Creative Work	Siddha Yoga	Rahu 2:55PM - 4:19PM	Vanija Until 7:28PM	Nataraja: Clear		4th Phase
		Valkuntha Ekadasi	Dashami Until 8:50AM	Moon - White		Devaloka Day
				Pausha-Markali		

3 Wednesday, December 31, 2025		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksho Budha Vesara Yuktayam Yangon, Myanmar				
		Kritika Nakshatra Sadhya Yoga Bava/Balava Karana Dvadashmyam Tilau Sun 25 Sutra 261				
Mesha Rasi: 27.19	Tithi 12	Gulika 10:45AM – 12:08PM	Kritika Until 2:19AM Thu	Ganesh: Red	Sunrise: 6:33AM	Vasavasu 5:127
		Yama 7:57AM – 9:21AM	Sadhya Until 10:10PM	Muruga: Yellow	Sunset: 5:49PM	Moon 12 - Phase 36 - 25
Creative Work	Amrita Yoga	Rahu 12:08PM - 1:32PM	Bava Until 4:25PM	Nataraja: Clear		4th Phase
Until 2:19AM Thu			Dvadashi Until 2:46AM Thu	Moon - White		Devaloka Day
Then Routine Work - Marana Yoga				Pausha-Markali		

4 Thursday, January 1, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksho Guru Vasara Yuktayam Yangon, Myanmar				
		Rohini Nakshatra Subha Yoga Kaulava/Tailita Karana Trayodashmyam Tilau Sun 26 Sutra 262				
Wishabha Rasi: 12.12	Tithi 13	Gulika 9:21AM – 10:45AM	Rohini Until 11:47PM	Ganesh: Blue	Sunrise: 6:34AM	Vasavasu 5:127
		Yama 6:34AM – 7:58AM	Subha Until 6:11PM	Muruga: Yellow	Sunset: 5:49PM	Moon 12 - Phase 36 - 26
Routine Work	Marana Yoga	Rahu 1:33PM - 2:56PM	Kaulava Until 1:06PM	Nataraja: Clear		4th Phase
			Trayodashi Until 11:22PM	Moon - Yellow		Bhuloka Day
				Pausha-Markali		Devaloka Time: 3PM to 6PM
		<i>Pradosha Vata</i>				

5 Friday, January 2, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksho Sukra Vesara Yuktayam Yangon, Myanmar				
		Migashira Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Chaturdashmyam Tilau Sun 27 Sutra 263				
Wishabha Rasi: 27.13	Tithi 14	Gulika 7:58AM – 9:22AM	Mrigashira Until 9:04PM	Ganesh: Blue	Sunrise: 6:34AM	Vasavasu 5:127
		Yama 2:57PM – 4:21PM	Sukla Until 2:06PM	Muruga: White	Sunset: 5:49PM	Moon 12 - Phase 36 - 27
Creative Work	Siddha Yoga	Rahu 10:46AM - 12:09PM	Gara Until 9:39AM	Nataraja: Clear		4th Phase
			Chaturdashi* Until 7:55PM	Moon - Yellow		Devaloka Day
				Pausha-Markali		

○ Saturday, January 3, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksho Manita Vasara Yuktayam Yangon, Myanmar				
Copper Retreat Star		Andra Nakshatra Brahma/Indra Yoga Visi*/Balava Karana Purnima/Prathamam Tilau Sun 28 Sutra 264				
Mithuna Rasi: 12.14	Tithi 15 – 16	Gulika 6:35AM – 7:58AM	Andra Until 6:21PM	Ganesh: Blue	Sunrise: 6:35AM	Vasavasu 5:127
		Yama 1:34PM – 2:57PM	Brahma Until 10:05AM	Muruga: White	Sunset: 5:49PM	Moon 12 - Phase 36 - Purnima
Creative Work	Siddha Yoga	Rahu 9:22AM - 10:46AM	Visi Until 6:14AM	Nataraja: Clear		
			Purnima* Until 4:35PM	Moon - Yellow		Devaloka Day
				Pausha-Markali		
		Andra Darshanam				

Sunday, January 4, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksho Bhau Vesara Yuktayam Yangon, Myanmar				
Silver Retreat Star		Punarvasu/Pushya Nakshatra Indra/Vaidhir* Yoga Kaulava/Tailita Karana Prathama/Dvityayam Tilau Sun 29 Sutra 265				
Mithuna Rasi: 27.05	Tithi 16 – 17	Gulika 2:58PM – 4:22PM	Punarvasu Until 4:13PM	Ganesh: Red	Sunrise: 6:35AM	Vasavasu 5:127
		Yama 12:10PM – 1:34PM	Indra Until 6:17AM	Muruga: White	Sunset: 5:49PM	Moon 12 - Phase 36 - Prathama
Creative Work	Siddha Yoga	Rahu 4:22PM - 5:46PM	Tailita Until 12:13AM Mon	Nataraja: Clear		
			Prathama* Until 1:33PM	Moon - Blue		Sivaloka Day
				Pausha-Markali		

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



Monday, January 5, 2026
Gold Retreat Star

Kataka Rasi: 11.38 TITHI 17 - 18
Family Home Evening
Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Indu Vasara Yukitayam Yangon, Myanmar
Pushya/Ahlesha* Nakshatra Vishkambha* Yoga Gara/Venija Karana Dvitiya/Tritiyayam Titau Sun 1 Sutra 266
Gulika 1:35PM - 2:59PM Pushya Untill 2:25PM Ganesha: Red Sunrise: 6:25AM Vasoosau 5:17
Yama 10:47AM - 12:11PM Vishkambha* Untill 11:46PM Murgu: White Sunset: 5:46PM Moon 1 - Phase 37 - 1
Rahu 7:59AM - 9:23AM Venija Untill 9:57PM Nataraja: Clear 1st Phase
Subramuniyaswami Jayanti Dvitiya Untill 10:59AM Moon - Blue Sivaloka Day
Pausha-Markali

1

Tuesday, January 6, 2026

Kataka Rasi: 25.47 TITHI 18 - 19
Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Mangala Vasara Yukitayam Yangon, Myanmar
Ashlesha*/Magha* Nakshatra Priti Yoga Vesi*/Bava Karana Tritiya/Chaturthayam Titau Sun 2 Sutra 267
Gulika 12:11PM - 1:35PM Ashlesha* Untill 1:08PM Ganesha: Yellow Sunrise: 6:36AM Vasoosau 5:17
Yama 9:23AM - 10:47AM Priti Untill 9:20PM Murgu: White Sunset: 5:47PM Moon 1 - Phase 37 - 2
Rahu 2:59PM - 4:23PM Bava Untill 8:22PM Nataraja: Clear 1st Phase
Tritiya Untill 9:03AM Moon - Blue Sivaloka Day
Pausha-Markali

2

Wednesday, January 7, 2026

Simha Rasi: 9.28 TITHI 19 - 20
Creative Work Siddha Yoga
Untill 12:54PM
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Budha Vasara Yukitayam Yangon, Myanmar
Magha*/Purvaphalguni Nakshatra Ajushman Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau Sun 3 Sutra 268
Gulika 10:48AM - 12:12PM Magha* Untill 12:54PM Ganesha: White Sunrise: 6:36AM Vasoosau 5:17
Yama 8:00AM - 9:24AM Ajushman Untill 7:31PM Murgu: White Sunset: 5:47PM Moon 1 - Phase 37 - 3
Rahu 12:12PM - 1:36PM Kaulava Untill 7:37PM Nataraja: Clear 1st Phase
Chaturthi* Untill 7:52AM Moon - Red Devaloka Day
Pausha-Markali

3

Thursday, January 8, 2026

Simha Rasi: 22.41 TITHI 20 - 21
Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Guru Vasara Yukitayam Yangon, Myanmar
Purvaphalguni/Ultaraphalguni Nakshatra Saubhagya Yoga Talila/Gara Karana Panchami/Shashthiyam Titau Sun 4 Sutra 269
Gulika 9:24AM - 10:48AM Purvaphalguni Untill 1:22PM Ganesha: White Sunrise: 6:36AM Vasoosau 5:17
Yama 6:36AM - 8:00AM Saubhagya Untill 6:23PM Murgu: White Sunset: 5:48PM Moon 1 - Phase 37 - 4
Rahu 1:36PM - 3:00PM Gara Untill 7:44PM Nataraja: Clear 1st Phase
Panchami Untill 7:33AM Moon - Red Devaloka Day
Pausha-Markali

4

Friday, January 9, 2026

Kanya Rasi: 5.28 TITHI 21 - 22
Creative Work Siddha Yoga
Untill 2:30PM
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Sukra Vasara Yukitayam Yangon, Myanmar
Utlaraphalguni/Hasta Nakshatra Sobhana/Ahiganda* Yoga Venija/Vesi* Karana Shashthi/Saptamyam Titau Sun 5 Sutra 270
Gulika 8:00AM - 9:24AM Utlaraphalguni Untill 2:30PM Ganesha: White Sunrise: 6:36AM Vasoosau 5:17
Yama 3:01PM - 4:25PM Sobhana Untill 5:54PM Murgu: White Sunset: 5:49PM Moon 1 - Phase 37 - 5
Rahu 10:48AM - 12:13PM Vesi Untill 8:41PM Nataraja: Clear 1st Phase
Shashthi* Untill 8:05AM Moon - Red Devaloka Day
Pausha-Markali

5

Saturday, January 10, 2026
Retreat Star

Kanya Rasi: 17.53 TITHI 22 - 23
Routine Work Marana Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Manita Vasara Yukitayam Yangon, Myanmar
Hasta/Chitra Nakshatra Ahiganda*/Sukarma Yoga Bava/Balava Karana Saptami/Ashramyam Titau Sun 6 Sutra 271
Gulika 6:37AM - 8:01AM Hasta Untill 4:40PM Ganesha: Clear Sunrise: 6:27AM Vasoosau 5:17
Yama 1:37PM - 3:01PM Ahiganda* Untill 5:58PM Murgu: White Sunset: 5:49PM Moon 1 - Phase 37 - 6
Rahu 9:25AM - 10:49AM Balava Untill 10:22PM Nataraja: Clear 1st Phase
Saptami Untill 9:26AM Moon - Green Sivaloka Day
Pausha-Markali

Sunday, January 11, 2026

Retreat Star

Tula Rasi: 0.02 TITHI 23 - 24
Creative Work Siddha Yoga

Vishvasu Nama Samvatsara: Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Bhanu Vasara Yukitayam Yangon, Myanmar
Chitra Nakshatra Sukarma Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau Sun 7 Sutra 272
Gulika 3:02PM - 4:26PM Chitra Untill 7:14PM Ganesha: Clear Sunrise: 6:27AM Vasoosau 5:17
Yama 12:13PM - 1:37PM Sukarma Untill 6:27PM Murgu: White Sunset: 5:50PM Moon 1 - Phase 37 - 7
Rahu 4:26PM - 5:50PM Tailila Untill 12:34AM Mon Nataraja: Clear 1st Phase
Ashtami* Untill 11:24AM Moon - Green Sivaloka Day
Pausha-Markali

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 Yangon, Myanmar on 12/20/23

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1 Monday, January 12, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Kishna Paksho Indu Vasara Yuktayam Yangon, Myanmar Svali Nakshatra Dhriti Yoga Gara/Vanija Karana Navami/Dashamyam Titau Sun 8 Sutra 273		
Tula Rasi: 12.01	Tithi 24 – 25	Gulika Yama 863448576	1:30PM – 3:02PM 10:50AM – 12:14PM Rahu 8:01AM – 9:25AM	Svali Untili 9:57PM Dhriti Until 7:14PM Vanija Until 3:04AM Tue Navami* Until 1:47PM
Family Home Evening				Ganesh: Clear Sunrise: 6:27AM Muruga: White Sunset: 5:51PM Nataraja: Clear Moon – Green Pausha-Markali
Creative Work - Amrita Yoga				Moon 1 - Phase 38 - 8 2nd Phase Sivaloka Day
Until 9:57PM				
Then Routine Work - Marana Yoga				
2 Tuesday, January 13, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Dhanus Mese Kishna Paksho Mangala Vasara Yuktayam Yangon, Myanmar Vishakha Nakshatra Shula* Yoga Visi*/Bava Karana Dashami/Ekadashyam Titau Sun 9 Sutra 274		
Tula Rasi: 23.53	Tithi 25 – 26	Gulika Yama 873448576	12:14PM – 1:38PM 9:26AM – 10:50AM Rahu 3:03PM – 4:27PM	Vishakha Until 1:07AM Wed Shula* Until 8:04PM Bava Until 5:39AM Wed Dashami Until 4:21PM
Routine Work - Marana Yoga				Ganesh: Purple Sunrise: 6:27AM Muruga: White Sunset: 5:51PM Nataraja: Clear Moon – Orange Pausha-Markali
Until 1:07AM Wed				Moon 1 - Phase 38 - 12 2nd Phase Devaloka Day
Then Creative Work - Siddha Yoga				
3 Wednesday, January 14, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Kishna Paksho Budha Vasara Yuktayam Yangon, Myanmar Anuradha Nakshatra Ganda* Yoga Balava Karana Ekadashyam Titau Sun 10 Sutra 275		
Vischika Rasi: 5.44	Tithi 26	Gulika Yama 873448576	10:50AM – 12:14PM 8:02AM – 9:26AM Rahu 12:14PM – 1:39PM	Anuradha Until 4:02AM Thu Ganda* Until 8:54PM Balava Until 6:53PM Ekadashi* Until 6:53PM
Creative Work - Siddha Yoga				Ganesh: Purple Sunrise: 6:27AM Muruga: White Sunset: 5:51PM Nataraja: Clear Moon – Orange Pausha-Thai
Until 4:02AM Thu				Moon 1 - Phase 38 - 10 2nd Phase Devaloka Day
Then Routine Work - Prabarishtha Yoga				
4 Thursday, January 15, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Kishna Paksho Guru Vasara Yuktayam Yangon, Myanmar Jyeshtha* Mula* Nakshatra Viddhi Yoga Kaulava/Taila Karana Dvadashyam Titau Sun 11 Sutra 276		
Vischika Rasi: 17.38	Tithi 27	Gulika Yama 873448576	9:26AM – 10:50AM 6:37AM – 8:02AM Rahu 1:39PM – 3:04PM	Jyeshtha* Until 6:35AM Fri Viddhi Until 9:35PM Kaulava Until 8:08AM Dvadashi* Until 9:15PM
Routine Work - Prabarishtha Yoga				Ganesh: Purple Sunrise: 6:27AM Muruga: White Sunset: 5:51PM Nataraja: Clear Moon – Orange Pausha-Thai
Until 6:35AM Fri				Moon 1 - Phase 38 - 11 2nd Phase Devaloka Day
Then Creative Work - Amrita Yoga				
5 Friday, January 16, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Kishna Paksho Sukra Vasara Yuktayam Yangon, Myanmar Jyeshtha*/Mula* Nakshatra Dhruva Yoga Gara/Vanija Karana Trayodashyam Titau Sun 12 Sutra 277		
Vischika Rasi: 29.37	Tithi 28	Gulika Yama 874448576	8:02AM – 9:26AM 3:04PM – 4:28PM Rahu 10:51AM – 12:15PM	Jyeshtha* Until 6:35AM Dhruva Until 10:02PM Gara Until 10:21AM Trayodashi* Until 11:20PM
Routine Work - Marana Yoga				Ganesh: Light Blue Sunrise: 6:38AM Muruga: White Sunset: 5:59PM Nataraja: Clear Moon – Orange Pausha-Thai
Until 6:35AM				Moon 1 - Phase 38 - 12 2nd Phase Devaloka Day
Then Creative Work - Amrita Yoga				
6 Saturday, January 17, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Kishna Paksho Merita Vasara Yuktayam Yangon, Myanmar Mula*/Purvashadha* Nakshatra Vyaghala* Yoga Visi*/Sakuni* Karana Chaturdashyam Titau Sun 13 Sutra 278		
Dhanus Rasi: 11.43	Tithi 29	Gulika Yama 884448576	6:38AM – 8:02AM 1:40PM – 3:05PM Rahu 9:27AM – 10:51AM	Mula* Until 9:09AM Vyaghala* Until 10:14PM Visi Until 12:15PM Chaturdashi* Until 1:02AM Sun
Creative Work - Siddha Yoga				Ganesh: Purple Sunrise: 6:38AM Muruga: White Sunset: 5:59PM Nataraja: Clear Moon – Light Blue Pausha-Thai
Until 11:11AM				Moon 1 - Phase 38 - 13 2nd Phase Devaloka Day
Then Creative Work - Amrita Yoga				
7 Sunday, January 18, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Kishna Paksho Bhanu Vasara Yuktayam Yangon, Myanmar Purvashadha*/Uttarashadha Nakshatra Harshana Yoga Caluspada*/Raiga* Karana Amavasyayam Titau Sun 14 Sutra 279		
Dhanus Rasi: 23.59	Tithi 30	Gulika Yama 884448576	3:05PM – 4:30PM 12:16PM – 1:40PM Rahu 4:30PM – 5:54PM	Purvashadha* Until 11:11AM Harshana Until 10:08PM Caluspada Until 1:46PM Amavasya* Until 2:20AM Mon
Creative Work - Siddha Yoga				Ganesh: Purple Sunrise: 6:38AM Muruga: White Sunset: 5:54PM Nataraja: Clear Moon – Light Blue Pausha-Thai
Until 11:11AM				Moon 1 - Phase 38 - 14 Amavasya Devaloka Day
Then Creative Work - Amrita Yoga				
Monday, January 19, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Makara Mese Sukla Paksho Indu Vasara Yuktayam Yangon, Myanmar Uttarashadha/Shravana Nakshatra Vajra* Yoga Kintughna*/Bava Karana Prathamayam Titau Sun 15 Sutra 280		
Makara Rasi: 6.25	Tithi 1	Gulika Yama 884448576	1:41PM – 3:05PM 10:52AM – 12:16PM Rahu 8:02AM – 9:27AM	Uttarashadha Until 12:40PM Vajra* Until 9:42PM Kintughna Until 2:51PM Prathama* Until 3:14AM Tue
Family Home Evening				Ganesh: Purple Sunrise: 6:38AM Muruga: White Sunset: 5:59PM Nataraja: Clear Moon – Light Blue Magha-Thai
Routine Work - Marana Yoga				Moon 1 - Phase 38 - 15 Prathama Devaloka Day
Until 12:40PM				
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

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1	Tuesday, January 20, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam Yangon, Myanmar				
	Shravana/Dhanishtha Nakshatra Siddhi Yoga Balava/Kaulava Karana Dvityayam Titau Sun 16 Sutra 281		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam Yangon, Myanmar				
	Makara Rasi: 19.02	Tilthi 2	Gulika 12:17PM - 1:41PM	Shravana Untill 2:05PM	Ganesh: Light Blue	Sunrise: 6:38AM	Vasavasa 5:127
	Creative Work	Siddha Yoga	Yama 9:27AM - 10:52AM	Siddhi Untill 8:58PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 16
		894448576	Rahu 3:06PM - 4:31PM	Balava Untill 3:32PM	Nataraja: Clear		3rd Phase
				Dvitiya Untill 3:42AM Wed	Moon - Purple		Devaloka Day
					Magha-Thai		

2	Wednesday, January 21, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Budha Vessara Yuktayam Yangon, Myanmar				
	Dhanishtha/Shatabhishak Nakshatra Vyatipata* Yoga Talilla/Gara Karana Tritrayam Titau Sun 17 Sutra 282		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Budha Vessara Yuktayam Yangon, Myanmar				
	Kumbha Rasi: 1.5	Tilthi 3	Gulika 10:52AM - 12:17PM	Dhanishtha Untill 2:56PM	Ganesh: Light Blue	Sunrise: 6:38AM	Vasavasa 5:127
	Routine Work	Prabalarishtha Yoga	Yama 8:03AM - 9:27AM	Vyatipata* Untill 7:57PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 17
		894448576	Rahu 12:17PM - 1:42PM	Talilla Untill 3:49PM	Nataraja: Clear		3rd Phase
				Tritiya Untill 3:47AM Thu	Moon - Purple		Devaloka Day
					Magha-Thai		

3	Thursday, January 22, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Guru Vessara Yuktayam Yangon, Myanmar				
	Shatabhishak/Puravroshthapada* Nakshatra Varjan Yoga Varjya/Voti* Karana Chaturthayam Titau Sun 18 Sutra 283		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Guru Vessara Yuktayam Yangon, Myanmar				
	Kumbha Rasi: 14.5	Tilthi 4	Gulika 9:27AM - 10:52AM	Shatabhishak Untill 3:16PM	Ganesh: Light Blue	Sunrise: 6:38AM	Vasavasa 5:127
	Creative Work	Siddha Yoga	Yama 8:03AM - 9:27AM	Varjan Untill 6:35PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 18
		894448576	Rahu 1:42PM - 3:07PM	Varjya Untill 3:41PM	Nataraja: Clear		3rd Phase
				Chaturthi* Untill 3:28AM Fri	Moon - Purple		Devaloka Day
					Magha-Thai		

4	Friday, January 23, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Sukra Vessara Yuktayam Yangon, Myanmar				
	Puravroshthapada*/Utarproshthapada Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Panchmayam Titau Sun 19 Sutra 284		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Sukra Vessara Yuktayam Yangon, Myanmar				
	Makara Rasi: 28.02	Tilthi 5	Gulika 8:03AM - 9:28AM	Puravroshthapada* Untill 3:31PM	Ganesh: White	Sunrise: 6:38AM	Vasavasa 5:127
	Creative Work	Siddha Yoga	Yama 3:07PM - 4:32PM	Parigha* Untill 4:56PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 19
		814448576	Rahu 10:52AM - 12:17PM	Bava Untill 3:11PM	Nataraja: Clear		3rd Phase
				Panchami Untill 2:45AM Sat	Moon - Clear		Devaloka Day
					Magha-Thai		

5	Saturday, January 24, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Manu Vessara Yuktayam Yangon, Myanmar				
	Utarproshthapada/Revati Nakshatra Shiva/Siddha Yoga Kaulava/Talila Karana Shashthayam Titau Sun 20 Sutra 285		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Manu Vessara Yuktayam Yangon, Myanmar				
	Meena Rasi: 11.26	Tilthi 6	Gulika 6:38AM - 8:03AM	Utarproshthapada Untill 3:14PM	Ganesh: White	Sunrise: 6:38AM	Vasavasa 5:127
	Creative Work	Siddha Yoga	Yama 1:43PM - 3:08PM	Shiva Untill 3:00PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 20
		814448576	Rahu 9:28AM - 10:53AM	Kaulava Untill 2:16PM	Nataraja: Clear		3rd Phase
				Shashthi* Untill 1:40AM Sun	Moon - Clear		Devaloka Day
					Magha-Thai		

6	Sunday, January 25, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Bhanu Vessara Yuktayam Yangon, Myanmar				
	Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Varjya Karana Saptmayam Titau Sun 21 Sutra 286		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Bhanu Vessara Yuktayam Yangon, Myanmar				
	Meena Rasi: 25.04	Tilthi 7	Gulika 3:08PM - 4:33PM	Revati Untill 2:26PM	Ganesh: Clear	Sunrise: 6:38AM	Vasavasa 5:127
	Creative Work	Amrita Yoga	Yama 12:18PM - 1:43PM	Siddha Untill 12:44PM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 21
		914448576	Rahu 4:33PM - 5:58PM	Gara Untill 12:59PM	Nataraja: Clear		3rd Phase
				Saptami Untill 12:11AM Mon	Moon - Clear		Sivaloka Day
					Magha-Thai		

D	Monday, January 26, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Indu Vessara Yuktayam Yangon, Myanmar				
	Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Vishi*/Bava Karana Ashtmayam Titau Sun 22 Sutra 287		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Indu Vessara Yuktayam Yangon, Myanmar				
	Mesha Rasi: 8.55	Tilthi 8	Gulika 1:43PM - 3:08PM	Ashvini Untill 1:32PM	Ganesh: White	Sunrise: 6:38AM	Vasavasa 5:127
	Family Home Evening		Yama 10:53AM - 12:18PM	Sadhya Untill 10:10AM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 22
		924448576	Rahu 8:03AM - 9:28AM	Vishi Untill 11:19AM	Nataraja: Clear		Ashtami
				Ashtami* Untill 10:19PM	Moon - White		Devaloka Day
					Magha-Thai		

D	Tuesday, January 27, 2026		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam Yangon, Myanmar				
	Bharani/Krittika Nakshatra Subha/Sukha Yoga Balava/Kaulava Karana Navmayam Titau Sun 23 Sutra 288		Viswasa Nama Samvatsara Uтарыне Moksha Ritau Makara Mase Suko Paksho Mangala Vasara Yuktayam Yangon, Myanmar				
	Mesha Rasi: 23.01	Tilthi 9	Gulika 12:18PM - 1:44PM	Bharani Untill 12:09PM	Ganesh: White	Sunrise: 6:37AM	Vasavasa 5:127
	Creative Work	Siddha Yoga	Yama 9:28AM - 10:53AM	Subha Untill 7:20AM	Muruga: White	Sunset: 5:59PM	Moon 1 - Phase 39 - 23
		924448576	Rahu 3:09PM - 4:34PM	Balava Untill 9:17AM	Nataraja: Clear		Navami
				Navami* Untill 8:08PM	Moon - White		Devaloka Day
					Magha-Thai		

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

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1 Wednesday, January 28, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Budha Vesara Yukhtayam Yangon, Myanmar			
Kritika/Rohini Nakshatra Brahma Yoga Talila/Vanji Karana Dashami/Ekadashyam Tilau Sun 24 Sutra 299		Gulika 10:53AM - 12:19PM	Kritika Until 10:20AM	Ganesh: White	Sunrise: 6:27AM
Wishabha Rasi: 7.18	Tithi 10 - 11	Yama 8:03AM - 9:28AM	Brahma Until 12:55AM Thu	Muruga: White	Sunset: 6:09PM
924448576	Rahu 12:19PM - 1:44PM		Tailila Until 6:56AM	Nataraja: Clear	Moon 1 - Phase 40 - 24
Creative Work	Amrita Yoga		Dashami Until 5:39PM	Moon - White	4th Phase
Until 10:20AM				Magha-Thai	Devaloka Day
Then Creative Work - Siddha Yoga					

2 Thursday, January 29, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Guru Vesara Yukhtayam Yangon, Myanmar			
Rohini/Mrigashira Nakshatra Indra Yoga Vosi/Bava Karana Ekadashi/Dwadashyam Tilau Sun 25 Sutra 290		Gulika 9:28AM - 10:53AM	Rohini Until 8:33AM	Ganesh: Red	Sunrise: 6:27AM
Wishabha Rasi: 21.46	Tithi 11 - 12	Yama 6:37AM - 8:03AM	Indra Until 9:29PM	Muruga: White	Sunset: 6:09PM
935448576	Rahu 1:44PM - 3:09PM		Bava Until 1:37AM Fri	Nataraja: Clear	Moon 1 - Phase 40 - 25
Routine Work	Marana Yoga		Ekadashi Until 2:59PM	Moon - Yellow	4th Phase
				Magha-Thai	Sivaloka Day

3 Friday, January 30, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Sukra Vesara Yukhtayam Yangon, Myanmar			
Migashira/Vedra Nakshatra Vaishrithi/Vishkambha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Tilau Sun 26 Sutra 291		Gulika 8:02AM - 9:28AM	Mrigashira Until 6:31AM	Ganesh: Red	Sunrise: 6:27AM
Mithuna Rasi: 6.2	Tithi 12 - 13	Yama 3:10PM - 4:35PM	Vaishrithi Until 5:59PM	Muruga: White	Sunset: 6:09PM
935448576	Rahu 10:53AM - 12:19PM		Kaulava Until 10:51PM	Nataraja: Clear	Moon 1 - Phase 40 - 26
Creative Work	Siddha Yoga		Dvadashi Until 12:12PM	Moon - Yellow	4th Phase
				Magha-Thai	Sivaloka Day

Pradosha Vata

4 Saturday, January 31, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Manu Vesara Yukhtayam Yangon, Myanmar			
Punarvasu Nakshatra Vishkambha Prithi Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Tilau Sun 27 Sutra 292		Gulika 6:37AM - 8:02AM	Punarvasu Until 2:34AM Sun	Ganesh: Blue	Sunrise: 6:27AM
Mithuna Rasi: 20.55	Tithi 13 - 14	Yama 1:45PM - 3:10PM	Vishkambha Until 2:33PM	Muruga: White	Sunset: 6:09PM
945548576	Rahu 9:28AM - 10:53AM		Gara Until 8:10PM	Nataraja: Clear	Moon 1 - Phase 40 - 27
Creative Work	Siddha Yoga		Trayodashi Until 9:28AM	Moon - Blue	4th Phase
				Magha-Thai	Devaloka Day

○ Sunday, February 1, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Suko Paksho Bharu Vesara Yukhtayam Yangon, Myanmar			
Copper Retreat Star		Pushya Nakshatra Prithi/Ayushman Yoga Vanji/Bava Karana Chaturdashi/Purnimayam Tilau Sun 28 Sutra 293			
Kataka Rasi: 5.23	Tithi 14 - 15	Gulika 3:10PM - 4:36PM	Pushya Until 12:57AM Mon	Ganesh: Blue	Sunrise: 6:27AM
945548576	Rahu 4:36PM - 6:01PM		Prithi Until 11:18AM	Muruga: White	Sunset: 6:09PM
Creative Work	Siddha Yoga		Bava Until 4:39AM Mon	Nataraja: Clear	Moon 1 - Phase 40 - Purnima
		Thai Pusam	Chaturdashi Until 6:54AM	Moon - Blue	Devaloka Day
				Magha-Thai	

Monday, February 2, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krtishna Paksho Indu Vesara Yukhtayam Yangon, Myanmar			
Silver Retreat Star		Ashlesha Nakshatra Ayushman/Saulahayya Yoga Balava/Kaulava Karana Prathamayam Tilau Sun 29 Sutra 294			
Kataka Rasi: 19.38	Tithi 16	Gulika 1:45PM - 3:11PM	Ashlesha Until 11:37PM	Ganesh: Blue	Sunrise: 6:27AM
945548576	Rahu 8:02AM - 9:28AM		Ayushman Until 8:18AM	Muruga: White	Sunset: 6:09PM
Family Home Evening	Siddha Yoga		Balava Until 3:42PM	Nataraja: Clear	Moon 1 - Phase 40 - Prathama
Until 11:37PM			Prathama Until 2:51AM Tue	Moon - Blue	Devaloka Day
Then Routine Work - Marana Yoga				Magha-Thai	

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

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Tuesday, February 3, 2026

Gold Retreat Star

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Mangala Vasara Yuktayam		Yangan, Myanmar	
		Magha* Nakshatra Sobhana Yoga Talilla/Gara Karana Dvityayam Titau		Sutra 295	
Simha Rasi: 3.35	Tithi 17	Gulika 12:19PM - 1:45PM	Magha* Untill 11:07PM	Ganesha: Red	Sunrise: 6:36AM
		Yama 9:28AM - 10:54AM	Sobhana Untill 3:36AM Wed	Muruga: White	Sunset: 6:03PM
		Rahu 3:11PM - 4:37PM	Taililla Untill 2:11PM	Nataraja: Clear	Moon 2 - Phase 41 - 1st Phase
Creative Work	Siddha Yoga		Dvitiya Untill 1:39AM Wed	Moon - Red	Sivaloka Day
				Magha-Thai	

1

Wednesday, February 4, 2026

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Butha Vasara Yuktayam		Yangan, Myanmar	
		Purvaphalguni Nakshatra Aihgandaa* Yoga Vanja/Visi* Karana Trityayam Titau		Sun 1 Sutra 296	
Simha Rasi: 17.1	Tithi 18	Gulika 10:54AM - 12:19PM	Purvaphalguni Untill 11:10PM	Ganesha: Red	Sunrise: 6:36AM
		Yama 8:02AM - 9:28AM	Aihgandaa* Untill 2:01AM Thu	Muruga: White	Sunset: 6:03PM
		Rahu 12:19PM - 1:45PM	Vanija Untill 1:19PM	Nataraja: Orange	Moon 2 - Phase 41 - 1st Phase
Creative Work	Amrita Yoga		Tritya Untill 1:08AM Thu	Moon - Red	Sivaloka Day
				Magha-Thai	

2

Thursday, February 5, 2026

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Guru Vesara Yuktayam		Yangan, Myanmar	
		Uttaraphalguni Nakshatra Sukarna Yoga Bava/Balava Karana Chaturthayam Titau		Sun 2 Sutra 297	
Kanya Rasi: 0.22	Tithi 19	Gulika 9:28AM - 10:54AM	Uttaraphalguni Untill 11:46PM	Ganesha: Red	Sunrise: 6:36AM
		Yama 6:36AM - 8:02AM	Sukarna Untill 1:01AM Fri	Muruga: White	Sunset: 6:03PM
		Rahu 1:46PM - 3:11PM	Bava Untill 1:11PM	Nataraja: Orange	Moon 2 - Phase 41 - 2 1st Phase
	Amrita Yoga		Chaturthi* Untill 1:22AM Fri	Moon - Red	Sivaloka Day
Untill 11:46PM		Maha Sankatahara Chaturthi		Magha-Thai	
Then Routine Work - Marana Yoga					

3

Friday, February 6, 2026

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Sukra Vasara Yuktayam		Yangan, Myanmar	
		Hastha Nakshatra Dhrivi Yoga Kaulava/Taililla Karana Panchmayam Titau		Sun 3 Sutra 298	
Kanya Rasi: 13.12	Tithi 20	Gulika 8:02AM - 9:28AM	Hasta Untill 1:24AM Sat	Ganesha: Green	Sunrise: 6:36AM
		Yama 3:12PM - 4:38PM	Dhrivi Untill 12:37AM Sat	Muruga: White	Sunset: 6:03PM
		Rahu 10:54AM - 12:20PM	Kaulava Untill 1:48PM	Nataraja: Orange	Moon 2 - Phase 41 - 3 1st Phase
Creative Work	Amrita Yoga		Panchami Untill 2:21AM Sat	Moon - Green	Devaloka Day
Untill 1:24AM Sat				Magha-Thai	
Then Routine Work - Marana Yoga					

4

Saturday, February 7, 2026

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Mania Vasara Yuktayam		Yangan, Myanmar	
		Chitra Nakshatra Shula* Yoga Gara/Vanija Karana Shashthayam Titau		Sun 4 Sutra 299	
Kanya Rasi: 25.41	Tithi 21	Gulika 6:35AM - 8:01AM	Chitra Untill 3:30AM Sun	Ganesha: White	Sunrise: 6:35AM
		Yama 1:46PM - 3:12PM	Shula* Untill 12:40AM Sun	Muruga: White	Sunset: 6:04PM
		Rahu 9:28AM - 10:54AM	Gara Untill 3:06PM	Nataraja: Orange	Moon 2 - Phase 41 - 4 1st Phase
Routine Work	Marana Yoga		Shashthi* Untill 3:58AM Sun	Moon - Green	Devaloka Day
Untill 3:30AM Sun				Magha-Thai	
Then Creative Work - Siddha Yoga					

5

Sunday, February 8, 2026

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Ehanu Vasara Yuktayam		Yangan, Myanmar	
		Svati Nakshatra Ganda* Yoga Visi* Bava Karana Sapthmayam Titau		Sun 5 Sutra 300	
Tula Rasi: 7.55	Tithi 22	Gulika 3:12PM - 4:38PM	Svati Untill 5:54AM Mon	Ganesha: White	Sunrise: 6:35AM
		Yama 12:20PM - 1:46PM	Ganda* Untill 1:09AM Mon	Muruga: White	Sunset: 6:03PM
		Rahu 4:38PM - 6:05PM	Visi Untill 5:00PM	Nataraja: Orange	Moon 2 - Phase 41 - 5 1st Phase
Creative Work	Siddha Yoga		Sapthami Untill 6:05AM Mon	Moon - Green	Devaloka Day
Untill 5:54AM Mon				Magha-Thai	
Then Routine Work - Marana Yoga					

Monday, February 9, 2026

Retreat Star

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Indu Vesara Yuktayam		Yangan, Myanmar	
		Vishakha Nakshatra Viddhi Yoga Bava/Balava Karana Sapthami/Ashtmayam Titau		Sun 6 Sutra 301	
Tula Rasi: 19.57	Tithi 22 - 23	Gulika 1:46PM - 3:12PM	Vishakha Untill 8:55AM Tue	Ganesha: White	Sunrise: 6:35AM
		Yama 10:54AM - 12:20PM	Viddhi Untill 1:52AM Tue	Muruga: White	Sunset: 6:03PM
		Rahu 8:01AM - 9:27AM	Balava Untill 7:17PM	Nataraja: Orange	Moon 2 - Phase 41 - 6 Ashtami
Family Home Evening	Marana Yoga		Sapthami Untill 6:05AM	Moon - Green	Devaloka Day
Untill 8:55AM Tue				Magha-Thai	
Then Creative Work - Siddha Yoga					

Tuesday, February 10, 2026

Retreat Star

		Viswasa Nama Samvatsara Uparayane Moksha Ritau Makara Mase Kritshna Paksho Mangala Vasara Yuktayam		Yangan, Myanmar	
		Vishakha/Anuradha Nakshatra Dhriva Yoga Kaulava/Taililla Karana Ashtami/Navamayam Titau		Sun 7 Sutra 302	
Wischika Rasi: 1.53	Tithi 23 - 24	Gulika 12:20PM - 1:46PM	Vishakha Untill 8:55AM	Ganesha: Clear	Sunrise: 6:34AM
		Yama 9:27AM - 10:54AM	Dhriva Untill 2:39AM Wed	Muruga: White	Sunset: 6:04PM
		Rahu 3:13PM - 4:39PM	Taililla Untill 9:45PM	Nataraja: Orange	Moon 2 - Phase 41 - 7 Navami
Routine Work	Marana Yoga		Ashtami* Untill 8:29AM	Moon - Orange	Sivaloka Day
Untill 8:55AM				Magha-Thai	
Then Creative Work - Siddha Yoga					

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

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1	Wednesday, February 11, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksho Budha Vasara Yuktayam Yangon, Myanmar			
	Anuradha/Jyeshtha* Nakshatra Vyaghata* Yoga Gara/Vanija Karana Navami/Dashamam Titau Sun 8 Sutra 303					
Wischika Rasi: 13.46	Tithi 24 – 25	Gulika 10:53AM – 12:20PM	Anuradha Untill 11:50AM	Ganesha: Clear	Sunrise: 6:34AM	Vasavasu 5:127
		Yama 8:00AM – 9:27AM	Vyaghata* Untill 3:25AM Thu	Muruga: White	Sunset: 6:06PM	Moon 2 - Phase 42 - 8
Creative Work	Siddha Yoga	Rahu 12:20PM – 1:46PM	Vanija Untill 12:12AM Thu	Nataraja: Orange		2nd Phase
			Navami* Untill 10:58AM	Moon – Orange		Sivaloka Day
				Magha-Thai		

2	Thursday, February 12, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksho Guru Vasara Yuktayam Yangon, Myanmar			
	Jyeshtha*/Mula* Nakshatra Harshana Yoga Visi*/Bava Karana Dashami/Ekadashyam Titau Sun 9 Sutra 304					
Wischika Rasi: 25.41	Tithi 25 – 26	Gulika 9:27AM – 10:53AM	Jyeshtha* Untill 2:28PM	Ganesha: Clear	Sunrise: 6:34AM	Vasavasu 5:127
		Yama 6:34AM – 8:00AM	Harshana Untill 4:02AM Fri	Muruga: White	Sunset: 6:06PM	Moon 2 - Phase 42 - 9
Routine Work	Prabalarishta Yoga	Rahu 1:47PM – 3:13PM	Bava Untill 2:26AM Fri	Nataraja: Orange		2nd Phase
Untill 2:28PM			Dashami Untill 1:20PM	Moon – Orange		Sivaloka Day
Then Creative Work	Siddha Yoga			Magha-Thai		

3	Friday, February 13, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksho Sukra Vasara Yuktayam Yangon, Myanmar			
	Mula*/Purvashadha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Ekadashi/Dwadashyam Titau Sun 10 Sutra 305					
Dhanus Rasi: 7.41	Tithi 26 – 27	Gulika 8:00AM – 9:27AM	Mula* Untill 5:09PM	Ganesha: Purple	Sunrise: 6:33AM	Vasavasu 5:127
		Yama 3:13PM – 4:40PM	Vajra* Untill 4:19AM Sat	Muruga: White	Sunset: 6:07PM	Moon 2 - Phase 42 - 10
Creative Work	Amrita Yoga	Rahu 10:53AM – 12:20PM	Kaulava Untill 4:17AM Sat	Nataraja: Orange		2nd Phase
Untill 5:09PM			Ekadashi* Untill 3:24PM	Moon – Light Blue		Devalka Day
Then Routine Work	Prabalarishta Yoga			Magha-Masi		

4	Saturday, February 14, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksho Manva Vasara Yuktayam Yangon, Myanmar			
	Purvashadha* Nakshatra Siddhi Yoga Talilaa/Gara Karana Dvadashi/Trayodshyam Titau Sun 11 Sutra 306					
Dhanus Rasi: 19.52	Tithi 27 – 28	Gulika 6:33AM – 8:00AM	Purvashadha* Untill 7:13PM	Ganesha: Purple	Sunrise: 6:33AM	Vasavasu 5:127
		Yama 1:47PM – 3:14PM	Siddhi Untill 4:15AM Sun	Muruga: White	Sunset: 6:07PM	Moon 2 - Phase 42 - 11
Creative Work	Siddha Yoga	Rahu 9:26AM – 10:53AM	Gara Untill 5:38AM Sun	Nataraja: Orange		2nd Phase
Untill 7:13PM			Dvadashi* Untill 5:00PM	Moon – Light Blue		Devalka Day
Then Routine Work	Marana Yoga			Magha-Masi		
			<i>Pradosha Vata (Fasting)</i>			

5	Sunday, February 15, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksho Bhanu Vasara Yuktayam Yangon, Myanmar			
	Uttarashadha Nakshatra Vyatipata* Yoga Vanija Karana Trayodshyam Titau Sun 12 Sutra 307					
Makara Rasi: 2.14	Tithi 28	Gulika 3:14PM – 4:41PM	Uttarashadha Untill 8:38PM	Ganesha: Clear	Sunrise: 6:20AM	Vasavasu 5:127
		Yama 12:20PM – 1:47PM	Vyatipata* Untill 3:46AM Mon	Muruga: White	Sunset: 6:08PM	Moon 2 - Phase 42 - 12
Creative Work	Amrita Yoga	Rahu 4:41PM – 6:08PM	Vanija Untill 6:05PM	Nataraja: Orange		2nd Phase
Untill 9:48PM			Trayodashi* Untill 6:05PM	Moon – Light Blue		Sivaloka Day
Then Creative Work				Magha-Masi		

6	Monday, February 16, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksho Indu Vasara Yuktayam Yangon, Myanmar			
	Shravana Nakshatra Varjan Yoga Visi*/Sakun* Karana Chaturdashyam Titau Sun 13 Sutra 308					
Makara Rasi: 14.52	Tithi 29	Gulika 1:47PM – 3:14PM	Shravana Untill 9:48PM	Ganesha: Orange	Sunrise: 6:20AM	Vasavasu 5:127
Family Home Evening		Yama 10:53AM – 12:20PM	Varjan Untill 2:49AM Tue	Muruga: White	Sunset: 6:08PM	Moon 2 - Phase 42 - 13
Creative Work	Amrita Yoga	Rahu 7:59AM – 9:26AM	Visi Untill 6:26AM	Nataraja: Orange		2nd Phase
Untill 9:48PM			Chaturdashi* Untill 6:36PM	Moon – Purple		Sivaloka Day
Then Creative Work	Siddha Yoga			Magha-Masi		

●	Tuesday, February 17, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksho Mangala Vasara Yuktayam Yangon, Myanmar			
	Retreat Star		Dhanishtha Nakshatra Parigha* Yoga Caluspada*/Naga* Karana Amavasyayam Titau Sun 14 Sutra 309			
Makara Rasi: 27.46	Tithi 30	Gulika 12:20PM – 1:47PM	Dhanishtha Untill 10:16PM	Ganesha: Orange	Sunrise: 6:31AM	Vasavasu 5:127
		Yama 9:26AM – 10:53AM	Parigha* Untill 1:28AM Wed	Muruga: White	Sunset: 6:08PM	Moon 2 - Phase 42 - 14
Creative Work	Siddha Yoga	Rahu 3:14PM – 4:41PM	Caluspada Untill 6:39AM	Nataraja: Orange		Amavasya
Untill 10:16PM			Amavasya* Untill 6:32PM	Moon – Purple		Sivaloka Day
Then Routine Work	Marana Yoga			Magha-Masi		

	Wednesday, February 18, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sakla Paksho Budha Vasara Yuktayam Yangon, Myanmar			
	Retreat Star		Shalabhishak Nakshatra Shiva Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau Sun 15 Sutra 310			
Kumbha Rasi: 10.56	Tithi 1 – 2	Gulika 10:53AM – 12:20PM	Shalabhishak Untill 10:06PM	Ganesha: Orange	Sunrise: 6:31AM	Vasavasu 5:127
		Yama 7:58AM – 9:25AM	Shiva Untill 11:44PM	Muruga: White	Sunset: 6:08PM	Moon 2 - Phase 42 - 15
Creative Work	Siddha Yoga	Rahu 12:20PM – 1:47PM	Kintughna Untill 6:20AM	Nataraja: Orange		Prathama
Untill 10:06PM			Prathama* Untill 5:58PM	Moon – Purple		Sivaloka Day
Then Creative Work	Amrita Yoga			Phalgun-Masi		

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

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1		Thursday, February 19, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktayam Yangon, Myanmar	
Kumbha Rasi: 24.21		Tilthi 2 - 3		Sun 16 Sutra 311	
Creative Work	Siddha Yoga	Gulika	9:25AM - 10:52AM	Puravproshthapada* Until 9:49PM	Ganesha: Green Sunrise: 6:30AM
		Yama	6:30AM - 7:58AM	Siddha Until 9:39PM	Muruga: White Sunset: 6:09PM
		Rahu	1:47PM - 3:14PM	Tailita Until 4:20AM Fri	Moon 2 - Phase 43 - 17
				Dvitiya Until 4:58PM	3rd Phase
				Moon - Clear	Subha Sivaloka Day
				Phalgun-Masi	

2		Friday, February 20, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Sudra Vaisara Yuktayam Yangon, Myanmar	
Mesha Rasi: 8		Tilthi 3 - 4		Sun 17 Sutra 312	
Creative Work	Siddha Yoga	Gulika	7:57AM - 9:25AM	Uttarproshthapada Until 9:03PM	Ganesha: Green Sunrise: 6:30AM
		Yama	3:15PM - 4:42PM	Sadhya Until 7:19PM	Muruga: White Sunset: 6:09PM
		Rahu	10:52AM - 12:20PM	Vanija Until 2:50AM Sat	Moon 2 - Phase 43 - 17
				Tritiya Until 3:36PM	3rd Phase
				Moon - Clear	Subha Sivaloka Day
				Phalgun-Masi	

3		Saturday, February 21, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Mantia Vasara Yuktayam Yangon, Myanmar	
Mesha Rasi: 21.5		Tilthi 4 - 5		Sun 18 Sutra 313	
Routine Work	Prabalarishtha Yoga	Gulika	6:29AM - 7:57AM	Revati Until 7:54PM	Ganesha: Red Sunrise: 6:29AM
		Yama	1:47PM - 3:15PM	Subha Until 4:47PM	Muruga: White Sunset: 6:10PM
		Rahu	9:24AM - 10:52AM	Bava Until 1:05AM Sun	Moon 2 - Phase 43 - 18
				Chaturthi* Until 1:57PM	3rd Phase
				Moon - Clear	Sivaloka Day
				Phalgun-Masi	
				Subramuniyaswami Siva Vision Day	

4		Sunday, February 22, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Bhanu Vasara Yuktayam Yangon, Myanmar	
Mesha Rasi: 5.48		Tilthi 5 - 6		Sun 19 Sutra 314	
Creative Work	Siddha Yoga	Gulika	3:15PM - 4:42PM	Ashvini Until 4:51PM	Ganesha: Blue Sunrise: 6:29AM
		Yama	12:19PM - 1:47PM	Sukla Until 2:04PM	Muruga: White Sunset: 6:10PM
		Rahu	4:42PM - 6:10PM	Kaulava Until 11:09PM	Moon 2 - Phase 43 - 19
				Panchami Until 12:07PM	3rd Phase
				Moon - White	Devaloka Day
				Phalgun-Masi	

5		Monday, February 23, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktayam Yangon, Myanmar	
Mesha Rasi: 19.52		Tilthi 6 - 7		Sun 20 Sutra 315	
Family Home Evening	Siddha Yoga	Gulika	1:47PM - 3:15PM	Bharani Until 5:31PM	Ganesha: Blue Sunrise: 6:29AM
		Yama	10:52AM - 12:19PM	Brahma Until 11:15AM	Muruga: White Sunset: 6:10PM
		Rahu	7:56AM - 9:24AM	Gara Until 9:07PM	Moon 2 - Phase 43 - 20
				Shashthi* Until 10:08AM	3rd Phase
				Moon - White	Devaloka Day
				Phalgun-Masi	

Retreat Star		Tuesday, February 24, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Mangala Vasara Yuktayam Yangon, Myanmar	
Kittika/Rohini Nakshatra Indra/Vaidhiti* Yoga Varja/Vasi* Karana Saptami/Ashrayam Tilau		Sun 21 Sutra 316			
Wishabha Rasi: 4.01	Tilthi 7 - 8	Gulika	12:19PM - 1:47PM	Krittika Until 3:59PM	Ganesha: Blue Sunrise: 6:29AM
		Yama	9:23AM - 10:51AM	Indra Until 8:23AM	Muruga: White Sunset: 6:11PM
		Rahu	3:15PM - 4:43PM	Visli Until 7:01PM	Moon 2 - Phase 43 - 21
				Saptami Until 8:03AM	3rd Phase
				Moon - White	Devaloka Day
				Phalgun-Masi	

Retreat Star		Wednesday, February 25, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Budha Vasara Yuktayam Yangon, Myanmar	
Rohini/Mrigashira Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Navamyam Tilau		Sun 22 Sutra 317			
Wishabha Rasi: 18.11	Tilthi 9	Gulika	10:51AM - 12:19PM	Rohini Until 2:42PM	Ganesha: Blue Sunrise: 6:27AM
		Yama	7:55AM - 9:23AM	Vishkambha* Until 2:32AM Thu	Muruga: White Sunset: 6:11PM
		Rahu	12:19PM - 1:47PM	Balava Until 4:52PM	Moon 2 - Phase 43 - 22
				Navami* Until 3:47AM Thu	3rd Phase
				Moon - Yellow	Subha Sivaloka Day
				Phalgun-Masi	

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

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1	Thursday, February 26, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktyayam Yangon, Myanmar			
	Mithuna Rasi: 2.22	Tithi 10	Gulika 9:23AM - 10:51AM 6:27AM - 7:55AM 938648577 Rahu 1:47PM - 3:15PM	Mrigashira Until 1:16PM Prithi Until 11:38PM Taillita Until 2:45PM Dashedmi Until 1:41AM Fri	Ganesha: Blue Muruga: White Nataraja: Orange Moon - Yellow Phalgun-Masi	Sunrise: 6:27AM Sunset: 6:19PM Moon 2 - Phase 44 - 23 4th Phase
Routine Work		Marana Yoga	Subha Sivaloka Day			

2	Friday, February 27, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Sukra Vasara Yuktyayam Yangon, Myanmar			
	Mithuna Rasi: 16.31	Tithi 11	Gulika 7:54AM - 9:22AM 3:15PM - 4:43PM 938648577 Rahu 10:51AM - 12:19PM	Ardra Until 11:46AM Ayushman Until 8:47PM Vanija Until 12:40PM Ekadashi Until 11:40PM	Ganesha: Blue Muruga: White Nataraja: Orange Moon - Yellow Phalgun-Masi	Sunrise: 6:26AM Sunset: 6:19PM Moon 2 - Phase 44 - 24 4th Phase
Creative Work		Siddha Yoga	Subha Sivaloka Day			

3	Saturday, February 28, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Mantia Vasara Yuktyayam Yangon, Myanmar			
	Kataka Rasi: 1	Tithi 12	Gulika 6:25AM - 7:54AM 1:47PM - 3:15PM 949648577 Rahu 9:22AM - 10:50AM	Punarvasu Until 10:39AM Saubhagya Until 6:05PM Bava Until 10:44AM Dvadashi Until 9:49PM	Ganesha: White Muruga: White Nataraja: Orange Moon - Blue Phalgun-Masi	Sunrise: 6:25AM Sunset: 6:19PM Moon 2 - Phase 44 - 25 4th Phase
Creative Work		Siddha Yoga	Devaloka Day			

4	Sunday, March 1, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Bharu Vasara Yuktyayam Yangon, Myanmar			
	Kataka Rasi: 14.34	Tithi 13	Gulika 3:15PM - 4:44PM 12:18PM - 1:47PM 949648577 Rahu 4:44PM - 6:12PM	Pushya Until 9:37AM Sobhana Until 3:34PM Kaulava Until 8:59AM Trayodashi Until 8:12PM	Ganesha: White Muruga: White Nataraja: Orange Moon - Blue Phalgun-Masi	Sunrise: 6:24AM Sunset: 6:19PM Moon 2 - Phase 44 - 26 4th Phase
Creative Work		Siddha Yoga	Devaloka Day			

Pradosha Vata

5	Monday, March 2, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktyayam Yangon, Myanmar			
	Kataka Rasi: 28.22	Tithi 14	Gulika 1:47PM - 3:15PM 10:49AM - 12:18PM 949648577 Rahu 7:52AM - 9:21AM	Ashlesha* Until 8:43AM Aihiganda* Until 1:18PM Gara Until 7:33AM Chalurdashi* Until 6:57PM	Ganesha: White Muruga: White Nataraja: Orange Moon - Blue Phalgun-Masi	Sunrise: 6:23AM Sunset: 6:19PM Moon 2 - Phase 44 - 27 4th Phase
Family Home Evening		Siddha Yoga	Chidambaram Abhishekam	Devaloka Day		
Creative Work		Until 8:43AM				
Then Routine Work - Marana Yoga						

0	Tuesday, March 3, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Mangala Vasara Yuktyayam Yangon, Myanmar			
	Simha Rasi: 11.55	Tithi 15	Gulika 12:18PM - 1:47PM 9:20AM - 10:49AM 959648577 Rahu 3:15PM - 4:44PM	Magha* Until 8:30AM Sukarma Until 11:22AM Vesli Until 6:29AM Purnima* Until 6:07PM	Ganesha: Clear Muruga: White Nataraja: Orange Moon - Red Phalgun-Masi	Sunrise: 6:23AM Sunset: 6:19PM Moon 2 - Phase 44 - Purnima
Creative Work		Siddha Yoga	Holi	Sivaloka Day		

1	Wednesday, March 4, 2026		Viswasa Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Budha Vasara Yuktyayam Yangon, Myanmar			
	Simha Rasi: 25.14	Tithi 16 - 17	Gulika 10:49AM - 12:18PM 7:51AM - 9:20AM 959648577 Rahu 12:18PM - 1:47PM	Purvaphalguni Until 8:36AM Dhriti Until 9:50AM Taillita Until 5:53AM Thu Prathama* Until 5:48PM	Ganesha: Clear Muruga: White Nataraja: Orange Moon - Red Phalgun-Masi	Sunrise: 6:22AM Sunset: 6:19PM Moon 2 - Phase 44 - Prathama
Creative Work		Amrita Yoga		Sivaloka Day		

That part of Him which is characterized by tamas is called Rudra. That part of Him which belongs to rajās 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: 8.14 Tithi 17
Amrita Yoga

Gulika 9:19AM - 10:48AM
Yama 6:21AM - 7:50AM
Rahu 1:46PM - 3:15PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Guru Vasara Yuktayam Yangon, Myanmar
Utaraphalguni/Hasta Nakshatra Shula "Ganda" Yoga Gara Karana Divlyayam Tilau Sun 1 Sutra 325
Utaraphalguni Until 9:06AM
Shula" Until 8:42AM
Gara Until 6:04PM
Dvitiya Until 6:04PM

Ganesh: Clear Sunrise: 6:21AM
Muruga: White Sunset: 6:18PM
Nataraja: Orange
Moon - Red
Sivaloka Day

Until 9:06AM
Then Routine Work - Marana Yoga

Friday, March 6, 2026

1
Kanya Rasi: 20.58 Tithi 18
Amrita Yoga

Gulika 7:50AM - 9:19AM
Yama 3:15PM - 4:45PM
Rahu 10:48AM - 12:17PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Sukra Vasara Yuktayam Yangon, Myanmar
Hasta/Chitra Nakshatra Ganda "Widhi" Yoga Vanija/Visti" Karana Tritrayam Tilau Sun 2 Sutra 326
Hasla Until 10:29AM
Ganda" Until 8:03AM
Vanija Until 6:26AM
Tritiya Until 6:55PM

Ganesh: White Sunrise: 6:21AM
Muruga: Clear Sunset: 6:18PM
Nataraja: Orange
Moon - Green
Devaloka Day

Creative Work
Until 10:29AM
Then Creative Work - Siddha Yoga

Saturday, March 7, 2026

2
Tula Rasi: 3.26 Tithi 19
Marana Yoga

Gulika 6:20AM - 7:49AM
Yama 1:46PM - 3:15PM
Rahu 9:18AM - 10:48AM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Manu Vasara Yuktayam Yangon, Myanmar
Chitra/Svali Nakshatra Viddhi/Dhruva Yoga Bava/Balava Karana Chalutryam Tilau Sun 3 Sutra 327
Chitra Until 12:16PM
Viddhi Until 7:52AM
Bava Until 7:35AM
Chalutryi" Until 8:20PM

Ganesh: Purple Sunrise: 6:20AM
Muruga: Clear Sunset: 6:18PM
Nataraja: Orange
Moon - Green
Bhuloka Day
Devaloka Time: 3PM to 6PM

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

Sunday, March 8, 2026

3
Tula Rasi: 15.41 Tithi 20
Siddha Yoga

Gulika 3:15PM - 4:45PM
Yama 12:17PM - 1:46PM
Rahu 4:45PM - 6:14PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Bhanu Vasara Yuktayam Yangon, Myanmar
Svali/Wishkha Nakshatra Dhruva/Vyaghata" Yoga Kaulava/Tailia Karana Panchamyam Tilau Sun 4 Sutra 328
Svali Until 2:22PM
Dhruva Until 8:03AM
Kaulava Until 9:15AM
Panchami Until 10:14PM

Ganesh: Purple Sunrise: 6:19AM
Muruga: Clear Sunset: 6:18PM
Nataraja: Orange
Moon - Green
Bhuloka Day
Devaloka Time: 3PM to 6PM

Creative Work
Until 2:22PM
Then Routine Work - Marana Yoga

Monday, March 9, 2026

4
Tula Rasi: 27.44 Tithi 21
Family Home Evening
Marana Yoga

Gulika 1:46PM - 3:15PM
Yama 10:47AM - 12:16PM
Rahu 7:48AM - 9:18AM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Indu Vasara Yuktayam Yangon, Myanmar
Vishkha/Anuradha Nakshatra Vyaghata"/Harshana Yoga Gara/Vanija Karana Shashthyam Tilau Sun 5 Sutra 329
Vishkha Until 5:11PM
Vyaghata" Until 8:34AM
Gara Until 11:20AM
Shashthi" Until 12:28AM Tue

Ganesh: Clear Sunrise: 6:19AM
Muruga: Clear Sunset: 6:18PM
Nataraja: Orange
Moon - Orange
Devaloka Day

Routine Work
Until 5:11PM
Then Creative Work - Siddha Yoga

Tuesday, March 10, 2026

5
Wishkha Rasi: 9.42 Tithi 22
Siddha Yoga

Gulika 12:16PM - 1:46PM
Yama 9:17AM - 10:47AM
Rahu 3:15PM - 4:45PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Mangala Vasara Yuktayam Yangon, Myanmar
Anuradha Nakshatra Harshana/Vajra" Yoga Visti"/Bava Karana Saphtamyam Tilau Sun 6 Sutra 330
Anuradha Until 8:02PM
Harshana Until 9:19AM
Visti Until 1:41PM
Saptami Until 2:53AM Wed

Ganesh: Clear Sunrise: 6:18AM
Muruga: Clear Sunset: 6:15PM
Nataraja: Orange
Moon - Orange
Devaloka Day

Creative Work
Until 8:02PM
Then Routine Work - Marana Yoga

Wednesday, March 11, 2026

Retreat Star
Wishkha Rasi: 21.35 Tithi 23
Siddha Yoga

Gulika 10:46AM - 12:16PM
Yama 7:47AM - 9:17AM
Rahu 12:16PM - 1:46PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Budha Vasara Yuktayam Yangon, Myanmar
Jyeshtha" Nakshatra Vajra "Siddhi" Yoga Balava/Kaulava Karana Ashtamyam Tilau Sun 7 Sutra 331
Jyeshtha" Until 10:45PM
Vajra" Until 10:07AM
Balava Until 4:07PM
Ashtami" Until 5:16AM Thu

Ganesh: Clear Sunrise: 6:17AM
Muruga: White Sunset: 6:15PM
Nataraja: Light Blue
Moon - Orange
Bhuloka Day
Devaloka Time: 6AM to 9AM

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

Thursday, March 12, 2026

Retreat Star
Dhanu Rasi: 3.31 Tithi 24
Siddha Yoga

Gulika 9:16AM - 10:46AM
Yama 6:16AM - 7:46AM
Rahu 1:45PM - 3:15PM

Visvasu Nama Samvatsara Uтарыане Moksha Ritau Kumbha Mase Krishna Pakche Guru Vasara Yuktayam Yangon, Myanmar
Mula" Nakshatra Siddhi/Vyalpata" Yoga Tailia Karana Navamyam Tilau Sun 8 Sutra 332
Mula" Until 1:38AM Fri
Siddhi Until 10:52AM
Tailia Until 6:25PM
Navami" Until 7:26AM Fri

Ganesh: White Sunrise: 6:16AM
Muruga: White Sunset: 6:15PM
Nataraja: Light Blue
Moon - Light Blue
Bhuloka Day

Creative Work
Until 1:38AM Fri
Then Routine Work - Prabarishtha Yoga

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

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1	Friday, March 13, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Sakti Vasara Yuktayam Yangon, Myanmar	
	Parvashada* Nakhshtra Vyalipata*Varjyan Yoga GaraVanija Karana Navami/Dashmyam Titau Sun 9 Sutra 333			
Dhanus Rasi: 15.31	TITHI 24 – 25	Gulika 7:46AM – 9:16AM	Purvashada* Until 3:59AM Sat	Ganesha: White Sunrise: 6:16AM
		Yama 3:15PM – 4:45PM	Vyalipata* Until 11:26AM	Muruga: White Sunrise: 6:15PM
		181658677 Rahu 10:46AM – 12:15PM	Vanija Until 8:23PM	Nataraja: Light Blue Moon - Light Blue
Routine Work	Prabalarishta Yoga		Navami* Until 7:26AM	Phalguna-Masi
Until 3:59AM Sat				Bhuloka Day
Then Routine Work - Marana Yoga				

2	Saturday, March 14, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Pakche Marita Vasara Yuktayam Yangon, Myanmar	
	Uttarashada Nakhshtra VarjyanParigaha* Yoga Vesli/Bava Karana Dashami/Ekadasmyam Titau Sun 10 Sutra 334			
Dhanus Rasi: 27.41	TITHI 25 – 26	Gulika 6:15AM – 7:45AM	Uttarashada Until 5:38AM Sun	Ganesha: White Sunrise: 6:15AM
		Yama 1:45PM – 3:15PM	Varjyan Until 11:38AM	Muruga: White Sunrise: 6:15PM
		181658677 Rahu 9:15AM – 10:45AM	Bava Until 9:49PM	Nataraja: Light Blue Moon - Light Blue
Routine Work	Marana Yoga		Dashami Until 9:09AM	Phalguna-Masi
Until 5:38AM Sun				Bhuloka Day
Then Creative Work - Amrita Yoga				

3	Sunday, March 15, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Bharu Vasara Yuktayam Yangon, Myanmar	
	Shravana Nakhshtra Parigaha*Shiva Yoga Balava/Kaulava Karana Ekadas/Ekadasmyam Titau Sun 11 Sutra 335			
Makara Rasi: 10.06	TITHI 26 – 27	Gulika 3:15PM – 4:45PM	Shravana Until 6:57AM Mon	Ganesha: Yellow Sunrise: 6:14AM
		Yama 12:15PM – 1:45PM	Parigaha* Until 11:23AM	Muruga: White Sunrise: 6:15PM
		191658678 Rahu 4:45PM – 6:15PM	Kaulava Until 10:37PM	Nataraja: Purple Moon - Purple
Creative Work	Amrita Yoga		Ekadashi* Until 10:17AM	Phalguna-Panguni
Until 6:57AM Mon		Karadayam Nombu (Tamil Nadu)		Devaloka Time: 6AM to 9AM
Then Creative Work - Siddha Yoga				

4	Monday, March 16, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Indu Vasara Yuktayam Yangon, Myanmar	
	Shravana Nakhshtra Parigaha*Shiva Siddha Yoga Talila/Gara Karana Dvadashi/Trayadshyam Titau Sun 12 Sutra 336			
Makara Rasi: 22.49	TITHI 27 – 28	Gulika 1:45PM – 3:15PM	Shravana Until 6:57AM	Ganesha: Yellow Sunrise: 6:14AM
Family Home Evening		Yama 10:44AM – 12:15PM	Shiva Until 10:37AM	Muruga: White Sunrise: 6:16PM
		191658678 Rahu 7:44AM – 9:14AM	Gara Until 10:42PM	Nataraja: Purple Moon - Purple
Creative Work	Amrita Yoga		Dvadashi* Until 10:44AM	Phalguna-Panguni
Until 6:57AM				Devaloka Time: 6AM to 9AM
Then Creative Work - Siddha Yoga				
			<i>Pradosha Vata (Fasting)</i>	

5	Tuesday, March 17, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Mangala Vasara Yuktayam Yangon, Myanmar	
	Dhanishtha Nakhshtra Siddha/Sadhya Yoga Vanja/Vesli* Karana Trayodashi/Chaturdashyam Titau Sun 13 Sutra 337			
Kumbha Rasi: 5.53	TITHI 28 – 29	Gulika 12:14PM – 1:45PM	Dhanishtha Until 7:24AM	Ganesha: Yellow Sunrise: 6:13AM
		Yama 9:14AM – 10:44AM	Siddha Until 9:15AM	Muruga: White Sunrise: 6:16PM
		191658678 Rahu 3:15PM – 4:45PM	Vesli Until 10:03PM	Nataraja: Purple Moon - Purple
Creative Work	Siddha Yoga		Trayodashi* Until 10:27AM	Phalguna-Panguni
Until 7:24AM				Devaloka Time: 6AM to 9AM
Then Routine Work - Marana Yoga				

●	Wednesday, March 18, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakche Budha Vasara Yuktayam Yangon, Myanmar	
	Retreat Star		Shatabhishak Nakhshtra Parvashada* Nakhshtra Siddha/Sadhya Yoga Sakuni*/Calapada* Karana Chaturdashi/Amavasyam Titau Sun 14 Sutra 338	
Kumbha Rasi: 19.19	TITHI 29 – 30	Gulika 10:44AM – 12:14PM	Shatabhishak Until 7:01AM	Ganesha: Blue Sunrise: 6:12AM
		Yama 7:43AM – 9:13AM	Sadhya Until 7:22AM	Muruga: White Sunrise: 6:16PM
		192658678 Rahu 12:14PM – 1:45PM	Calapada Until 8:47PM	Nataraja: Purple Moon - Purple
Creative Work	Siddha Yoga		Chalurdashi* Until 9:28AM	Phalguna-Panguni
Until 7:01AM				Devaloka Day
Then Creative Work - Amrita Yoga				

●	Thursday, March 19, 2026		Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukla Pakche Guru Vasara Yuktayam Yangon, Myanmar	
	Retreat Star		Purvaprosarthpada*Uttaraprosarthpada Nakhshtra Sakti Yoga Nagra*/Kirtughra* Karana Amavasya/Prathamam Titau Sun 15 Sutra 339	
Meena Rasi: 3.07	TITHI 30 – 1	Gulika 9:12AM – 10:43AM	Purvaprosarthpada* Until 6:21AM	Ganesha: Red Sunrise: 6:17AM
		Yama 6:11AM – 7:42AM	Sukla Until 2:14AM Fri	Muruga: White Sunrise: 6:16PM
		112658678 Rahu 1:44PM – 3:15PM	Kirtughra Until 6:57PM	Nataraja: Purple Moon - Clear
Creative Work	Siddha Yoga		Amavasya* Until 7:54AM	Chaitra-Panguni
Until 7:01AM		Yugadi		Devaloka Time: 9AM to 12PM
Then Creative Work - Marana Yoga				

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

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1 Friday, March 20, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Sukra Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Revati Nakshatra Brahma Yoga Balava/Kaulava Karana Dvityayam Tilau Sun 17 Sutra 340		
Mithuna Rasi: 17.13	Tilhi 2	Gulika 7:41AM - 9:12AM	Revati Until 3:16AM Sat	Ganesh: Red Sunrise: 6:10AM
		Yama 3:15PM - 4:46PM	Brahma Until 11:11PM	Muruga: White Sunset: 6:16PM
		Rahu 10:43AM - 12:13PM	Balava Until 4:44PM	Nataraja: Purple Moon 3 - Phase 47 - 17
Creative Work	Siddha Yoga		Dvitiya Until 3:29AM Sat	Chalra-Panguni Moon - Clear 3rd Phase
				Bhuloka Day Devaloka Time: 9AM to 12PM

2 Saturday, March 21, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Manu Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Ashvini Nakshatra Indra Yoga Talilla/Gara Karana Tritiyayam Tilau Sun 17 Sutra 341		
Mesha Rasi: 1.32	Tilhi 3	Gulika 6:10AM - 7:41AM	Ashvini Until 1:34AM Sun	Ganesh: Yellow Sunrise: 6:10AM
		Yama 1:44PM - 3:15PM	Indra Until 7:57PM	Muruga: White Sunset: 6:16PM
		Rahu 9:11AM - 10:42AM	Talilla Until 2:14PM	Nataraja: Purple Moon 3 - Phase 47 - 17
Creative Work	Siddha Yoga		Tritiya Until 12:54AM Sun	Chalra-Panguni Moon - White 3rd Phase
Until 1:34AM Sun		Chellappaswami Mahasamathi		Bhuloka Day Devaloka Time: 9AM to 12PM
Then Routine Work	Prabalarishta Yoga			

3 Sunday, March 22, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Bhanu Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Kritika Nakshatra Vaidhri/Vishkambha* Yoga Vanja/Visli* Karana Chalurthyam Tilau Sun 18 Sutra 342		
Mesha Rasi: 16	Tilhi 4	Gulika 3:15PM - 4:46PM	Bharani Until 11:39PM	Ganesh: Blue Sunrise: 6:09AM
		Yama 12:13PM - 1:44PM	Vaidhri Until 4:37PM	Muruga: White Sunset: 6:17PM
		Rahu 4:46PM - 6:17PM	Vanija Until 11:36AM	Nataraja: Purple Moon 3 - Phase 47 - 18
Routine Work	Prabalarishta Yoga		Chalurthi Until 10:15PM	Chalra-Panguni Moon - White 3rd Phase
Until 11:39PM				Bhuloka Day
Then Creative Work	Siddha Yoga			

4 Monday, March 23, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Indu Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Kritika Nakshatra Vishkambha* Prili Yoga Bava/Balava Karana Panchamyam Tilau Sun 19 Sutra 343		
Wisshabha Rasi: 0.29	Tilhi 5	Gulika 1:44PM - 3:15PM	Kritika Until 9:39PM	Ganesh: Blue Sunrise: 6:08AM
Family Home Evening		Yama 10:41AM - 12:13PM	Vishkambha Until 1:19PM	Muruga: White Sunset: 6:17PM
Routine Work	Marana Yoga	Rahu 7:39AM - 9:10AM	Bava Until 8:57AM	Nataraja: Purple Moon 3 - Phase 47 - 19
Until 9:39PM			Panchami Until 7:38PM	Chalra-Panguni Moon - White 3rd Phase
Then Creative Work	Amrita Yoga			Bhuloka Day

5 Tuesday, March 24, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Mangala Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Rohini Nakshatra Prili/Ayushman Yoga Kaulava/Gara Karana Shashthi/Saptamyam Tilau Sun 20 Sutra 344		
Wisshabha Rasi: 14.55	Tilhi 6 - 7	Gulika 12:12PM - 1:43PM	Rohini Until 8:05PM	Ganesh: Yellow Sunrise: 6:07AM
		Yama 9:10AM - 10:41AM	Prili Until 10:06AM	Muruga: White Sunset: 6:17PM
		Rahu 3:15PM - 4:46PM	Kaulava Until 6:23AM	Nataraja: Purple Moon 3 - Phase 47 - 20
Creative Work	Amrita Yoga		Shashthi Until 5:09PM	Chalra-Panguni Moon - Yellow 3rd Phase
Until 8:05PM				Bhuloka Day Devaloka Time: 6AM to 9AM
Then Creative Work	Siddha Yoga			

6 Wednesday, March 25, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Budha Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Migashira Nakshatra Ayushman/Saubhagya Yoga Vanja/Visli* Karana Saptami/Ashamyam Tilau Sun 21 Sutra 345		
Wisshabha Rasi: 29.13	Tilhi 7 - 8	Gulika 10:41AM - 12:13PM	Migashira Until 6:35PM	Ganesh: Yellow Sunrise: 6:07AM
		Yama 7:38AM - 9:09AM	Ayushman Until 7:02AM	Muruga: White Sunset: 6:17PM
		Rahu 12:12PM - 1:43PM	Visli Until 1:53AM Thu	Nataraja: Purple Moon 3 - Phase 47 - 21
Creative Work	Siddha Yoga		Saptami Until 2:53PM	Chalra-Panguni Moon - Yellow 3rd Phase
				Bhuloka Day Devaloka Time: 6AM to 9AM

Thursday, March 26, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Guru Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Tilau Sun 22 Sutra 346		
Mithuna Rasi: 13.21	Tilhi 8 - 9	Gulika 9:09AM - 10:40AM	Ardra Until 5:14PM	Ganesh: Yellow Sunrise: 6:06AM
		Yama 6:06AM - 7:37AM	Sobhana Until 1:35AM Fri	Muruga: White Sunset: 6:17PM
		Rahu 1:43PM - 3:15PM	Balava Until 12:02AM Fri	Nataraja: Purple Moon 3 - Phase 47 - 22
Routine Work	Marana Yoga		Ashtami Until 12:54PM	Chalra-Panguni Moon - Yellow 3rd Phase
Until 5:14PM				Bhuloka Day Devaloka Time: 6AM to 9AM
Then Creative Work	Amrita Yoga			

Friday, March 27, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksho Sukra Vasara Yuktayam Yangon, Myanmar		
Retreat Star		Punarvasu/Pushya Nakshatra Ahinganda* Yoga Kaulava/Talilla Karana Navami/Dashamyam Tilau Sun 23 Sutra 347		
Mithuna Rasi: 27.18	Tilhi 9 - 10	Gulika 7:37AM - 9:08AM	Punarvasu Until 4:28PM	Ganesh: White Sunrise: 6:05AM
		Yama 3:14PM - 4:46PM	Ahiganda Until 11:13PM	Muruga: White Sunset: 6:18PM
		Rahu 10:40AM - 12:11PM	Talilla Until 10:31PM	Nataraja: Purple Moon 3 - Phase 47 - 23
Creative Work	Siddha Yoga		Navami Until 11:13AM	Chalra-Panguni Moon - Blue 3rd Phase
Until 4:28PM		Sri Rama Navami		Bhuloka Day
Then Routine Work	Marana Yoga			

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

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1 Saturday, March 28, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Manta Vasara Yukhtayam Yangon, Myanmar		
Pashya/Ashlesha* Nakshatra Sukarma Yoga Gara/Vanija Karana Dishamli/Ekadeshyam Titau Sun 24 Sutra 348		Vasarasu 5:127		
Kataka Rasi: 11.03	TITHI 10 – 11	Gulika 6:04AM – 7:36AM	Pushya Untill 3:54PM	Ganesh: White Sunrise: 6:04AM
		Yama 1:43PM – 3:14PM	Sukarma Untill 9:08PM	Muruga: White Sunset: 6:18PM
Creative Work Siddha Yoga	142758678	Rahu 9:08AM – 10:39AM	Vanija Untill 9:20PM	Moon 3 - Phase 4B - 24
Untill 3:54PM			Dashami Untill 9:52AM	4th Phase
Then Routine Work - Marana Yoga			Moon - Blue Chaitra-Panguni	Bhuloka Day
2 Sunday, March 29, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Bhanu Vasara Yukhtayam Yangon, Myanmar		
Ashlesha*/Magha* Nakshatra Dhrili Yoga Visti*/Bava Karana Ekadashi/Dwadashyam Titau Sun 25 Sutra 349		Vasarasu 5:127		
Kataka Rasi: 24.35	TITHI 11 – 12	Gulika 3:14PM – 4:46PM	Ashlesha* Untill 3:31PM	Ganesh: White Sunrise: 6:04AM
		Yama 12:11PM – 1:43PM	Dhrili Untill 7:21PM	Muruga: White Sunset: 6:18PM
Creative Work Siddha Yoga	142758678	Rahu 4:46PM – 6:18PM	Bava Untill 8:31PM	Moon 3 - Phase 4B - 25
Untill 3:31PM		Yogaswami Mahasamadhii	Ekadashi Untill 8:51AM	4th Phase
Then Routine Work - Marana Yoga			Moon - Blue Chaitra-Panguni	Bhuloka Day
3 Monday, March 30, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Indu Vasara Yukhtayam Yangon, Myanmar		
Magha*/Purvaphalguni Nakshatra Shukra/Gandha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau Sun 26 Sutra 350		Vasarasu 5:127		
Simha Rasi: 7.55	TITHI 12 – 13	Gulika 1:42PM – 3:14PM	Magha* Untill 3:49PM	Ganesh: Clear Sunrise: 6:03AM
Family Home Evening	152758678	Yama 10:39AM – 12:10PM	Shukra* Untill 5:51PM	Muruga: White Sunset: 6:18PM
Routine Work Marana Yoga		Rahu 7:35AM – 9:07AM	Kaulava Untill 8:04PM	Moon 3 - Phase 4B - 26
Untill 3:49PM			Dvadashi Untill 8:13AM	4th Phase
Then Creative Work - Siddha Yoga			Moon - Red Chaitra-Panguni	Bhuloka Day
			<i>Pradosha Vata</i>	Devaloka Time: 6AM to 9AM
4 Tuesday, March 31, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Mangala Vasara Yukhtayam Yangon, Myanmar		
Purvaphalguni/Uttaraphalguni Nakshatra Gandha/Vridhi Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 351		Vasarasu 5:127		
Simha Rasi: 21.04	TITHI 13 – 14	Gulika 12:10PM – 1:42PM	Purvaphalguni Untill 4:21PM	Ganesh: Purple Sunrise: 6:03AM
		Yama 9:06AM – 10:38AM	Gandha* Untill 4:40PM	Muruga: White Sunset: 6:18PM
Creative Work Siddha Yoga	153758678	Rahu 3:14PM – 4:46PM	Gara Untill 8:01PM	Moon 3 - Phase 4B - 27
Untill 4:21PM			Trayodashi Untill 7:58AM	4th Phase
Then Creative Work - Amrita Yoga			Moon - Red Chaitra-Panguni	Devaloka Day
Wednesday, April 1, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Sukla Paksha Budha Vasara Yukhtayam Yangon, Myanmar		
Copper Retreat Star		Uttaraphalguni/Hasta Nakshatra Vridhi/Dhruva Yoga Vanija/Vridi* Karana Chaturdashi/Purnimayam Titau Sun 28 Sutra 352		
Kanya Rasi: 3.59	TITHI 14 – 15	Gulika 10:38AM – 12:10PM	Uttaraphalguni Untill 5:08PM	Ganesh: Purple Sunrise: 6:03AM
		Yama 7:34AM – 9:06AM	Vridhi Untill 3:50PM	Muruga: White Sunset: 6:18PM
Creative Work Amrita Yoga	153758678	Rahu 12:10PM – 1:42PM	Visti Untill 8:24PM	Moon 3 - Phase 4B - Purnima
Untill 5:08PM		Panguni Uttiram	Chaturdashi* Untill 8:08AM	
Then Routine Work - Marana Yoga		Hanuman Jayanti	Moon - Red Chaitra-Panguni	Devaloka Day
Thursday, April 2, 2026		Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Guru Vasara Yukhtayam Yangon, Myanmar		
Silver Retreat Star		Hasta Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 29 Sutra 353		
Kanya Rasi: 16.42	TITHI 15 – 16	Gulika 9:06AM – 10:38AM	Hasta Untill 6:39PM	Ganesh: Clear Sunrise: 6:01AM
		Yama 6:01AM – 7:33AM	Dhruva Untill 3:18PM	Muruga: White Sunset: 6:18PM
Routine Work Marana Yoga	163758678	Rahu 1:42PM – 3:14PM	Balava Untill 9:12PM	Moon 3 - Phase 4B - Prathama
Untill 6:39PM			Purnima* Untill 8:43AM	
Then Creative Work - Siddha Yoga			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

All times are standard time. Calculated for Yangon, Myanmar on 12/20/23

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Friday, April 3, 2026

Gold Retreat Star

Kanya Rasi: 29.13 Tithi 16 - 17
Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Sakra Vasara Yuktayam Yangon, Myanmar
Chitra Nakshatra Vyaghat/Harshana Yoga Kaulava/Taila Karana Prathama/Dvityayam Titau Sutra 354
Gulika 7:33AM - 9:05AM Chitra Untill 8:25PM Ganesha: Clear Sunrise: 6:01AM Vasoosau 5:17
Yama 3:14PM - 4:46PM Vyaghata* Until 3:08PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 1st Phase
Rahu 10:37AM - 12:10PM Taila Until 10:27PM Nataraja: Purple
Moon - Orange
Prathama* Untill 9:45AM Chaitra-Panguni
Bhuloka Day
Devaloka Time: 9AM to 12:2PM

1

Saturday, April 4, 2026

Tula Rasi: 11.33 Tithi 17 - 18
Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Marita Vasara Yuktayam Yangon, Myanmar
Svati Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Dvitya/Tritayam Titau Sutra 355
Gulika 6:00AM - 7:32AM Svati Untill 10:26PM Ganesha: Clear Sunrise: 6:00AM Vasoosau 5:17
Yama 1:42PM - 3:14PM Harshana Untill 3:17PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 1st Phase
Rahu 9:04AM - 10:37AM Bava Untill 2:06AM Sun Dvitiya Untill 11:21AM Nataraja: Purple
Moon - Orange
Dvitiya Untill 11:21AM Chaitra-Panguni
Bhuloka Day
Devaloka Time: 9AM to 12:2PM

2

Sunday, April 5, 2026

Tula Rasi: 23.43 Tithi 18 - 19
Routine Work Marana Yoga
Until 1:07AM Mon
Then Creative Work - Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Bharu Vasara Yuktayam Yangon, Myanmar
Svati Nakshatra Vajra/Siddhi Yoga Vasi/Bava Karana Tritiya/Chaturtham Titau Sutra 356
Gulika 3:14PM - 4:46PM Vishakha Untill 1:07AM Mon Ganesha: White Sunrise: 5:59AM Vasoosau 5:17
Yama 12:09PM - 1:41PM Vajra* Until 3:42PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 2 1st Phase
Rahu 4:46PM - 6:19PM Bava Untill 2:06AM Mon Nataraja: Purple
Moon - Orange
Tritiya Untill 1:02PM Chaitra-Panguni
Devaloka Day

3

Monday, April 6, 2026

Wisshika Rasi: 5.46 Tithi 19 - 20
Family Home Evening
Creative Work Siddha Yoga
Until 3:54AM Tue
Then Routine Work - Marana Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Indu Vasara Yuktayam Yangon, Myanmar
Svati Nakshatra Siddhi/Vyaghat* Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau Sutra 357
Gulika 1:41PM - 3:14PM Anuradha Untill 3:54AM Tue Ganesha: White Sunrise: 5:58AM Vasoosau 5:17
Yama 10:36AM - 12:09PM Siddhi Until 4:22PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 1st Phase
Rahu 7:31AM - 9:03AM Kaulava Untill 4:22AM Tue Nataraja: Purple
Moon - Orange
Chaturthi* Untill 3:11PM Chaitra-Panguni
Devaloka Day

4

Tuesday, April 7, 2026

Wisshika Rasi: 17.42 Tithi 20 - 21
Routine Work Marana Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Mangala Vasara Yuktayam Yangon, Myanmar
Jyeshtha* Nakshatra Vyapata/Variyan Yoga Talila/Gara Karana Panchami/Sashtayam Titau Sutra 358
Gulika 12:08PM - 1:41PM Jyeshtha* Untill 6:39AM Wed Ganesha: White Sunrise: 5:58AM Vasoosau 5:17
Yama 9:03AM - 10:36AM Vyajipata* Until 5:12PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 4 1st Phase
Rahu 3:14PM - 4:46PM Gara Untill 6:47AM Wed Nataraja: Purple
Moon - Orange
Panchami Untill 5:33PM Chaitra-Panguni
Devaloka Day

5

Wednesday, April 8, 2026

Wisshika Rasi: 29.35 Tithi 21
Creative Work Siddha Yoga
Until 6:39AM
Then Routine Work - Marana Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Batha Vasara Yuktayam Yangon, Myanmar
Jyeshtha* Mula* Nakshatra Variyan Yoga Gara/Vanija Karana Sashtayam Titau Sutra 359
Gulika 10:35AM - 12:08PM Jyeshtha* Untill 6:39AM Ganesha: White Sunrise: 5:57AM Vasoosau 5:17
Yama 7:30AM - 9:02AM Variyan Untill 6:03PM Muruga: White Sunset: 6:39PM Moon 4 - Phase 49 - 5 1st Phase
Rahu 12:08PM - 1:41PM Gara Untill 6:47AM Nataraja: Purple
Moon - Orange
Shashthi* Untill 7:58PM Chaitra-Panguni
Devaloka Day

6

Thursday, April 9, 2026

Dhanus Rasi: 11.29 Tithi 22
Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Curu Vasara Yuktayam Yangon, Myanmar
Mula* Puruvashada* Nakshatra Parigaha* Yoga Vasi/Bava Karana Saphtayam Titau Sutra 360
Gulika 9:02AM - 10:35AM Mula* Untill 9:42AM Ganesha: Yellow Sunrise: 5:56AM Vasoosau 5:17
Yama 5:56AM - 7:29AM Parigaha* Until 6:51PM Muruga: White Sunset: 6:29PM Moon 4 - Phase 49 - 6 1st Phase
Rahu 1:41PM - 3:14PM Vasi Until 9:10AM Nataraja: Purple
Moon - Light Blue
Saphtami Untill 10:16PM Chaitra-Panguni
Bhuloka Day
Devaloka Time: 9AM to 12:2PM

D

Friday, April 10, 2026

Retreat Star

Dhanus Rasi: 23.27 Tithi 23
Routine Work Prabalatarisha Yoga
Until 12:23PM
Then Routine Work - Marana Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Sakra Vasara Yuktayam Yangon, Myanmar
Puruvashada* Uttarashada* Nakshatra Shiva Yoga Balava/Kaulava Karana Ashtayam Titau Sutra 361
Gulika 7:28AM - 9:01AM Puruvashada* Untill 12:23PM Ganesha: Yellow Sunrise: 5:55AM Vasoosau 5:17
Yama 3:14PM - 4:47PM Shiva Until 7:26PM Muruga: White Sunset: 6:29PM Moon 4 - Phase 49 - 7 Ashtami
Rahu 10:34AM - 12:07PM Balava Until 11:19AM Nataraja: Purple
Moon - Light Blue
Ashtami* Untill 12:13AM Sat Chaitra-Panguni
Bhuloka Day
Devaloka Time: 9AM to 12:2PM

Saturday, April 11, 2026

Retreat Star

Makara Rasi: 5.35 Tithi 24
Routine Work Marana Yoga
Until 2:27PM
Then Creative Work - Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Marita Vasara Yuktayam Yangon, Myanmar
Uttarashada* Uttarashada* Nakshatra Siddha Yoga Talila/Gara Karana Navamam Titau Sutra 362
Gulika 5:55AM - 7:28AM Uttarashada* Untill 2:27PM Ganesha: Yellow Sunrise: 5:55AM Vasoosau 5:17
Yama 1:40PM - 3:14PM Siddha Until 7:35PM Muruga: White Sunset: 6:29PM Moon 4 - Phase 49 - 8 Navami
Rahu 9:01AM - 10:34AM Talila Until 1:02PM Nataraja: Purple
Moon - Light Blue
Navami* Untill 1:38AM Sun Chaitra-Panguni
Bhuloka Day
Devaloka Time: 9AM to 12:2PM

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 Sunday, April 12, 2026		Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Meena Mase Krishna Pakshi Bharu Vesara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya Yoga Vanija/Visil* Karana Dashamyam Titau				Yangan, Myanmar
Makara Rasi: 17.57	Tithi 25	Gulika 3:13PM - 4:47PM	Shravana Until 4:14PM	Ganesh: Blue	Sunrise: 5:54AM	Sun 9 Sutra 363
		Yama 12:07PM - 1:40PM	Sadhya Until 7:14PM	Muruga: White	Sunset: 6:20PM	Vasaxasu 5127
		Rahu 4:47PM - 6:20PM	Bava Until 2:06PM	Nataraja: Purple		Moon 4 - Phase 50 - 9 2nd Phase
Creative Work	Amrita Yoga		Dashami Until 2:20AM Mon	Moon - Purple		Devaloka Day
Until 4:14PM				Chaitra-Panguni		
Then Routine Work - Marana Yoga						

2 Monday, April 13, 2026		Vishvasu Nama Samvatsare Uтарыне Moksha Ritau Meena Mase Krishna Pakshi Indu Vesara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha Yoga Bava/Balava Karana Ekadashyam Titau				Yangan, Myanmar
Kumbha Rasi: 0.4	Tithi 26	Gulika 1:40PM - 3:13PM	Dhanishtha Until 5:05PM	Ganesh: Blue	Sunrise: 5:53AM	Sun 10 Sutra 364
Family Home Evening		Yama 10:33AM - 12:07PM	Subha Until 6:17PM	Muruga: White	Sunset: 6:20PM	Vasaxasu 5127
		Rahu 7:27AM - 9:00AM	Bava Until 1:23PM	Nataraja: Purple		Moon 4 - Phase 50 - 10 2nd Phase
Creative Work	Siddha Yoga		Ekadashi* Until 2:12AM Tue	Moon - Purple		Devaloka Day
				Chaitra-Panguni		

3 Tuesday, April 14, 2026		Vishvasu Nama Samvatsare Uтарыне Nartana Ritau Meha Mase Krishna Pakshi Mangala Vesara Yuktayam Shatabhishak/Puravroshthapada* Nakshatra Sukla/Brahma Yoga Kaulava/Talita Karana Dvadasyam Titau				Yangan, Myanmar
Kumbha Rasi: 13.46	Tithi 27	Gulika 12:06PM - 1:40PM	Shatabhishak Until 4:58PM	Ganesh: Red	Sunrise: 5:52AM	Sun 11 Sutra 1
		Yama 8:59AM - 10:33AM	Sukla Until 4:39PM	Muruga: White	Sunset: 6:20PM	Vasaxasu 5127
		Rahu 3:13PM - 4:47PM	Kaulava Until 1:51PM	Nataraja: Purple		Moon 4 - Phase 50 - 11 2nd Phase
Routine Work	Marana Yoga		Dvadashi* Until 1:15AM Wed	Moon - Purple		Bhuloka Day
				Chaitra-Chaitra		Devaloka Time: 6AM to 9AM

4 Wednesday, April 15, 2026		Parabhava Nama Samvatsare Uтарыне Nartana Ritau Meha Mase Krishna Pakshi Butha Vesara Yuktayam Puravroshthapada*/Utarproshthapada Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Trayodshyam Titau				Yangan, Myanmar
Kumbha Rasi: 27.19	Tithi 28	Gulika 10:33AM - 12:06PM	Puravroshthapada* Until 4:23PM	Ganesh: White	Sunrise: 5:52AM	Sun 12 Sutra 2
		Yama 7:25AM - 8:59AM	Brahma Until 2:24PM	Muruga: White	Sunset: 6:21PM	Parabhava 5128
		Rahu 12:06PM - 1:40PM	Gara Until 12:30PM	Nataraja: Purple		Moon 4 - Phase 50 - 12 2nd Phase
Creative Work	Amrita Yoga		Trayodashi* Until 11:33PM	Moon - Clear		Bhuloka Day
Until 4:23PM		Tamil New Year		Chaitra-Chaitra		
Then Creative Work - Siddha Yoga			Pradosha Vata (Fasting)			

5 Thursday, April 16, 2026		Parabhava Nama Samvatsare Uтарыне Nartana Ritau Meha Mase Krishna Pakshi Guru Vesara Yuktayam Utarproshthapada/Revati Nakshatra Indra/Vaidhiti* Yoga Vail/Sakuni* Karana Chaturdashyam Titau				Yangan, Myanmar
Meena Rasi: 11.19	Tithi 29	Gulika 8:58AM - 10:32AM	Utarproshthapada Until 2:58PM	Ganesh: Yellow	Sunrise: 5:51AM	Sun 13 Sutra 3
		Yama 5:51AM - 7:25AM	Indra Until 11:36AM	Muruga: White	Sunset: 6:21PM	Parabhava 5128
		Rahu 1:40PM - 3:13PM	Visil Until 10:28AM	Nataraja: Purple		Moon 4 - Phase 50 - 13 2nd Phase
Creative Work	Siddha Yoga		Chaturdash* Until 9:12PM	Moon - Clear		Bhuloka Day
				Chaitra-Chaitra		Devaloka Time: 9AM to 12PM

Friday, April 17, 2026		Parabhava Nama Samvatsare Uтарыне Nartana Ritau Meha Mase Krishna Pakshi Sukra Vesara Yuktayam Revati/Ashvini Nakshatra Vaidhiti*/Mahaambha* Yoga Calatpoda*/Naga* Karana Amavasyam Titau				Yangan, Myanmar
Meena Rasi: 25.43	Tithi 30	Gulika 7:24AM - 8:58AM	Revati Until 12:52PM	Ganesh: Yellow	Sunrise: 5:50AM	Sun 14 Sutra 4
		Yama 3:13PM - 4:47PM	Vaidhiti* Until 8:19AM	Muruga: White	Sunset: 6:21PM	Parabhava 5128
		Rahu 10:32AM - 12:06PM	Calatpoda Until 7:51AM	Nataraja: Purple		Moon 4 - Phase 50 - 14 Amavasya
Creative Work	Siddha Yoga		Amavasya* Until 6:21PM	Moon - Clear		Bhuloka Day
Until 12:52PM				Chaitra-Chaitra		Devaloka Time: 9AM to 12PM
Then Creative Work - Amrita Yoga						

Saturday, April 18, 2026		Parabhava Nama Samvatsare Uтарыне Nartana Ritau Meha Mase Sukla Pakshi Manita Vesara Yuktayam Ashvini/Bharani Nakshatra Pili Yoga Bava/Balava Karana Prathama/Dvityayam Titau				Yangan, Myanmar
Mesha Rasi: 10.26	Tithi 1 - 2	Gulika 5:50AM - 7:24AM	Ashvini Until 10:41AM	Ganesh: Red	Sunrise: 5:50AM	Sun 15 Sutra 5
		Yama 1:39PM - 3:13PM	Pili Until 12:55AM Sun	Muruga: White	Sunset: 6:21PM	Parabhava 5128
		Rahu 8:58AM - 10:31AM	Balava Until 1:32AM Sun	Nataraja: Purple		Moon 4 - Phase 50 - 15 Prathama
Creative Work	Siddha Yoga		Prathama* Until 3:11PM	Moon - White		Bhuloka Day
				Vaisaka-Chaitra		Devaloka Time: 9AM to 12PM

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

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1	Sunday, April 19, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Bhanu Vesara Yukhtayam Yangon, Myanmar		
	Bharani/Krittika Nakshatra Ayushman Yoga Kaulava/Taitila Karana Divilyaj/Tritiyayam Titau Sun 16 Sutra 6		Parabhava 5128		
Mesha Rasi: 25.19	Tithi 2 - 3	Gulika 3:13PM - 4:47PM	Bharani Untill 8:09AM	Ganesh: Red	Sunrise: 5:49AM
		Yama 12:05PM - 1:39PM	Ayushman Untill 9:01PM	Muruga: White	Sunset: 6:29PM
		Rahu 4:47PM - 6:21PM	Taitila Untill 10:11PM	Nataraja: Purple	Moon 4 - Phase 1 - 17
Routine Work	Prabalarishta Yoga		Dvitiya Untill 11:51AM	Moon - White:	Bhuloka Day
Untill 8:09AM				Vaisaka-Chaitra	Devaloka Time: 9AM to12:2PM
Then Creative Work	Siddha Yoga				

2	Monday, April 20, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Indu Vesara Yukhtayam Yangon, Myanmar		
	Rohini Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau Sun 17 Sutra 7		Parabhava 5128		
Wishabha Rasi: 10.14	Tithi 3 - 4	Gulika 1:39PM - 3:13PM	Rohini Untill 3:10AM Tue	Ganesh: Yellow	Sunrise: 5:48AM
Family Home Evening		Yama 10:31AM - 12:05PM	Saubhagya Untill 5:11PM	Muruga: White	Sunset: 6:29PM
		Rahu 7:22AM - 8:57AM	Vanija Untill 6:54PM	Nataraja: Purple	Moon 4 - Phase 1 - 17
Creative Work	Amrita Yoga		Tritiya Untill 8:30AM	Moon - Yellow:	Bhuloka Day
Untill 3:10AM Tue		Akshaya Tritiya		Vaisaka-Chaitra	Devaloka Time: 9AM to12:2PM
Then Creative Work	Siddha Yoga				

3	Tuesday, April 21, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Mangala Vasara Yukhtayam Yangon, Myanmar		
	Mrigashira Nakshatra Saubhagya/Ahiganda* Yoga Bava/Balava Karana Panchmiam Titau Sun 18 Sutra 8		Parabhava 5128		
Wishabha Rasi: 25.04	Tithi 5	Gulika 12:05PM - 1:39PM	Mrigashira Untill 1:01AM Wed	Ganesh: Yellow	Sunrise: 5:48AM
		Yama 8:56AM - 10:30AM	Sobhana Untill 1:33PM	Muruga: White	Sunset: 6:29PM
		Rahu 3:13PM - 4:48PM	Bava Untill 3:50PM	Nataraja: Purple	Moon 4 - Phase 1 - 18
Creative Work	Siddha Yoga		Panchami Untill 2:24AM Wed	Moon - Yellow:	Bhuloka Day
				Vaisaka-Chaitra	Devaloka Time: 9AM to12:2PM

4	Wednesday, April 22, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Budha Vesara Yukhtayam Yangon, Myanmar		
	Ardra Nakshatra Athiganda*/Sukama Yoga Kaulava/Taitila Karana Panchmiam Titau Sun 19 Sutra 9		Parabhava 5128		
Mithuna Rasi: 9.4	Tithi 6	Gulika 10:30AM - 12:05PM	Ardra Untill 11:07PM	Ganesh: Yellow	Sunrise: 5:47AM
		Yama 7:21AM - 8:56AM	Athiganda* Untill 10:09AM	Muruga: White	Sunset: 6:29PM
		Rahu 12:05PM - 1:39PM	Kaulava Untill 1:06PM	Nataraja: Purple	Moon 4 - Phase 1 - 19
Creative Work	Siddha Yoga		Shashthi* Untill 11:53PM	Moon - Yellow:	Bhuloka Day
				Vaisaka-Chaitra	Devaloka Time: 9AM to12:2PM

5	Thursday, April 23, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Guru Vesara Yukhtayam Yangon, Myanmar		
	Punarvasu Nakshatra Sukama/Dhrili Yoga Gara/Vanija Karana Saptamiam Titau Sun 20 Sutra 10		Parabhava 5128		
Mithuna Rasi: 23.59	Tithi 7	Gulika 8:55AM - 10:30AM	Punarvasu Untill 9:59PM	Ganesh: White	Sunrise: 5:46AM
		Yama 5:46AM - 7:21AM	Sukama Untill 7:08AM	Muruga: White	Sunset: 6:29PM
		Rahu 1:39PM - 3:13PM	Gara Untill 10:50AM	Nataraja: Purple	Moon 4 - Phase 1 - 20
Creative Work	Amrita Yoga		Saptami Untill 9:52PM	Moon - Blue:	Devaloka Day
				Vaisaka-Chaitra	

6	Friday, April 24, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Sukra Vesara Yukhtayam Yangon, Myanmar		
	Retreat Star		Punahsya Nakshatra Shula* Yoga Vosi*/Bava Karana Ashtamiam Titau Sun 21 Sutra 11		
Kataka Rasi: 7.57	Tithi 8	Gulika 7:20AM - 8:55AM	Pushya Untill 9:15PM	Ganesh: White	Sunrise: 5:46AM
		Yama 3:13PM - 4:48PM	Shula* Untill 2:23AM Sat	Muruga: White	Sunset: 6:29PM
		Rahu 10:30AM - 12:04PM	Visli Untill 9:05AM	Nataraja: Purple	Moon 4 - Phase 1 - 21
Routine Work	Marana Yoga		Ashlami* Untill 8:24PM	Moon - Blue:	Devaloka Day
				Vaisaka-Chaitra	

7	Saturday, April 25, 2026		Parabhava Nama Samvatsara Uttarayana: Nartana Ritau Mesha Mase Sakla Paksho Manta Vesara Yukhtayam Yangon, Myanmar		
	Retreat Star		Pushya Nakshatra Ganda* Yoga Balava/Kaulava Karana Navamiam Titau Sun 22 Sutra 12		
Kataka Rasi: 21.35	Tithi 9	Gulika 5:45AM - 7:20AM	Ashlesha* Untill 8:56PM	Ganesh: White	Sunrise: 5:45AM
		Yama 1:39PM - 3:13PM	Ganda* Untill 12:42AM Sun	Muruga: White	Sunset: 6:29PM
		Rahu 8:55AM - 10:29AM	Balava Untill 7:54AM	Nataraja: Clear	Moon 4 - Phase 1 - 22
Routine Work	Marana Yoga		Navami* Untill 7:30PM	Moon - Blue:	Sivaloka Day
Untill 8:56PM				Vaisaka-Chaitra	
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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1 Sunday, April 26, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Bhanu Vesara Yukhtayam Magha* Nakshatra Viddhi Yoga Talila/Gara Karana Dashamyam Tilau				Yangan, Myanmar Sun 23 Sutra 13
Simha Rasi: 4.54	Tithi 10	Gulika 3:13PM - 4:48PM	Magha* Until 9:27PM Viddhi Until 11:27PM	Ganesh: Clear Muruga: White Nataraja: Clear	Sunrise: 5:45AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - 23 4th Phase
Routine Work - Marana Yoga Until 9:27PM Then Creative Work - Siddha Yoga		254858679	Rahu 4:48PM - 6:23PM	Talila Until 7:16AM Dashami Until 7:09PM	Moon - Red Vaisaka-Chaitra	Devaloka Day

2 Monday, April 27, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Indu Vesara Yukhtayam Purvaphalguni Nakshatra Dhruva Yoga Vanja/Visi* Karana Ekadashyam Tilau				Yangan, Myanmar Sun 24 Sutra 14
Simha Rasi: 17.56	Tithi 11	Gulika 1:38PM - 3:13PM	Purvaphalguni Until 10:19PM Dhruva Until 10:34PM	Ganesh: Purple Muruga: White Nataraja: Clear	Sunrise: 5:44AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - 24 4th Phase
Family Home Evening Creative Work - Siddha Yoga		255858679	Rahu 7:19AM - 8:54AM	Vanija Until 7:11AM Ekadashi Until 7:18PM	Moon - Red Vaisaka-Chaitra	Bhuloka Day Devaloka Time: 6PM to 9PM

3 Tuesday, April 28, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Mangala Vasara Yukhtayam Uttaraphalguni Nakshatra Vyaghata* Yoga Bava/Balava Karana Dvadashtyam Tilau				Yangan, Myanmar Sun 25 Sutra 15
Kanya Rasi: 0.44	Tithi 12	Gulika 12:03PM - 1:38PM	Uttaraphalguni Until 11:27PM Vyaghata* Until 10:03PM	Ganesh: Purple Muruga: White Nataraja: Clear	Sunrise: 5:43AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - 25 4th Phase
Creative Work - Amrita Yoga Until 11:27PM Then Creative Work - Siddha Yoga		255858679	Rahu 3:13PM - 4:48PM	Bava Until 7:34AM Dvadashti Until 7:54PM	Moon - Red Vaisaka-Chaitra	Bhuloka Day Devaloka Time: 6PM to 9PM

4 Wednesday, April 29, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Budha Vesara Yukhtayam Hashta Nakshatra Harshana Yoga Kalava/Talila Karana Trayodashyam Tilau				Yangan, Myanmar Sun 26 Sutra 16
Kanya Rasi: 13.19	Tithi 13	Gulika 10:28AM - 12:03PM	Hashta Until 1:17AM Thu Harshana Until 9:52PM	Ganesh: Clear Muruga: White Nataraja: Clear	Sunrise: 5:43AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - 26 4th Phase
Routine Work - Marana Yoga Until 1:17AM Thu Then Creative Work - Siddha Yoga		265858679	Rahu 12:03PM - 1:38PM	Kalava Until 8:23AM Trayodashi Until 8:55PM	Moon - Green Vaisaka-Chaitra	Devaloka Day
<i>Pradosha Vata</i>						

5 Thursday, April 30, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Guru Vesara Yukhtayam Chitra Nakshatra Vajra* Yoga Gara/Vanija Karana Chaturdashyam Tilau				Yangan, Myanmar Sun 27 Sutra 17
Kanya Rasi: 25.45	Tithi 14	Gulika 8:53AM - 10:28AM	Chitra Until 3:18AM Fri Vajra* Until 9:55PM	Ganesh: Clear Muruga: White Nataraja: Clear	Sunrise: 5:42AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - 27 4th Phase
Creative Work - Siddha Yoga		265858679	Rahu 1:38PM - 3:14PM	Gara Until 9:34AM Chaturdash* Until 10:16PM	Moon - Green Vaisaka-Chaitra	Devaloka Day

O Friday, May 1, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Sukra Vesara Yukhtayam Svali Nakshatra Siddhi Yoga Visi*/Bava Karana Punimayam Tilau				Yangan, Myanmar Sun 28 Sutra 18
Tula Rasi: 8.02	Tithi 15	Gulika 7:17AM - 8:52AM	Svali Until 5:26AM Sat Siddhi Until 10:13PM	Ganesh: Clear Muruga: White Nataraja: Clear	Sunrise: 5:41AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - Purnima
Creative Work - Siddha Yoga		265858679	Rahu 10:27AM - 12:03PM	Visi Until 11:05AM Purnima* Until 11:56PM	Moon - Green Vaisaka-Chaitra	Devaloka Day
Budha Purnima (Tamil Nadu)						

Saturday, May 2, 2026		Parabhava Nama Samvatsara Uttarayani Nartana Ritau Mecha Mese Sakla Paksho Mantu Vesara Yukhtayam Vishakha Nakshatra Yajlopata* Yoga Balava/Kalava Karana Prathamayam Tilau				Yangan, Myanmar Sun 29 Sutra 19
Tula Rasi: 20.11	Tithi 16	Gulika 5:41AM - 7:16AM	Vishakha Until 8:10AM Sun Vyajlopata* Until 10:45PM	Ganesh: White Muruga: White Nataraja: Clear	Sunrise: 5:41AM Sunset: 6:29PM	Parabhava 5128 Moon 4 - Phase 2 - Prathama
Creative Work - Siddha Yoga Until 8:10AM Sun Then Routine Work - Marana Yoga		275858679	Rahu 8:52AM - 10:27AM	Balava Until 12:54PM Prathama* Until 1:53AM Sun	Moon - Orange Vaisaka-Chaitra	Bhuloka Day Devaloka Time: 6PM to 9PM

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 12/20/23

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