



**Tuesday, May 1, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Vishakha/Anuradha Nakshatra Vyalipata/Variyan Yoga Tailila/Gara Karana Dvitiyayam Titau

Muscat, Oman  
 Suntra 16

Tula Rasi: 28.54 Tithi 17

273832369

**Gulika** 12:04PM – 1:41PM  
**Yama** 8:49AM – 10:26AM  
**Rahu** 3:19PM – 4:57PM

**Vishakha** Until 2:23PM  
 Vyatipata\* Until 8:06AM  
 Tailila Until 5:40PM  
**Dvitiya** Until 6:09AM Wed

**Ganesha:** Purple *Sunrise: 5:34AM*  
**Muruqa:** White *Sunset: 6:34PM*  
**Nataraja:** Purple  
 Moon – Orange  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Routine Work Marana Yoga

Until 2:23PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

**1**

**Wednesday, May 2, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
 Anuradha/Jyeshtha\* Nakshatra Variyan/Parigha\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Muscat, Oman  
 Sun 1 Suntra 17

Virshika Rasi: 11.27 Tithi 17 – 18

273832369

**Gulika** 10:26AM – 12:04PM  
**Yama** 7:11AM – 8:48AM  
**Rahu** 12:04PM – 1:42PM

**Anuradha** Until 4:05PM  
 Variyan Until 7:48AM  
 Vanija Until 6:49PM  
**Dvitiya** Until 6:09AM

**Ganesha:** Purple *Sunrise: 5:33AM*  
**Muruqa:** White *Sunset: 6:35PM*  
**Nataraja:** Purple  
 Moon – Orange  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**

**2**

**Thursday, May 3, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam  
 Jyeshtha\* Nakshatra Parigha/Shiva Yoga Visti/Bava Karana Tritiya/Chaturchyam Titau

Muscat, Oman  
 Sun 2 Suntra 18

Virshika Rasi: 23.46 Tithi 18 – 19

274832369

**Gulika** 8:48AM – 10:26AM  
**Yama** 5:32AM – 7:10AM  
**Rahu** 1:42PM – 3:19PM

**Jyeshtha\*** Until 6:08PM  
 Parigha\* Until 7:56AM  
 Bava Until 8:30PM  
**Tritiya** Until 7:34AM

**Ganesha:** Clear *Sunrise: 5:32AM*  
**Muruqa:** White *Sunset: 6:35PM*  
**Nataraja:** Purple  
 Moon – Orange  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Routine Work Prabalarishta Yoga

Until 6:08PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

**3**

**Friday, May 4, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Mula\* Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Muscat, Oman  
 Sun 3 Suntra 19

Dhanus Rasi: 5.52 Tithi 19 – 20

284832369

**Gulika** 7:10AM – 8:48AM  
**Yama** 3:20PM – 4:58PM  
**Rahu** 10:26AM – 12:04PM

**Mula\*** Until 8:59PM  
 Shiva Until 8:28AM  
 Kaulava Until 10:39PM  
**Chaturthi\*** Until 9:30AM

**Ganesha:** White *Sunrise: 5:31AM*  
**Muruqa:** White *Sunset: 6:36PM*  
**Nataraja:** Purple  
 Moon – Light Blue  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Creative Work Amrita Yoga

Until 8:59PM

Then Routine Work - Prabalarishta Yoga

**Devaloka Day**

**4**

**Saturday, May 5, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mantla Vasara Yuktayam  
 Purvashadha\* Nakshatra Siddha/Sadhya Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

Muscat, Oman  
 Sun 4 Suntra 20

Dhanus Rasi: 17.47 Tithi 20 – 21

284832369

**Gulika** 5:31AM – 7:09AM  
**Yama** 1:42PM – 3:20PM  
**Rahu** 8:47AM – 10:25AM

**Purvashadha\*** Until 11:59PM  
 Siddha Until 9:17AM  
 Gara Until 1:07AM Sun  
**Panchami** Until 11:50AM

**Ganesha:** White *Sunrise: 5:31AM*  
**Muruqa:** White *Sunset: 6:36PM*  
**Nataraja:** Purple  
 Moon – Light Blue  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Creative Work Siddha Yoga

Until 11:59PM

Then Routine Work - Marana Yoga

**Devaloka Day**

**5**

**Sunday, May 6, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Uttarahadha Nakshatra Sadhya/Subha Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Muscat, Oman  
 Sun 5 Suntra 21

Dhanus Rasi: 29.37 Tithi 21 – 22

284832369

**Gulika** 3:20PM – 4:58PM  
**Yama** 12:03PM – 1:42PM  
**Rahu** 4:58PM – 6:37PM

**Uttarahadha** Until 2:55AM Mon  
 Sadhya Until 10:18AM  
 Visti Until 3:42AM Mon  
**Shashthi\*** Until 2:23PM

**Ganesha:** White *Sunrise: 5:30AM*  
**Muruqa:** White *Sunset: 6:37PM*  
**Nataraja:** Purple  
 Moon – Light Blue  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Creative Work Amrita Yoga

**Devaloka Day**

**6**

**Monday, May 7, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
 Shravana Nakshatra Subha/Sukla Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Muscat, Oman  
 Sun 6 Suntra 22

Makara Rasi: 11.25 Tithi 22 – 23

294832369

**Gulika** 1:42PM – 3:20PM  
**Yama** 10:25AM – 12:03PM  
**Rahu** 7:08AM – 8:46AM

**Shravana** Until 6:04AM Tue  
 Subha Until 11:22AM  
 Balava Until 6:08AM Tue  
**Saptami** Until 4:56PM

**Ganesha:** Yellow *Sunrise: 5:30AM*  
**Muruqa:** White *Sunset: 6:37PM*  
**Nataraja:** Purple  
 Moon – Purple  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 1st Phase

Creative Work Amrita Yoga

Until 6:04AM Tue

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

**D**

**Tuesday, May 8, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Shravana/Dhanishtha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau

Muscat, Oman  
 Sun 7 Suntra 23

Makara Rasi: 23.17 Tithi 23

294832369

**Gulika** 12:03PM – 1:42PM  
**Yama** 8:46AM – 10:25AM  
**Rahu** 3:20PM – 4:59PM

**Shravana** Until 6:04AM  
 Sukla Until 12:14PM  
 Balava Until 6:08AM  
**Ashtami\*** Until 7:12PM

**Ganesha:** Yellow *Sunrise: 5:29AM*  
**Muruqa:** White *Sunset: 6:37PM*  
**Nataraja:** Purple  
 Moon – Purple  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 Ashtami

Creative Work Siddha Yoga

Chidambaram Abhishekam

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

**Wednesday, May 9, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
 Dhanishtha/Shatabhishak Nakshatra Brahma/Indra Yoga Tailila/Gara Karana Navamyam Titau

Muscat, Oman  
 Sun 8 Suntra 24

Kumbha Rasi: 5.19 Tithi 24

294832369

**Gulika** 10:24AM – 12:03PM  
**Yama** 7:07AM – 8:46AM  
**Rahu** 12:03PM – 1:42PM

**Dhanishtha** Until 8:40AM  
 Brahma Until 12:46PM  
 Tailila Until 8:10AM  
**Navami\*** Until 8:57PM

**Ganesha:** Yellow *Sunrise: 5:28AM*  
**Muruqa:** White *Sunset: 6:38PM*  
**Nataraja:** Purple  
 Moon – Purple  
**Vaisaka-Chaitra**

Vilamba 5120  
 Moon 4 - Phase 3  
 Navami

Routine Work Prabalarishta Yoga

Until 8:40AM

Then Creative Work - Siddha Yoga

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

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

<b>1</b>	<b>Thursday, May 10, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Dashamyam Titau				Muscat, Oman
	Kumbha Rasi: 17.34	Tithi 25	294832369	Gulika Yama Rahu	8:45AM – 10:24AM 5:28AM – 7:07AM 1:42PM – 3:21PM	Shatabhishak Until 10:30AM Indra Until 12:49PM Vanija Until 9:35AM Dashami Until 10:00PM	Sun 9 Sutra 25 Vilamba 5120 Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga					Ganesha: Yellow Muruqa: White Nataraja: Purple Moon – Purple	Sunrise: 5:28AM Sunset: 6:38PM
						Vaisaka-Chaitra	Bhuloka Day Devaloka Time: 9:AM to12:PM

<b>2</b>	<b>Friday, May 11, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vaidhriti*/Vishkambha* Yoga Bava/Balava Karana Ekadashyam Titau				Muscat, Oman
	Meena Rasi: 0.1	Tithi 26	214832369	Gulika Yama Rahu	7:06AM – 8:45AM 3:21PM – 5:00PM 10:24AM – 12:03PM	Purvaproshtapada* Until 11:55AM Vaidhriti* Until 12:14PM Bava Until 10:14AM Ekadashi* Until 10:14PM	Sun 10 Sutra 26 Vilamba 5120 Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga					Ganesha: Yellow Muruqa: White Nataraja: Purple Moon – Clear	Sunrise: 5:27AM Sunset: 6:39PM
						Vaisaka-Chaitra	Bhuloka Day Devaloka Time: 9:AM to12:PM

<b>3</b>	<b>Saturday, May 12, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau				Muscat, Oman
	Meena Rasi: 13.08	Tithi 27	214932369	Gulika Yama Rahu	5:27AM – 7:06AM 1:42PM – 3:21PM 8:45AM – 10:24AM	Uttaraproshtapada Until 12:22PM Vishkambha* Until 11:01AM Kaulava Until 10:03AM Dvadashi* Until 9:39PM	Sun 11 Sutra 27 Vilamba 5120 Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga					Ganesha: Blue Muruqa: White Nataraja: Purple Moon – Clear	Sunrise: 5:27AM Sunset: 6:39PM
	Until 12:22PM Then Routine Work - Prabalarishta Yoga					Vaisaka-Chaitra	Bhuloka Day

<b>4</b>	<b>Sunday, May 13, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Trayodashyam Titau				Muscat, Oman
	Meena Rasi: 26.33	Tithi 28	214932369	Gulika Yama Rahu	3:21PM – 5:01PM 12:03PM – 1:42PM 5:01PM – 6:40PM	Revati Until 11:53AM Priti Until 9:10AM Gara Until 9:05AM Trayodashi* Until 8:18PM	Sun 12 Sutra 28 Vilamba 5120 Moon 4 - Phase 4 2nd Phase
	Creative Work Amrita Yoga					Ganesha: Blue Muruqa: White Nataraja: Purple Moon – Clear	Sunrise: 5:26AM Sunset: 6:40PM
	Until 11:53AM Then Creative Work - Siddha Yoga				Mother's Day	Vaisaka-Chaitra	Bhuloka Day

<b>5</b>	<b>Monday, May 14, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Ayushman/Saubhagya Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman
	Mesha Rasi: 10.23	Tithi 29	224932369	Gulika Yama Rahu	1:42PM – 3:22PM 10:24AM – 12:03PM 7:05AM – 8:44AM	Ashvini Until 11:01AM Ayushman Until 6:45AM Visti Until 7:24AM Chaturdashi* Until 6:20PM	Sun 13 Sutra 29 Vilamba 5120 Moon 4 - Phase 4 2nd Phase
	Creative Work Siddha Yoga					Ganesha: Blue Muruqa: White Nataraja: Purple Moon – White	Sunrise: 5:26AM Sunset: 6:40PM
	Family Home Evening					Vaisaka-Chaitra	Bhuloka Day

	<b>Tuesday, May 15, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani/Krittika Nakshatra Sobhana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Muscat, Oman			
	<b>Retreat Star</b>			Mesha Rasi: 24.35	Tithi 30 – 1	224932369	Gulika Yama Rahu	12:03PM – 1:42PM 8:44AM – 10:24AM 3:22PM – 5:01PM	Bharani Until 9:28AM Sobhana Until 12:37AM Wed Kintughna Until 2:29AM Wed Amavasya* Until 3:51PM	Sun 14 Sutra 30 Vilamba 5120 Moon 4 - Phase 4 Amavasya
	Creative Work Siddha Yoga							Ganesha: Blue Muruqa: White Nataraja: Purple Moon – White	Sunrise: 5:25AM Sunset: 6:41PM	
								Vaisaka-Vaikasi	Bhuloka Day	

<b>6</b>	<b>Wednesday, May 16, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Athiganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman			
	<b>Retreat Star</b>			Vrishabha Rasi: 9.04	Tithi 1 – 2	225932369	Gulika Yama Rahu	10:24AM – 12:03PM 7:04AM – 8:44AM 12:03PM – 1:43PM	Krittika Until 7:22AM Athiganda* Until 9:08PM Balava Until 11:33PM Prathama* Until 1:01PM	Sun 15 Sutra 31 Vilamba 5120 Moon 4 - Phase 4 Prathama
	Creative Work Amrita Yoga							Ganesha: Red Muruqa: White Nataraja: Purple Moon – White	Sunrise: 5:25AM Sunset: 6:41PM	
	Until 7:22AM Then Creative Work - Siddha Yoga							Jyeshtha Adhika-Vaikasi	Bhuloka Day Devaloka Time: 9:AM to12:PM	

<b>1</b>	<b>Thursday, May 17, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau				Muscat, Oman
	Vrishabha Rasi: 23.44	Tithi 2 – 3	<b>Gulika</b> 8:44AM – 10:23AM	<b>Mrigashira</b> Until 3:05AM Fri	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:24AM	Sun 16	Sutra 32
	Routine Work	Marana Yoga	Yama 5:24AM – 7:04AM	Sukarma Until 5:34PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:42PM		Vilamba 5120
	Until 3:05AM Fri		235932369 <b>Rahu</b> 1:43PM – 3:22PM	Taitila Until 8:30PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
Then Creative Work - Siddha Yoga			<b>Dvitiya</b> Until 10:01AM	Moon – Yellow		3rd Phase	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>		Devaloka Time: 9:AM to12:PM

<b>2</b>	<b>Friday, May 18, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Dhriti/Shula* Yoga Gara/Visti* Karana Tritiya/Chaturthyam Titau				Muscat, Oman
	Mithuna Rasi: 8.26	Tithi 3 – 4	<b>Gulika</b> 7:04AM – 8:44AM	<b>Ardra</b> Until 12:46AM Sat	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 5:24AM	Sun 17	Sutra 33
	Creative Work	Siddha Yoga	Yama 3:23PM – 5:02PM	Dhriti Until 2:00PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:42PM		Vilamba 5120
			235932369 <b>Rahu</b> 10:23AM – 12:03PM	Visti Until 4:00AM Sat	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
			<b>Tritiya</b> Until 6:58AM	Moon – Yellow		3rd Phase	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>		Devaloka Time: 9:AM to12:PM

<b>3</b>	<b>Saturday, May 19, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman
	Mithuna Rasi: 23.05	Tithi 5	<b>Gulika</b> 5:24AM – 7:03AM	<b>Punarvasu</b> Until 10:55PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:24AM	Sun 18	Sutra 34
	Creative Work	Siddha Yoga	Yama 1:43PM – 3:23PM	Shula* Until 10:32AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:43PM		Vilamba 5120
			245932369 <b>Rahu</b> 8:43AM – 10:23AM	Bava Until 2:37PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
			<b>Panchami</b> Until 1:15AM Sun	Moon – Blue		3rd Phase	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Devaloka Day</b>		

<b>4</b>	<b>Sunday, May 20, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Ganda*/Vridhhi Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman
	Kataka Rasi: 7.35	Tithi 6	<b>Gulika</b> 3:23PM – 5:03PM	<b>Pushya</b> Until 9:13PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:23AM	Sun 19	Sutra 35
	Creative Work	Siddha Yoga	Yama 12:03PM – 1:43PM	Ganda* Until 7:16AM	<b>Muruqa:</b> White <i>Sunset:</i> 6:43PM		Vilamba 5120
			245932369 <b>Rahu</b> 5:03PM – 6:43PM	Kaulava Until 12:00PM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
			<b>Shashthi*</b> Until 10:48PM	Moon – Blue		3rd Phase	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Devaloka Day</b>		

<b>5</b>	<b>Monday, May 21, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Dhruva Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman
	Kataka Rasi: 21.51	Tithi 7	<b>Gulika</b> 1:43PM – 3:23PM	<b>Ashlesha*</b> Until 7:44PM	<b>Ganesha:</b> White <i>Sunrise:</i> 5:23AM	Sun 20	Sutra 36
	<b>Family Home Evening</b>		Yama 10:23AM – 12:03PM	Dhruva Until 1:35AM Tue	<b>Muruqa:</b> White <i>Sunset:</i> 6:44PM		Vilamba 5120
	Creative Work	Siddha Yoga	245932369 <b>Rahu</b> 7:03AM – 8:43AM	Gara Until 9:43AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
Until 7:44PM			<b>Saptami</b> Until 8:42PM	Moon – Blue		3rd Phase	
Then Routine Work - Marana Yoga				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Devaloka Day</b>		

<b>☾</b>	<b>Tuesday, May 22, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman
	<b>Retreat Star</b>		<b>Gulika</b> 12:03PM – 1:44PM	<b>Magha*</b> Until 6:55PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:22AM	Sun 21	Sutra 37
	Simha Rasi: 5.52	Tithi 8	Yama 8:43AM – 10:23AM	Vyaghata* Until 11:13PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:44PM		Vilamba 5120
	Creative Work	Siddha Yoga	255932369 <b>Rahu</b> 3:24PM – 5:04PM	Visti Until 7:49AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
			<b>Ashtami*</b> Until 7:00PM	Moon – Red		Ashtami	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>		Devaloka Time: 9:AM to12:PM

<b>☽</b>	<b>Wednesday, May 23, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni Nakshatra Harshana Yoga Balava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman
	<b>Retreat Star</b>		<b>Gulika</b> 10:23AM – 12:03PM	<b>Purvaphalguni</b> Until 6:23PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:22AM	Sun 22	Sutra 38
	Simha Rasi: 19.39	Tithi 9 – 10	Yama 7:02AM – 8:43AM	Harshana Until 9:12PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:45PM		Vilamba 5120
	Creative Work	Amrita Yoga	255932369 <b>Rahu</b> 12:03PM – 1:44PM	Balava Until 6:19AM	<b>Nataraja:</b> Purple		Moon 4 - Phase 5
			<b>Navami*</b> Until 5:42PM	Moon – Red		Navami	
				<b>Jyeshtha Adhika-Vaikasi</b>	<b>Bhuloka Day</b>		Devaloka Time: 9:AM to12:PM

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

All times are standard time

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<b>1 Thursday, May 24, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 23 Sutra 39 Vilamba 5120
Kanya Rasi: 3.11	Tithi 10 – 11	<b>Gulika</b> 8:43AM – 10:23AM	<b>Uttaraphalguni</b> Until 6:05PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:22AM		
		Yama 5:22AM – 7:02AM	Vajra* Until 7:28PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:45PM		Moon 4 - Phase 6
	Amrita Yoga	255932369 <b>Rahu</b> 1:44PM – 3:24PM	Vanija Until 4:31AM Fri	<b>Nataraja:</b> Purple		4th Phase
Until 6:05PM			<b>Dashami</b> Until 4:48PM	<b>Bhuloka Day</b>		
Then Routine Work - Marana Yoga				Jyeshtha Adhika-Vaikasi	Devaloka Time: 9:AM to 12:PM	
<b>2 Friday, May 25, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Siddhi Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 24 Sutra 40 Vilamba 5120
Kanya Rasi: 16.29	Tithi 11 – 12	<b>Gulika</b> 7:02AM – 8:43AM	<b>Hasta</b> Until 6:28PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:22AM		
		Yama 3:25PM – 5:05PM	Siddhi Until 6:04PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:46PM		Moon 4 - Phase 6
	Amrita Yoga	266932369 <b>Rahu</b> 10:23AM – 12:04PM	Bava Until 4:12AM Sat	<b>Nataraja:</b> Purple		4th Phase
Creative Work			<b>Ekadashi</b> Until 4:18PM	<b>Bhuloka Day</b>		
Until 6:28PM				Jyeshtha Adhika-Vaikasi	Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga						
<b>3 Saturday, May 26, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 25 Sutra 41 Vilamba 5120
Kanya Rasi: 29.36	Tithi 12 – 13	<b>Gulika</b> 5:21AM – 7:02AM	<b>Chitra</b> Until 7:05PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:21AM		
		Yama 1:44PM – 3:25PM	Vyatipata* Until 4:59PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:46PM		Moon 4 - Phase 6
	Marana Yoga	366932369 <b>Rahu</b> 8:42AM – 10:23AM	Kaulava Until 4:17AM Sun	<b>Nataraja:</b> Purple		4th Phase
Routine Work			<b>Dvadashi</b> Until 4:11PM	<b>Bhuloka Day</b>		
Until 7:05PM				Jyeshtha Adhika-Vaikasi		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			
<b>4 Sunday, May 27, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Varyan/Parigha* Yoga Tailita/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 26 Sutra 42 Vilamba 5120
Tula Rasi: 12.3	Tithi 13 – 14	<b>Gulika</b> 3:25PM – 5:06PM	<b>Svati</b> Until 7:56PM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:21AM		
		Yama 12:04PM – 1:44PM	Varyan Until 4:11PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:46PM		Moon 4 - Phase 6
	Siddha Yoga	366932369 <b>Rahu</b> 5:06PM – 6:46PM	Gara Until 4:46AM Mon	<b>Nataraja:</b> Purple		4th Phase
Creative Work			<b>Trayodashi</b> Until 4:27PM	<b>Bhuloka Day</b>		
Until 7:56PM				Jyeshtha Adhika-Vaikasi		
Then Routine Work - Marana Yoga						
<b>5 Monday, May 28, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha Nakshatra Parigha* Shiva Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman Sun 27 Sutra 43 Vilamba 5120
Tula Rasi: 25.13	Tithi 14 – 15	<b>Gulika</b> 1:45PM – 3:25PM	<b>Vishakha</b> Until 9:30PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:21AM		
<b>Family Home Evening</b>		Yama 10:23AM – 12:04PM	Parigha* Until 3:44PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:47PM		Moon 4 - Phase 6
	Marana Yoga	376932369 <b>Rahu</b> 7:02AM – 8:42AM	Visti Until 5:41AM Tue	<b>Nataraja:</b> Purple		4th Phase
Routine Work			<b>Chaturdashi*</b> Until 5:09PM	<b>Bhuloka Day</b>		
Until 9:30PM		<b>Vaikasi Visakam</b>		Jyeshtha Adhika-Vaikasi	Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga						
<b>○ Tuesday, May 29, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha Nakshatra Shiva/Siddha Yoga Bava Karana Purnimayam Titau				Muscat, Oman Sun 28 Sutra 44 Vilamba 5120
Vrischika Rasi: 7.44	Tithi 15	<b>Gulika</b> 12:04PM – 1:45PM	<b>Anuradha</b> Until 11:22PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:21AM		
		Yama 8:42AM – 10:23AM	Shiva Until 3:39PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:47PM		Moon 4 - Phase 6
	Copper Retreat Star	376932369 <b>Rahu</b> 3:26PM – 5:07PM	Bava Until 6:17PM	<b>Nataraja:</b> Purple		Purnima
Creative Work			<b>Purnima*</b> Until 6:17PM	<b>Bhuloka Day</b>		
Until 11:22PM				Jyeshtha Adhika-Vaikasi	Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga						
<b>Wednesday, May 30, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Siddha/Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sun 29 Sutra 45 Vilamba 5120
Vrischika Rasi: 20.02	Tithi 16	<b>Gulika</b> 10:23AM – 12:04PM	<b>Jyeshtha*</b> Until 1:29AM Thu	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:20AM		
		Yama 7:01AM – 8:42AM	Siddha Until 3:53PM	<b>Muruqa:</b> White <i>Sunset:</i> 6:48PM		Moon 4 - Phase 6
	Silver Retreat Star	376932369 <b>Rahu</b> 12:04PM – 1:45PM	Balava Until 7:03AM	<b>Nataraja:</b> Purple		Prathama
Creative Work			<b>Prathama*</b> Until 7:52PM	<b>Bhuloka Day</b>		
Until 12:04PM				Jyeshtha Adhika-Vaikasi	Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga						



**Thursday, May 31, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Dvitiyayam Titau

Muscat, Oman  
Sun 1  
Sutra 46  
Vilamba 5120

Dhanus Rasi: 2.11      Tithi 17

387932369

**Gulika** 8:42AM – 10:23AM  
Yama 5:20AM – 7:01AM  
**Rahu** 1:45PM – 3:26PM

**Mula\* Until 4:19AM Fri**  
Sadhya Until 4:27PM  
Taitila Until 8:51AM  
**Dvitiya Until 9:53PM**

**Ganesha:** White      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:48PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Jyeshtha Adhika-Vaikasi**

**Bhuloka Day**

Creative Work    Siddha Yoga

Until 4:19AM Fri

Then Routine Work - Prabalarishta Yoga

**1**

**Friday, June 1, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\* Nakshatra Subha/Sukla Yoga Vanija/Vistil\* Karana Tritiyayam Titau

Muscat, Oman  
Sun 2  
Sutra 47  
Vilamba 5120

Dhanus Rasi: 14.1      Tithi 18

387932369

**Gulika** 7:01AM – 8:42AM  
Yama 3:27PM – 5:08PM  
**Rahu** 10:23AM – 12:04PM

**Purvashadha\* Until 7:17AM Sat**  
Subha Until 5:18PM  
Vanija Until 11:02AM  
**Tritiya Until 12:13AM Sat**

**Ganesha:** Yellow      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:49PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Jyeshtha Adhika-Vaikasi**

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

Routine Work    Prabalarishta Yoga

Until 7:17AM Sat

Then Routine Work - Marana Yoga

**2**

**Saturday, June 2, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Sukla Yoga Bava/Balava Karana Chaturthayam Titau

Muscat, Oman  
Sun 3  
Sutra 48  
Vilamba 5120

Dhanus Rasi: 26.01      Tithi 19

387932369

**Gulika** 5:20AM – 7:01AM  
Yama 1:46PM – 3:27PM  
**Rahu** 8:42AM – 10:23AM

**Purvashadha\* Until 7:17AM**  
Sukla Until 6:20PM  
Bava Until 1:30PM  
**Chaturthi\* Until 2:47AM Sun**

**Ganesha:** Yellow      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:49PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Jyeshtha Adhika-Vaikasi**

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

Creative Work    Siddha Yoga

Until 7:17AM

Then Routine Work - Marana Yoga

**3**

**Sunday, June 3, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Brahma Yoga Kaulava/Taitila Karana Panchamyam Titau

Muscat, Oman  
Sun 4  
Sutra 49  
Vilamba 5120

Makara Rasi: 7.49      Tithi 20

387932369

**Gulika** 3:27PM – 5:08PM  
Yama 12:05PM – 1:46PM  
**Rahu** 5:08PM – 6:50PM

**Uttarashadha Until 10:15AM**  
Brahma Until 7:27PM  
Kaulava Until 4:06PM  
**Panchami Until 5:22AM Mon**

**Ganesha:** Yellow      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:50PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Jyeshtha Adhika-Vaikasi**

**Bhuloka Day**

Devaloka Time: 9:AM to12:PM

Creative Work    Amrita Yoga

**4**

**Monday, June 4, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Indra Yoga Gara Karana Shashthyam Titau

Muscat, Oman  
Sun 5  
Sutra 50  
Vilamba 5120

Makara Rasi: 19.37      Tithi 21

397932369

**Gulika** 1:46PM – 3:27PM  
Yama 10:24AM – 12:05PM  
**Rahu** 7:01AM – 8:42AM

**Shravana Until 1:32PM**  
Indra Until 8:30PM  
Gara Until 6:37PM  
**Shashthi\* Until 7:46AM Tue**

**Ganesha:** Blue      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:50PM  
**Nataraja:** Purple  
Moon – Purple  
**Jyeshtha Adhika-Vaikasi**

**Devaloka Day**

Creative Work    Amrita Yoga

Until 1:32PM

Then Creative Work - Siddha Yoga

**5**

**Tuesday, June 5, 2018**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Vaidhriti\* Yoga Vanija/Vistil\* Karana Shashthi/Saptamyam Titau

Muscat, Oman  
Sun 6  
Sutra 51  
Vilamba 5120

Kumbha Rasi: 1.28      Tithi 21 – 22

397132361

**Gulika** 12:05PM – 1:46PM  
Yama 8:42AM – 10:24AM  
**Rahu** 3:28PM – 5:09PM

**Dhanishtha Until 4:25PM**  
Vaidhriti\* Until 9:17PM  
Vistil Until 8:51PM  
**Shashthi\* Until 7:46AM**

**Ganesha:** Purple      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:50PM  
**Nataraja:** White  
Moon – Purple  
**Jyeshtha Adhika-Vaikasi**

**Devaloka Day**

Creative Work    Siddha Yoga

Until 4:25PM

Then Routine Work - Marana Yoga

**D**

**Wednesday, June 6, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Shatabhishak Nakshatra Vishkambha\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Muscat, Oman  
Sun 7  
Sutra 52  
Vilamba 5120

Kumbha Rasi: 13.29      Tithi 22 – 23

397132361

**Gulika** 10:24AM – 12:05PM  
Yama 7:01AM – 8:42AM  
**Rahu** 12:05PM – 1:47PM

**Shatabhishak Until 6:39PM**  
Vishkambha\* Until 9:41PM  
Balava Until 10:33PM  
**Saptami Until 9:45AM**

**Ganesha:** Purple      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:51PM  
**Nataraja:** White  
Moon – Purple  
**Jyeshtha Adhika-Vaikasi**

**Devaloka Day**

Creative Work    Siddha Yoga

Until 6:39PM

Then Creative Work - Amrita Yoga

**Thursday, June 7, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Priti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman  
Sun 8  
Sutra 53  
Vilamba 5120

Kumbha Rasi: 25.44      Tithi 23 – 24

317132361

**Gulika** 8:43AM – 10:24AM  
Yama 5:20AM – 7:01AM  
**Rahu** 1:47PM – 3:28PM

**Purvaproshtapada\* Until 8:33PM**  
Priti Until 9:33PM  
Taitila Until 11:33PM  
**Ashtami\* Until 11:08AM**

**Ganesha:** Blue      *Sunrise:* 5:20AM  
**Muruqa:** White      *Sunset:* 6:51PM  
**Nataraja:** White  
Moon – Clear  
**Jyeshtha Adhika-Vaikasi**

**Devaloka Day**

Creative Work    Siddha Yoga

<b>1</b>		<b>Friday, June 8, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Ayushman Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Muscat, Oman Sun 9 Sutra 54
Meena Rasi: 8.19	Tithi 24 – 25	<b>Gulika</b>	7:01AM – 8:43AM	<b>Uttaraproshtapada</b>	Until 9:31PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	3:29PM – 5:10PM	Ayushman	Until 8:45PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:52PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	10:24AM – 12:06PM	Vanija	Until 11:44PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga			<b>Navami*</b>	Until 11:44AM	Moon – Clear		<b>Bhuloka Day</b>
						<b>Jyeshtha Adhika-Vaikasi</b>	Devaloka Time: 6:AM to 9:AM	

<b>2</b>		<b>Saturday, June 9, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Revati Nakshatra Saubhagya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 10 Sutra 55
Meena Rasi: 21.17	Tithi 25 – 26	<b>Gulika</b>	5:20AM – 7:01AM	<b>Revati</b>	Until 9:29PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	1:47PM – 3:29PM	Saubhagya	Until 7:18PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:52PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	8:43AM – 10:24AM	Bava	Until 11:04PM	<b>Nataraja:</b> White		2nd Phase
Routine Work	Prabalarishta Yoga			<b>Dashami</b>	Until 11:29AM	Moon – Clear		<b>Bhuloka Day</b>
Until 9:29PM						<b>Jyeshtha Adhika-Vaikasi</b>	Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, June 10, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 11 Sutra 56
Mesha Rasi: 4.43	Tithi 26 – 27	<b>Gulika</b>	3:29PM – 5:11PM	<b>Ashvini</b>	Until 8:58PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	12:06PM – 1:48PM	Sobhana	Until 5:13PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:52PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	5:11PM – 6:52PM	Kaulava	Until 9:36PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi*</b>	Until 10:25AM	Moon – White		<b>Bhuloka Day</b>
Until 8:58PM						<b>Jyeshtha Adhika-Vaikasi</b>		
Then Routine Work - Prabalarishta Yoga								

<b>4</b>		<b>Monday, June 11, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Bharani Nakshatra Athiganda*/Sukarma Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 12 Sutra 57
Mesha Rasi: 18.36	Tithi 27 – 28	<b>Gulika</b>	1:48PM – 3:29PM	<b>Bharani</b>	Until 7:35PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:20AM	Vilamba 5120
<b>Family Home Evening</b>		Yama	10:25AM – 12:06PM	Athiganda*	Until 2:30PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:53PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	7:01AM – 8:43AM	Gara	Until 7:25PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga			<b>Dvadashi*</b>	Until 8:34AM	Moon – White		<b>Bhuloka Day</b>
Until 7:35PM						<b>Jyeshtha Adhika-Vaikasi</b>		
Then Routine Work - Marana Yoga								
								<i>Pradosha Vrata (Fasting)</i>

<b>5</b>		<b>Tuesday, June 12, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Sukarma/Dhriti Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 13 Sutra 58
Vrishabha Rasi: 2.55	Tithi 28 – 29	<b>Gulika</b>	12:06PM – 1:48PM	<b>Krittika</b>	Until 5:29PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	8:43AM – 10:25AM	Sukarma	Until 11:18AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:53PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	3:30PM – 5:11PM	Sakuni	Until 3:06AM Wed	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga			<b>Trayodashi*</b>	Until 6:05AM	Moon – White		<b>Bhuloka Day</b>
Until 5:29PM						<b>Jyeshtha Adhika-Vaikasi</b>		
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Wednesday, June 13, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman Sun 14 Sutra 59
Vrishabha Rasi: 17.36	Tithi 30	<b>Gulika</b>	10:25AM – 12:07PM	<b>Rohini</b>	Until 3:15PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	7:01AM – 8:43AM	Dhriti	Until 7:43AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:53PM	Moon 5 - Phase 8
318132361		<b>Rahu</b>	12:07PM – 1:48PM	Catuspada	Until 1:30PM	<b>Nataraja:</b> White		Amavasya
Creative Work	Siddha Yoga			<b>Amavasya*</b>	Until 11:47PM	Moon – Yellow		<b>Bhuloka Day</b>
						<b>Jyeshtha Adhika-Vaikasi</b>		

<b>Retreat Star</b>		<b>Thursday, June 14, 2018</b>		Vilamba Nama Samvatsare Uтарыane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman Sun 15 Sutra 60
Mithuna Rasi: 2.31	Tithi 1	<b>Gulika</b>	8:43AM – 10:25AM	<b>Mrigashira</b>	Until 12:37PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:20AM	Vilamba 5120
		Yama	5:20AM – 7:02AM	Ganda*	Until 11:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:54PM	Moon 5 - Phase 8
339132361		<b>Rahu</b>	1:48PM – 3:30PM	Kintughna	Until 10:03AM	<b>Nataraja:</b> White		Prathama
Routine Work	Marana Yoga			<b>Prathama*</b>	Until 8:16PM	Moon – Yellow		<b>Bhuloka Day</b>
						<b>Jyeshtha-Vaikasi</b>	Devaloka Time: 9:AM to 12:PM	

<b>1</b>		<b>Friday, June 15, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau		Muscat, Oman Sun 16 Sutra 61 Vilamba 5120	
Mithuna Rasi: 17.32	Tithi 2 – 3	<b>Gulika</b> 7:02AM – 8:43AM	<b>Ardra</b> <b>Until 9:46AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:20AM		
		Yama 3:30PM – 5:12PM	Vriddhi Until 7:56PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:54PM	Moon 5 - Phase 9	
		339132361 <b>Rahu</b> 10:25AM – 12:07PM	Balava Until 6:31AM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Dvitiya</b> <b>Until 4:44PM</b>	Moon – Yellow		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>		Devaloka Time: 9:AM to12:PM	

<b>2</b>		<b>Saturday, June 16, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Muscat, Oman Sun 17 Sutra 62 Vilamba 5120	
Kataka Rasi: 2.32	Tithi 3 – 4	<b>Gulika</b> 5:20AM – 7:02AM	<b>Punarvasu</b> <b>Until 7:16AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:20AM		
		Yama 1:49PM – 3:31PM	Dhruva Until 4:05PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:54PM	Moon 5 - Phase 9	
		349132361 <b>Rahu</b> 8:44AM – 10:25AM	Vanija Until 11:44PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Tritiya</b> <b>Until 1:20PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>		Devaloka Time: 9:AM to12:PM	

<b>3</b>		<b>Sunday, June 17, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Muscat, Oman Sun 18 Sutra 63 Vilamba 5120	
Kataka Rasi: 17.21	Tithi 4 – 5	<b>Gulika</b> 3:31PM – 5:13PM	<b>Ashlesha*</b> <b>Until 2:40AM Mon</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:20AM		
		Yama 12:07PM – 1:49PM	Vyaghata* Until 12:28PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 9	
		349132361 <b>Rahu</b> 5:13PM – 6:55PM	Bava Until 8:46PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Chaturthi*</b> <b>Until 10:11AM</b>	Moon – Blue		<b>Bhuloka Day</b>	
Until 2:40AM Mon		<b>Father's Day</b>		<b>Jyeshtha-Ani</b>		Devaloka Time: 9:AM to12:PM	
Then Routine Work - Marana Yoga							

<b>4</b>		<b>Monday, June 18, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Muscat, Oman Sun 19 Sutra 64 Vilamba 5120	
Simha Rasi: 1.54	Tithi 5 – 6	<b>Gulika</b> 1:49PM – 3:31PM	<b>Magha*</b> <b>Until 1:14AM Tue</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:20AM		
<b>Family Home Evening</b>		Yama 10:26AM – 12:08PM	Harshana Until 9:13AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 9	
Routine Work	Marana Yoga	359132361 <b>Rahu</b> 7:02AM – 8:44AM	Kaulava Until 6:15PM	<b>Nataraja:</b> White		3rd Phase	
Until 1:14AM Tue			<b>Panchami</b> <b>Until 7:26AM</b>	Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Ani</b>			

<b>5</b>		<b>Tuesday, June 19, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Saptamyam Titau		Muscat, Oman Sun 20 Sutra 65 Vilamba 5120	
Simha Rasi: 16.07	Tithi 7	<b>Gulika</b> 12:08PM – 1:50PM	<b>Purvaphalguni</b> <b>Until 12:12AM Wed</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:21AM		
		Yama 8:44AM – 10:26AM	Vajra* Until 6:20AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 9	
		359132361 <b>Rahu</b> 3:31PM – 5:13PM	Gara Until 4:15PM	<b>Nataraja:</b> White		3rd Phase	
Creative Work	Siddha Yoga		<b>Saptami</b> <b>Until 3:27AM Wed</b>	Moon – Red		<b>Devaloka Day</b>	
Until 12:12AM Wed				<b>Jyeshtha-Ani</b>			
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Wednesday, June 20, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Visti*/Bava Karana Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 66 Vilamba 5120	
Simha Rasi: 29.58	Tithi 8	<b>Gulika</b> 10:26AM – 12:08PM	<b>Uttaraphalguni</b> <b>Until 11:36PM</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:21AM		
		Yama 7:03AM – 8:44AM	Vyatipata* Until 2:01AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 6:55PM	Moon 5 - Phase 9	
		359132361 <b>Rahu</b> 12:08PM – 1:50PM	Visti Until 2:49PM	<b>Nataraja:</b> White		Ashtami	
Creative Work	Amrita Yoga		<b>Ashtami*</b> <b>Until 2:19AM Thu</b>	Moon – Red		<b>Devaloka Day</b>	
Until 11:36PM		<b>Chidambaram Abhishekam</b>		<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Thursday, June 21, 2018</b>		Vilamba Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Variyan Yoga Balava/Kaulava Karana Navamyam Titau		Muscat, Oman Sun 22 Sutra 67 Vilamba 5120	
Kanya Rasi: 13.28	Tithi 9	<b>Gulika</b> 8:45AM – 10:26AM	<b>Hasta</b> <b>Until 11:54PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:21AM		
		Yama 5:21AM – 7:03AM	Variyan Until 12:33AM Fri	<b>Muruqa:</b> White	<i>Sunset:</i> 6:56PM	Moon 5 - Phase 9	
		369132361 <b>Rahu</b> 1:50PM – 3:32PM	Balava Until 2:00PM	<b>Nataraja:</b> White		Navami	
Routine Work	Marana Yoga		<b>Navami*</b> <b>Until 1:47AM Fri</b>	Moon – Green		<b>Bhuloka Day</b>	
Until 11:54PM				<b>Jyeshtha-Ani</b>		Devaloka Time: 9:AM to12:PM	
Then Creative Work - Siddha Yoga							

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

All times are standard time

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<b>1</b>		<b>Friday, June 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Parigha* Yoga Taitila/Gara Karana Dashamyam Titau			Muscat, Oman Sun 23 Sutra 69 Vilamba 5120
Kanya Rasi: 26.39	Tithi 10	<b>Gulika</b> 7:03AM – 8:45AM	<b>Chitra</b> Until 12:35AM Sat	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:21AM		
		Yama 3:32PM – 5:14PM	Parigha* Until 11:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:56PM		Moon 5 - Phase 10
361132361		<b>Rahu</b> 10:27AM – 12:08PM	Taitila Until 1:45PM	<b>Nataraja:</b> White			4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 1:49AM Sat	Moon – Green		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>			
<b>2</b>		<b>Saturday, June 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau			Muscat, Oman Sun 24 Sutra 69 Vilamba 5120
Tula Rasi: 9.32	Tithi 11	<b>Gulika</b> 5:21AM – 7:03AM	<b>Svati</b> Until 1:38AM Sun	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:21AM		
		Yama 1:50PM – 3:32PM	Shiva Until 10:58PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:56PM		Moon 5 - Phase 10
361132361		<b>Rahu</b> 8:45AM – 10:27AM	Vanija Until 2:03PM	<b>Nataraja:</b> White			4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 2:21AM Sun	Moon – Green		<b>Bhuloka Day</b>	
Until 1:38AM Sun				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Sunday, June 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau			Muscat, Oman Sun 25 Sutra 70 Vilamba 5120
Tula Rasi: 22.11	Tithi 12	<b>Gulika</b> 3:32PM – 5:14PM	<b>Vishakha</b> Until 3:28AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:22AM		
		Yama 12:09PM – 1:51PM	Siddha Until 10:45PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:56PM		Moon 5 - Phase 10
371132361		<b>Rahu</b> 5:14PM – 6:56PM	Bava Until 2:50PM	<b>Nataraja:</b> White			4th Phase
Routine Work	Marana Yoga		<b>Dvadashi</b> Until 3:23AM Mon	Moon – Orange		<b>Bhuloka Day</b>	
Until 3:28AM Mon				<b>Jyeshtha-Ani</b>		<b>Devaloka Time: 6:AM to 9:AM</b>	
Then Creative Work - Siddha Yoga							
<b>4</b>		<b>Monday, June 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau			Muscat, Oman Sun 26 Sutra 71 Vilamba 5120
Vrischika Rasi: 4.38	Tithi 13	<b>Gulika</b> 1:51PM – 3:33PM	<b>Anuradha</b> Until 5:33AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:22AM		
<b>Family Home Evening</b>		Yama 10:27AM – 12:09PM	Sadhya Until 10:52PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:56PM		Moon 5 - Phase 10
371142361		<b>Rahu</b> 7:04AM – 8:45AM	Kaulava Until 4:05PM	<b>Nataraja:</b> White			4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 4:50AM Tue	Moon – Orange		<b>Devaloka Day</b>	
Until 5:33AM Tue				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>				
<b>5</b>		<b>Tuesday, June 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Subha Yoga Gara/Vanija Karana Chaturdashyam Titau			Muscat, Oman Sun 27 Sutra 72 Vilamba 5120
Vrischika Rasi: 16.53	Tithi 14	<b>Gulika</b> 12:09PM – 1:51PM	<b>Jyeshtha*</b> Until 7:51AM Wed	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:22AM		
		Yama 8:46AM – 10:28AM	Subha Until 11:20PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:56PM		Moon 5 - Phase 10
371142361		<b>Rahu</b> 3:33PM – 5:15PM	Gara Until 5:44PM	<b>Nataraja:</b> White			4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 6:40AM Wed	Moon – Orange		<b>Devaloka Day</b>	
				<b>Jyeshtha-Ani</b>			
<b>○</b>		<b>Wednesday, June 27, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Muscat, Oman Sun 28 Sutra 73 Vilamba 5120
Vrischika Rasi: 28.59	Tithi 14 – 15	<b>Gulika</b> 10:28AM – 12:10PM	<b>Jyeshtha*</b> Until 7:51AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:22AM		
		Yama 7:04AM – 8:46AM	Sukla Until 12:01AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:57PM		Moon 5 - Phase 10
371142361		<b>Rahu</b> 12:10PM – 1:51PM	Visti Until 7:45PM	<b>Nataraja:</b> White			Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 6:40AM	Moon – Orange		<b>Devaloka Day</b>	
Until 7:51AM				<b>Jyeshtha-Ani</b>			
Then Routine Work - Marana Yoga							
<b>○</b>		<b>Thursday, June 28, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Muscat, Oman Sun 29 Sutra 74 Vilamba 5120
Dhanus Rasi: 10.56	Tithi 15 – 16	<b>Gulika</b> 8:46AM – 10:28AM	<b>Mula*</b> Until 10:48AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:23AM		
		Yama 5:23AM – 7:04AM	Brahma Until 12:57AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:57PM		Moon 5 - Phase 10
381142361		<b>Rahu</b> 1:51PM – 3:33PM	Balava Until 10:03PM	<b>Nataraja:</b> White			Prathama
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 8:51AM	Moon – Light Blue		<b>Bhuloka Day</b>	
				<b>Jyeshtha-Ani</b>		<b>Devaloka Time: 12:PM to 3:PM</b>	





**Friday, June 29, 2018**  
**Gold Retreat Star**

Dhanus Rasi: 22.49    Tithi 16 – 17

381142361

Routine Work    Prabalarishta Yoga  
Until 1:49PM  
Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*Uttarashadha Nakshatra Indra Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

**Gulika**    7:05AM – 8:46AM  
Yama        3:33PM – 5:15PM  
**Rahu**        10:28AM – 12:10PM

**Purvashadha\* Until 1:49PM**  
Indra Until 2:02AM Sat  
Taitila Until 12:34AM Sat  
**Prathama\* Until 11:16AM**

Muscat, Oman  
Sutra 75  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Blue    *Sunrise:* 5:23AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Light Blue

**Jyeshtha-Ani**

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

**1**

**Saturday, June 30, 2018**

Makara Rasi: 4.37    Tithi 17 – 18

381242361

Routine Work    Marana Yoga  
Until 4:47PM  
Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Vaidhriti\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika**    5:23AM – 7:05AM  
Yama        1:52PM – 3:33PM  
**Rahu**        8:47AM – 10:28AM

**Uttarashadha Until 4:47PM**  
Vaidhriti\* Until 3:09AM Sun  
Vanija Until 3:10AM Sun  
**Dvitiya Until 1:51PM**

Muscat, Oman  
Sun 1    Sutra 76  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Blue    *Sunrise:* 5:23AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Light Blue

**Jyeshtha-Ani**

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

**2**

**Sunday, July 1, 2018**

Makara Rasi: 16.23    Tithi 18 – 19

391242361

Creative Work    Amrita Yoga  
Until 8:06PM  
Then Routine Work - Marana Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shravana Nakshatra Vishkambha\* Yoga Visti\*/Bava Karana Tritiya/Chatrurthyam Titau

**Gulika**    3:34PM – 5:15PM  
Yama        12:10PM – 1:52PM  
**Rahu**        5:15PM – 6:57PM

**Shravana Until 8:06PM**  
Vishkambha\* Until 4:14AM Mon  
Bava Until 5:43AM Mon  
**Tritiya Until 4:26PM**

Muscat, Oman  
Sun 2    Sutra 77  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Red    *Sunrise:* 5:24AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Purple

**Jyeshtha-Ani**

**Devaloka Day**

**3**

**Monday, July 2, 2018**

Makara Rasi: 28.12    Tithi 19

391242361

**Family Home Evening**  
Creative Work    Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam  
Dhanishtha Nakshatra Priti Yoga Balava Karana Chaturthyam Titau

**Gulika**    1:52PM – 3:34PM  
Yama        10:29AM – 12:10PM  
**Rahu**        7:06AM – 8:47AM

**Dhanishtha Until 11:05PM**  
Priti Until 5:10AM Tue  
Balava Until 6:53PM  
**Chaturthi\* Until 6:53PM**

Muscat, Oman  
Sun 3    Sutra 78  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Red    *Sunrise:* 5:24AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Purple

**Jyeshtha-Ani**

**Devaloka Day**

**4**

**Tuesday, July 3, 2018**

Kumbha Rasi: 10.06    Tithi 20

392242361

Routine Work    Marana Yoga  
Until 1:34AM Wed  
Then Creative Work - Amrita Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Shatabhishak Nakshatra Ayushman Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika**    12:11PM – 1:52PM  
Yama        8:48AM – 10:29AM  
**Rahu**        3:34PM – 5:15PM

**Shatabhishak Until 1:34AM Wed**  
Ayushman Until 5:46AM Wed  
Kaulava Until 8:01AM  
**Panchami Until 9:00PM**

Muscat, Oman  
Sun 4    Sutra 79  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Yellow    *Sunrise:* 5:24AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Purple

**Jyeshtha-Ani**

**Devaloka Day**

**5**

**Wednesday, July 4, 2018**

Kumbha Rasi: 22.08    Tithi 21

312242361

Creative Work    Amrita Yoga  
Until 3:53AM Thu  
Then Creative Work - Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Saubhagya Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika**    10:29AM – 12:11PM  
Yama        7:06AM – 8:48AM  
**Rahu**        12:11PM – 1:52PM

**Purvaproshtapada\* Until 3:53AM Thu**  
Saubhagya Until 5:58AM Thu  
Gara Until 9:55AM  
**Shashthi\* Until 10:38PM**

Muscat, Oman  
Sun 5    Sutra 80  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Orange    *Sunrise:* 5:25AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Clear

**Jyeshtha-Ani**

**Devaloka Day**

**6**

**Thursday, July 5, 2018**

Meena Rasi: 4.25    Tithi 22

312242361

Creative Work    Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraproshtapada Nakshatra Sobhana Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika**    8:48AM – 10:30AM  
Yama        5:25AM – 7:07AM  
**Rahu**        1:53PM – 3:34PM

**Uttaraproshtapada Until 5:23AM Fri**  
Sobhana Until 5:39AM Fri  
Visti Until 11:15AM  
**Saptami Until 11:38PM**

Muscat, Oman  
Sun 6    Sutra 81  
Vilamba 5120  
Moon 6 - Phase 11  
1st Phase

**Ganesh:** Orange    *Sunrise:* 5:25AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Clear

**Jyeshtha-Ani**

**Devaloka Day**

**Friday, July 6, 2018**

**Retreat Star**

Meena Rasi: 16.59    Tithi 23

312242361

Creative Work    Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Revati Nakshatra Athiganda\* Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika**    7:07AM – 8:48AM  
Yama        3:34PM – 5:15PM  
**Rahu**        10:30AM – 12:11PM

**Revati Until 6:00AM Sat**  
Athiganda\* Until 4:43AM Sat  
Balava Until 11:53AM  
**Ashtami\* Until 11:54PM**

Muscat, Oman  
Sun 7    Sutra 82  
Vilamba 5120  
Moon 6 - Phase 11  
Ashtami

**Ganesh:** Orange    *Sunrise:* 5:25AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Clear

**Jyeshtha-Ani**

**Devaloka Day**

**Saturday, July 7, 2018**

**Retreat Star**

Meena Rasi: 29.55    Tithi 24

412242361

Creative Work    Siddha Yoga

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Revati/Ashvini Nakshatra Sukarma Yoga Taitila/Gara Karana Navamyam Titau

**Gulika**    5:26AM – 7:07AM  
Yama        1:53PM – 3:34PM  
**Rahu**        8:49AM – 10:30AM

**Revati Until 6:00AM**  
Sukarma Until 3:09AM Sun  
Taitila Until 11:44AM  
**Navami\* Until 11:21PM**

Muscat, Oman  
Sun 8    Sutra 83  
Vilamba 5120  
Moon 6 - Phase 11  
Navami

**Ganesh:** Green    *Sunrise:* 5:26AM  
**Muruqa:** Clear    *Sunset:* 6:57PM

**Nataraja:** White  
Moon – Clear

**Jyeshtha-Ani**

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

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

<b>1 Sunday, July 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Dhriti Yoga Vanija/Visti* Karana Dashamyam Titau			Muscat, Oman Sun 9 Sutra 84 Vilamba 5120
Mesha Rasi: 13.16	Tithi 25	<b>Gulika</b> 3:34PM – 5:15PM	<b>Ashvini Until 6:07AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:26AM	
		Yama 12:12PM – 1:53PM	Dhriti Until 12:58AM Mon	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:57PM	Moon 6 - Phase 12
	422242361	<b>Rahu</b> 5:15PM – 6:57PM	Vanija Until 10:48AM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami Until 10:01PM</b>	Moon – White	<b>Devaloka Day</b>
Until 6:07AM				<b>Jyeshtha-Ani</b>	
Then Routine Work - Prabalarishta Yoga					

<b>2 Monday, July 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Krittika Nakshatra Shula* Yoga Bava/Balava Karana Ekadashyam Titau			Muscat, Oman Sun 10 Sutra 85 Vilamba 5120
Mesha Rasi: 27.04	Tithi 26	<b>Gulika</b> 1:53PM – 3:34PM	<b>Krittika Until 3:40AM Tue</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:27AM	
<b>Family Home Evening</b>		Yama 10:30AM – 12:12PM	Shula* Until 10:10PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:57PM	Moon 6 - Phase 12
Routine Work	Marana Yoga	<b>Rahu</b> 7:08AM – 8:49AM	Bava Until 9:05AM	<b>Nataraja:</b> White	2nd Phase
Until 3:40AM Tue			<b>Ekadashi* Until 7:57PM</b>	Moon – White	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Jyeshtha-Ani</b>	

<b>3 Tuesday, July 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Ganda* Yoga Kaulava/Gara Karana Dvodashi/Trayodashyam Titau			Muscat, Oman Sun 11 Sutra 86 Vilamba 5120
Vrishabha Rasi: 11.19	Tithi 27 – 28	<b>Gulika</b> 12:12PM – 1:53PM	<b>Rohini Until 1:44AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:27AM	
		Yama 8:49AM – 10:31AM	Ganda* Until 6:52PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:57PM	Moon 6 - Phase 12
	432242361	<b>Rahu</b> 3:34PM – 5:15PM	Kaulava Until 6:41AM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Amrita Yoga		<b>Dvodashi* Until 5:15PM</b>	Moon – Yellow	<b>Bhuloka Day</b>
Until 1:44AM Wed				<b>Jyeshtha-Ani</b>	<b>Devaloka Time: 12:PM to 3:PM</b>
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>4 Wednesday, July 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau			Muscat, Oman Sun 12 Sutra 87 Vilamba 5120
Vrishabha Rasi: 25.57	Tithi 28 – 29	<b>Gulika</b> 10:31AM – 12:12PM	<b>Mrigashira Until 11:12PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:27AM	
		Yama 7:09AM – 8:50AM	Vridhhi Until 3:11PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:56PM	Moon 6 - Phase 12
	432242361	<b>Rahu</b> 12:12PM – 1:53PM	Visti Until 12:22AM Thu	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 2:04PM</b>	Moon – Yellow	<b>Bhuloka Day</b>
				<b>Jyeshtha-Ani</b>	<b>Devaloka Time: 12:PM to 3:PM</b>

<b>Thursday, July 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ardra Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Muscat, Oman Sun 13 Sutra 88 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 8:50AM – 10:31AM	<b>Ardra Until 8:17PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:28AM	
Mithuna Rasi: 10.55	Tithi 29 – 30	Yama 5:28AM – 7:09AM	Dhruva Until 11:12AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:56PM	Moon 6 - Phase 12
	432242361	<b>Rahu</b> 1:53PM – 3:34PM	Catuspada Until 8:43PM	<b>Nataraja:</b> White	Amavasya
Routine Work	Marana Yoga		<b>Chaturdashi* Until 10:33AM</b>	Moon – Yellow	<b>Bhuloka Day</b>
Until 8:17PM				<b>Jyeshtha-Ani</b>	<b>Devaloka Time: 12:PM to 3:PM</b>
Then Creative Work - Amrita Yoga					

<b>Friday, July 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vyaghata*/Harshana Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau			Muscat, Oman Sun 14 Sutra 89 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 7:09AM – 8:50AM	<b>Punarvasu Until 5:30PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:28AM	
Mithuna Rasi: 26.03	Tithi 30 – 1	Yama 3:34PM – 5:15PM	Vyaghata* Until 7:04AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:56PM	Moon 6 - Phase 12
	442242361	<b>Rahu</b> 10:31AM – 12:12PM	Bava Until 3:05AM Sat	<b>Nataraja:</b> White	Prathama
Creative Work	Siddha Yoga		<b>Amavasya* Until 6:50AM</b>	Moon – Blue	<b>Bhuloka Day</b>
Until 5:30PM		<b>Partial Solar Eclipse</b>		<b>Ashada-Ani</b>	<b>Devaloka Time: 12:PM to 3:PM</b>
Then Routine Work - Marana Yoga					

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

<b>1</b>	<b>Saturday, July 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Muscat, Oman
	Kataka Rasi: 11.13	Tithi 2	Gulika 5:29AM – 7:10AM	Pushya Until 2:38PM	Ganesha: Purple	Sunrise: 5:29AM	Sun 15 Sutra 90
		442242361 Rahu 8:50AM – 10:31AM	Vajra* Until 10:51PM	Muruqa: Clear	Sunset: 6:56PM	Vilamba 5120	
Creative Work	Siddha Yoga		Balava Until 1:16PM	Nataraja: White		Moon 6 - Phase 13	
Until 2:38PM			Dvitiya Until 11:28PM	Moon – Blue		3rd Phase	
Then Routine Work - Marana Yoga				Ashada*Ani	<b>Bhuloka Day</b>	Devaloka Time: 12:PM to 3:PM	

<b>2</b>	<b>Sunday, July 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi Yoga Taitila/Gara Karana Tritiyayam Titau				Muscat, Oman
	Kataka Rasi: 26.16	Tithi 3	Gulika 3:34PM – 5:15PM	Ashlesha* Until 11:51AM	Ganesha: Purple	Sunrise: 5:29AM	Sun 16 Sutra 91
		442242361 Rahu 5:15PM – 6:56PM	Siddhi Until 7:02PM	Muruqa: Clear	Sunset: 6:56PM	Vilamba 5120	
Creative Work	Siddha Yoga		Taitila Until 9:46AM	Nataraja: White		Moon 6 - Phase 13	
Until 11:51AM			Tritiya Until 8:07PM	Moon – Blue		3rd Phase	
Then Routine Work - Marana Yoga				Ashada*Ani	<b>Bhuloka Day</b>	Devaloka Time: 12:PM to 3:PM	

<b>3</b>	<b>Monday, July 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Varyan Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman
	Simha Rasi: 11.04	Tithi 4 – 5	Gulika 1:53PM – 3:34PM	Magha* Until 9:43AM	Ganesha: Purple	Sunrise: 5:30AM	Sun 17 Sutra 92
<b>Family Home Evening</b>		453242361 Rahu 7:10AM – 8:51AM	Vyatipata* Until 3:34PM	Muruqa: Clear	Sunset: 6:55PM	Vilamba 5120	
Routine Work	Marana Yoga		Vanija Until 6:37AM	Nataraja: White		Moon 6 - Phase 13	
Until 9:43AM			Chaturthi* Until 5:12PM	Moon – Red		3rd Phase	
Then Creative Work - Siddha Yoga				Ashada*Adi	<b>Bhuloka Day</b>	Devaloka Time: 12:PM to 3:PM	

<b>4</b>	<b>Tuesday, July 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Muscat, Oman
	Simha Rasi: 25.3	Tithi 5 – 6	Gulika 12:13PM – 1:53PM	Purvaphalguni Until 7:56AM	Ganesha: Purple	Sunrise: 5:30AM	Sun 18 Sutra 93
		453242362 Rahu 3:34PM – 5:15PM	Variyan Until 12:31PM	Muruqa: Clear	Sunset: 6:55PM	Vilamba 5120	
Creative Work	Siddha Yoga		Kaulava Until 1:53AM Wed	Nataraja: Clear		Moon 6 - Phase 13	
Until 7:56AM			Panchami Until 2:49PM	Moon – Red		3rd Phase	
Then Creative Work - Amrita Yoga				Ashada*Adi	<b>Devaloka Day</b>		

<b>5</b>	<b>Wednesday, July 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman
	Kanya Rasi: 9.32	Tithi 6 – 7	Gulika 10:32AM – 12:13PM	Uttaraphalguni Until 6:39AM	Ganesha: Purple	Sunrise: 5:30AM	Sun 19 Sutra 94
		453242362 Rahu 12:13PM – 1:53PM	Parigha* Until 10:01AM	Muruqa: Clear	Sunset: 6:55PM	Vilamba 5120	
Creative Work	Amrita Yoga		Gara Until 12:31AM Thu	Nataraja: Clear		Moon 6 - Phase 13	
Until 6:39AM			Shashthi* Until 1:06PM	Moon – Red		3rd Phase	
Then Routine Work - Marana Yoga				Ashada*Adi	<b>Devaloka Day</b>		

<b>Retreat Star</b>	<b>Thursday, July 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Muscat, Oman
	Kanya Rasi: 23.08	Tithi 7 – 8	Gulika 8:52AM – 10:32AM	Hasta Until 6:20AM	Ganesha: Clear	Sunrise: 5:31AM	Sun 20 Sutra 95
		463242362 Rahu 1:53PM – 3:34PM	Shiva Until 8:06AM	Muruqa: Clear	Sunset: 6:55PM	Vilamba 5120	
Routine Work	Marana Yoga		Visti Until 11:52PM	Nataraja: Clear		Moon 6 - Phase 13	
Until 6:20AM			Saptami Until 12:05PM	Moon – Green		Ashtami	
Then Creative Work - Siddha Yoga				Ashada*Adi	<b>Sivaloka Day</b>		

<b>Retreat Star</b>	<b>Friday, July 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman
	Tula Rasi: 6.19	Tithi 8 – 9	Gulika 7:12AM – 8:52AM	Chitra Until 6:37AM	Ganesha: Clear	Sunrise: 5:31AM	Sun 21 Sutra 96
		463242362 Rahu 10:32AM – 12:13PM	Siddha Until 6:45AM	Muruqa: Clear	Sunset: 6:54PM	Vilamba 5120	
Creative Work	Siddha Yoga		Balava Until 11:57PM	Nataraja: Clear		Moon 6 - Phase 13	
			Ashtami* Until 11:48AM	Moon – Green		Navami	
				Ashada*Adi	<b>Sivaloka Day</b>		

<b>1</b>	<b>Saturday, July 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 22 Sutra 97
	Tula Rasi: 19.09	Tithi 9 – 10	<b>Gulika</b> 5:32AM – 7:12AM	<b>Svati</b> Until 7:26AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM	Vilamba 5120
			Yama 1:53PM – 3:33PM	Subha Until 5:44AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	463242362 <b>Rahu</b> 8:52AM – 10:33AM	Taitila Until 12:42AM Sun	<b>Nataraja:</b> Clear		4th Phase
			<b>Navami*</b> Until 12:13PM	Moon – Green		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			


<b>2</b>	<b>Sunday, July 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 23 Sutra 98
	Vrischika Rasi: 1.4	Tithi 10 – 11	<b>Gulika</b> 3:33PM – 5:13PM	<b>Vishakha</b> Until 9:12AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:32AM	Vilamba 5120
			Yama 12:13PM – 1:53PM	Sukla Until 5:54AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:54PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	473242362 <b>Rahu</b> 5:13PM – 6:54PM	Vanija Until 2:02AM Mon	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> Until 1:17PM	Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>3</b>	<b>Monday, July 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma Yoga Visti*/Bava Karana Ekadashi/Dvodashyam Titau				Muscat, Oman Sun 24 Sutra 99
	Vrischika Rasi: 13.57	Tithi 11 – 12	<b>Gulika</b> 1:53PM – 3:33PM	<b>Anuradha</b> Until 11:20AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:33AM	Vilamba 5120
	<b>Family Home Evening</b>		Yama 10:33AM – 12:13PM	Brahma Until 6:26AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	473242362 <b>Rahu</b> 7:13AM – 8:53AM	Bava Until 3:52AM Tue	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> Until 2:52PM	Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>4</b>	<b>Tuesday, July 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 25 Sutra 100
	Vrischika Rasi: 26.02	Tithi 12 – 13	<b>Gulika</b> 12:13PM – 1:53PM	<b>Jyeshtha*</b> Until 1:45PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:33AM	Vilamba 5120
			Yama 8:53AM – 10:33AM	Brahma Until 6:26AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:53PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	473242362 <b>Rahu</b> 3:33PM – 5:13PM	Kaulava Until 6:03AM Wed	<b>Nataraja:</b> Clear		4th Phase
			<b>Dvadashi</b> Until 4:54PM	Moon – Orange		<b>Devaloka Day</b>	
				<b>Ashada*Adi</b>			
				<i>Pradosha Vrata</i>			

<b>5</b>	<b>Wednesday, July 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 101
	Dhanus Rasi: 7.59	Tithi 13	<b>Gulika</b> 10:33AM – 12:13PM	<b>Mula*</b> Until 4:48PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:33AM	Vilamba 5120
			Yama 7:13AM – 8:53AM	Indra Until 7:16AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	483342362 <b>Rahu</b> 12:13PM – 1:53PM	Kaulava Until 6:03AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> Until 7:14PM	Moon – Light Blue		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

<b>6</b>	<b>Thursday, July 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 102
	Dhanus Rasi: 19.5	Tithi 14	<b>Gulika</b> 8:53AM – 10:33AM	<b>Purvashadha*</b> Until 7:53PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:34AM	Vilamba 5120
			Yama 5:34AM – 7:14AM	Vaidhriti* Until 8:15AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	483342362 <b>Rahu</b> 1:53PM – 3:33PM	Gara Until 8:30AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Chaturdashi*</b> Until 9:46PM	Moon – Light Blue		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			

	<b>Friday, July 27, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Vishkambha*/Priti Yoga Visti*/Bava Karana Purnimayam Titau				Muscat, Oman Sutra 103
	<b>Copper Retreat Star</b>		<b>Gulika</b> 7:14AM – 8:54AM	<b>Uttarashadha</b> Until 10:52PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:34AM	Vilamba 5120
	Makara Rasi: 1.38	Tithi 15	Yama 3:32PM – 5:12PM	Vishkambha* Until 9:21AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:52PM	Moon 6 - Phase 14
	Routine Work	Marana Yoga	483342362 <b>Rahu</b> 10:33AM – 12:13PM	Visti Until 11:05AM	<b>Nataraja:</b> Clear		Purnima
			<b>Purnima*</b> Until 12:21AM Sat	Moon – Light Blue		<b>Sivaloka Day</b>	
				<b>Ashada*Adi</b>			
				<b>Total Lunar Eclipse</b>			
				<b>Satguru Purnima</b>			

<b>Silver Retreat Star</b>	<b>Saturday, July 28, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 104
	<b>Silver Retreat Star</b>		<b>Gulika</b> 5:35AM – 7:14AM	<b>Shravana</b> Until 2:08AM Sun	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:35AM	Vilamba 5120
	Makara Rasi: 13.25	Tithi 16	Yama 1:53PM – 3:32PM	Priti Until 10:29AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:51PM	Moon 6 - Phase 14
	Creative Work	Siddha Yoga	493342362 <b>Rahu</b> 8:54AM – 10:33AM	Balava Until 1:39PM	<b>Nataraja:</b> Clear		Prathama
			<b>Prathama*</b> Until 2:53AM Sun	Moon – Purple		<b>Devaloka Day</b>	
				<b>Ashada*Adi</b>			

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



**Sunday, July 29, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Dvilyayam Titau

Muscat, Oman

Sun 1 Sutra 105

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Makara Rasi: 25.14 Tithi 17

**Gulika** 3:32PM – 5:11PM  
Yama 12:13PM – 1:52PM  
493342362 **Rahu** 5:11PM – 6:51PM

**Dhanishtha** Until 5:03AM Mon  
Ayushman Until 11:29AM  
Taitila Until 4:06PM  
**Dvitiya** Until 5:14AM Mon

**Ganesha:** Blue *Sunrise: 5:35AM*  
**Muruqa:** Clear *Sunset: 6:51PM*  
**Nataraja:** Clear  
Moon – Purple

**Devaloka Day**

Routine Work Marana Yoga

Until 5:03AM Mon

Then Creative Work - Siddha Yoga

**1**

**Monday, July 30, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak Nakshatra Saubhagya/Sobhana Yoga Vanija Karana Tritiyayam Titau

Muscat, Oman

Sun 2 Sutra 106

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Kumbha Rasi: 7.08 Tithi 18

**Gulika** 1:52PM – 3:32PM  
Yama 10:34AM – 12:13PM  
494342362 **Rahu** 7:15AM – 8:54AM

**Shatabhishak** Until 7:32AM Tue  
Saubhagya Until 12:20PM  
Vanija Until 6:19PM  
**Tritiya** Until 7:17AM Tue

**Ganesha:** Blue *Sunrise: 5:36AM*  
**Muruqa:** Clear *Sunset: 6:50PM*  
**Nataraja:** Clear  
Moon – Purple

**Devaloka Day**

Family Home Evening

Creative Work Siddha Yoga

Until 7:32AM Tue

Then Routine Work - Marana Yoga

**2**

**Tuesday, July 31, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
Shatabhishak/Purvaprossthapada\* Nakshatra Sobhana/Athiganda\* Yoga Vistil/Bava Karana Tritiya/Chaturthyam Titau

Muscat, Oman

Sun 3 Sutra 107

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Kumbha Rasi: 19.08 Tithi 18 – 19

**Gulika** 12:13PM – 1:52PM  
Yama 8:54AM – 10:34AM  
494342362 **Rahu** 3:31PM – 5:10PM

**Shatabhishak** Until 7:32AM  
Sobhana Until 12:58PM  
Bava Until 8:11PM  
**Tritiya** Until 7:17AM

**Ganesha:** Blue *Sunrise: 5:36AM*  
**Muruqa:** Clear *Sunset: 6:50PM*  
**Nataraja:** Clear  
Moon – Purple

**Devaloka Day**

Routine Work Marana Yoga

**3**

**Wednesday, August 1, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaprossthapada\*Uttaraprossthapada\* Nakshatra Athiganda\*/Sukarma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Muscat, Oman

Sun 4 Sutra 108

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 1.18 Tithi 19 – 20

**Gulika** 10:34AM – 12:13PM  
Yama 7:16AM – 8:55AM  
414342362 **Rahu** 12:13PM – 1:52PM

**Purvaprossthapada\*** Until 9:57AM  
Athiganda\* Until 1:14PM  
Kaulava Until 9:36PM  
**Chaturthi\*** Until 8:56AM

**Ganesha:** White *Sunrise: 5:37AM*  
**Muruqa:** Clear *Sunset: 6:49PM*  
**Nataraja:** Clear  
Moon – Clear

**Devaloka Day**

Creative Work Amrita Yoga

Until 9:57AM

Then Creative Work - Siddha Yoga

**4**

**Thursday, August 2, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraprossthapada\*/Revati Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Muscat, Oman

Sun 5 Sutra 109

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 13.4 Tithi 20 – 21

**Gulika** 8:55AM – 10:34AM  
Yama 5:37AM – 7:16AM  
414342362 **Rahu** 1:52PM – 3:31PM

**Uttaraprossthapada** Until 11:43AM  
Sukarma Until 1:07PM  
Gara Until 10:29PM  
**Panchami** Until 10:06AM

**Ganesha:** White *Sunrise: 5:37AM*  
**Muruqa:** Clear *Sunset: 6:49PM*  
**Nataraja:** Clear  
Moon – Clear

**Devaloka Day**

Creative Work Siddha Yoga

**5**

**Friday, August 3, 2018**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Revati/Ashvini Nakshatra Dhriti/Shula\* Yoga Vanija/Vistil\* Karana Shashthi/Saplamyam Titau

Muscat, Oman

Sun 6 Sutra 110

Vilamba 5120

Moon 7 - Phase 15

1st Phase

Meena Rasi: 26.17 Tithi 21 – 22

**Gulika** 7:16AM – 8:55AM  
Yama 3:30PM – 5:09PM  
414342362 **Rahu** 10:34AM – 12:13PM

**Revati** Until 12:46PM  
Dhriti Until 12:34PM  
Vistil Until 10:45PM  
**Shashthi\*** Until 10:41AM

**Ganesha:** White *Sunrise: 5:37AM*  
**Muruqa:** Clear *Sunset: 6:48PM*  
**Nataraja:** Clear  
Moon – Clear

**Devaloka Day**

Creative Work Siddha Yoga

Until 12:46PM

Then Creative Work - Amrita Yoga

**D**

**Saturday, August 4, 2018**  
**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
Ashvini/Bharani Nakshatra Shula\*/Ganda\* Yoga Bava/Balava Karana Saplamy/Ashtamyam Titau

Muscat, Oman

Sun 7 Sutra 111

Vilamba 5120

Moon 7 - Phase 15

Ashtami

Mesha Rasi: 9.13 Tithi 22 – 23

**Gulika** 5:38AM – 7:17AM  
Yama 1:51PM – 3:30PM  
424342362 **Rahu** 8:55AM – 10:34AM

**Ashvini** Until 1:30PM  
Shula\* Until 11:28AM  
Balava Until 10:21PM  
**Saptami** Until 10:37AM

**Ganesha:** Clear *Sunrise: 5:38AM*  
**Muruqa:** Clear *Sunset: 6:47PM*  
**Nataraja:** Clear  
Moon – White

**Sivaloka Day**

Creative Work Siddha Yoga

**Sunday, August 5, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Bharani/Krittika Nakshatra Ganda\*/Vridhithi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman

Sun 8 Sutra 112

Vilamba 5120

Moon 7 - Phase 15

Navami

Mesha Rasi: 22.29 Tithi 23 – 24

**Gulika** 3:30PM – 5:08PM  
Yama 12:12PM – 1:51PM  
424342362 **Rahu** 5:08PM – 6:47PM

**Bharani** Until 1:24PM  
Ganda\* Until 9:50AM  
Taitila Until 9:16PM  
**Ashtami\*** Until 9:53AM

**Ganesha:** Clear *Sunrise: 5:38AM*  
**Muruqa:** Clear *Sunset: 6:47PM*  
**Nataraja:** Clear  
Moon – White

**Sivaloka Day**

Routine Work Prabalarishta Yoga

Until 1:24PM

Then Creative Work - Siddha Yoga

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


<b>1</b>		<b>Monday, August 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Krittika/Rohini Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Muscat, Oman Sun 9 Sutra 113 Vilamba 5120	
Vrishabha Rasi: 6.09	Tithi 24 – 25	<b>Gulika</b>	1:51PM – 3:29PM	<b>Krittika</b> Until 12:29PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:39AM	
<b>Family Home Evening</b>	424342362	Yama	10:34AM – 12:12PM	Vriddhi Until 7:41AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:46PM	Moon 7 - Phase 16
Routine Work	Marana Yoga	<b>Rahu</b>	7:17AM – 8:56AM	Vanija Until 7:31PM	<b>Nataraja:</b> Clear		2nd Phase
Until 12:29PM				<b>Navami*</b> Until 8:28AM	Moon – White		<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashada-Adi</b>		

<b>2</b>		<b>Tuesday, August 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Vyaghata* Yoga Visti/Balava Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 10 Sutra 114 Vilamba 5120	
Vrishabha Rasi: 20.13	Tithi 25 – 26	<b>Gulika</b>	12:12PM – 1:51PM	<b>Rohini</b> Until 11:13AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:39AM	
	434342362	Yama	8:56AM – 10:34AM	Vyaghata* Until 1:47AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 7 - Phase 16
Creative Work	Amrita Yoga	<b>Rahu</b>	3:29PM – 5:07PM	Balava Until 3:46AM Wed	<b>Nataraja:</b> Clear		2nd Phase
Until 11:13AM				<b>Dashami</b> Until 6:24AM	Moon – Yellow		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Ashada-Adi</b>		

<b>3</b>		<b>Wednesday, August 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvodashyam Titau		Muscat, Oman Sun 11 Sutra 115 Vilamba 5120	
Mithuna Rasi: 4.4	Tithi 27	<b>Gulika</b>	10:34AM – 12:12PM	<b>Mrigashira</b> Until 9:16AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:39AM	
	434342362	Yama	7:18AM – 8:56AM	Harshana Until 10:13PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:45PM	Moon 7 - Phase 16
Creative Work	Siddha Yoga	<b>Rahu</b>	12:12PM – 1:50PM	Kaulava Until 2:17PM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Dvadashi*</b> Until 12:40AM Thu	Moon – Yellow		<b>Devaloka Day</b>
					<b>Ashada-Adi</b>		

<b>4</b>		<b>Thursday, August 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Vajra* Yoga Gara/Vanija Karana Trayodashyam Titau		Muscat, Oman Sun 12 Sutra 116 Vilamba 5120	
Mithuna Rasi: 19.26	Tithi 28	<b>Gulika</b>	8:56AM – 10:34AM	<b>Ardra</b> Until 6:45AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:40AM	
	434342362	Yama	5:40AM – 7:18AM	Vajra* Until 6:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:44PM	Moon 7 - Phase 16
Routine Work	Marana Yoga	<b>Rahu</b>	1:50PM – 3:28PM	Gara Until 11:00AM	<b>Nataraja:</b> Clear		2nd Phase
Until 6:45AM				<b>Trayodashi*</b> Until 9:14PM	Moon – Yellow		<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Ashada-Adi</b>		
					<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>		<b>Friday, August 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Siddhi/Vyatipata* Yoga Visti/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Muscat, Oman Sun 13 Sutra 117 Vilamba 5120	
Kataka Rasi: 4.27	Tithi 29 – 30	<b>Gulika</b>	7:18AM – 8:56AM	<b>Pushya</b> Until 1:22AM Sat	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:40AM	
	444342362	Yama	3:28PM – 5:06PM	Siddhi Until 2:18PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 7 - Phase 16
Routine Work	Marana Yoga	<b>Rahu</b>	10:34AM – 12:12PM	Visti Until 7:28AM	<b>Nataraja:</b> Clear		2nd Phase
				<b>Chaturdashi*</b> Until 5:37PM	Moon – Blue		<b>Devaloka Day</b>
					<b>Ashada-Adi</b>		

		<b>Saturday, August 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Vyalipata*/Variyan Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Muscat, Oman Sun 14 Sutra 118 Vilamba 5120	
<b>Retreat Star</b>		<b>Gulika</b>	5:41AM – 7:18AM	<b>Ashlesha*</b> Until 10:25PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:41AM	
Kataka Rasi: 19.34	Tithi 30 – 1	Yama	1:49PM – 3:27PM	Vyatipata* Until 10:12AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:43PM	Moon 7 - Phase 16
	444342362	<b>Rahu</b>	8:56AM – 10:34AM	Kintughna Until 12:10AM Sun	<b>Nataraja:</b> Clear		Amavasya
Routine Work	Marana Yoga			<b>Amavasya*</b> Until 1:57PM	Moon – Blue		<b>Devaloka Day</b>
Until 10:25PM					<b>Ashada-Adi</b>		
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Sunday, August 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Muscat, Oman Sun 15 Sutra 119 Vilamba 5120	
Simha Rasi: 4.39	Tithi 1 – 2	<b>Gulika</b>	3:27PM – 5:04PM	<b>Magha*</b> Until 7:56PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:41AM	
	455342362	Yama	12:12PM – 1:49PM	Variyan Until 6:10AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:42PM	Moon 7 - Phase 16
Routine Work	Marana Yoga	<b>Rahu</b>	5:04PM – 6:42PM	Balava Until 8:44PM	<b>Nataraja:</b> Clear		Prathama
Until 7:56PM				<b>Prathama*</b> Until 10:24AM	Moon – Red		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Sravana-Adi</b>		

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

<b>Monday, August 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shiva Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 16 Sutra 120 Vilamba 5120
<b>1</b>		<b>Gulika</b> 1:49PM – 3:26PM	<b>Purvaphalguni Until 5:38PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:42AM	
Simha Rasi: 19.32	Tithi 2 – 3	Yama 10:34AM – 12:11PM	Shiva Until 10:49PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:41PM	Moon 7 - Phase 17
<b>Family Home Evening</b>	455342362	<b>Rahu</b> 7:19AM – 8:56AM	Gara Until 4:16AM Tue	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 7:07AM</b>	Moon – Red		<b>Sivaloka Day</b>
				<b>Sravana-Adi</b>		

<b>Tuesday, August 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddha Yoga Vanija/Visti* Karana Chaturthyam Titau				Muscat, Oman Sun 17 Sutra 121 Vilamba 5120
<b>2</b>		<b>Gulika</b> 12:11PM – 1:49PM	<b>Uttaraphalguni Until 3:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:42AM	
Kanya Rasi: 4.07	Tithi 4	Yama 8:57AM – 10:34AM	Siddha Until 7:44PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 7 - Phase 17
	455342362	<b>Rahu</b> 3:26PM – 5:03PM	Vanija Until 3:03PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Chaturthi* Until 1:58AM Wed</b>	Moon – Red		<b>Sivaloka Day</b>
Until 3:42PM				<b>Sravana-Adi</b>		
Then Creative Work - Siddha Yoga						

<b>Wednesday, August 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman Sun 18 Sutra 122 Vilamba 5120
<b>3</b>		<b>Gulika</b> 10:34AM – 12:11PM	<b>Hasta Until 2:42PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:42AM	
Kanya Rasi: 18.17	Tithi 5	Yama 7:19AM – 8:57AM	Sadhya Until 5:12PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:40PM	Moon 7 - Phase 17
	465342362	<b>Rahu</b> 12:11PM – 1:48PM	Bava Until 1:05PM	<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Panchami Until 12:22AM Thu</b>	Moon – Green		<b>Subha Sivaloka Day</b>
Until 2:42PM		<b>Nag Panchami</b>		<b>Sravana-Adi</b>		
Then Creative Work - Siddha Yoga						

<b>Thursday, August 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Subha/Sukla Yoga Kaulava/Taila Karana Shashthyam Titau				Muscat, Oman Sun 19 Sutra 123 Vilamba 5120
<b>4</b>		<b>Gulika</b> 8:57AM – 10:34AM	<b>Chitra Until 2:17PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:43AM	
Tula Rasi: 2.01	Tithi 6	Yama 5:43AM – 7:20AM	Subha Until 3:17PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:39PM	Moon 7 - Phase 17
	465342362	<b>Rahu</b> 1:48PM – 3:25PM	Kaulava Until 11:52AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 11:32PM</b>	Moon – Green		<b>Subha Sivaloka Day</b>
Until 2:17PM				<b>Sravana-Adi</b>		
Then Creative Work - Amrita Yoga						

<b>Friday, August 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saplamyam Titau				Muscat, Oman Sun 20 Sutra 124 Vilamba 5120
<b>5</b>		<b>Gulika</b> 7:20AM – 8:57AM	<b>Svati Until 2:30PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:43AM	
Tula Rasi: 15.18	Tithi 7	Yama 3:24PM – 5:01PM	Sukla Until 2:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:38PM	Moon 7 - Phase 17
	565342362	<b>Rahu</b> 10:34AM – 12:11PM	Gara Until 11:26AM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Saptami Until 11:31PM</b>	Moon – Green		<b>Sivaloka Day</b>
				<b>Sravana-Avani</b>		

<b>Saturday, August 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantla Vasara Yuktayam Vishakha/Anuradha Nakshatra Brahma/Indra Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman Sun 21 Sutra 125 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 5:43AM – 7:20AM	<b>Vishakha Until 3:49PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:43AM	
Tula Rasi: 28.1	Tithi 8	Yama 1:47PM – 3:24PM	Brahma Until 1:21PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:37PM	Moon 7 - Phase 17
	575342362	<b>Rahu</b> 8:57AM – 10:34AM	Visti Until 11:50AM	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 12:17AM Sun</b>	Moon – Orange		<b>Subha Sivaloka Day</b>
				<b>Sravana-Avani</b>		

<b>Sunday, August 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman Sun 22 Sutra 126 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 3:23PM – 5:00PM	<b>Anuradha Until 5:42PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:44AM	
Vrischika Rasi: 10.4	Tithi 9	Yama 12:10PM – 1:47PM	Indra Until 1:18PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 7 - Phase 17
	575442362	<b>Rahu</b> 5:00PM – 6:36PM	Balava Until 12:58PM	<b>Nataraja:</b> Clear		Navami
Routine Work	Marana Yoga		<b>Navami* Until 1:45AM Mon</b>	Moon – Orange		<b>Sivaloka Day</b>
				<b>Sravana-Avani</b>		

<b>Monday, August 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Tailila/Gara Karana Dashamyam Titau				Muscat, Oman Sun 23 Sutra 127 Vilamba 5120
<b>1</b>	Vrischika Rasi: 22.53 Tithi 10 Family Home Evening Creative Work Siddha Yoga	Gulika 1:46PM – 3:23PM Yama 10:33AM – 12:10PM Rahu 7:21AM – 8:57AM	<b>Jyeshtha* Until 8:00PM</b> Vaidhriti* Until 1:42PM Tailila Until 2:44PM Dashami Until 3:47AM Tue	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Orange	Sunrise: 5:44AM Sunset: 6:36PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b>

<b>Tuesday, August 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Mula* Nakshatra Vishkambha*/Priti Yoga Vanija/Visti* Karana Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 128 Vilamba 5120
<b>2</b>	Dhanus Rasi: 4.53 Tithi 11 Creative Work Amrita Yoga Until 11:02PM Then Creative Work - Siddha Yoga	Gulika 12:10PM – 1:46PM Yama 8:57AM – 10:33AM Rahu 3:22PM – 4:58PM	<b>Mula* Until 11:02PM</b> Vishkambha* Until 2:29PM Vanija Until 4:58PM Ekadashi Until 6:11AM Wed	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:45AM Sunset: 6:35PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b>

<b>Wednesday, August 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha* Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 129 Vilamba 5120
<b>3</b>	Dhanus Rasi: 16.46 Tithi 11 – 12 Creative Work Amrita Yoga Until 2:08AM Thu Then Routine Work - Marana Yoga	Gulika 10:33AM – 12:09PM Yama 7:21AM – 8:57AM Rahu 12:09PM – 1:46PM	<b>Purvashadha* Until 2:08AM Thu</b> Priti Until 3:31PM Bava Until 7:29PM Ekadashi Until 6:11AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:45AM Sunset: 6:34PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b>

<b>Thursday, August 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 130 Vilamba 5120
<b>4</b>	Dhanus Rasi: 28.33 Tithi 12 – 13 Routine Work Marana Yoga	Gulika 8:57AM – 10:33AM Yama 5:45AM – 7:21AM Rahu 1:45PM – 3:21PM	<b>Uttarashadha Until 5:07AM Fri</b> Ayushman Until 4:35PM Kaulava Until 10:06PM Dvadashi Until 8:46AM	Ganesha: Clear Muruqa: Clear Nataraja: Clear Moon – Light Blue	Sunrise: 5:45AM Sunset: 6:33PM	Moon 7 - Phase 18 4th Phase <b>Sivaloka Day</b>

Pradosha Vrata

<b>Friday, August 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 131 Vilamba 5120
<b>5</b>	Makara Rasi: 10.2 Tithi 13 – 14 Routine Work Marana Yoga Until 8:19AM Sat Then Creative Work - Siddha Yoga	Gulika 7:21AM – 8:57AM Yama 3:21PM – 4:56PM Rahu 10:33AM – 12:09PM	<b>Shravana Until 8:19AM Sat</b> Saubhagya Until 5:39PM Gara Until 12:38AM Sat Trayodashi Until 11:22AM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:46AM Sunset: 6:32PM	Moon 7 - Phase 18 4th Phase <b>Subha Sivaloka Day</b>

<b>Saturday, August 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mantla Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman Sutra 132 Vilamba 5120
<b>○</b>	<b>Copper Retreat Star</b> Makara Rasi: 22.1 Tithi 14 – 15 Creative Work Siddha Yoga	Gulika 5:46AM – 7:22AM Yama 1:44PM – 3:20PM Rahu 8:57AM – 10:33AM	<b>Shravana Until 8:19AM</b> Sobhana Until 6:36PM Visti Until 2:58AM Sun Chaturdashi* Until 1:49PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:46AM Sunset: 6:31PM	Moon 7 - Phase 18 Purnima <b>Subha Sivaloka Day</b>

<b>Sunday, August 26, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Muscat, Oman Sutra 133 Vilamba 5120
<b>○</b>	<b>Silver Retreat Star</b> Kumbha Rasi: 4.06 Tithi 15 – 16 Routine Work Marana Yoga Until 11:07AM Then Creative Work - Siddha Yoga	Gulika 3:19PM – 4:55PM Yama 12:08PM – 1:44PM Rahu 4:55PM – 6:30PM	<b>Dhanishtha Until 11:07AM</b> Athiganda* Until 7:17PM Balava Until 4:58AM Mon Purnima* Until 3:59PM	Ganesha: White Muruqa: Clear Nataraja: Clear Moon – Purple	Sunrise: 5:46AM Sunset: 6:30PM	Moon 7 - Phase 18 Prathama <b>Subha Sivaloka Day</b>

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

All times are standard time

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**Monday, August 27, 2018**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak/Purvaprosarthpada\* Nakshatra Sukarma Yoga Kaulava/Taitila Karana Pratham/Dvitiyayam Titau

Muscat, Oman  
Sutra 134  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Kumbha Rasi: 16.09 Tithi 16 - 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 1:25PM  
Then Routine Work - Marana Yoga

**Gulika** 1:43PM - 3:19PM  
Yama 10:33AM - 12:08PM  
**Rahu** 7:22AM - 8:57AM

**Shatabhishak** Until 1:25PM  
Sukarma Until 7:43PM  
Taitila Until 6:35AM Tue  
**Prathama\*** Until 5:48PM

**Ganesha:** White  
**Muruqa:** Clear  
**Nataraja:** Clear  
Moon - Purple  
**Sravana-Avani**

*Sunrise:* 5:47AM  
*Sunset:* 6:29PM

**Subha Sivaloka Day**

**1**

**Tuesday, August 28, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaprosarthpada/Uttaraprosarthpada Nakshatra Dhriti Yoga Taitila/Gara Karana Dvitiyayam Titau

Muscat, Oman  
Sun 1 Sutra 135  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Kumbha Rasi: 28.22 Tithi 17  
517452363  
Routine Work Marana Yoga  
Until 3:39PM  
Then Creative Work - Amrita Yoga

**Gulika** 12:08PM - 1:43PM  
Yama 8:57AM - 10:33AM  
**Rahu** 3:18PM - 4:53PM

**Purvaprosarthpada\*** Until 3:39PM  
Dhriti Until 7:50PM  
Taitila Until 6:35AM  
**Dvitiya** Until 7:12PM

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - Clear  
**Sravana-Avani**

*Sunrise:* 5:47AM  
*Sunset:* 6:29PM

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

**2**

**Wednesday, August 29, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraprosarthpada/Revati Nakshatra Shula\* Yoga Vanija/Visti\* Karana Trityayam Titau

Muscat, Oman  
Sun 2 Sutra 136  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Meena Rasi: 10.45 Tithi 18  
517452363  
Creative Work Siddha Yoga  
Until 5:18PM  
Then Routine Work - Marana Yoga

**Gulika** 10:32AM - 12:07PM  
Yama 7:22AM - 8:57AM  
**Rahu** 12:07PM - 1:43PM

**Uttaraprosarthpada** Until 5:18PM  
Shula\* Until 7:34PM  
Vanija Until 7:46AM  
**Tritiya** Until 8:10PM

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - Clear  
**Sravana-Avani**

*Sunrise:* 5:47AM  
*Sunset:* 6:28PM

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

**3**

**Thursday, August 30, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Revati Nakshatra Ganda\* Yoga Bava/Balava Karana Chaturthyam Titau

Muscat, Oman  
Sun 3 Sutra 137  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Meena Rasi: 23.2 Tithi 19  
517452363  
Creative Work Siddha Yoga  
Until 6:21PM  
Then Creative Work - Amrita Yoga

**Gulika** 8:57AM - 10:32AM  
Yama 5:48AM - 7:23AM  
**Rahu** 1:42PM - 3:17PM

**Revati** Until 6:21PM  
Ganda\* Until 6:58PM  
Bava Until 8:30AM  
**Chaturthi\*** Until 8:41PM

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - Clear  
**Sravana-Avani**

*Sunrise:* 5:48AM  
*Sunset:* 6:27PM

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

**4**

**Friday, August 31, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Ashvini Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Panchamyam Titau

Muscat, Oman  
Sun 4 Sutra 138  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Mesha Rasi: 6.09 Tithi 20  
527452363  
Creative Work Amrita Yoga  
Until 7:16PM  
Then Creative Work - Siddha Yoga

**Gulika** 7:23AM - 8:57AM  
Yama 3:16PM - 4:51PM  
**Rahu** 10:32AM - 12:07PM

**Ashvini** Until 7:16PM  
Vriddhi Until 6:01PM  
Kaulava Until 8:47AM  
**Panchami** Until 8:43PM

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - White  
**Sravana-Avani**

*Sunrise:* 5:48AM  
*Sunset:* 6:26PM

**Bhuloka Day**

**5**

**Saturday, September 1, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Bharani Nakshatra Dhruva/Vyaghata\* Yoga Gara/Vanija Karana Shashthyam Titau

Muscat, Oman  
Sun 5 Sutra 139  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Mesha Rasi: 19.11 Tithi 21  
527452363  
Creative Work Siddha Yoga  
Until 7:32PM  
Then Creative Work - Amrita Yoga

**Gulika** 5:48AM - 7:23AM  
Yama 1:41PM - 3:16PM  
**Rahu** 8:57AM - 10:32AM

**Bharani** Until 7:32PM  
Dhruva Until 4:40PM  
Gara Until 8:35AM  
**Shashthi\*** Until 8:17PM

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - White  
**Sravana-Avani**

*Sunrise:* 5:48AM  
*Sunset:* 6:25PM

**Bhuloka Day**

**6**

**Sunday, September 2, 2018**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Krittika Nakshatra Vyaghata\*/Harshana Yoga Visti\*/Bava Karana Saptamyam Titau

Muscat, Oman  
Sun 6 Sutra 140  
Vilamba 5120  
Moon 8 - Phase 19  
1st Phase

Vrishabha Rasi: 2.29 Tithi 22  
527452363  
Creative Work Siddha Yoga

**Gulika** 3:15PM - 4:49PM  
Yama 12:06PM - 1:41PM  
**Rahu** 4:49PM - 6:24PM

**Krittika** Until 7:11PM  
Vyaghata\* Until 2:55PM  
Visti Until 7:53AM  
**Saptami** Until 7:20PM

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - White  
**Sravana-Avani**

*Sunrise:* 5:49AM  
*Sunset:* 6:24PM

**Bhuloka Day**



**Monday, September 3, 2018**  
**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam  
Rohini Nakshatra Harshana/Vajra\* Yoga Balava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman  
Sun 7 Sutra 141  
Vilamba 5120  
Moon 8 - Phase 19  
Ashtami

Vrishabha Rasi: 16.04 Tithi 23 - 24  
**Family Home Evening**  
Creative Work Amrita Yoga

**Gulika** 1:40PM - 3:14PM  
Yama 10:32AM - 12:06PM  
**Rahu** 7:23AM - 8:57AM

**Rohini** Until 6:36PM  
Harshana Until 12:47PM  
Balava Until 6:41AM  
**Ashtami\*** Until 5:53PM

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - Yellow  
**Sravana-Avani**

*Sunrise:* 5:49AM  
*Sunset:* 6:23PM

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

**Krishna Janmashtami**

**Tuesday, September 4, 2018**

**Retreat Star**

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Vajra\*/Siddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Muscat, Oman  
Sun 8 Sutra 142  
Vilamba 5120  
Moon 8 - Phase 19  
Navami

Vrishabha Rasi: 29.57 Tithi 24 - 25  
538452363  
Creative Work Siddha Yoga  
Until 5:24PM  
Then Routine Work - Marana Yoga

**Gulika** 12:06PM - 1:40PM  
Yama 8:57AM - 10:32AM  
**Rahu** 3:14PM - 4:48PM

**Mrigashira** Until 5:24PM  
Vajra\* Until 10:12AM  
Vanija Until 2:49AM Wed  
**Navami\*** Until 3:57PM

**Ganesha:** White  
**Muruqa:** Purple  
**Nataraja:** Purple  
Moon - Yellow  
**Sravana-Avani**

*Sunrise:* 5:49AM  
*Sunset:* 6:22PM

**Devaloka Day**

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

<b>1</b>	<b>Wednesday, September 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Siddhi/Myalipala* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Muscat, Oman
	Mithuna Rasi: 14.08	Tithi 25 – 26	538452363	<b>Gulika</b> 10:31AM – 12:05PM	<b>Ardra</b> <b>Until 3:37PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Yellow	Sun 9 Sutra 143 Vilamba 5120 Moon 8 - Phase 20 2nd Phase
	Creative Work	Siddha Yoga		Yama 7:24AM – 8:57AM	Siddhi <b>Until 7:16AM</b>	<b>Sunrise:</b> 5:50AM <b>Sunset:</b> 6:21PM	
				<b>Rahu</b> 12:05PM – 1:39PM	Bava <b>Until 12:13AM Thu</b>	<b>Sravana-Avani</b>	<b>Devaloka Day</b>
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<b>2</b>	<b>Thursday, September 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Muscat, Oman
	Mithuna Rasi: 28.37	Tithi 26 – 27	548452363	<b>Gulika</b> 8:57AM – 10:31AM	<b>Punarvasu</b> <b>Until 1:43PM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Blue	Sun 10 Sutra 144 Vilamba 5120 Moon 8 - Phase 20 2nd Phase
	Creative Work	Amrita Yoga		Yama 5:50AM – 7:24AM	Variyan <b>Until 12:27AM Fri</b>	<b>Sunrise:</b> 5:50AM <b>Sunset:</b> 6:20PM	
				<b>Rahu</b> 1:39PM – 3:12PM	Kaulava <b>Until 9:17PM</b>	<b>Sravana-Avani</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
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<b>3</b>	<b>Friday, September 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Muscat, Oman
	Kataka Rasi: 13.19	Tithi 27 – 28	548452363	<b>Gulika</b> 7:24AM – 8:57AM	<b>Pushya</b> <b>Until 11:24AM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Blue	Sun 11 Sutra 145 Vilamba 5120 Moon 8 - Phase 20 2nd Phase
	Routine Work	Marana Yoga		Yama 3:12PM – 4:45PM	Parigha* <b>Until 8:43PM</b>	<b>Sunrise:</b> 5:50AM <b>Sunset:</b> 6:19PM	
				<b>Rahu</b> 10:31AM – 12:05PM	Gara <b>Until 6:07PM</b>	<b>Sravana-Avani</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
<i>Pradosha Vrata (Fasting)</i>							
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<b>4</b>	<b>Saturday, September 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shiva/Siddha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman
	Kataka Rasi: 28.1	Tithi 29	548452363	<b>Gulika</b> 5:51AM – 7:24AM	<b>Ashlesha*</b> <b>Until 8:49AM</b>	<b>Ganesha:</b> Yellow <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Blue	Sun 12 Sutra 146 Vilamba 5120 Moon 8 - Phase 20 2nd Phase
	Routine Work	Marana Yoga		Yama 1:38PM – 3:11PM	Shiva <b>Until 4:56PM</b>	<b>Sunrise:</b> 5:51AM <b>Sunset:</b> 6:18PM	
	Until 8:49AM	Then Creative Work - Amrita Yoga		<b>Rahu</b> 8:57AM – 10:31AM	Visti <b>Until 2:50PM</b>	<b>Sravana-Avani</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
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	<b>Sunday, September 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman
	<b>Retreat Star</b>			<b>Gulika</b> 3:10PM – 4:44PM	<b>Magha*</b> <b>Until 6:28AM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Red	Sun 13 Sutra 147 Vilamba 5120 Moon 8 - Phase 20 Amavasya
	Simha Rasi: 13.02	Tithi 30	558452363	Yama 12:04PM – 1:37PM	Siddha <b>Until 1:09PM</b>	<b>Sunrise:</b> 5:51AM <b>Sunset:</b> 6:17PM	
	Routine Work	Marana Yoga		<b>Rahu</b> 4:44PM – 6:17PM	Catuspada <b>Until 11:35AM</b>	<b>Sravana-Avani</b>	<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
<b>Grandparent's Day</b>							
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<b>Monday, September 10, 2018</b>	<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau				Muscat, Oman
	<b>Family Home Evening</b>			<b>Gulika</b> 1:37PM – 3:10PM	<b>Uttaraphalguni</b> <b>Until 1:58AM Tue</b>	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Red	Sun 14 Sutra 148 Vilamba 5120 Moon 8 - Phase 20 Prathama
	Simha Rasi: 27.47	Tithi 1	559452363	Yama 10:30AM – 12:04PM	Sadhya <b>Until 9:32AM</b>	<b>Sunrise:</b> 5:51AM <b>Sunset:</b> 6:16PM	
	Creative Work	Siddha Yoga		<b>Rahu</b> 7:24AM – 8:57AM	Kintughna <b>Until 8:31AM</b>	<b>Sravana-Avani</b>	<b>Bhuloka Day</b>
<b>Prathama* Until 7:04PM</b>							
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Having realized the Self, the rishis, perfected souls, satisfied with their knowledge, passion-free, tranquil—those wise beings, having attained the omnipresent on all sides—enter into the All itself. Atharva Veda

<b>1</b>	<b>Tuesday, September 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 15 Sutra 149 Vilamba 5120
	Kanya Rasi: 12.19	Tithi 2 – 3	<b>Gulika</b> 12:03PM – 1:36PM	<b>Hasta</b> Until 12:33AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:52AM	
			Yama 8:57AM – 10:30AM	Subha Until 6:14AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:15PM	Moon 8 - Phase 21
	569452363	<b>Rahu</b> 3:09PM – 4:42PM	Taitila Until 3:31AM Wed	Dvitiya Until 4:34PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga			Moon – Green		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Avani</b>			

<b>2</b>	<b>Wednesday, September 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 16 Sutra 150 Vilamba 5120
	Kanya Rasi: 26.31	Tithi 3 – 4	<b>Gulika</b> 10:30AM – 12:03PM	<b>Chitra</b> Until 11:35PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:52AM	
			Yama 7:25AM – 8:57AM	Brahma Until 12:53AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:14PM	Moon 8 - Phase 21
	569452363	<b>Rahu</b> 12:03PM – 1:36PM	Vanija Until 1:54AM Thu	Tritiya Until 2:37PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga			Moon – Green		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Avani</b>			

<b>3</b>	<b>Thursday, September 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Indra Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 17 Sutra 151 Vilamba 5120
	Tula Rasi: 10.17	Tithi 4 – 5	<b>Gulika</b> 8:57AM – 10:30AM	<b>Svati</b> Until 11:12PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:52AM	
			Yama 5:52AM – 7:25AM	Indra Until 11:04PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:13PM	Moon 8 - Phase 21
	569452363	<b>Rahu</b> 1:35PM – 3:08PM	Bava Until 1:02AM Fri	Chaturthi* Until 1:21PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Amrita Yoga			Moon – Green		<b>Bhuloka Day</b>	
Until 11:12PM		<b>Ganesha Chaturthi</b>		<b>Bhadrapada-Avani</b>			
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Friday, September 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Muscat, Oman Sun 18 Sutra 152 Vilamba 5120
	Tula Rasi: 23.38	Tithi 5 – 6	<b>Gulika</b> 7:25AM – 8:57AM	<b>Vishakha</b> Until 11:56PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:53AM	
			Yama 3:07PM – 4:39PM	Vaidhriti* Until 9:53PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:12PM	Moon 8 - Phase 21
	579552363	<b>Rahu</b> 10:30AM – 12:02PM	Kaulava Until 12:59AM Sat	Panchami Until 12:53PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga			Moon – Orange		<b>Devaloka Day</b>	
				<b>Bhadrapada-Avani</b>			

<b>5</b>	<b>Saturday, September 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vishkambha* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 19 Sutra 153 Vilamba 5120
	Vrischika Rasi: 6.33	Tithi 6 – 7	<b>Gulika</b> 5:53AM – 7:25AM	<b>Anuradha</b> Until 1:18AM Sun	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:53AM	
			Yama 1:34PM – 3:06PM	Vishkambha* Until 9:22PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:11PM	Moon 8 - Phase 21
	579552363	<b>Rahu</b> 8:57AM – 10:30AM	Gara Until 1:46AM Sun	Shashthi* Until 1:15PM	<b>Nataraja:</b> Purple		3rd Phase
Creative Work	Siddha Yoga			Moon – Orange		<b>Devaloka Day</b>	
Until 1:18AM Sun				<b>Bhadrapada-Avani</b>			
Then Routine Work - Marana Yoga							

<b>☽</b>	<b>Sunday, September 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Priti Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 20 Sutra 154 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 3:06PM – 4:38PM	<b>Jyeshtha*</b> Until 3:14AM Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:53AM	
	Vrischika Rasi: 19.05	Tithi 7 – 8	Yama 12:01PM – 1:33PM	Priti Until 9:27PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:10PM	Moon 8 - Phase 21
	579552363	<b>Rahu</b> 4:38PM – 6:10PM	Visti Until 3:17AM Mon	Saptami Until 2:25PM	<b>Nataraja:</b> Purple		Ashtami
Routine Work	Marana Yoga			Moon – Orange		<b>Devaloka Day</b>	
Until 3:14AM Mon				<b>Bhadrapada-Avani</b>			
Then Creative Work - Siddha Yoga							

<b>☽</b>	<b>Monday, September 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula* Nakshatra Ayushman Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 21 Sutra 155 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 1:33PM – 3:05PM	<b>Mula*</b> Until 6:04AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:53AM	
	Dhanus Rasi: 1.18	Tithi 8 – 9	Yama 10:29AM – 12:01PM	Ayushman Until 9:59PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:09PM	Moon 8 - Phase 21
	589552363	<b>Rahu</b> 7:25AM – 8:57AM	Balava Until 5:24AM Tue	Ashtami* Until 4:16PM	<b>Nataraja:</b> Purple		Navami
Family Home Evening	Siddha Yoga			Moon – Light Blue		<b>Bhuloka Day</b>	
Creative Work				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM	

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

<b>1</b>		<b>Tuesday, September 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Mula/Purvashadha* Nakshatra Saubhagya Yoga Kaulava Karana Navanyam Titau		Muscat, Oman Sun 22 Sutra 156 Vilamba 5120
Dhanus Rasi: 13.17	Tithi 9	<b>Gulika</b> 12:01PM – 1:32PM	<b>Mula* Until 6:04AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM	
		Yama 8:57AM – 10:29AM	Saubhagya Until 10:52PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:08PM	Moon 8 - Phase 22
	581552363	<b>Rahu</b> 3:04PM – 4:36PM	Kaulava Until 6:36PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Amrita Yoga		<b>Navami* Until 6:36PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Until 6:04AM				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Wednesday, September 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sobhana Yoga Tailila/Gara Karana Dashanyam Titau		Muscat, Oman Sun 23 Sutra 157 Vilamba 5120
Dhanus Rasi: 25.08	Tithi 10	<b>Gulika</b> 10:29AM – 12:00PM	<b>Purvashadha* Until 9:06AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM	
		Yama 7:26AM – 8:57AM	Sobhana Until 11:56PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:07PM	Moon 8 - Phase 22
	581552363	<b>Rahu</b> 12:00PM – 1:32PM	Taitila Until 7:54AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Amrita Yoga		<b>Dashami Until 9:12PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM

<b>3</b>		<b>Thursday, September 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 158 Vilamba 5120
Makara Rasi: 6.55	Tithi 11	<b>Gulika</b> 8:57AM – 10:29AM	<b>Uttarashadha Until 12:04PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:54AM	
		Yama 5:54AM – 7:26AM	Athiganda* Until 12:58AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:06PM	Moon 8 - Phase 22
	581552363	<b>Rahu</b> 1:31PM – 3:03PM	Vanija Until 10:32AM	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Marana Yoga		<b>Ekadashi Until 11:48PM</b>	Moon – Light Blue		<b>Bhuloka Day</b>
Until 12:04PM				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 9:AM to12:PM
Then Creative Work - Siddha Yoga						

<b>4</b>		<b>Friday, September 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sukarma Yoga Bava/Balava Karana Dvadashyam Titau		Muscat, Oman Sun 25 Sutra 159 Vilamba 5120
Makara Rasi: 18.44	Tithi 12	<b>Gulika</b> 7:26AM – 8:57AM	<b>Shravana Until 3:16PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:55AM	
		Yama 3:02PM – 4:33PM	Sukarma Until 1:51AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:05PM	Moon 8 - Phase 22
	591552363	<b>Rahu</b> 10:28AM – 12:00PM	Bava Until 1:04PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Marana Yoga		<b>Dvadashi Until 2:13AM Sat</b>	Moon – Purple		<b>Devaloka Day</b>
Until 3:16PM				<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>		<b>Saturday, September 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Dhriti Yoga Kaulava/Taitila Karana Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 160 Vilamba 5120
Kumbha Rasi: 0.38	Tithi 13	<b>Gulika</b> 5:55AM – 7:26AM	<b>Dhanishtha Until 6:01PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:55AM	
		Yama 1:30PM – 3:01PM	Dhriti Until 2:28AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:04PM	Moon 8 - Phase 22
	591552363	<b>Rahu</b> 8:57AM – 10:28AM	Kaulava Until 3:19PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi Until 4:16AM Sun</b>	Moon – Purple		<b>Devaloka Day</b>
Until 6:01PM				<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>6</b>		<b>Sunday, September 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Shula* Yoga Gara/Vanija Karana Chaturdashyam Titau		Muscat, Oman Sun 27 Sutra 161 Vilamba 5120
Kumbha Rasi: 12.41	Tithi 14	<b>Gulika</b> 3:01PM – 4:32PM	<b>Shatabhishak Until 8:11PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:55AM	
		Yama 11:59AM – 1:30PM	Shula* Until 2:42AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:03PM	Moon 8 - Phase 22
	591552363	<b>Rahu</b> 4:32PM – 6:03PM	Gara Until 5:09PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 5:51AM Mon</b>	Moon – Purple		<b>Devaloka Day</b>
				<b>Bhadrapada-Puratasi</b>		
		<b>Chidambaram Abhishekam</b>				
		<b>Kadaitswami Mahasamadhi</b>				

<b>○</b>		<b>Monday, September 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Ganda* Yoga Visti* Karana Purnimayam Titau		Muscat, Oman Sutra 162 Vilamba 5120
<b>Copper Retreat Star</b>		<b>Gulika</b> 1:29PM – 3:00PM	<b>Purvaproshtapada* Until 10:11PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:56AM	
Kumbha Rasi: 24.56	Tithi 15	Yama 10:28AM – 11:59AM	Ganda* Until 2:34AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 22
<b>Family Home Evening</b>	511552363	<b>Rahu</b> 7:26AM – 8:57AM	Visti Until 6:28PM	<b>Nataraja:</b> Purple		Purnima
Routine Work	Marana Yoga		<b>Purnima* Until 6:55AM Tue</b>	Moon – Clear		<b>Devaloka Day</b>
Until 10:11PM				<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Siddha Yoga						

<b>○</b>		<b>Tuesday, September 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Vriddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Muscat, Oman Sutra 163 Vilamba 5120
<b>Silver Retreat Star</b>		<b>Gulika</b> 11:58AM – 1:29PM	<b>Uttaraproshtapada Until 11:31PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:56AM	
Meena Rasi: 7.25	Tithi 15 – 16	Yama 8:57AM – 10:28AM	Vriddhi Until 2:02AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:00PM	Moon 8 - Phase 22
	511552363	<b>Rahu</b> 2:59PM – 4:30PM	Balava Until 7:16PM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Amrita Yoga		<b>Purnima* Until 6:55AM</b>	Moon – Clear		<b>Devaloka Day</b>
Until 11:31PM				<b>Bhadrapada-Puratasi</b>		
Then Creative Work - Siddha Yoga						



Wednesday, September 26, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Revati Nakshatra Dhruva Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Muscat, Oman

Sutra 164

Vilamba 5120

Meena Rasi: 20.06 Tithi 16 – 17

511552363

**Gulika** 10:28AM – 11:58AM  
Yama 7:27AM – 8:57AM  
**Rahu** 11:58AM – 1:28PM

**Revati** Until 12:14AM Thu  
Dhruva Until 1:06AM Thu  
Taitila Until 7:35PM  
Prathama\* Until 7:28AM

**Ganesha:** Purple *Sunrise:* 5:56AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – Clear

**Devaloka Day**

Routine Work Marana Yoga

Until 12:14AM Thu

Then Creative Work - Amrita Yoga

1

Thursday, September 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Ashvini Nakshatra Vyaghata\* Yoga Gara/Vanija Karana Tritiya/Tritiyayam Titau

Muscat, Oman

Sun 1 Sutra 165

Vilamba 5120

Mesha Rasi: 3.02 Tithi 17 – 18

521552363

**Gulika** 8:57AM – 10:27AM  
Yama 5:57AM – 7:27AM  
**Rahu** 1:28PM – 2:58PM

**Ashvini** Until 12:50AM Fri  
Vyaghata\* Until 11:51PM  
Vanija Until 7:28PM  
Dvitiya Until 7:33AM

**Ganesha:** Clear *Sunrise:* 5:57AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – White

**Bhuloka Day**

Devaloka Time: 9:AM to 12:PM

Creative Work Amrita Yoga

Until 12:50AM Fri

Then Creative Work - Siddha Yoga

2

Friday, September 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Bharani Nakshatra Harshana Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

Muscat, Oman

Sun 2 Sutra 166

Vilamba 5120

Mesha Rasi: 16.1 Tithi 18 – 19

621552363

**Gulika** 7:27AM – 8:57AM  
Yama 2:57PM – 4:27PM  
**Rahu** 10:27AM – 11:57AM

**Bharani** Until 12:55AM Sat  
Harshana Until 10:19PM  
Bava Until 6:57PM  
Tritiya Until 7:14AM

**Ganesha:** Purple *Sunrise:* 5:57AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – White

**Devaloka Day**

Bhadrapada\*Puratasi

Creative Work Siddha Yoga

Until 12:55AM Sat

Then Creative Work - Amrita Yoga

3

Saturday, September 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Krittika Nakshatra Vajra\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Muscat, Oman

Sun 3 Sutra 167

Vilamba 5120

Mesha Rasi: 29.29 Tithi 19 – 20

622552363

**Gulika** 5:57AM – 7:27AM  
Yama 1:27PM – 2:57PM  
**Rahu** 8:57AM – 10:27AM

**Krittika** Until 12:32AM Sun  
Vajra\* Until 8:29PM  
Kaulava Until 6:06PM  
Chaturthi\* Until 6:33AM

**Ganesha:** Clear *Sunrise:* 5:57AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – White

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Amrita Yoga

Until 12:32AM Sun

Then Creative Work - Siddha Yoga

4

Sunday, September 30, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Rohini Nakshatra Siddhi Yoga Gara/Vanija Karana Shashthyam Titau

Muscat, Oman

Sun 4 Sutra 168

Vilamba 5120

Vrishabha Rasi: 12.59 Tithi 21

632552363

**Gulika** 2:56PM – 4:26PM  
Yama 11:57AM – 1:26PM  
**Rahu** 4:26PM – 5:55PM

**Rohini** Until 12:09AM Mon  
Siddhi Until 6:26PM  
Gara Until 4:57PM  
Shashthi\* Until 4:15AM Mon

**Ganesha:** Purple *Sunrise:* 5:58AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

Bhadrapada\*Puratasi

Creative Work Siddha Yoga

Until 12:09AM Mon

Then Creative Work - Amrita Yoga

5

Monday, October 1, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Mrigashira Nakshatra Vyatipata\*/Variyan Yoga Visti\*/Bava Karana Saptamyam Titau

Muscat, Oman

Sun 5 Sutra 169

Vilamba 5120

Vrishabha Rasi: 26.4 Tithi 22

632552363

**Gulika** 1:26PM – 2:55PM  
Yama 10:27AM – 11:56AM  
**Rahu** 7:28AM – 8:57AM

**Mrigashira** Until 11:21PM  
Vyatipata\* Until 4:09PM  
Visti Until 3:31PM  
Saptami Until 2:40AM Tue

**Ganesha:** Purple *Sunrise:* 5:58AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

Bhadrapada\*Puratasi

Creative Work Amrita Yoga

Until 11:21PM

Then Creative Work - Siddha Yoga

D

Tuesday, October 2, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ardra Nakshatra Variyan/Parigha\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Muscat, Oman

Sun 6 Sutra 170

Vilamba 5120

Mithuna Rasi: 10.31 Tithi 23

632552363

**Gulika** 11:56AM – 1:25PM  
Yama 8:57AM – 10:27AM  
**Rahu** 2:55PM – 4:24PM

**Ardra** Until 10:07PM  
Variyan Until 1:38PM  
Balava Until 1:48PM  
Ashtami\* Until 12:49AM Wed

**Ganesha:** Purple *Sunrise:* 5:58AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – Yellow

**Bhuloka Day**

Bhadrapada\*Puratasi

Routine Work Marana Yoga

Until 10:07PM

Then Creative Work - Siddha Yoga

Wednesday, October 3, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Punarvasu Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Muscat, Oman

Sun 7 Sutra 171

Vilamba 5120

Mithuna Rasi: 24.32 Tithi 24

642552363

**Gulika** 10:26AM – 11:56AM  
Yama 7:28AM – 8:57AM  
**Rahu** 11:56AM – 1:25PM

**Punarvasu** Until 8:54PM  
Parigha\* Until 10:54AM  
Taitila Until 11:49AM  
Navami\* Until 10:42PM

**Ganesha:** Clear *Sunrise:* 5:59AM

**Muruqa:** Purple *Sunset:* 5:59PM

**Nataraja:** Purple  
Moon – Blue

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

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

All times are standard time

www.gurudeva.org/panchang

<b>1</b>		<b>Thursday, October 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau		Muscat, Oman Sun 8 Sutra 172 Vilamba 5120
Kataka Rasi: 8.43	Tithi 25	<b>Gulika</b> 8:57AM – 10:26AM	<b>Pushya</b> Until 7:19PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:59AM	
		Yama 5:59AM – 7:28AM	Shiva Until 7:58AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:51PM	Moon 9 - Phase 24
	642552363	<b>Rahu</b> 1:24PM – 2:53PM	Vanija Until 9:35AM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Dashami</b> Until 8:21PM	Moon – Blue		<b>Bhuloka Day</b>
Until 7:19PM				<b>Bhadrapada•Puratasi</b>		Devaloka Time: 6:AM to 9:AM
Then Creative Work - Siddha Yoga						

<b>2</b>		<b>Friday, October 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sadhya Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 9 Sutra 173 Vilamba 5120
Kataka Rasi: 23.03	Tithi 26 – 27	<b>Gulika</b> 7:28AM – 8:57AM	<b>Ashlesha*</b> Until 5:24PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:59AM	
		Yama 2:53PM – 4:22PM	Sadhya Until 1:36AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:50PM	Moon 9 - Phase 24
	642552363	<b>Rahu</b> 10:26AM – 11:55AM	Bava Until 7:08AM	<b>Nataraja:</b> Purple		2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi*</b> Until 5:49PM	Moon – Blue		<b>Bhuloka Day</b>
				<b>Bhadrapada•Puratasi</b>		Devaloka Time: 6:AM to 9:AM

<b>3</b>		<b>Saturday, October 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 10 Sutra 174 Vilamba 5120
Simha Rasi: 7.29	Tithi 27 – 28	<b>Gulika</b> 6:00AM – 7:29AM	<b>Magha*</b> Until 3:40PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:00AM	
		Yama 1:23PM – 2:52PM	Subha Until 10:18PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:50PM	Moon 9 - Phase 24
	652552363	<b>Rahu</b> 8:57AM – 10:26AM	Gara Until 1:53AM Sun	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Dvadashi*</b> Until 3:11PM	Moon – Red		<b>Bhuloka Day</b>
Until 3:40PM				<b>Bhadrapada•Puratasi</b>		
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>		<b>Sunday, October 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Muscat, Oman Sun 11 Sutra 175 Vilamba 5120
Simha Rasi: 21.58	Tithi 28 – 29	<b>Gulika</b> 2:51PM – 4:20PM	<b>Purvaphalguni</b> Until 1:47PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:00AM	
		Yama 11:54AM – 1:23PM	Sukla Until 7:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:49PM	Moon 9 - Phase 24
	652552363	<b>Rahu</b> 4:20PM – 5:49PM	Visti Until 11:17PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 12:33PM	Moon – Red		<b>Bhuloka Day</b>
Until 1:47PM				<b>Bhadrapada•Puratasi</b>		
Then Creative Work - Amrita Yoga						

<b>Monday, October 8, 2018</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Brahma/Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Muscat, Oman Sun 12 Sutra 176 Vilamba 5120
Kanya Rasi: 6.23	Tithi 29 – 30	<b>Gulika</b> 1:22PM – 2:51PM	<b>Uttaraphalguni</b> Until 11:53AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:01AM	
<b>Family Home Evening</b>		Yama 10:26AM – 11:54AM	Brahma Until 3:52PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:48PM	Moon 9 - Phase 24
	652552364	<b>Rahu</b> 7:29AM – 8:57AM	Catuspada Until 8:52PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 10:02AM	Moon – Red		<b>Bhuloka Day</b>
		<b>Mahalaya Amavasai (Tamil Nadu)</b>		<b>Bhadrapada•Puratasi</b>		Devaloka Time: 6:PM to 9:PM

<b>Tuesday, October 9, 2018</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Indra/Vaidhriti* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Muscat, Oman Sun 13 Sutra 177 Vilamba 5120
Kanya Rasi: 20.39	Tithi 30 – 1	<b>Gulika</b> 11:54AM – 1:22PM	<b>Hasta</b> Until 10:32AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:01AM	
		Yama 8:57AM – 10:26AM	Indra Until 12:59PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:47PM	Moon 9 - Phase 24
	662652364	<b>Rahu</b> 2:50PM – 4:18PM	Kintughna Until 6:48PM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 7:46AM	Moon – Green		<b>Devaloka Day</b>
		<b>Navaratri Begins</b>		<b>Ashvina•Puratasi</b>		

1	<b>Wednesday, October 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti/Vishkambha* Yoga Balava/Kaulava Karana Dvitiyayam Titau				Muscat, Oman Sun 14 Sutra 178 Vilamba 5120
	Tula Rasi: 4.39	Tithi 2	<b>Gulika</b> 10:26AM – 11:54AM	<b>Chitra Until 9:28AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:01AM	
			Yama 7:29AM – 8:57AM	Vaidhriti* Until 10:25AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:46PM	Moon 9 - Phase 25
	662652364	<b>Rahu</b> 11:54AM – 1:22PM	Balava Until 5:12PM		<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 4:36AM Thu</b>	Moon – Green		<b>Devaloka Day</b>	
				<b>Ashvina+Puratasi</b>			

2	<b>Thursday, October 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Tritiyayam Titau				Muscat, Oman Sun 15 Sutra 179 Vilamba 5120
	Tula Rasi: 18.19	Tithi 3	<b>Gulika</b> 8:58AM – 10:25AM	<b>Svati Until 8:49AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:02AM	
			Yama 6:02AM – 7:30AM	Vishkambha* Until 8:19AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:45PM	Moon 9 - Phase 25
	662652364	<b>Rahu</b> 1:21PM – 2:49PM	Taitila Until 4:12PM		<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya Until 3:57AM Fri</b>	Moon – Green		<b>Devaloka Day</b>	
Until 8:49AM				<b>Ashvina+Puratasi</b>			
Then Creative Work - Siddha Yoga							

3	<b>Friday, October 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Chaturthayam Titau				Muscat, Oman Sun 16 Sutra 180 Vilamba 5120
	Vrischika Rasi: 1.37	Tithi 4	<b>Gulika</b> 7:30AM – 8:58AM	<b>Vishakha Until 9:08AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:02AM	
			Yama 2:48PM – 4:16PM	Priti Until 6:47AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:44PM	Moon 9 - Phase 25
	673652364	<b>Rahu</b> 10:25AM – 11:53AM	Vanija Until 3:56PM		<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 4:04AM Sat</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	

4	<b>Saturday, October 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman Sun 17 Sutra 181 Vilamba 5120
	Vrischika Rasi: 14.31	Tithi 5	<b>Gulika</b> 6:03AM – 7:30AM	<b>Anuradha Until 10:03AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:03AM	
			Yama 1:20PM – 2:48PM	Saubhagya Until 5:28AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:43PM	Moon 9 - Phase 25
	673652364	<b>Rahu</b> 8:58AM – 10:25AM	Bava Until 4:27PM		<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Panchami Until 4:58AM Sun</b>	Moon – Orange		<b>Bhuloka Day</b>	
				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	

5	<b>Sunday, October 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sobhana Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman Sun 18 Sutra 182 Vilamba 5120
	Vrischika Rasi: 27.03	Tithi 6	<b>Gulika</b> 2:47PM – 4:15PM	<b>Jyeshtha* Until 11:33AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:03AM	
			Yama 11:53AM – 1:20PM	Sobhana Until 5:41AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:42PM	Moon 9 - Phase 25
	673652364	<b>Rahu</b> 4:15PM – 5:42PM	Kaulava Until 5:43PM		<b>Nataraja:</b> Clear		3rd Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 6:36AM Mon</b>	Moon – Orange		<b>Bhuloka Day</b>	
Until 11:33AM				<b>Ashvina+Puratasi</b>		Devaloka Time: 6:PM to 9:PM	
Then Creative Work - Amrita Yoga							

6	<b>Monday, October 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Muscat, Oman Sun 19 Sutra 183 Vilamba 5120
	Dhanus Rasi: 9.16	Tithi 6 – 7	<b>Gulika</b> 1:20PM – 2:47PM	<b>Mula* Until 2:03PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:03AM	
	<b>Family Home Evening</b>		Yama 10:25AM – 11:52AM	Athiganda* Until 6:19AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:41PM	Moon 9 - Phase 25
	683652364	<b>Rahu</b> 7:31AM – 8:58AM	Gara Until 7:40PM		<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi* Until 6:36AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 2:03PM				<b>Ashvina+Puratasi</b>			
Then Routine Work - Marana Yoga							

D	<b>Tuesday, October 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Muscat, Oman Sun 20 Sutra 184 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 11:52AM – 1:19PM	<b>Purvashadha* Until 4:54PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:04AM	
	Dhanus Rasi: 21.16	Tithi 7 – 8	Yama 8:58AM – 10:25AM	Athiganda* Until 6:19AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 25
	683652364	<b>Rahu</b> 2:46PM – 4:13PM	Visti Until 10:05PM		<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Saptami Until 8:49AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 4:54PM		<b>Durga Ashtami</b>		<b>Ashvina+Puratasi</b>			
Then Routine Work - Prabalarishta Yoga							

D	<b>Wednesday, October 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 21 Sutra 185 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 10:25AM – 11:52AM	<b>Uttarashadha Until 7:49PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:04AM	
	Makara Rasi: 3.07	Tithi 8 – 9	Yama 7:31AM – 8:58AM	Sukarma Until 7:15AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:40PM	Moon 9 - Phase 25
	683652364	<b>Rahu</b> 11:52AM – 1:19PM	Balava Until 12:44AM Thu		<b>Nataraja:</b> Clear		Navami
Creative Work	Amrita Yoga		<b>Ashtami* Until 11:23AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Until 7:49PM		<b>Saraswathi Puja (Tamil Nadu)</b>		<b>Ashvina+Purasi</b>			
Then Creative Work - Siddha Yoga							

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

<b>1</b>	<b>Thursday, October 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 22 Sutra 186 Vilamba 5120
	Makara Rasi: 14.55	Tithi 9 – 10	<b>Gulika</b> 8:58AM – 10:25AM	<b>Shravana</b> Until 11:05PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:05AM	
			Yama 6:05AM – 7:31AM	Dhriti Until 8:17AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:39PM	Moon 9 - Phase 26
	693652364		<b>Rahu</b> 1:18PM – 2:45PM	Taitila Until 3:20AM Fri	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Vijaya Dasami</b>	<b>Navami*</b> Until 2:02PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	


<b>2</b>	<b>Friday, October 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Muscat, Oman Sun 23 Sutra 187 Vilamba 5120
	Makara Rasi: 26.44	Tithi 10 – 11	<b>Gulika</b> 7:32AM – 8:58AM	<b>Dhanishtha</b> Until 1:55AM Sat	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:05AM	
			Yama 2:45PM – 4:11PM	Shula* Until 9:12AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:38PM	Moon 9 - Phase 26
	693652364		<b>Rahu</b> 10:25AM – 11:52AM	Vanija Until 5:37AM Sat	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:30PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 1:55AM Sat							
Then Creative Work - Amrita Yoga							

<b>3</b>	<b>Saturday, October 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Visti* Karana Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 188 Vilamba 5120
	Kumbha Rasi: 8.42	Tithi 11	<b>Gulika</b> 6:06AM – 7:32AM	<b>Shatabhishak</b> Until 4:09AM Sun	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:06AM	
			Yama 1:18PM – 2:44PM	Ganda* Until 9:52AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:37PM	Moon 9 - Phase 26
	693652364		<b>Rahu</b> 8:58AM – 10:25AM	Visti Until 6:34PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Ekadashi</b> Until 6:34PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 4:09AM Sun							
Then Creative Work - Siddha Yoga							

<b>4</b>	<b>Sunday, October 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaprosarthpada* Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 189 Vilamba 5120
	Kumbha Rasi: 20.51	Tithi 12	<b>Gulika</b> 2:44PM – 4:10PM	<b>Purvaprosarthpada*</b> Until 6:07AM Mon	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:06AM	
			Yama 11:51AM – 1:17PM	Vridhhi Until 10:09AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:36PM	Moon 9 - Phase 26
	613652364		<b>Rahu</b> 4:10PM – 5:36PM	Bava Until 7:25AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 8:04PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 4:09AM Sun							
Then Creative Work - Siddha Yoga							

<b>5</b>	<b>Monday, October 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvaprosarthpada*/Uttaraprosarthpada Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 190 Vilamba 5120
	Meena Rasi: 3.16	Tithi 13	<b>Gulika</b> 1:17PM – 2:43PM	<b>Purvaprosarthpada*</b> Until 6:07AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM	
	<b>Family Home Evening</b>		Yama 10:25AM – 11:51AM	Dhruva Until 9:56AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:35PM	Moon 9 - Phase 26
	613652364		<b>Rahu</b> 7:33AM – 8:59AM	Kaulava Until 8:36AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 8:56PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 6:07AM							
Then Creative Work - Siddha Yoga							

<b>6</b>	<b>Tuesday, October 23, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraprosarthpada*/Revati Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 191 Vilamba 5120
	Meena Rasi: 15.57	Tithi 14	<b>Gulika</b> 11:51AM – 1:17PM	<b>Uttaraprosarthpada</b> Until 7:19AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:07AM	
			Yama 8:59AM – 10:25AM	Vyaghata* Until 9:14AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:35PM	Moon 9 - Phase 26
	613652364		<b>Rahu</b> 2:43PM – 4:09PM	Gara Until 9:08AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 9:09PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 7:19AM							
Then Creative Work - Siddha Yoga							

	<b>Wednesday, October 24, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Muscat, Oman Sutra 192 Vilamba 5120
	Meena Rasi: 28.57	Tithi 15	<b>Gulika</b> 10:25AM – 11:51AM	<b>Revati</b> Until 7:44AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:08AM	
			Yama 7:33AM – 8:59AM	Harshana Until 8:03AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:34PM	Moon 9 - Phase 26
	613652364		<b>Rahu</b> 11:51AM – 1:17PM	Visti Until 9:04AM	<b>Nataraja:</b> Clear		Purnima
Routine Work	Marana Yoga		<b>Purnima*</b> Until 8:47PM	<b>Ashvina-Aipasi</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM		
Until 6:07AM							
Then Creative Work - Siddha Yoga							

<b>○</b>	<b>Thursday, October 25, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 193 Vilamba 5120
	Mesha Rasi: 12.14	Tithi 16	<b>Gulika</b> 8:59AM – 10:25AM	<b>Ashvini</b> Until 7:56AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:08AM	
			Yama 6:08AM – 7:34AM	Vajra* Until 6:25AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:33PM	Moon 9 - Phase 26
	623652364		<b>Rahu</b> 1:16PM – 2:42PM	Balava Until 8:26AM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Amrita Yoga		<b>Prathama*</b> Until 7:56PM	<b>Ashvina-Aipasi</b>	<b>Devaloka Day</b>		
Until 7:56AM							
Then Creative Work - Siddha Yoga							

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





Friday, October 26, 2018

Gold Retreat Star

Mesha Rasi: 25.47 Tithi 17

Creative Work Siddha Yoga

624652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Bharani/Krittika Nakshatra Vyatipata\* Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 7:34AM – 9:00AM  
**Yama** 2:41PM – 4:07PM  
**Rahu** 10:25AM – 11:50AM

**Bharani** Until 7:32AM  
Vyatipata\* Until 2:11AM Sat  
Taitila Until 7:21AM  
**Dvitiya** Until 6:40PM

**Ganesha:** White *Sunrise:* 6:09AM  
**Muruqa:** Purple *Sunset:* 5:32PM  
**Nataraja:** Clear  
Moon – White  
**Ashvina•Aipasi**

**Sivaloka Day**

Muscat, Oman  
Sun 1 Sutra 194  
Vilamba 5120  
Moon 10 - Phase 27  
1st Phase

1

Saturday, October 27, 2018

Vrishabha Rasi: 9.31 Tithi 18 – 19

Creative Work Amrita Yoga

624652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam  
Krittika/Rohini Nakshatra Variyan Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

**Gulika** 6:09AM – 7:34AM  
**Yama** 1:16PM – 2:41PM  
**Rahu** 9:00AM – 10:25AM

**Krittika** Until 6:40AM  
Variyan Until 11:42PM  
Bava Until 4:17AM Sun  
Tritiya Until 5:07PM

**Ganesha:** White *Sunrise:* 6:09AM  
**Muruqa:** Purple *Sunset:* 5:32PM  
**Nataraja:** Clear  
Moon – White  
**Ashvina•Aipasi**

**Sivaloka Day**

Muscat, Oman  
Sun 2 Sutra 195  
Vilamba 5120  
Moon 10 - Phase 27  
1st Phase

2

Sunday, October 28, 2018

Vrishabha Rasi: 23.25 Tithi 19 – 20

Creative Work Siddha Yoga

634652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Mrigashira Nakshatra Parigha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika** 2:41PM – 4:06PM  
**Yama** 11:50AM – 1:15PM  
**Rahu** 4:06PM – 5:31PM

**Mrigashira** Until 4:44AM Mon  
Parigha\* Until 9:06PM  
Kaulava Until 2:29AM Mon  
Chaturthi\* Until 3:23PM

**Ganesha:** Clear *Sunrise:* 6:10AM  
**Muruqa:** Purple *Sunset:* 5:31PM  
**Nataraja:** Clear  
Moon – Yellow  
**Ashvina•Aipasi**

**Devaloka Day**

Muscat, Oman  
Sun 3 Sutra 196  
Vilamba 5120  
Moon 10 - Phase 27  
1st Phase

3

Monday, October 29, 2018

Mithuna Rasi: 7.24 Tithi 20 – 21

Family Home Evening

Creative Work Siddha Yoga

634652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra Nakshatra Shiva Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

**Gulika** 1:15PM – 2:40PM  
**Yama** 10:25AM – 11:50AM  
**Rahu** 7:35AM – 9:00AM

**Ardra** Until 3:23AM Tue  
Shiva Until 6:25PM  
Gara Until 12:35AM Tue  
Panchami Until 1:31PM

**Ganesha:** Clear *Sunrise:* 6:10AM  
**Muruqa:** Purple *Sunset:* 5:30PM  
**Nataraja:** Clear  
Moon – Yellow  
**Ashvina•Aipasi**

**Devaloka Day**

Muscat, Oman  
Sun 4 Sutra 197  
Vilamba 5120  
Moon 10 - Phase 27  
1st Phase

4

Tuesday, October 30, 2018

Mithuna Rasi: 21.26 Tithi 21 – 22

Creative Work Siddha Yoga

644652364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Punarvasu Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

**Gulika** 11:50AM – 1:15PM  
**Yama** 9:00AM – 10:25AM  
**Rahu** 2:40PM – 4:05PM

**Punarvasu** Until 2:17AM Wed  
Siddha Until 3:40PM  
Visti Until 10:38PM  
Shashthi\* Until 11:36AM

**Ganesha:** Purple *Sunrise:* 6:11AM  
**Muruqa:** Purple *Sunset:* 5:30PM  
**Nataraja:** Clear  
Moon – Blue  
**Ashvina•Aipasi**

**Sivaloka Day**

Muscat, Oman  
Sun 5 Sutra 198  
Vilamba 5120  
Moon 10 - Phase 27  
1st Phase

D

Wednesday, October 31, 2018

Retreat Star

Kataka Rasi: 5.3 Tithi 22 – 23

Creative Work Siddha Yoga

644662364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Pushya Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika** 10:25AM – 11:50AM  
**Yama** 7:36AM – 9:01AM  
**Rahu** 11:50AM – 1:15PM

**Pushya** Until 1:01AM Thu  
Sadhya Until 12:55PM  
Balava Until 8:40PM  
Saptami Until 9:38AM

**Ganesha:** Purple *Sunrise:* 6:11AM  
**Muruqa:** Clear *Sunset:* 5:29PM  
**Nataraja:** Clear  
Moon – Blue  
**Ashvina•Aipasi**

**Subha Sivaloka Day**

Muscat, Oman  
Sun 6 Sutra 199  
Vilamba 5120  
Moon 10 - Phase 27  
Ashtami

Thursday, November 1, 2018

Retreat Star

Kataka Rasi: 19.34 Tithi 23 – 24

Creative Work Siddha Yoga

Until 11:36PM

Then Creative Work - Amrita Yoga

644662364

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Ashlesha\* Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

**Gulika** 9:01AM – 10:25AM  
**Yama** 6:12AM – 7:36AM  
**Rahu** 1:15PM – 2:39PM

**Ashlesha\*** Until 11:36PM  
Subha Until 10:09AM  
Taitila Until 6:41PM  
Ashtami\* Until 7:39AM

**Ganesha:** Purple *Sunrise:* 6:12AM  
**Muruqa:** Clear *Sunset:* 5:28PM  
**Nataraja:** Clear  
Moon – Blue  
**Ashvina•Aipasi**

**Subha Sivaloka Day**

Muscat, Oman  
Sun 7 Sutra 200  
Vilamba 5120  
Moon 10 - Phase 27  
Navami

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

All times are standard time

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<b>1</b>		<b>Friday, November 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau		Muscat, Oman Sun 8 Sutra 201 Vilamba 5120	
Simha Rasi: 3.39	Tithi 25	Gulika 7:37AM – 9:01AM	Magha* Until 10:29PM	Ganesha: Clear	Sunrise: 6:12AM	Moon 10 - Phase 28	
		Yama 2:39PM – 4:03PM	Sukla Until 7:21AM	Muruqa: Clear	Sunset: 5:28PM	2nd Phase	
		654662364 Rahu 10:26AM – 11:50AM	Vanija Until 4:42PM	Nataraja: Clear			
Routine Work	Marana Yoga		Dashami Until 3:42AM Sat	Moon – Red			Sivaloka Day
Until 10:29PM				Ashvina-Aipasi			
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Saturday, November 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Indra Yoga Bava/Balava Karana Ekadashyam Titau		Muscat, Oman Sun 9 Sutra 202 Vilamba 5120	
Simha Rasi: 17.44	Tithi 26	Gulika 6:13AM – 7:37AM	Purvaphalguni Until 9:14PM	Ganesha: White	Sunrise: 6:13AM	Moon 10 - Phase 28	
		Yama 1:14PM – 2:39PM	Indra Until 1:51AM Sun	Muruqa: Clear	Sunset: 5:27PM	2nd Phase	
		654762364 Rahu 9:01AM – 10:26AM	Bava Until 2:45PM	Nataraja: Clear			
Creative Work	Siddha Yoga		Ekadashi* Until 1:46AM Sun	Moon – Red			Devaloka Day
Until 9:14PM				Ashvina-Aipasi			
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Sunday, November 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Muscat, Oman Sun 10 Sutra 203 Vilamba 5120	
Kanya Rasi: 1.46	Tithi 27	Gulika 2:38PM – 4:03PM	Uttaraphalguni Until 7:57PM	Ganesha: White	Sunrise: 6:13AM	Moon 10 - Phase 28	
		Yama 11:50AM – 1:14PM	Vaidhriti* Until 11:11PM	Muruqa: Clear	Sunset: 5:27PM	2nd Phase	
		654762364 Rahu 4:03PM – 5:27PM	Kaulava Until 12:52PM	Nataraja: Clear			
Creative Work	Amrita Yoga		Dvadashi* Until 11:57PM	Moon – Red			Devaloka Day
Until 7:07PM				Ashvina-Aipasi			
Then Routine Work - Prabararishta Yoga							
<b>4</b>		<b>Monday, November 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau		Muscat, Oman Sun 11 Sutra 204 Vilamba 5120	
Kanya Rasi: 15.44	Tithi 28	Gulika 1:14PM – 2:38PM	Hasta Until 7:07PM	Ganesha: Green	Sunrise: 6:14AM	Moon 10 - Phase 28	
Family Home Evening		Yama 10:26AM – 11:50AM	Vishkambha* Until 8:40PM	Muruqa: Clear	Sunset: 5:26PM	2nd Phase	
Creative Work	Siddha Yoga	664762364 Rahu 7:38AM – 9:02AM	Gara Until 11:07AM	Nataraja: Clear			
Until 7:07PM			Trayodashi* Until 10:19PM	Moon – Green			Devaloka Day
Then Routine Work - Prabararishta Yoga			Pradosha Vrata (Fasting)	Ashvina-Aipasi			
<b>5</b>		<b>Tuesday, November 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Muscat, Oman Sun 12 Sutra 205 Vilamba 5120	
Kanya Rasi: 29.34	Tithi 29	Gulika 11:50AM – 1:14PM	Chitra Until 6:24PM	Ganesha: Green	Sunrise: 6:15AM	Moon 10 - Phase 28	
		Yama 9:02AM – 10:26AM	Priti Until 6:24PM	Muruqa: Clear	Sunset: 5:26PM	2nd Phase	
		664762364 Rahu 2:38PM – 4:02PM	Visti Until 9:37AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Chaturdashi* Until 8:58PM	Moon – Green			Devaloka Day
		Subramuniyaswami Mahasamadhi		Ashvina-Aipasi			
		Deepavali Hindu Solidarity Day					
<b>Retreat Star</b>		<b>Wednesday, November 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Ayushman/Saubhagya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Muscat, Oman Sun 13 Sutra 206 Vilamba 5120	
Tula Rasi: 13.13	Tithi 30	Gulika 10:26AM – 11:50AM	Svati Until 5:56PM	Ganesha: White	Sunrise: 6:15AM	Moon 10 - Phase 28	
		Yama 7:39AM – 9:03AM	Ayushman Until 4:25PM	Muruqa: Clear	Sunset: 5:25PM	Amavasya	
		764762364 Rahu 11:50AM – 1:14PM	Catuspada Until 8:28AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Amavasya* Until 8:02PM	Moon – Green			Devaloka Day
				Ashvina-Aipasi			
<b>Retreat Star</b>		<b>Thursday, November 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Saubhagya/Sobhana Yoga Kintughna*/Bava Karana Prathamayam Titau		Muscat, Oman Sun 14 Sutra 207 Vilamba 5120	
Tula Rasi: 26.36	Tithi 1	Gulika 9:03AM – 10:27AM	Vishakha Until 6:16PM	Ganesha: Orange	Sunrise: 6:16AM	Moon 10 - Phase 28	
		Yama 6:16AM – 7:39AM	Saubhagya Until 2:50PM	Muruqa: Clear	Sunset: 5:25PM	Prathama	
		775762364 Rahu 1:14PM – 2:37PM	Kintughna Until 7:46AM	Nataraja: Clear			
Creative Work	Siddha Yoga		Prathama* Until 7:37PM	Moon – Orange			Sivaloka Day
		Skanda Shasthi Begins		Kartika-Aipasi			

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

All times are standard time

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<b>1</b>	<b>Friday, November 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dviliyayam Titau				Muscat, Oman Sun 15 Sutra 208 Vilamba 5120
	Wrischika Rasi: 9.41	Tithi 2	<b>Gulika</b> 7:40AM – 9:03AM Yama 2:37PM – 4:01PM 775762364 <b>Rahu</b> 10:27AM – 11:50AM	<b>Anuradha</b> Until 7:02PM Sobhana Until 1:45PM Balava Until 7:39AM Dvitiya Until 7:49PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 6:16AM <b>Sunset:</b> 5:24PM	Moon 10 - Phase 29 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Siddha Yoga			<b>Kartika-Aipasi</b>		
Until 7:02PM		Then Routine Work - Marana Yoga					

<b>2</b>	<b>Saturday, November 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Tailila/Gara Karana Triliyayam Titau				Muscat, Oman Sun 16 Sutra 209 Vilamba 5120
	Wrischika Rasi: 22.27	Tithi 3	<b>Gulika</b> 6:17AM – 7:40AM Yama 1:14PM – 2:37PM 775762364 <b>Rahu</b> 9:04AM – 10:27AM	<b>Jyeshtha*</b> Until 8:18PM Athiganda* Until 1:08PM Tailila Until 8:12AM Tritiya Until 8:42PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Orange	<b>Sunrise:</b> 6:17AM <b>Sunset:</b> 5:24PM	Moon 10 - Phase 29 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Siddha Yoga			<b>Kartika-Aipasi</b>		
Then Routine Work - Marana Yoga							

<b>3</b>	<b>Sunday, November 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturtham Titau				Muscat, Oman Sun 17 Sutra 210 Vilamba 5120
	Dhanus Rasi: 4.55	Tithi 4	<b>Gulika</b> 2:37PM – 4:00PM Yama 11:50AM – 1:14PM 785762364 <b>Rahu</b> 4:00PM – 5:23PM	<b>Mula*</b> Until 10:31PM Sukarma Until 1:03PM Vanija Until 9:25AM Chaturthi* Until 10:15PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:18AM <b>Sunset:</b> 5:23PM	Moon 10 - Phase 29 3rd Phase <b>Sivaloka Day</b>
	Creative Work	Amrita Yoga			<b>Kartika-Aipasi</b>		
Until 10:31PM		Then Creative Work - Siddha Yoga					

<b>4</b>	<b>Monday, November 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman Sun 18 Sutra 211 Vilamba 5120
	Dhanus Rasi: 17.05	Tithi 5	<b>Gulika</b> 1:14PM – 2:37PM Yama 10:28AM – 11:51AM 785762364 <b>Rahu</b> 7:41AM – 9:04AM	<b>Purvashadha*</b> Until 1:08AM Tue Dhriti Until 1:28PM Bava Until 11:17AM Panchami Until 12:23AM Tue	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:18AM <b>Sunset:</b> 5:23PM	Moon 10 - Phase 29 3rd Phase <b>Sivaloka Day</b>
	Family Home Evening	Marana Yoga			<b>Kartika-Aipasi</b>		
Routine Work		Then Routine Work - Prabalarishta Yoga					

<b>5</b>	<b>Tuesday, November 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Shula*/Ganda* Yoga Kaulava/Tailila Karana Shashthyam Titau				Muscat, Oman Sun 19 Sutra 212 Vilamba 5120
	Dhanus Rasi: 29.04	Tithi 6	<b>Gulika</b> 11:51AM – 1:14PM Yama 9:05AM – 10:28AM 785762364 <b>Rahu</b> 2:37PM – 4:00PM	<b>Uttarashadha</b> Until 3:58AM Wed Shula* Until 2:12PM Kaulava Until 1:38PM Shashthi* Until 2:55AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Light Blue	<b>Sunrise:</b> 6:19AM <b>Sunset:</b> 5:23PM	Moon 10 - Phase 29 3rd Phase <b>Sivaloka Day</b>
	Routine Work	Prabalarishta Yoga	<b>Skanda Shasthi</b>		<b>Kartika-Aipasi</b>		
Until 3:58AM Wed		Then Creative Work - Siddha Yoga					

<b>6</b>	<b>Wednesday, November 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shravana Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman Sun 20 Sutra 213 Vilamba 5120
	Makara Rasi: 10.54	Tithi 7	<b>Gulika</b> 10:28AM – 11:51AM Yama 7:42AM – 9:05AM 795762364 <b>Rahu</b> 11:51AM – 1:14PM	<b>Shravana</b> Until 7:16AM Thu Ganda* Until 3:10PM Gara Until 4:18PM Saptami Until 5:38AM Thu	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 6:20AM <b>Sunset:</b> 5:22PM	Moon 10 - Phase 29 3rd Phase <b>Subha Sivaloka Day</b>
	Creative Work	Siddha Yoga			<b>Kartika-Aipasi</b>		
Then Creative Work - Siddha Yoga							

<b>D</b>	<b>Thursday, November 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vridhhi/Dhruva Yoga Visti* Karana Ashtamyam Titau				Muscat, Oman Sun 21 Sutra 214 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 9:06AM – 10:28AM Yama 6:20AM – 7:43AM 795762364 <b>Rahu</b> 1:14PM – 2:36PM	<b>Shravana</b> Until 7:16AM Vridhhi Until 4:10PM Visti Until 6:59PM Ashtami* Until 8:13AM Fri	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 6:20AM <b>Sunset:</b> 5:22PM	Moon 10 - Phase 29 Ashtami <b>Subha Sivaloka Day</b>
	Creative Work	Siddha Yoga			<b>Kartika-Aipasi</b>		
Then Creative Work - Siddha Yoga							

<b>D</b>	<b>Friday, November 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Dhruva*/Vyaghata* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Muscat, Oman Sun 22 Sutra 215 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 7:43AM – 9:06AM Yama 2:36PM – 3:59PM 795762364 <b>Rahu</b> 10:29AM – 11:51AM	<b>Dhanishtha</b> Until 10:18AM Dhruva Until 4:59PM Balava Until 9:25PM Ashtami* Until 8:13AM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Clear Moon – Purple	<b>Sunrise:</b> 6:21AM <b>Sunset:</b> 5:22PM	Moon 10 - Phase 29 Navami <b>Subha Sivaloka Day</b>
	Creative Work	Siddha Yoga			<b>Kartika-Kartikai</b>		
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


<b>1</b>		<b>Saturday, November 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vyaghata/Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Muscat, Oman Sun 23 Sutra 216 Vilamba 5120
Kumbha Rasi: 16.29	Tithi 9 – 10	<b>Gulika</b> 6:22AM – 7:44AM	<b>Shatabhishak</b> Until 12:47PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:22AM	
		Yama 1:14PM – 2:36PM	Vyaghata* Until 5:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
		796762365 <b>Rahu</b> 9:06AM – 10:29AM	Taitila Until 11:23PM	<b>Nataraja:</b> White		4th Phase
Creative Work	Amrita Yoga		<b>Navami*</b> Until 10:27AM	Moon – Purple		<b>Devaloka Day</b>
Until 12:47PM						<b>Karttika-Karttikai</b>
Then Routine Work - Marana Yoga						

<b>2</b>		<b>Sunday, November 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 217 Vilamba 5120
Kumbha Rasi: 28.4	Tithi 10 – 11	<b>Gulika</b> 2:36PM – 3:59PM	<b>Purvaproshtapada*</b> Until 3:02PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:22AM	
		Yama 11:52AM – 1:14PM	Harshana Until 5:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
		716762365 <b>Rahu</b> 3:59PM – 5:21PM	Vanija Until 12:41AM Mon	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 12:06PM	Moon – Clear		<b>Devaloka Day</b>
Until 3:02PM						<b>Karttika-Karttikai</b>
Then Creative Work - Amrita Yoga						

<b>3</b>		<b>Monday, November 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vajra*/Siddhi Yoga Visti/Bava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 25 Sutra 218 Vilamba 5120
Meena Rasi: 11.08	Tithi 11 – 12	<b>Gulika</b> 1:14PM – 2:36PM	<b>Uttaraproshtapada</b> Until 4:25PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:23AM	
<b>Family Home Evening</b>		Yama 10:30AM – 11:52AM	Vajra* Until 5:00PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
		716762365 <b>Rahu</b> 7:45AM – 9:07AM	Bava Until 1:15AM Tue	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 1:02PM	Moon – Clear		<b>Devaloka Day</b>
						<b>Karttika-Karttikai</b>

<b>4</b>		<b>Tuesday, November 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Revati/Ashvini Nakshatra Siddhi/Vyailpata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 219 Vilamba 5120
Meena Rasi: 23.56	Tithi 12 – 13	<b>Gulika</b> 11:52AM – 1:14PM	<b>Revati</b> Until 4:56PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:24AM	
		Yama 9:08AM – 10:30AM	Siddhi Until 3:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:21PM	Moon 10 - Phase 30
		716762365 <b>Rahu</b> 2:36PM – 3:58PM	Kaulava Until 1:03AM Wed	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 1:13PM	Moon – Clear		<b>Devaloka Day</b>
						<b>Karttika-Karttikai</b>
						<i>Pradosha Vrata</i>

<b>5</b>		<b>Wednesday, November 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Vyailpata*/Variyan Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Muscat, Oman Sun 27 Sutra 220 Vilamba 5120
Mesha Rasi: 7.08	Tithi 13 – 14	<b>Gulika</b> 10:30AM – 11:52AM	<b>Ashvini</b> Until 5:03PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:24AM	
		Yama 7:46AM – 9:08AM	Vyailpata* Until 2:13PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
		726762365 <b>Rahu</b> 11:52AM – 1:14PM	Gara Until 12:10AM Thu	<b>Nataraja:</b> White		4th Phase
Routine Work	Marana Yoga		<b>Trayodashi</b> Until 12:40PM	Moon – White		<b>Bhuloka Day</b>
Until 5:03PM						<b>Karttika-Karttikai</b>
Then Creative Work - Siddha Yoga						<b>Devaloka Time: 12:PM to 3:PM</b>

		<b>Thursday, November 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Variyan/Parigha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Muscat, Oman Sun 27 Sutra 221 Vilamba 5120
Mesha Rasi: 20.41	Tithi 14 – 15	<b>Gulika</b> 9:09AM – 10:31AM	<b>Bharani</b> Until 4:23PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:25AM	
		Yama 6:25AM – 7:47AM	Variyan Until 12:01PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
		726762365 <b>Rahu</b> 1:14PM – 2:36PM	Visti Until 10:40PM	<b>Nataraja:</b> White		Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:28AM	Moon – White		<b>Bhuloka Day</b>
Until 4:23PM						<b>Karttika-Karttikai</b>
Then Routine Work - Marana Yoga						<b>Devaloka Time: 12:PM to 3:PM</b>

<b>Friday, November 23, 2018</b>		<b>Silver Retreat Star</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Muscat, Oman Sun 27 Sutra 222 Vilamba 5120
Vrishabha Rasi: 4.34	Tithi 15 – 16	<b>Gulika</b> 7:47AM – 9:09AM	<b>Krittika</b> Until 3:05PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:26AM	
		Yama 2:36PM – 3:58PM	Parigha* Until 9:25AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:20PM	Moon 10 - Phase 30
		726762365 <b>Rahu</b> 10:31AM – 11:53AM	Balava Until 8:42PM	<b>Nataraja:</b> White		Prathama
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 9:43AM	Moon – White		<b>Bhuloka Day</b>
Until 3:05PM						<b>Karttika-Karttikai</b>
Then Routine Work - Marana Yoga		<b>Krittika Deepam</b>				<b>Devaloka Time: 12:PM to 3:PM</b>
		<b>Vinayaga Viratam Begins</b>				

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

All times are standard time

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Saturday, November 24, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Manta Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Muscat, Oman

Sutra 223

Vilamba 5120

Vrishabha Rasi: 18.44 Tithi 16 - 17

737762365

**Gulika** 6:26AM - 7:48AM  
**Yama** 1:15PM - 2:36PM  
**Rahu** 9:10AM - 10:31AM

**Rohini** Until 1:42PM  
Shiva Until 6:29AM  
Taitila Until 6:25PM  
Prathama\* Until 7:34AM

**Ganesha:** Red *Sunrise:* 6:26AM  
**Muruqa:** Clear *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Yellow  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Devaloka Day**

Creative Work Amrita Yoga

Until 1:42PM

Then Creative Work - Siddha Yoga

1

Sunday, November 25, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Sadhya Yoga Vanija/Visti\* Karana Tritiyayam Titau

Muscat, Oman

Sun 1 Sutra 224

Vilamba 5120

Mithuna Rasi: 3.05 Tithi 18

737762365

**Gulika** 2:37PM - 3:58PM  
**Yama** 11:53AM - 1:15PM  
**Rahu** 3:58PM - 5:20PM

**Mrigashira** Until 11:56AM  
Sadhya Until 12:02AM Mon  
Vanija Until 3:55PM  
Tritiya Until 2:37AM Mon

**Ganesha:** Red *Sunrise:* 6:27AM  
**Muruqa:** Clear *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Yellow  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

2

Monday, November 26, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Indu Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Subha Yoga Bava/Balava Karana Chaturthyam Titau

Muscat, Oman

Sun 2 Sutra 225

Vilamba 5120

Mithuna Rasi: 17.31 Tithi 19

737762365

**Gulika** 1:15PM - 2:37PM  
**Yama** 10:32AM - 11:54AM  
**Rahu** 7:49AM - 9:11AM

**Ardra** Until 9:57AM  
Subha Until 8:45PM  
Bava Until 1:21PM  
Chaturthi\* Until 12:04AM Tue

**Ganesha:** Red *Sunrise:* 6:28AM  
**Muruqa:** Clear *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Yellow  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

Until 9:57AM

Then Creative Work - Amrita Yoga

3

Tuesday, November 27, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Panchamyam Titau

Muscat, Oman

Sun 3 Sutra 226

Vilamba 5120

Kataka Rasi: 1.58 Tithi 20

747762365

**Gulika** 11:54AM - 1:15PM  
**Yama** 9:11AM - 10:33AM  
**Rahu** 2:37PM - 3:58PM

**Punarvasu** Until 8:16AM  
Sukla Until 5:30PM  
Kaulava Until 10:50AM  
Panchami Until 9:36PM

**Ganesha:** Green *Sunrise:* 6:28AM  
**Muruqa:** Clear *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Blue  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

4

Wednesday, November 28, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Budha Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Shashthyam Titau

Muscat, Oman

Sun 4 Sutra 227

Vilamba 5120

Kataka Rasi: 16.19 Tithi 21

747862365

**Gulika** 10:33AM - 11:54AM  
**Yama** 7:50AM - 9:12AM  
**Rahu** 11:54AM - 1:16PM

**Pushya** Until 6:34AM  
Brahma Until 2:23PM  
Gara Until 8:26AM  
Shashthi\* Until 7:17PM

**Ganesha:** White *Sunrise:* 6:29AM  
**Muruqa:** Clear *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Blue  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Bhuloka Day**

Devaloka Time: 12:PM to 3:PM

Creative Work Siddha Yoga

5

Thursday, November 29, 2018

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Guru Vasara Yuktayam  
Magha\* Nakshatra Indra/Vaidhriti\* Yoga Visti\*/Balava Karana Saptami/Ashtamyam Titau

Muscat, Oman

Sun 5 Sutra 228

Vilamba 5120

Simha Rasi: 0.33 Tithi 22 - 23

757863365

**Gulika** 9:12AM - 10:33AM  
**Yama** 6:30AM - 7:51AM  
**Rahu** 1:16PM - 2:37PM

**Magha\*** Until 3:46AM Fri  
Indra Until 11:27AM  
Visti Until 6:14AM  
Saptami Until 5:12PM

**Ganesha:** Clear *Sunrise:* 6:30AM  
**Muruqa:** Purple *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Red  
**Karttika-Karttikai**

Moon 11 - Phase 31  
1st Phase

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Amrita Yoga

Until 3:46AM Fri

Then Creative Work - Siddha Yoga

D

Friday, November 30, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvaphalguni Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman

Sun 6 Sutra 229

Vilamba 5120

Simha Rasi: 14.37 Tithi 23 - 24

757863365

**Gulika** 7:52AM - 9:13AM  
**Yama** 2:37PM - 3:59PM  
**Rahu** 10:34AM - 11:55AM

**Purvaphalguni** Until 2:45AM Sat  
Vaidhriti\* Until 8:41AM  
Taitila Until 2:35AM Sat  
Ashtami\* Until 3:22PM

**Ganesha:** Clear *Sunrise:* 6:30AM  
**Muruqa:** Purple *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Red  
**Karttika-Karttikai**

Moon 11 - Phase 31  
Ashtami

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Creative Work Siddha Yoga

Until 2:45AM Sat

Then Routine Work - Marana Yoga

Saturday, December 1, 2018

Retreat Star

Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttaraphalguni Nakshatra Vishkambha\*/Prili\* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Muscat, Oman

Sun 7 Sutra 230

Vilamba 5120

Simha Rasi: 28.32 Tithi 24 - 25

758863365

**Gulika** 6:31AM - 7:52AM  
**Yama** 1:16PM - 2:38PM  
**Rahu** 9:13AM - 10:34AM

**Uttaraphalguni** Until 1:50AM Sun  
Vishkambha\* Until 6:08AM  
Vanija Until 1:09AM Sun  
Navami\* Until 1:49PM

**Ganesha:** Orange *Sunrise:* 6:31AM  
**Muruqa:** Purple *Sunset:* 5:20PM  
**Nataraja:** White  
Moon - Red  
**Karttika-Karttikai**

Moon 11 - Phase 31  
Navami

**Bhuloka Day**

Devaloka Time: 6:AM to 9:AM

Routine Work Marana Yoga

Until 1:50AM Sun

Then Creative Work - Amrita Yoga

<b>1 Sunday, December 2, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla Nakshatra Ayushman Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Muscat, Oman Sun 8 Sutra 231 Vilamba 5120
Kanya Rasi: 12.16	Tithi 25 – 26	<b>Gulika</b> 2:38PM – 3:59PM	<b>Hasta</b> <b>Until 1:30AM Mon</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:32AM	
		Yama 11:56AM – 1:17PM	Ayushman <b>Until 1:43AM Mon</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 32
	768863365	<b>Rahu</b> 3:59PM – 5:20PM	Bava <b>Until 12:01AM Mon</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work Amrita Yoga			<b>Dashami</b> <b>Until 12:31PM</b>	Moon – Green	<b>Bhuloka Day</b>
Until 1:30AM Mon				<b>Karttika-Karttikai</b>	
Then Routine Work - Prabalarishta Yoga					

<b>2 Monday, December 3, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Saubhagya Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Muscat, Oman Sun 9 Sutra 232 Vilamba 5120
Kanya Rasi: 25.51	Tithi 26 – 27	<b>Gulika</b> 1:17PM – 2:38PM	<b>Chitra</b> <b>Until 1:20AM Tue</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:32AM	
<b>Family Home Evening</b>		Yama 10:35AM – 11:56AM	Saubhagya <b>Until 11:52PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 32
Routine Work Prabalarishta Yoga	768863365	<b>Rahu</b> 7:53AM – 9:14AM	Kaulava <b>Until 11:11PM</b>	<b>Nataraja:</b> White	2nd Phase
Until 1:20AM Tue			<b>Ekadashi*</b> <b>Until 11:32AM</b>	Moon – Green	<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga				<b>Karttika-Karttikai</b>	

<b>3 Tuesday, December 4, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sobhana Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau			Muscat, Oman Sun 10 Sutra 233 Vilamba 5120
Tula Rasi: 9.15	Tithi 27 – 28	<b>Gulika</b> 11:57AM – 1:17PM	<b>Svati</b> <b>Until 1:21AM Wed</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:33AM	
		Yama 9:15AM – 10:36AM	Sobhana <b>Until 10:17PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 32
	768863365	<b>Rahu</b> 2:38PM – 3:59PM	Gara <b>Until 10:41PM</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work Siddha Yoga			<b>Dvadashi*</b> <b>Until 10:52AM</b>	Moon – Green	<b>Bhuloka Day</b>
				<b>Karttika-Karttikai</b>	
				<i>Pradosha Vrata (Fasting)</i>	

<b>4 Wednesday, December 5, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Athiganda* Yoga Vanja/Visiti* Karana Trayodashi/Chaturdashyam Titau			Muscat, Oman Sun 11 Sutra 234 Vilamba 5120
Tula Rasi: 22.27	Tithi 28 – 29	<b>Gulika</b> 10:36AM – 11:57AM	<b>Vishakha</b> <b>Until 2:03AM Thu</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:34AM	
		Yama 7:55AM – 9:15AM	Athiganda* <b>Until 9:00PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 32
	778863365	<b>Rahu</b> 11:57AM – 1:18PM	Visti <b>Until 10:36PM</b>	<b>Nataraja:</b> White	2nd Phase
Creative Work Siddha Yoga			<b>Trayodashi*</b> <b>Until 10:34AM</b>	Moon – Orange	<b>Bhuloka Day</b>
				<b>Karttika-Karttikai</b>	

<b>Thursday, December 6, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Sukarma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau			Muscat, Oman Sun 12 Sutra 235 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 9:16AM – 10:37AM	<b>Anuradha</b> <b>Until 3:04AM Fri</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:35AM	
Vriscika Rasi: 5.26	Tithi 29 – 30	Yama 6:35AM – 7:55AM	Sukarma <b>Until 8:04PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:20PM	Moon 11 - Phase 32
	778863365	<b>Rahu</b> 1:18PM – 2:39PM	Catuspada <b>Until 10:59PM</b>	<b>Nataraja:</b> White	Amavasya
Creative Work Siddha Yoga			<b>Chaturdashi*</b> <b>Until 10:42AM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 3:04AM Fri				<b>Karttika-Karttikai</b>	
Then Routine Work - Marana Yoga					

<b>Friday, December 7, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vriscika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Dhriti Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau			Muscat, Oman Sun 13 Sutra 236 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 7:56AM – 9:17AM	<b>Jyeshtha*</b> <b>Until 4:25AM Sat</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:35AM	
Vriscika Rasi: 18.12	Tithi 30 – 1	Yama 2:39PM – 4:00PM	Dhriti <b>Until 7:33PM</b>	<b>Muruqa:</b> Purple <i>Sunset:</i> 5:21PM	Moon 11 - Phase 32
	779863365	<b>Rahu</b> 10:37AM – 11:58AM	Kintughna <b>Until 11:52PM</b>	<b>Nataraja:</b> White	Prathama
Routine Work Marana Yoga			<b>Amavasya*</b> <b>Until 11:20AM</b>	Moon – Orange	<b>Bhuloka Day</b>
Until 4:25AM Sat				<b>Margasira-Karttikai</b>	
Then Creative Work - Siddha Yoga					

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

<b>1</b>	<b>Saturday, December 8, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Shula* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman Sun 14 Sutra 237 Vilamba 5120
	Dhanus Rasi: 0.43	Tithi 1 – 2	<b>Gulika</b> 6:36AM – 7:56AM Yama 1:19PM – 2:40PM <b>Rahu</b> 9:17AM – 10:38AM	<b>Mula* Until 6:36AM Sun</b> Shula* Until 7:24PM Balava Until 1:18AM Sun Prathama* Until 12:29PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Light Blue <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 5:21PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>

<b>2</b>	<b>Sunday, December 9, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 15 Sutra 238 Vilamba 5120
	Dhanus Rasi: 13.01	Tithi 2 – 3	<b>Gulika</b> 2:40PM – 4:00PM Yama 11:59AM – 1:19PM <b>Rahu</b> 4:00PM – 5:21PM	<b>Mula* Until 6:36AM</b> Ganda* Until 7:41PM Taitila Until 3:15AM Mon Dvitiya Until 2:11PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Light Blue <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:36AM <b>Sunset:</b> 5:21PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Amrita Yoga					<b>Bhuloka Day</b>
							Until 6:36AM Then Creative Work - Siddha Yoga

<b>3</b>	<b>Monday, December 10, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 16 Sutra 239 Vilamba 5120
	Dhanus Rasi: 25.06	Tithi 3 – 4	<b>Gulika</b> 1:20PM – 2:40PM Yama 10:39AM – 11:59AM <b>Rahu</b> 7:58AM – 9:18AM	<b>Purvashadha* Until 9:07AM</b> Vriddhi Until 8:18PM Vanija Until 5:38AM Tue Tritiya Until 4:22PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Light Blue <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 5:21PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Marana Yoga					<b>Bhuloka Day</b>
							Routine Work Until 11:51AM Then Creative Work - Siddha Yoga

<b>4</b>	<b>Tuesday, December 11, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhruva Yoga Visti* Karana Chaturthyam Titau				Muscat, Oman Sun 17 Sutra 240 Vilamba 5120
	Makara Rasi: 7.01	Tithi 4	<b>Gulika</b> 12:00PM – 1:20PM Yama 9:19AM – 10:39AM <b>Rahu</b> 2:41PM – 4:01PM	<b>Uttarashadha Until 11:51AM</b> Dhruva Until 9:10PM Visti Until 6:55PM Chaturthi* Until 6:55PM	<b>Ganesha:</b> Purple <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Light Blue <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:38AM <b>Sunset:</b> 5:22PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Prabalarishta Yoga					<b>Bhuloka Day</b>
							Routine Work Until 11:51AM Then Creative Work - Siddha Yoga

<b>5</b>	<b>Wednesday, December 12, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vyaghata* Yoga Bava/Balava Karana Panchamyam Titau				Muscat, Oman Sun 18 Sutra 241 Vilamba 5120
	Makara Rasi: 18.5	Tithi 5	<b>Gulika</b> 10:40AM – 12:00PM Yama 7:59AM – 9:19AM <b>Rahu</b> 12:00PM – 1:21PM	<b>Shravana Until 3:08PM</b> Vyaghata* Until 10:10PM Bava Until 8:18AM Panchami Until 9:40PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Purple <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:38AM <b>Sunset:</b> 5:22PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>
							Until 3:08PM Then Routine Work - Prabalarishta Yoga

<b>6</b>	<b>Thursday, December 13, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha Nakshatra Harshana Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman Sun 19 Sutra 242 Vilamba 5120
	Kumbha Rasi: 0.37	Tithi 6	<b>Gulika</b> 9:20AM – 10:40AM Yama 6:39AM – 7:59AM <b>Rahu</b> 1:21PM – 2:41PM	<b>Dhanishtha Until 6:17PM</b> Harshana Until 11:09PM Kaulava Until 11:03AM Shashthi* Until 12:22AM Fri	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Purple <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 5:22PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>
							Until 11:51AM Then Creative Work - Siddha Yoga

Vinayaga Viratam Ends

<b>7</b>	<b>Friday, December 14, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak Nakshatra Vajra* Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman Sun 20 Sutra 243 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 8:00AM – 9:20AM Yama 2:42PM – 4:02PM <b>Rahu</b> 10:41AM – 12:01PM	<b>Shatabhishak Until 9:04PM</b> Vajra* Until 11:55PM Gara Until 1:40PM Saptami Until 2:49AM Sat	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Purple <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:40AM <b>Sunset:</b> 5:22PM	Moon 11 - Phase 33 3rd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b>
							Until 11:51AM Then Creative Work - Siddha Yoga

<b>8</b>	<b>Saturday, December 15, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Siddhi Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman Sun 21 Sutra 244 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 6:40AM – 8:01AM Yama 1:22PM – 2:42PM <b>Rahu</b> 9:21AM – 10:41AM	<b>Purvaproshtapada* Until 11:45PM</b> Siddhi Until 12:21AM Sun Visti Until 3:53PM Ashtami* Until 4:45AM Sun	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Clear <b>Margasira-Karttikai</b>	<b>Sunrise:</b> 6:40AM <b>Sunset:</b> 5:23PM	Moon 11 - Phase 33 Ashtami
	Creative Work	Marana Yoga					<b>Bhuloka Day</b>
							Until 11:45PM Then Creative Work - Siddha Yoga

<b>9</b>	<b>Sunday, December 16, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman Sun 22 Sutra 245 Vilamba 5120
	<b>Retreat Star</b>		<b>Gulika</b> 2:43PM – 4:03PM Yama 12:02PM – 1:22PM <b>Rahu</b> 4:03PM – 5:23PM	<b>Uttaraproshtapada Until 1:38AM Mon</b> Vyatipata* Until 12:18AM Mon Balava Until 5:30PM Navami* Until 6:01AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> White Moon – Clear <b>Margasira-Markali</b>	<b>Sunrise:</b> 6:41AM <b>Sunset:</b> 5:23PM	Moon 11 - Phase 33 Navami
	Creative Work	Amrita Yoga					<b>Bhuloka Day</b>
							Until 1:38AM Mon Then Creative Work - Siddha 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

<b>Monday, December 17, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Variyan Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Muscat, Oman Sun 23 Sutra 246 Vilamba 5120	
<b>1</b>	Meena Rasi: 18.56 Family Home Evening Creative Work Siddha Yoga	Tithi 9 – 10 821863365	<b>Gulika</b> 1:23PM – 2:43PM <b>Yama</b> 10:42AM – 12:03PM <b>Rahu</b> 8:02AM – 9:22AM	<b>Revati Until 2:38AM Tue</b> Variyan Until 11:38PM Taitila Until 6:22PM Navami* Until 6:01AM	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:41AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:24PM <b>Nataraja:</b> White Moon – Clear <b>Bhuloka Day</b> Margasira*Markali

<b>Tuesday, December 18, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini Nakshatra Parigha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 247 Vilamba 5120	
<b>2</b>	Mesha Rasi: 1.43 Creative Work Siddha Yoga	Tithi 10 – 11 821863365	<b>Gulika</b> 12:03PM – 1:23PM <b>Yama</b> 9:22AM – 10:43AM <b>Rahu</b> 2:44PM – 4:04PM	<b>Ashvini Until 3:09AM Wed</b> Parigha* Until 10:21PM Vanija Until 6:26PM Dashami Until 6:29AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:42AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:24PM <b>Nataraja:</b> White Moon – White <b>Bhuloka Day</b> Margasira*Markali Devaloka Time: 6:AM to 9:AM

<b>Wednesday, December 19, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Shiva Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 25 Sutra 248 Vilamba 5120	
<b>3</b>	Mesha Rasi: 14.55 Creative Work Siddha Yoga Until 2:43AM Thu Then Routine Work - Marana Yoga	Tithi 11 – 12 821863365	<b>Gulika</b> 10:43AM – 12:04PM <b>Yama</b> 8:03AM – 9:23AM <b>Rahu</b> 12:04PM – 1:24PM	<b>Bharani Until 2:43AM Thu</b> Shiva Until 8:26PM Balava Until 4:59AM Thu Ekadashi Until 6:08AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:42AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM <b>Nataraja:</b> White Moon – White <b>Bhuloka Day</b> Margasira*Markali Devaloka Time: 6:AM to 9:AM

<b>Thursday, December 20, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 249 Vilamba 5120	
<b>4</b>	Mesha Rasi: 28.32 Routine Work Marana Yoga	Tithi 13 821863365	<b>Gulika</b> 9:24AM – 10:44AM <b>Yama</b> 6:43AM – 8:03AM <b>Rahu</b> 1:24PM – 2:44PM	<b>Krittika Until 1:28AM Fri</b> Siddha Until 5:56PM Kaulava Until 4:09PM Trayodashi Until 3:08AM Fri	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:43AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM <b>Nataraja:</b> White Moon – White <b>Bhuloka Day</b> Margasira*Markali Devaloka Time: 6:AM to 9:AM

*Pradosha Vrata*

<b>Friday, December 21, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Chaturdashyam Titau		Muscat, Oman Sun 27 Sutra 250 Vilamba 5120	
<b>5</b>	Vrishabha Rasi: 12.35 Routine Work Marana Yoga Until 11:54PM Then Creative Work - Siddha Yoga	Tithi 14 831863365	<b>Gulika</b> 8:04AM – 9:24AM <b>Yama</b> 2:45PM – 4:05PM <b>Rahu</b> 10:44AM – 12:05PM	<b>Rohini Until 11:54PM</b> Sadhya Until 2:56PM Gara Until 2:00PM Chaturdashi* Until 12:43AM Sat	<b>Ganesha:</b> White <i>Sunrise:</i> 6:44AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:25PM <b>Nataraja:</b> White Moon – Yellow <b>Bhuloka Day</b> Margasira*Markali

<b>Saturday, December 22, 2018</b>		Vilamba Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Purnimayam Titau		Muscat, Oman Sutra 251 Vilamba 5120	
<b>○</b>	Vrishabha Rasi: 27.01 Creative Work Siddha Yoga	Tithi 15 831963365	<b>Gulika</b> 6:44AM – 8:04AM <b>Yama</b> 1:25PM – 2:45PM <b>Rahu</b> 9:25AM – 10:45AM	<b>Mrigashira Until 9:47PM</b> Subha Until 11:32AM Visti Until 11:21AM Purnima* Until 9:52PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:44AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:26PM <b>Nataraja:</b> White Moon – Yellow <b>Bhuloka Day</b> Margasira*Markali Devaloka Time: 9:AM to 12:PM

<b>Sunday, December 23, 2018</b>		Vilamba Nama Samvatsare Uтарыay Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Prathamayam Titau		Muscat, Oman Sutra 252 Vilamba 5120	
<b>○</b>	Mithuna Rasi: 11.43 Creative Work Siddha Yoga	Tithi 16 831963365	<b>Gulika</b> 2:46PM – 4:06PM <b>Yama</b> 12:06PM – 1:26PM <b>Rahu</b> 4:06PM – 5:26PM	<b>Ardra Until 7:15PM</b> Sukla Until 7:51AM Balava Until 8:21AM Prathama* Until 6:45PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:45AM <b>Muruqa:</b> Purple <i>Sunset:</i> 5:26PM <b>Nataraja:</b> White Moon – Yellow <b>Bhuloka Day</b> Margasira*Markali Devaloka Time: 9:AM to 12:PM

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

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Monday, December 24, 2018

Gold Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yukhtayam  
Punarvasu/Pushya Nakshatra Indra Yoga Gara/Vanija Karana Dvitya/Tritiyayam Titau

Muscat, Oman

Sun 1 Sutra 253

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Mithuna Rasi: 26.34 Tithi 17 - 18

Family Home Evening 841963365

Creative Work Amrita Yoga

Until 4:53PM

Then Creative Work - Siddha Yoga

Gulika 1:26PM - 2:47PM

Yama 10:46AM - 12:06PM

Rahu 8:05AM - 9:26AM

Day 4 of Pancha Ganapati

Punarvasu Until 4:53PM

Indra Until 12:07AM Tue

Vanija Until 1:55AM Tue

Dvitiya Until 3:31PM

Ganesha: Blue Sunrise: 6:45AM

Muruqa: Purple Sunset: 5:27PM

Nataraja: White

Moon - Blue

Margasira-Markali

Devaloka Day

Tuesday, December 25, 2018

1

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Pushya/Ashlesha\* Nakshatra Vaidhriti\* Yoga Visti\*/Bava Karana Tritiya/Chaturthiyam Titau

Muscat, Oman

Sun 2 Sutra 254

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 11.27 Tithi 18 - 19

841963365

Creative Work Siddha Yoga

Gulika 12:07PM - 1:27PM

Yama 9:26AM - 10:46AM

Rahu 2:47PM - 4:07PM

Day 5 of Pancha Ganapati

Pushya Until 2:25PM

Vaidhriti\* Until 8:18PM

Bava Until 10:47PM

Tritiya Until 12:19PM

Ganesha: Blue Sunrise: 6:45AM

Muruqa: Purple Sunset: 5:28PM

Nataraja: White

Moon - Blue

Margasira-Markali

Devaloka Day

Wednesday, December 26, 2018

2

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yukhtayam  
Ashlesha\*/Magha\* Nakshatra Vishkamba\*/Priti Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Muscat, Oman

Sun 3 Sutra 255

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Kataka Rasi: 26.14 Tithi 19 - 20

842963366

Creative Work Siddha Yoga

Gulika 10:47AM - 12:07PM

Yama 8:06AM - 9:26AM

Rahu 12:07PM - 1:27PM

Ashlesha\* Until 11:59AM

Vishkamba\* Until 4:39PM

Kaulava Until 7:52PM

Chaturthi\* Until 9:16AM

Ganesha: Yellow Sunrise: 6:46AM

Muruqa: Purple Sunset: 5:28PM

Nataraja: Green

Moon - Blue

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

Thursday, December 27, 2018

3

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yukhtayam  
Magha\*/Purvaphalguni Nakshatra Priti/Ayushman Yoga Tailila/Vanija Karana Panchami/Shashthiyam Titau

Muscat, Oman

Sun 4 Sutra 256

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 10.5 Tithi 20 - 21

852963366

Creative Work Amrita Yoga

Until 10:08AM

Then Creative Work - Siddha Yoga

Gulika 9:27AM - 10:47AM

Yama 6:46AM - 8:07AM

Rahu 1:28PM - 2:48PM

Magha\* Until 10:08AM

Priti Until 1:17PM

Vanija Until 4:10AM Fri

Panchami Until 6:31AM

Ganesha: Blue Sunrise: 6:46AM

Muruqa: Purple Sunset: 5:29PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Friday, December 28, 2018

4

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Purvaphalguni/Uttaraphalguni Nakshatra Ayushman/Saubhagya Yoga Visti\*/Bava Karana Saptamyam Titau

Muscat, Oman

Sun 5 Sutra 257

Vilamba 5120

Moon 12 - Phase 35

1st Phase

Simha Rasi: 25.09 Tithi 22

852963366

Creative Work Siddha Yoga

Gulika 8:07AM - 9:27AM

Yama 2:49PM - 4:09PM

Rahu 10:48AM - 12:08PM

Purvaphalguni Until 8:33AM

Ayushman Until 10:14AM

Visti Until 3:10PM

Saptami Until 2:16AM Sat

Ganesha: Blue Sunrise: 6:47AM

Muruqa: Purple Sunset: 5:29PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Saturday, December 29, 2018

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yukhtayam  
Uttaraphalguni/Hasta Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Ashtamyam Titau

Muscat, Oman

Sun 6 Sutra 258

Vilamba 5120

Moon 12 - Phase 35

Ashtami

Kanya Rasi: 9.1 Tithi 23

852963366

Routine Work Marana Yoga

Gulika 6:47AM - 8:07AM

Yama 1:29PM - 2:49PM

Rahu 9:28AM - 10:48AM

Uttaraphalguni Until 7:17AM

Saubhagya Until 7:35AM

Balava Until 1:32PM

Ashtami\* Until 12:54AM Sun

Ganesha: Blue Sunrise: 6:47AM

Muruqa: Purple Sunset: 5:30PM

Nataraja: Green

Moon - Red

Margasira-Markali

Bhuloka Day

Sunday, December 30, 2018

Retreat Star

Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Hasta/Chitra Nakshatra Athiganda\* Yoga Tailila/Gara Karana Navamyam Titau

Muscat, Oman

Sun 7 Sutra 259

Vilamba 5120

Moon 12 - Phase 35

Navami

Kanya Rasi: 22.51 Tithi 24

862963366

Creative Work Amrita Yoga

Until 6:50AM

Then Creative Work - Siddha Yoga

Gulika 2:50PM - 4:10PM

Yama 12:09PM - 1:29PM

Rahu 4:10PM - 5:30PM

Hasta Until 6:50AM

Athiganda\* Until 3:33AM Mon

Taitila Until 12:26PM

Navami\* Until 12:04AM Mon

Ganesha: Red Sunrise: 6:48AM

Muruqa: Purple Sunset: 5:30PM

Nataraja: Green

Moon - Green

Margasira-Markali

Bhuloka Day

Devaloka Time: 6:AM to 9:AM

<b>Monday, December 31, 2018</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Sukarma Yoga Vanija/Visti* Karana Dashamyam Titau				Muscat, Oman Sun 8 Sutra 260 Vilamba 5120
<b>1</b>		<b>Gulika</b> 1:30PM – 2:50PM	<b>Chitra</b> Until 6:46AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:48AM	
Tula Rasi: 6.14	Tithi 25	Yama 10:49AM – 12:09PM	Sukarma Until 2:09AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:31PM	Moon 12 - Phase 36
<b>Family Home Evening</b>	862963366	<b>Rahu</b> 8:08AM – 9:29AM	Vanija Until 11:52AM	<b>Nataraja:</b> Green		2nd Phase
Routine Work	Prabalarishta Yoga		<b>Dashami</b> Until 11:45PM	Moon – Green	<b>Bhuloka Day</b>	
Until 6:46AM				<b>Margasira*Markali</b>	Devaloka Time: 6:AM to 9:AM	
Then Creative Work - Amrita Yoga						

<b>Tuesday, January 1, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti Yoga Bava/Balava Karana Ekadashyam Titau				Muscat, Oman Sun 9 Sutra 261 Vilamba 5120
<b>2</b>		<b>Gulika</b> 12:10PM – 1:30PM	<b>Svati</b> Until 7:03AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:48AM	
Tula Rasi: 19.2	Tithi 26	Yama 9:29AM – 10:50AM	Dhriti Until 1:09AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:32PM	Moon 12 - Phase 36
	862963366	<b>Rahu</b> 2:51PM – 4:11PM	Bava Until 11:49AM	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 11:58PM	Moon – Green	<b>Bhuloka Day</b>	
Until 7:03AM				<b>Margasira*Markali</b>	Devaloka Time: 6:AM to 9:AM	
Then Routine Work - Marana Yoga						

<b>Wednesday, January 2, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Muscat, Oman Sun 10 Sutra 262 Vilamba 5120
<b>3</b>		<b>Gulika</b> 10:50AM – 12:10PM	<b>Vishakha</b> Until 8:08AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:48AM	
Vrischika Rasi: 2.11	Tithi 27	Yama 8:09AM – 9:29AM	Shula* Until 12:31AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:32PM	Moon 12 - Phase 36
	872963366	<b>Rahu</b> 12:10PM – 1:31PM	Kaulava Until 12:17PM	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 12:40AM Thu	Moon – Orange	<b>Bhuloka Day</b>	
Until 9:31AM				<b>Margasira*Markali</b>		
Then Routine Work - Prabalarishta Yoga						

<b>Thursday, January 3, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ganda* Yoga Gara/Vanija Karana Trayodashyam Titau				Muscat, Oman Sun 11 Sutra 263 Vilamba 5120
<b>4</b>		<b>Gulika</b> 9:30AM – 10:50AM	<b>Anuradha</b> Until 9:31AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:49AM	
Vrischika Rasi: 14.49	Tithi 28	Yama 6:49AM – 8:09AM	Ganda* Until 12:14AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:33PM	Moon 12 - Phase 36
	872963366	<b>Rahu</b> 1:31PM – 2:52PM	Gara Until 1:13PM	<b>Nataraja:</b> Green		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 1:51AM Fri	Moon – Orange	<b>Bhuloka Day</b>	
Until 9:31AM				<b>Margasira*Markali</b>		
Then Routine Work - Prabalarishta Yoga			<i>Pradosha Vrata (Fasting)</i>			

<b>Friday, January 4, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vriddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Muscat, Oman Sun 12 Sutra 264 Vilamba 5120
<b>5</b>		<b>Gulika</b> 8:10AM – 9:30AM	<b>Jyeshtha*</b> Until 11:12AM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:49AM	
Vrischika Rasi: 27.14	Tithi 29	Yama 2:53PM – 4:13PM	Vriddhi Until 12:19AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:34PM	Moon 12 - Phase 36
	872963366	<b>Rahu</b> 10:51AM – 12:11PM	Visti Until 2:37PM	<b>Nataraja:</b> Green		2nd Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 3:28AM Sat	Moon – Orange	<b>Bhuloka Day</b>	
Until 11:12AM				<b>Margasira*Markali</b>		
Then Creative Work - Amrita Yoga						

<b>Saturday, January 5, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhruva Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Muscat, Oman Sun 13 Sutra 265 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 6:49AM – 8:10AM	<b>Mula*</b> Until 1:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:49AM	
Dhanus Rasi: 9.29	Tithi 30	Yama 1:32PM – 2:53PM	Dhruva Until 12:40AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 5:34PM	Moon 12 - Phase 36
	882963366	<b>Rahu</b> 9:31AM – 10:51AM	Catuspada Until 4:27PM	<b>Nataraja:</b> Green		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 5:29AM Sun	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 4:13PM				<b>Margasira*Markali</b>		
Then Creative Work - Amrita Yoga		<b>Subramuniyaswami Jayanti</b>				

<b>Sunday, January 6, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyaghata* Yoga Kintughna* Karana Prathamayam Titau				Muscat, Oman Sun 14 Sutra 266 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 2:54PM – 4:14PM	<b>Purvashadha*</b> Until 4:13PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:50AM	
Dhanus Rasi: 21.34	Tithi 1	Yama 12:12PM – 1:33PM	Vyaghata* Until 1:18AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:35PM	Moon 12 - Phase 36
	882973366	<b>Rahu</b> 4:14PM – 5:35PM	Kintughna Until 6:39PM	<b>Nataraja:</b> Green		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 7:50AM Mon	Moon – Light Blue	<b>Bhuloka Day</b>	
Until 4:13PM		<b>Partial Solar Eclipse</b>		<b>Pausha*Markali</b>	Devaloka Time: 12:PM to 3:PM	
Then Creative Work - Amrita Yoga						

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

<b>Monday, January 7, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Harshana Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Muscat, Oman Sun 15 Sutra 267 Vilamba 5120
<b>1</b>	Makara Rasi: 3.3 Family Home Evening Routine Work Marana Yoga Until 6:56PM Then Creative Work - Amrita Yoga	Tithi 1 - 2 882973366	<b>Gulika</b> 1:33PM - 2:54PM Yama 10:52AM - 12:13PM <b>Rahu</b> 8:10AM - 9:31AM	<b>Uttarashadha Until 6:56PM</b> Harshana Until 2:09AM Tue Balava Until 9:09PM <b>Prathama* Until 7:50AM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Light Blue <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:36PM Moon 12 - Phase 37 <b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM

<b>Tuesday, January 8, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Vajra* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Muscat, Oman Sun 16 Sutra 268 Vilamba 5120
<b>2</b>	Makara Rasi: 15.21 Creative Work Siddha Yoga	Tithi 2 - 3 893973366	<b>Gulika</b> 12:13PM - 1:34PM Yama 9:32AM - 10:52AM <b>Rahu</b> 2:55PM - 4:16PM	<b>Shravana Until 10:12PM</b> Vajra* Until 3:06AM Wed Taitila Until 11:50PM <b>Dvitiya Until 10:27AM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Purple <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:36PM Moon 12 - Phase 37 <b>Devaloka Day</b>

<b>Wednesday, January 9, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Siddhi Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Muscat, Oman Sun 17 Sutra 269 Vilamba 5120
<b>3</b>	Makara Rasi: 27.09 Routine Work Prabalarishta Yoga Until 1:22AM Thu Then Creative Work - Siddha Yoga	Tithi 3 - 4 893973366	<b>Gulika</b> 10:53AM - 12:14PM Yama 8:11AM - 9:32AM <b>Rahu</b> 12:14PM - 1:34PM	<b>Dhanishtha Until 1:22AM Thu</b> Siddhi Until 4:06AM Thu Vanija Until 2:36AM Thu <b>Tritiya Until 1:12PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Purple <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:37PM Moon 12 - Phase 37 <b>Devaloka Day</b>

<b>Thursday, January 10, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Vyatipata* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Muscat, Oman Sun 18 Sutra 270 Vilamba 5120
<b>4</b>	Kumbha Rasi: 8.56 Creative Work Siddha Yoga	Tithi 4 - 5 893973366	<b>Gulika</b> 9:32AM - 10:53AM Yama 6:50AM - 8:11AM <b>Rahu</b> 1:35PM - 2:56PM	<b>Shatabhishak Until 4:16AM Fri</b> Vyatipata* Until 5:01AM Fri Bava Until 5:15AM Fri <b>Chaturthi* Until 3:55PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Purple <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:38PM Moon 12 - Phase 37 <b>Devaloka Day</b>

<b>Friday, January 11, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Variyan Yoga Balava Karana Panchamyam Titau				Muscat, Oman Sun 19 Sutra 271 Vilamba 5120
<b>5</b>	Kumbha Rasi: 20.46 Creative Work Siddha Yoga	Tithi 5 813973366	<b>Gulika</b> 8:11AM - 9:32AM Yama 2:56PM - 4:17PM <b>Rahu</b> 10:53AM - 12:14PM	<b>Purvaproshtapada* Until 7:14AM Sat</b> Variyan Until 5:43AM Sat Balava Until 6:27PM <b>Panchami Until 6:27PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Clear <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:38PM Moon 12 - Phase 37 <b>Devaloka Day</b>

<b>Saturday, January 12, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mantra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Parigha* Yoga Kaulava/Taitila Karana Shashthyam Titau				Muscat, Oman Sun 20 Sutra 272 Vilamba 5120
<b>6</b>	Meena Rasi: 2.42 Routine Work Marana Yoga Until 7:14AM Then Creative Work - Siddha Yoga	Tithi 6 813973366	<b>Gulika</b> 6:50AM - 8:11AM Yama 1:36PM - 2:57PM <b>Rahu</b> 9:33AM - 10:54AM	<b>Purvaproshtapada* Until 7:14AM</b> Parigha* Until 6:06AM Sun Kaulava Until 7:37AM <b>Shashthi* Until 8:37PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Clear <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:39PM Moon 12 - Phase 37 <b>Devaloka Day</b>

<b>Sunday, January 13, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Parigha*/Shiva Yoga Gara/Vanija Karana Saptamyam Titau				Muscat, Oman Sun 21 Sutra 273 Vilamba 5120
<b>Retreat Star</b>			<b>Gulika</b> 2:58PM - 4:19PM Yama 12:15PM - 1:36PM <b>Rahu</b> 4:19PM - 5:40PM	<b>Uttaraproshtapada Until 9:37AM</b> Parigha* Until 6:06AM Gara Until 9:32AM <b>Saptami Until 10:15PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Clear <b>Pausha-Markali</b>	Sunrise: 6:50AM Sunset: 5:40PM Moon 12 - Phase 37 <b>Devaloka Day</b>
Meena Rasi: 14.49	Tithi 7 813973366	Creative Work Amrita Yoga				

<b>Monday, January 14, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Shiva/Siddha Yoga Visti*/Bava Karana Ashtamyam Titau				Muscat, Oman Sun 22 Sutra 274 Vilamba 5120
<b>Retreat Star</b>			<b>Gulika</b> 1:37PM - 2:58PM Yama 10:54AM - 12:16PM <b>Rahu</b> 8:12AM - 9:33AM	<b>Revati Until 11:14AM</b> Shiva Until 6:02AM Visti Until 10:49AM <b>Ashtami* Until 11:10PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - Clear <b>Pausha-Thai</b>	Sunrise: 6:50AM Sunset: 5:41PM Moon 12 - Phase 37 <b>Devaloka Day</b>
Meena Rasi: 27.1	Tithi 8 813973366	Creative Work Siddha Yoga	<b>Thai Pongal</b>			Ashtami

<b>Tuesday, January 15, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya Yoga Balava/Kaulava Karana Navamyam Titau				Muscat, Oman Sun 23 Sutra 275 Vilamba 5120
<b>Retreat Star</b>			<b>Gulika</b> 12:16PM - 1:37PM Yama 9:33AM - 10:55AM <b>Rahu</b> 2:59PM - 4:20PM	<b>Ashvini Until 12:28PM</b> Sadhya Until 4:08AM Wed Balava Until 11:21AM <b>Navami* Until 11:18PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon - White <b>Pausha-Thai</b>	Sunrise: 6:50AM Sunset: 5:41PM Moon 12 - Phase 37 <b>Sivaloka Day</b>
Mesha Rasi: 9.5	Tithi 9 823973366	Creative Work Siddha Yoga				Navami

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

1	<b>Wednesday, January 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Subha Yoga Taitila/Gara Karana Dashamyam Titau				Muscat, Oman Sun 24 Sutra 276 Vilamba 5120
	Mesha Rasi: 22.55	Tithi 10	<b>Gulika</b> 10:55AM – 12:16PM	<b>Bharani Until 12:43PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:50AM	
			Yama 8:12AM – 9:33AM	Subha Until 2:15AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:42PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 12:16PM – 1:38PM	Taitila Until 11:04AM	<b>Nataraja:</b> Green		4th Phase
Creative Work Siddha Yoga			<b>Dashami Until 10:36PM</b>	Moon – White		<b>Sivaloka Day</b>	
Until 12:43PM				<b>Pausha+Thai</b>			
Then Creative Work - Amrita Yoga							

2	<b>Thursday, January 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Krittika/Rohini Nakshatra Sukla Yoga Vanija/Visti* Karana Ekadashyam Titau				Muscat, Oman Sun 25 Sutra 277 Vilamba 5120
	Vrishabha Rasi: 6.26	Tithi 11	<b>Gulika</b> 9:34AM – 10:55AM	<b>Krittika Until 12:02PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:50AM	
			Yama 6:50AM – 8:12AM	Sukla Until 11:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:43PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 1:38PM – 3:00PM	Vanija Until 9:57AM	<b>Nataraja:</b> Green		4th Phase
Routine Work Marana Yoga			<b>Ekadashi Until 9:05PM</b>	Moon – White		<b>Sivaloka Day</b>	
				<b>Pausha+Thai</b>			

3	<b>Friday, January 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini/Mrigashira Nakshatra Brahma Yoga Bava/Balava Karana Dvadashyam Titau				Muscat, Oman Sun 26 Sutra 278 Vilamba 5120
	Vrishabha Rasi: 20.25	Tithi 12	<b>Gulika</b> 8:12AM – 9:34AM	<b>Rohini Until 10:54AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:50AM	
			Yama 3:00PM – 4:22PM	Brahma Until 8:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 10:55AM – 12:17PM	Bava Until 8:05AM	<b>Nataraja:</b> Green		4th Phase
Routine Work Marana Yoga			<b>Dvadashi Until 6:52PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 10:54AM				<b>Pausha+Thai</b>			
Then Creative Work - Siddha Yoga							

4	<b>Saturday, January 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira/Ardra Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 279 Vilamba 5120
	Mithuna Rasi: 4.5	Tithi 13 – 14	<b>Gulika</b> 6:50AM – 8:12AM	<b>Mrigashira Until 8:59AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:50AM	
			Yama 1:39PM – 3:01PM	Indra Until 5:05PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:44PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 9:34AM – 10:56AM	Gara Until 2:29AM Sun	<b>Nataraja:</b> Green		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi Until 4:03PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Pausha+Thai</b>			

*Pradosha Vrata*

○	<b>Sunday, January 20, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman Sutra 280 Vilamba 5120
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:01PM – 4:23PM	<b>Ardra Until 6:27AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:50AM	
	Mithuna Rasi: 19.38	Tithi 14 – 15	Yama 12:18PM – 1:39PM	Vaidhriti* Until 1:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:45PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 4:23PM – 5:45PM	Visti Until 11:04PM	<b>Nataraja:</b> Green		Purnima
Creative Work Siddha Yoga			<b>Chaturdashi* Until 12:48PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				<b>Pausha+Thai</b>			

○	<b>Monday, January 21, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Pushya Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Muscat, Oman Sutra 281 Vilamba 5120
	<b>Silver Retreat Star</b>		<b>Gulika</b> 1:40PM – 3:02PM	<b>Pushya Until 12:55AM Tue</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:50AM	
	Kataka Rasi: 4.41	Tithi 15 – 16	Yama 10:56AM – 12:18PM	Vishkambha* Until 9:01AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:46PM	Moon 12 - Phase 38
		823173366	<b>Rahu</b> 8:12AM – 9:34AM	Balava Until 7:26PM	<b>Nataraja:</b> Green		Prathama
Family Home Evening			<b>Purnima* Until 9:15AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
Creative Work Siddha Yoga				<b>Pausha+Thai</b>			

Total Lunar Eclipse  
Thai Pusam



**Tuesday, January 22, 2019**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Ashlesha\* Nakshatra Ayushman Yoga Taitila/Gara Karana Dvitiyayam Titau

Muscat, Oman  
 Sutra 282  
 Vilamba 5120  
 Moon 1 - Phase 39  
 1st Phase

Kataka Rasi: 19.52 Tithi 17  
 844173366 Rahu  
 Creative Work Siddha Yoga

**Gulika** 12:18PM – 1:40PM  
**Yama** 9:34AM – 10:56AM  
**Rahu** 3:02PM – 4:24PM

**Ashlesha\* Until 9:53PM**  
 Ayushman Until 12:32AM Wed  
 Taitila Until 3:45PM  
**Dvitiya Until 1:56AM Wed**

**Ganesha:** Clear *Sunrise: 6:50AM*  
**Muruqa:** Clear *Sunset: 5:46PM*  
**Nataraja:** Green  
 Moon – Blue  
**Pausha\*Thai**

**Devaloka Day**

**1**

**Wednesday, January 23, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
 Magha\* Nakshatra Saubhagya Yoga Vanija/Visti\* Karana Tritiyayam Titau

Muscat, Oman  
 Sun 1 Sutra 283  
 Vilamba 5120  
 Moon 1 - Phase 39  
 1st Phase

Simha Rasi: 5.01 Tithi 18  
 854173366 Rahu  
 Creative Work Siddha Yoga  
 Until 7:16PM  
 Then Creative Work - Amrita Yoga

**Gulika** 10:56AM – 12:18PM  
**Yama** 8:12AM – 9:34AM  
**Rahu** 12:18PM – 1:41PM

**Magha\* Until 7:16PM**  
 Saubhagya Until 8:27PM  
 Vanija Until 12:12PM  
**Tritiya Until 10:29PM**

**Ganesha:** Purple *Sunrise: 6:50AM*  
**Muruqa:** Clear *Sunset: 5:47PM*  
**Nataraja:** Green  
 Moon – Red  
**Pausha\*Thai**

**Bhuloka Day**  
 Devaloka Time: 12:PM to 3:PM

**2**

**Thursday, January 24, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
 Purvaphalguni/Uttaraphalguni Nakshatra Sobhana/Athiganda\* Yoga Bava/Balava Karana Chaturthiyam Titau

Muscat, Oman  
 Sun 2 Sutra 284  
 Vilamba 5120  
 Moon 1 - Phase 39  
 1st Phase

Simha Rasi: 19.59 Tithi 19  
 854173366 Rahu  
 Creative Work Siddha Yoga

**Gulika** 9:34AM – 10:56AM  
**Yama** 6:50AM – 8:12AM  
**Rahu** 1:41PM – 3:03PM

**Purvaphalguni Until 4:50PM**  
 Sobhana Until 4:40PM  
 Bava Until 8:54AM  
**Chaturthi\* Until 7:24PM**

**Ganesha:** Purple *Sunrise: 6:50AM*  
**Muruqa:** Clear *Sunset: 5:48PM*  
**Nataraja:** Green  
 Moon – Red  
**Pausha\*Thai**

**Bhuloka Day**  
 Devaloka Time: 12:PM to 3:PM

**3**

**Friday, January 25, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Uttaraaphalguni/Hasta Nakshatra Athiganda\*/Sukarma Yoga Kaulava/Gara Karana Panchami/Shashthiyam Titau

Muscat, Oman  
 Sun 3 Sutra 285  
 Vilamba 5120  
 Moon 1 - Phase 39  
 1st Phase

Kanya Rasi: 4.39 Tithi 20 – 21  
 954173366 Rahu  
 Creative Work Siddha Yoga  
 Until 2:45PM  
 Then Creative Work - Amrita Yoga

**Gulika** 8:12AM – 9:34AM  
**Yama** 3:04PM – 4:26PM  
**Rahu** 10:57AM – 12:19PM

**Uttaraaphalguni Until 2:45PM**  
 Athiganda\* Until 1:14PM  
 Kaulava Until 6:03AM  
**Panchami Until 4:47PM**

**Ganesha:** Clear *Sunrise: 6:49AM*  
**Muruqa:** Clear *Sunset: 5:49PM*  
**Nataraja:** Green  
 Moon – Red  
**Pausha\*Thai**

**Devaloka Day**

**4**

**Saturday, January 26, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
 Hasta/Chitra Nakshatra Sukarma/Dhriti Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Muscat, Oman  
 Sun 4 Sutra 286  
 Vilamba 5120  
 Moon 1 - Phase 39  
 1st Phase

Kanya Rasi: 18.56 Tithi 21 – 22  
 964173366 Rahu  
 Routine Work Marana Yoga

**Gulika** 6:49AM – 8:12AM  
**Yama** 1:42PM – 3:04PM  
**Rahu** 9:34AM – 10:57AM

**Hasta Until 1:31PM**  
 Sukarma Until 10:18AM  
 Visti Until 2:04AM Sun  
**Shashthi\* Until 2:48PM**

**Ganesha:** Purple *Sunrise: 6:49AM*  
**Muruqa:** Clear *Sunset: 5:49PM*  
**Nataraja:** Green  
 Moon – Green  
**Pausha\*Thai**

**Bhuloka Day**  
 Devaloka Time: 12:PM to 3:PM

**5**

**Sunday, January 27, 2019**

**Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Chitra/Svati Nakshatra Dhriti/Shula\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Muscat, Oman  
 Sun 5 Sutra 287  
 Vilamba 5120  
 Moon 1 - Phase 39  
 Ashtami

Tula Rasi: 2.47 Tithi 22 – 23  
 964173366 Rahu  
 Creative Work Siddha Yoga

**Gulika** 3:05PM – 4:27PM  
**Yama** 12:19PM – 1:42PM  
**Rahu** 4:27PM – 5:50PM

**Chitra Until 12:51PM**  
 Dhriti Until 7:55AM  
 Balava Until 1:08AM Mon  
**Saptami Until 1:30PM**

**Ganesha:** Purple *Sunrise: 6:49AM*  
**Muruqa:** Clear *Sunset: 5:50PM*  
**Nataraja:** Green  
 Moon – Green  
**Pausha\*Thai**

**Bhuloka Day**  
 Devaloka Time: 12:PM to 3:PM

**Monday, January 28, 2019**

**Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
 Svati/Vishakha Nakshatra Shula\*/Ganda\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Muscat, Oman  
 Sun 6 Sutra 288  
 Vilamba 5120  
 Moon 1 - Phase 39  
 Navami

Tula Rasi: 16.13 Tithi 23 – 24  
**Family Home Evening**  
 Creative Work Amrita Yoga  
 Until 12:44PM  
 Then Routine Work - Marana Yoga

**Gulika** 1:42PM – 3:05PM  
**Yama** 10:57AM – 12:20PM  
**Rahu** 8:11AM – 9:34AM

**Svati Until 12:44PM**  
 Shula\* Until 6:06AM  
 Taitila Until 12:58AM Tue  
**Ashtami\* Until 12:56PM**

**Ganesha:** Purple *Sunrise: 6:49AM*  
**Muruqa:** Clear *Sunset: 5:51PM*  
**Nataraja:** Green  
 Moon – Green  
**Pausha\*Thai**

**Bhuloka Day**  
 Devaloka Time: 12:PM to 3:PM

<b>1</b>		<b>Tuesday, January 29, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Vridhhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau			Muscat, Oman Sun 7 Sutra 289 Vilamba 5120
Tula Rasi: 29.14	Tithi 24 – 25	<b>Gulika</b> Yama	<b>12:20PM – 1:43PM</b> 9:34AM – 10:57AM	<b>Vishakha Until 1:40PM</b> Vridhhi Until 4:12AM Wed Vanija Until 1:30AM Wed	<b>Ganesh:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Orange	<b>Sunrise:</b> 6:48AM <b>Sunset:</b> 5:51PM	Moon 1 - Phase 40 2nd Phase
Routine Work	Marana Yoga	974173366	<b>Rahu</b> 3:06PM – 4:28PM	<b>Navami* Until 1:07PM</b>	<b>Pausha*Thai</b>	<b>Devaloka Day</b>	
Until 1:40PM							
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Wednesday, January 30, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhruva Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau			Muscat, Oman Sun 8 Sutra 290 Vilamba 5120
Virchika Rasi: 11.55	Tithi 25 – 26	<b>Gulika</b> Yama	<b>10:57AM – 12:20PM</b> 8:11AM – 9:34AM	<b>Anuradha Until 3:06PM</b> Dhruva Until 4:00AM Thu Bava Until 2:42AM Thu	<b>Ganesh:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Orange	<b>Sunrise:</b> 6:48AM <b>Sunset:</b> 5:52PM	Moon 1 - Phase 40 2nd Phase
Creative Work	Siddha Yoga	974173366	<b>Rahu</b> 12:20PM – 1:43PM	<b>Dashami Until 2:00PM</b>	<b>Pausha*Thai</b>	<b>Devaloka Day</b>	

<b>3</b>		<b>Thursday, January 31, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau			Muscat, Oman Sun 9 Sutra 291 Vilamba 5120
Virchika Rasi: 24.19	Tithi 26 – 27	<b>Gulika</b> Yama	<b>9:34AM – 10:57AM</b> 6:48AM – 8:11AM	<b>Jyeshtha* Until 4:57PM</b> Vyaghata* Until 4:13AM Fri Kaulava Until 4:27AM Fri	<b>Ganesh:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Orange	<b>Sunrise:</b> 6:48AM <b>Sunset:</b> 5:53PM	Moon 1 - Phase 40 2nd Phase
Routine Work	Prabalarishta Yoga	974173366	<b>Rahu</b> 1:43PM – 3:06PM	<b>Ekadashi* Until 3:30PM</b>	<b>Pausha*Thai</b>	<b>Devaloka Day</b>	
Until 4:57PM							
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Friday, February 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Harshana Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau			Muscat, Oman Sun 10 Sutra 292 Vilamba 5120
Dhanus Rasi: 6.3	Tithi 27 – 28	<b>Gulika</b> Yama	<b>8:11AM – 9:34AM</b> 3:06PM – 4:30PM	<b>Mula* Until 7:35PM</b> Harshana Until 4:47AM Sat Gara Until 6:38AM Sat	<b>Ganesh:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Light Blue	<b>Sunrise:</b> 6:48AM <b>Sunset:</b> 5:53PM	Moon 1 - Phase 40 2nd Phase
Creative Work	Amrita Yoga	984173366	<b>Rahu</b> 10:57AM – 12:20PM	<b>Dvadashi* Until 5:28PM</b>	<b>Pausha*Thai</b>	<b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM	
Until 7:35PM							
Then Routine Work - Prabalarishta Yoga		<i>Pradosha Vrata (Fasting)</i>					

<b>5</b>		<b>Saturday, February 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Vajra* Yoga Gara/Vanija Karana Trayodashyam Titau			Muscat, Oman Sun 11 Sutra 293 Vilamba 5120
Dhanus Rasi: 18.31	Tithi 28	<b>Gulika</b> Yama	<b>6:47AM – 8:10AM</b> 1:44PM – 3:07PM	<b>Purvashadha* Until 10:23PM</b> Vajra* Until 5:32AM Sun Gara Until 6:38AM	<b>Ganesh:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Light Blue	<b>Sunrise:</b> 6:47AM <b>Sunset:</b> 5:53PM	Moon 1 - Phase 40 2nd Phase
Creative Work	Siddha Yoga	984173366	<b>Rahu</b> 9:34AM – 10:57AM	<b>Trayodashi* Until 7:49PM</b>	<b>Pausha*Thai</b>	<b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM	
Until 10:23PM							
Then Routine Work - Marana Yoga							

<b>6</b>		<b>Sunday, February 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Siddhi Yoga Visti*/Sakuni* Karana Chaturdashyam Titau			Muscat, Oman Sun 12 Sutra 294 Vilamba 5120
Makara Rasi: 0.25	Tithi 29	<b>Gulika</b> Yama	<b>3:07PM – 4:31PM</b> 12:20PM – 1:44PM	<b>Uttarashadha Until 1:15AM Mon</b> Siddhi Until 6:27AM Mon Visti Until 9:06AM	<b>Ganesh:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> Green Moon – Light Blue	<b>Sunrise:</b> 6:47AM <b>Sunset:</b> 5:54PM	Moon 1 - Phase 40 2nd Phase
Creative Work	Amrita Yoga	984173366	<b>Rahu</b> 4:31PM – 5:54PM	<b>Chaturdashi* Until 10:24PM</b>	<b>Pausha*Thai</b>	<b>Bhuloka Day</b> Devaloka Time: 12:PM to 3:PM	

<b>Monday, February 4, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Shravana Nakshatra Siddhi/Vyatipata* Yoga Catuspada*/Naga* Karana Amavasyayam Titau			Muscat, Oman Sun 13 Sutra 295 Vilamba 5120
Makara Rasi: 12.14	Tithi 30	<b>Gulika</b> Yama	<b>1:44PM – 3:08PM</b> 10:57AM – 12:21PM	<b>Shravana Until 4:32AM Tue</b> Siddhi Until 6:27AM Catuspada Until 11:46AM	<b>Ganesh:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 6:46AM <b>Sunset:</b> 5:55PM	Moon 1 - Phase 40 Amavasya
<b>Family Home Evening</b>		995173367	<b>Rahu</b> 8:10AM – 9:33AM	<b>Amavasya* Until 1:06AM Tue</b>	<b>Pausha*Thai</b>	<b>Devaloka Day</b>	
Creative Work							
Amrita Yoga							
Until 4:32AM Tue							
Then Creative Work - Siddha Yoga							

<b>Tuesday, February 5, 2019</b>		<b>Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Vyatipata*/Variyan Yoga Kintughna*/Bava Karana Prathamayam Titau			Muscat, Oman Sun 14 Sutra 296 Vilamba 5120
Makara Rasi: 24.02	Tithi 1	<b>Gulika</b> Yama	<b>12:21PM – 1:44PM</b> 9:33AM – 10:57AM	<b>Dhanishtha Until 7:39AM Wed</b> Vyatipata* Until 7:27AM Kintughna Until 2:29PM	<b>Ganesh:</b> Red <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Purple	<b>Sunrise:</b> 6:46AM <b>Sunset:</b> 5:55PM	Moon 1 - Phase 40 Prathama
Creative Work	Siddha Yoga	995173367	<b>Rahu</b> 3:08PM – 4:32PM	<b>Prathama* Until 3:48AM Wed</b>	<b>Magha*Thai</b>	<b>Devaloka Day</b>	

<b>1</b>		<b>Wednesday, February 6, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Variyan/Parigha* Yoga Balava/Kaulava Karana Dvityayam Titau		Muscat, Oman Sun 15 Sutra 297 Vilamba 5120		
Kumbha Rasi: 5.5	Tithi 2	<b>Gulika</b> 10:57AM – 12:21PM	<b>Dhanishtha</b> Until 7:39AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:56PM	Moon 1 - Phase 41 3rd Phase
Routine Work	Prabalarishta Yoga	Yama 8:09AM – 9:33AM	Variyan Until 8:24AM	<b>Nataraja:</b> White		Moon – Purple		<b>Devaloka Day</b>
Until 7:39AM		995173367 <b>Rahu</b> 12:21PM – 1:45PM	Balava Until 5:09PM					
Then Creative Work - Siddha Yoga			<b>Dvitiya</b> Until 6:25AM Thu	<b>Magha-Thai</b>				

<b>2</b>		<b>Thursday, February 7, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Dvitya/Trityayam Titau		Muscat, Oman Sun 16 Sutra 298 Vilamba 5120		
Kumbha Rasi: 17.41	Tithi 2 – 3	<b>Gulika</b> 9:33AM – 10:57AM	<b>Shatabhishak</b> Until 10:30AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:45AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Moon 1 - Phase 41 3rd Phase
Creative Work	Siddha Yoga	Yama 6:45AM – 8:09AM	Parigha* Until 9:18AM	<b>Nataraja:</b> White		Moon – Purple		<b>Devaloka Day</b>
		995173367 <b>Rahu</b> 1:45PM – 3:09PM	Taitila Until 7:40PM					
			<b>Dvitiya</b> Until 6:25AM	<b>Magha-Thai</b>				

<b>3</b>		<b>Friday, February 8, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Tritya/Chaturthyam Titau		Muscat, Oman Sun 17 Sutra 299 Vilamba 5120		
Kumbha Rasi: 29.35	Tithi 3 – 4	<b>Gulika</b> 8:09AM – 9:33AM	<b>Purvaproshtapada*</b> Until 1:29PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:44AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Moon 1 - Phase 41 3rd Phase
Creative Work	Siddha Yoga	Yama 3:09PM – 4:33PM	Shiva Until 10:03AM	<b>Nataraja:</b> White		Moon – Clear		<b>Sivaloka Day</b>
		915173367 <b>Rahu</b> 10:57AM – 12:21PM	Vanija Until 9:57PM					
			<b>Tritiya</b> Until 8:50AM	<b>Magha-Thai</b>				

<b>4</b>		<b>Saturday, February 9, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Muscat, Oman Sun 18 Sutra 300 Vilamba 5120		
Meena Rasi: 12	Tithi 4 – 5	<b>Gulika</b> 6:44AM – 8:08AM	<b>Uttaraproshtapada</b> Until 4:01PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:44AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:58PM	Moon 1 - Phase 41 3rd Phase
Creative Work	Siddha Yoga	Yama 1:45PM – 3:09PM	Siddha Until 10:33AM	<b>Nataraja:</b> White		Moon – Clear		<b>Sivaloka Day</b>
Until 4:01PM		915173367 <b>Rahu</b> 9:32AM – 10:57AM	Bava Until 11:54PM					
Then Routine Work - Prabalarishta Yoga			<b>Chaturthi*</b> Until 10:57AM	<b>Magha-Thai</b>				

<b>5</b>		<b>Sunday, February 10, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati/Ashvini Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Muscat, Oman Sun 19 Sutra 301 Vilamba 5120		
Meena Rasi: 23.46	Tithi 5 – 6	<b>Gulika</b> 3:10PM – 4:34PM	<b>Revati</b> Until 5:59PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:43AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:58PM	Moon 1 - Phase 41 3rd Phase
Creative Work	Amrita Yoga	Yama 12:21PM – 1:45PM	Sadhya Until 10:47AM	<b>Nataraja:</b> White		Moon – Clear		<b>Devaloka Day</b>
Until 5:59PM		915273367 <b>Rahu</b> 4:34PM – 5:58PM	Kaulava Until 1:23AM Mon					
Then Creative Work - Siddha Yoga			<b>Panchami</b> Until 12:41PM	<b>Magha-Thai</b>				

<b>6</b>		<b>Monday, February 11, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Muscat, Oman Sun 20 Sutra 302 Vilamba 5120		
Mesha Rasi: 6.07	Tithi 6 – 7	<b>Gulika</b> 1:46PM – 3:10PM	<b>Ashvini</b> Until 7:45PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:43AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:59PM	Moon 1 - Phase 41 3rd Phase
<b>Family Home Evening</b>		Yama 10:56AM – 12:21PM	Subha Until 10:38AM	<b>Nataraja:</b> White		Moon – White		<b>Bhuloka Day</b>
Creative Work	Siddha Yoga	925273367 <b>Rahu</b> 8:07AM – 9:32AM	Gara Until 2:18AM Tue					Devaloka Time: 12:PM to 3:PM
			<b>Shashthi*</b> Until 1:54PM	<b>Magha-Thai</b>				

<b>Retreat Star</b>		<b>Tuesday, February 12, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 303 Vilamba 5120		
Mesha Rasi: 18.45	Tithi 7 – 8	<b>Gulika</b> 12:21PM – 1:46PM	<b>Bharani</b> Until 8:44PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Moon 1 - Phase 41 Ashtami
Creative Work	Siddha Yoga	Yama 9:32AM – 10:56AM	Sukla Until 10:00AM	<b>Nataraja:</b> White		Moon – White		<b>Bhuloka Day</b>
		925273367 <b>Rahu</b> 3:10PM – 4:35PM	Visti Until 2:32AM Wed					Devaloka Time: 12:PM to 3:PM
			<b>Saptami</b> Until 2:29PM	<b>Magha-Thai</b>				

<b>Retreat Star</b>		<b>Wednesday, February 13, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Krittika Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Muscat, Oman Sun 22 Sutra 304 Vilamba 5120		
Vrishabha Rasi: 1.41	Tithi 8 – 9	<b>Gulika</b> 10:56AM – 12:21PM	<b>Krittika</b> Until 8:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:42AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Moon 1 - Phase 41 Navami
Creative Work	Amrita Yoga	Yama 8:07AM – 9:31AM	Brahma Until 8:51AM	<b>Nataraja:</b> White		Moon – White		<b>Devaloka Day</b>
Until 8:52PM		926273367 <b>Rahu</b> 12:21PM – 1:46PM	Balava Until 2:02AM Thu					
Then Creative Work - Siddha Yoga			<b>Ashtami*</b> Until 2:22PM	<b>Magha-Masi</b>				


<b>1</b>		<b>Thursday, February 14, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Rohini Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Muscat, Oman Sun 23 Sutra 305 Vilamba 5120	
936273367	936273367	<b>Gulika</b> 9:31AM – 10:56AM Yama 6:41AM – 8:06AM <b>Rahu</b> 1:46PM – 3:11PM	<b>Rohini Until 8:33PM</b> Indra Until 7:07AM Taitila Until 12:45AM Fri Navami* Until 1:28PM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Yellow <b>Magha-Masi</b>	<b>Sunrise:</b> 6:41AM <b>Sunset:</b> 6:01PM	Moon 1 - Phase 42 4th Phase <b>Sivaloka Day</b>	
Vrishabha Rasi: 15.02 Tithi 9 – 10		Routine Work Marana Yoga					

<b>2</b>		<b>Friday, February 15, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vishkambha* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 24 Sutra 306 Vilamba 5120	
936273367	936273367	<b>Gulika</b> 8:06AM – 9:31AM Yama 3:11PM – 4:36PM <b>Rahu</b> 10:56AM – 12:21PM	<b>Mrigashira Until 7:22PM</b> Vishkambha* Until 1:51AM Sat Vanija Until 10:45PM Dashami Until 11:49AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Yellow <b>Magha-Masi</b>	<b>Sunrise:</b> 6:40AM <b>Sunset:</b> 6:01PM	Moon 1 - Phase 42 4th Phase <b>Sivaloka Day</b>	
Vrishabha Rasi: 28.47 Tithi 10 – 11		Creative Work Siddha Yoga					

<b>3</b>		<b>Saturday, February 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Priti Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 25 Sutra 307 Vilamba 5120	
936273367	936273367	<b>Gulika</b> 6:40AM – 8:05AM Yama 1:46PM – 3:12PM <b>Rahu</b> 9:30AM – 10:56AM	<b>Ardra Until 5:23PM</b> Priti Until 10:26PM Bava Until 8:07PM Ekadashi Until 9:30AM	<b>Ganesha:</b> White <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Yellow <b>Magha-Masi</b>	<b>Sunrise:</b> 6:40AM <b>Sunset:</b> 6:02PM	Moon 1 - Phase 42 4th Phase <b>Sivaloka Day</b>	
Mithuna Rasi: 13.01 Tithi 11 – 12		Creative Work Siddha Yoga					

<b>4</b>		<b>Sunday, February 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Ayushman Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 26 Sutra 308 Vilamba 5120	
946273367	946273367	<b>Gulika</b> 3:12PM – 4:37PM Yama 12:21PM – 1:46PM <b>Rahu</b> 4:37PM – 6:03PM	<b>Punarvasu Until 3:09PM</b> Ayushman Until 6:36PM Taitila Until 3:14AM Mon Dvadashi Until 6:35AM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Blue <b>Magha-Masi</b>	<b>Sunrise:</b> 6:39AM <b>Sunset:</b> 6:03PM	Moon 1 - Phase 42 4th Phase <b>Devaloka Day</b>	
Mithuna Rasi: 27.38 Tithi 12 – 13		Creative Work Siddha Yoga		<i>Pradosha Vrata</i>			

<b>5</b>		<b>Monday, February 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Chaturdashyam Titau		Muscat, Oman Sun 27 Sutra 309 Vilamba 5120	
946273367	946273367	<b>Gulika</b> 1:46PM – 3:12PM Yama 10:55AM – 12:21PM <b>Rahu</b> 8:04AM – 9:30AM	<b>Pushya Until 12:24PM</b> Saubhagya Until 2:29PM Gara Until 1:27PM Chaturdashi* Until 11:35PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Blue <b>Magha-Masi</b>	<b>Sunrise:</b> 6:38AM <b>Sunset:</b> 6:03PM	Moon 1 - Phase 42 4th Phase <b>Devaloka Day</b>	
Kataka Rasi: 12.37 Tithi 14		Family Home Evening		Chidambaram Abhishekam			
Creative Work Siddha Yoga							

		<b>Tuesday, February 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sobhana/Athiganda* Yoga Visti*/Bava Karana Purnimayam Titau		Muscat, Oman Sutra 310 Vilamba 5120	
946273367	946273367	<b>Gulika</b> 12:21PM – 1:47PM Yama 9:29AM – 10:55AM <b>Rahu</b> 3:12PM – 4:38PM	<b>Ashlesha* Until 9:18AM</b> Sobhana Until 10:12AM Visti Until 9:43AM Purnima* Until 7:48PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Blue <b>Magha-Masi</b>	<b>Sunrise:</b> 6:38AM <b>Sunset:</b> 6:04PM	Moon 1 - Phase 42 Purnima <b>Devaloka Day</b>	
Kataka Rasi: 27.49 Tithi 15		Creative Work Siddha Yoga					

<b>Wednesday, February 20, 2019</b>		<b>Silver Retreat Star</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukarma Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Muscat, Oman Sutra 311 Vilamba 5120	
957273367	957273367	<b>Gulika</b> 10:55AM – 12:21PM Yama 8:03AM – 9:29AM <b>Rahu</b> 12:21PM – 1:47PM	<b>Magha* Until 6:24AM</b> Sukarma Until 1:38AM Thu Taitila Until 2:15AM Thu Prathama* Until 4:03PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> White Moon – Red <b>Magha-Masi</b>	<b>Sunrise:</b> 6:37AM <b>Sunset:</b> 6:04PM	Moon 1 - Phase 42 Prathama <b>Devaloka Day</b>	
Simha Rasi: 13.04 Tithi 16 – 17		Creative Work Siddha Yoga					
Until 6:24AM							
Then Creative Work - Amrita Yoga							

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





Thursday, February 21, 2019

Gold Retreat Star

Simha Rasi: 28.13 Tithi 17 - 18

Amrita Yoga

957273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraphalguni Nakshatra Dhriti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika** 9:28AM - 10:55AM  
**Yama** 6:36AM - 8:02AM  
**Rahu** 1:47PM - 3:13PM  
**Uttaraphalguni Until 12:46AM Fri**  
Dhriti Until 9:40PM  
Vanija Until 10:53PM  
Dvitiya Until 12:30PM

**Ganesha:** Clear *Sunrise: 6:36AM*  
**Muruqa:** Clear *Sunset: 6:05PM*  
**Nataraja:** White  
Moon - Red  
**Magha-Masi**

Muscat, Oman  
Sun 1 Sutra 312  
Vilamba 5120  
Moon 2 - Phase 43  
1st Phase

Devaloka Day

1

Friday, February 22, 2019

Kanya Rasi: 13.07 Tithi 18 - 19

Creative Work Amrita Yoga

Until 10:47PM

Then Creative Work - Siddha Yoga

967273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Hasta Nakshatra Shula\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

**Gulika** 8:02AM - 9:28AM  
**Yama** 3:13PM - 4:39PM  
**Rahu** 10:54AM - 12:20PM  
**Hasta Until 10:47PM**  
Shula\* Until 6:01PM  
Bava Until 7:57PM  
Tritiya Until 9:20AM

**Ganesha:** White *Sunrise: 6:36AM*  
**Muruqa:** Clear *Sunset: 6:05PM*  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

Muscat, Oman  
Sun 2 Sutra 313  
Vilamba 5120  
Moon 2 - Phase 43  
1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

2

Saturday, February 23, 2019

Kanya Rasi: 27.39 Tithi 19 - 20

Routine Work Marana Yoga

Until 9:16PM

Then Creative Work - Siddha Yoga

967273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Chitra Nakshatra Ganda\*/Vridhi Yoga Balava/Taitila Karana Chaturthi/Panchamyam Titau

**Gulika** 6:35AM - 8:01AM  
**Yama** 1:47PM - 3:13PM  
**Rahu** 9:28AM - 10:54AM  
**Chitra Until 9:16PM**  
Ganda\* Until 2:53PM  
Taitila Until 4:43AM Sun  
Chaturthi\* Until 6:41AM

**Ganesha:** White *Sunrise: 6:35AM*  
**Muruqa:** Clear *Sunset: 6:06PM*  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

Muscat, Oman  
Sun 3 Sutra 314  
Vilamba 5120  
Moon 2 - Phase 43  
1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

3

Sunday, February 24, 2019

Tula Rasi: 11.43 Tithi 21

Creative Work Siddha Yoga

Until 8:21PM

Then Routine Work - Marana Yoga

967273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Svati Nakshatra Vridhi/Dhruva Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 3:13PM - 4:40PM  
**Yama** 12:20PM - 1:47PM  
**Rahu** 4:40PM - 6:06PM  
**Svati Until 8:21PM**  
Vridhi Until 12:20PM  
Gara Until 4:03PM  
Shashthi\* Until 3:33AM Mon

**Ganesha:** White *Sunrise: 6:34AM*  
**Muruqa:** Clear *Sunset: 6:06PM*  
**Nataraja:** White  
Moon - Green  
**Magha-Masi**

Muscat, Oman  
Sun 4 Sutra 315  
Vilamba 5120  
Moon 2 - Phase 43  
1st Phase

Bhuloka Day

Devaloka Time: 12:PM to 3:PM

4

Monday, February 25, 2019

Tula Rasi: 25.18 Tithi 22

Family Home Evening

Routine Work Marana Yoga

Until 8:34PM

Then Creative Work - Siddha Yoga

977273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Vishakha Nakshatra Dhruva/Vyaghata\* Yoga Visti\*/Bava Karana Saplamyam Titau

**Gulika** 1:47PM - 3:14PM  
**Yama** 10:53AM - 12:20PM  
**Rahu** 8:00AM - 9:27AM  
**Vishakha Until 8:34PM**  
Dhruva Until 10:25AM  
Visti Until 3:18PM  
Saptami Until 3:14AM Tue

**Ganesha:** Yellow *Sunrise: 6:33AM*  
**Muruqa:** Clear *Sunset: 6:07PM*  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

Muscat, Oman  
Sun 5 Sutra 316  
Vilamba 5120  
Moon 2 - Phase 43  
1st Phase

Devaloka Day

☾

Tuesday, February 26, 2019

Retreat Star

Vrischika Rasi: 8.25 Tithi 23

Creative Work Siddha Yoga

Until 9:29PM

Then Routine Work - Marana Yoga

977273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha Nakshatra Vyaghata\*/Harshana Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika** 12:20PM - 1:47PM  
**Yama** 9:26AM - 10:53AM  
**Rahu** 3:14PM - 4:41PM  
**Anuradha Until 9:29PM**  
Vyaghata\* Until 9:11AM  
Balava Until 3:26PM  
Ashtami\* Until 3:47AM Wed

**Ganesha:** Yellow *Sunrise: 6:32AM*  
**Muruqa:** Clear *Sunset: 6:07PM*  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

Muscat, Oman  
Sun 6 Sutra 317  
Vilamba 5120  
Moon 2 - Phase 43  
Ashtami

Devaloka Day

Wednesday, February 27, 2019

Retreat Star

Vrischika Rasi: 21.07 Tithi 24

Creative Work Siddha Yoga

Until 11:01PM

Then Routine Work - Marana Yoga

978273367

Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\* Nakshatra Harshana/Vajra\* Yoga Taitila/Gara Karana Navamyam Titau

**Gulika** 10:53AM - 12:20PM  
**Yama** 7:59AM - 9:26AM  
**Rahu** 12:20PM - 1:47PM  
**Jyeshtha\* Until 11:01PM**  
Harshana Until 8:39AM  
Taitila Until 4:23PM  
Navami\* Until 5:08AM Thu

**Ganesha:** Blue *Sunrise: 6:32AM*  
**Muruqa:** Clear *Sunset: 6:08PM*  
**Nataraja:** White  
Moon - Orange  
**Magha-Masi**

Muscat, Oman  
Sun 7 Sutra 318  
Vilamba 5120  
Moon 2 - Phase 43  
Navami

Sivaloka Day

<b>1</b>		<b>Thursday, February 28, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra*/Siddhi Yoga Vanija Karana Dashamyam Titau		Muscat, Oman Sun 8 Sutra 319	
Dhanus Rasi: 3.28	Tithi 25	<b>Gulika</b>	<b>9:25AM – 10:52AM</b>	<b>Mula* Until 1:33AM Fri</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:31AM</b>	Vilamba 5120
		Yama	6:31AM – 7:58AM	Vajra* Until 8:39AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:08PM</b>	Moon 2 - Phase 44
		988273367 <b>Rahu</b>	<b>1:47PM – 3:14PM</b>	Vanija Until 6:05PM	<b>Nataraja: White</b>		2nd Phase
Creative Work	Siddha Yoga			<b>Dashami Until 7:07AM Fri</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 1:33AM Fri					<b>Magha-Masi</b>		
Then Routine Work - Prabalarishta Yoga							

<b>2</b>		<b>Friday, March 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Muscat, Oman Sun 9 Sutra 320	
Dhanus Rasi: 15.33	Tithi 25 – 26	<b>Gulika</b>	<b>7:57AM – 9:24AM</b>	<b>Purvashadha* Until 4:22AM Sat</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:29AM</b>	Vilamba 5120
		Yama	3:14PM – 4:42PM	Siddhi Until 9:09AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:09PM</b>	Moon 2 - Phase 44
		988273367 <b>Rahu</b>	<b>10:52AM – 12:19PM</b>	Bava Until 8:19PM	<b>Nataraja: White</b>		2nd Phase
Routine Work	Prabalarishta Yoga			<b>Dashami Until 7:07AM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 4:22AM Sat					<b>Magha-Masi</b>		
Then Routine Work - Marana Yoga							

<b>3</b>		<b>Saturday, March 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Vyatipata*/Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Muscat, Oman Sun 10 Sutra 321	
Dhanus Rasi: 27.28	Tithi 26 – 27	<b>Gulika</b>	<b>6:28AM – 7:56AM</b>	<b>Uttarashadha Until 7:19AM Sun</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:28AM</b>	Vilamba 5120
		Yama	1:47PM – 3:14PM	Vyatipata* Until 9:59AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:10PM</b>	Moon 2 - Phase 44
		988273367 <b>Rahu</b>	<b>9:24AM – 10:51AM</b>	Kaulava Until 10:55PM	<b>Nataraja: White</b>		2nd Phase
Routine Work	Marana Yoga			<b>Ekadashi* Until 9:34AM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
Until 7:19AM Sun					<b>Magha-Masi</b>		
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, March 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Variyan/Parigha* Yoga Tailila/Gara Karana Dvadashi/Trayodashyam Titau		Muscat, Oman Sun 11 Sutra 322	
Makara Rasi: 9.16	Tithi 27 – 28	<b>Gulika</b>	<b>3:15PM – 4:42PM</b>	<b>Uttarashadha Until 7:19AM</b>	<b>Ganesha: Red</b>	<b>Sunrise: 6:27AM</b>	Vilamba 5120
		Yama	12:19PM – 1:47PM	Variyan Until 10:58AM	<b>Muruqa: Clear</b>	<b>Sunset: 6:10PM</b>	Moon 2 - Phase 44
		988273367 <b>Rahu</b>	<b>4:42PM – 6:10PM</b>	Gara Until 1:39AM Mon	<b>Nataraja: White</b>		2nd Phase
Creative Work	Amrita Yoga			<b>Dvadashi* Until 12:15PM</b>	<b>Moon – Light Blue</b>		<b>Devaloka Day</b>
					<b>Magha-Masi</b>		

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Monday, March 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Muscat, Oman Sun 12 Sutra 323	
Makara Rasi: 21.02	Tithi 28 – 29	<b>Gulika</b>	<b>1:47PM – 3:15PM</b>	<b>Shravana Until 10:40AM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 6:27AM</b>	Vilamba 5120
<b>Family Home Evening</b>		Yama	10:51AM – 12:19PM	Parigha* Until 12:02PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:11PM</b>	Moon 2 - Phase 44
		998273367 <b>Rahu</b>	<b>7:55AM – 9:23AM</b>	Visti Until 4:22AM Tue	<b>Nataraja: White</b>		2nd Phase
Creative Work	Amrita Yoga			<b>Trayodashi* Until 3:00PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>
Until 10:40AM					<b>Magha-Masi</b>		
Then Creative Work - Siddha Yoga		<b>Mahasivaratri (Lunar)</b>					
		<b>Mahasivaratri (Solar)</b>					

<b>6</b>		<b>Tuesday, March 5, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shiva/Siddha Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Muscat, Oman Sun 13 Sutra 324	
Kumbha Rasi: 2.49	Tithi 29 – 30	<b>Gulika</b>	<b>12:18PM – 1:47PM</b>	<b>Dhanishtha Until 1:47PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 6:26AM</b>	Vilamba 5120
		Yama	9:22AM – 10:50AM	Shiva Until 1:03PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:11PM</b>	Moon 2 - Phase 44
		199273367 <b>Rahu</b>	<b>3:15PM – 4:43PM</b>	Catuspada Until 6:56AM Wed	<b>Nataraja: White</b>		2nd Phase
Creative Work	Siddha Yoga			<b>Chaturdashi* Until 5:39PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>
Until 1:47PM					<b>Magha-Masi</b>		
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, March 6, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Muscat, Oman Sun 14 Sutra 325	
Kumbha Rasi: 14.4	Tithi 30	<b>Gulika</b>	<b>10:50AM – 12:18PM</b>	<b>Shatabhishak Until 4:33PM</b>	<b>Ganesha: Clear</b>	<b>Sunrise: 6:25AM</b>	Vilamba 5120
		Yama	7:53AM – 9:21AM	Siddha Until 1:53PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:12PM</b>	Moon 2 - Phase 44
		199273367 <b>Rahu</b>	<b>12:18PM – 1:47PM</b>	Catuspada Until 6:56AM	<b>Nataraja: White</b>		Amavasya
Creative Work	Siddha Yoga			<b>Amavasya* Until 8:06PM</b>	<b>Moon – Purple</b>		<b>Devaloka Day</b>
Until 4:33PM					<b>Magha-Masi</b>		
Then Creative Work - Amrita Yoga							

<b>Retreat Star</b>		<b>Thursday, March 7, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Kintughna*/Bava Karana Prathamayam Titau		Muscat, Oman Sun 15 Sutra 326	
Kumbha Rasi: 26.37	Tithi 1	<b>Gulika</b>	<b>9:21AM – 10:49AM</b>	<b>Purvaproshtapada* Until 7:24PM</b>	<b>Ganesha: Yellow</b>	<b>Sunrise: 6:24AM</b>	Vilamba 5120
		Yama	6:24AM – 7:52AM	Sadhya Until 2:32PM	<b>Muruqa: Clear</b>	<b>Sunset: 6:12PM</b>	Moon 2 - Phase 44
		119373367 <b>Rahu</b>	<b>1:47PM – 3:15PM</b>	Kintughna Until 9:14AM	<b>Nataraja: White</b>		Prathama
Creative Work	Siddha Yoga			<b>Prathama* Until 10:15PM</b>	<b>Moon – Clear</b>		<b>Devaloka Day</b>
					<b>Phalgun-Masi</b>		

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


<b>1</b>		<b>Friday, March 8, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau			Muscat, Oman Sun 16 Sutra 327
Meena Rasi: 8.4	Tithi 2	<b>Gulika</b> 7:52AM – 9:20AM	<b>Uttaraproshtapada</b> Until 9:46PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:23AM	Vilamba 5120	
		Yama 3:15PM – 4:44PM	Subha Until 2:58PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	119373367 <b>Rahu</b> 10:49AM – 12:18PM	Balava Until 11:13AM	<b>Nataraja:</b> White		3rd Phase	<b>Devaloka Day</b>
			<b>Dvitiya</b> Until 12:04AM Sat	Moon – Clear			
				<b>Phalguna-Masi</b>			
<b>2</b>		<b>Saturday, March 9, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Tritiyayam Titau			Muscat, Oman Sun 17 Sutra 328
Meena Rasi: 20.52	Tithi 3	<b>Gulika</b> 6:22AM – 7:51AM	<b>Revati</b> Until 11:38PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:22AM	Vilamba 5120	
		Yama 1:46PM – 3:15PM	Sukla Until 3:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 2 - Phase 45	
Routine Work	Prabalarishta Yoga	119373367 <b>Rahu</b> 9:20AM – 10:49AM	Taitila Until 12:53PM	<b>Nataraja:</b> White		3rd Phase	<b>Devaloka Day</b>
Until 11:38PM			<b>Tritiya</b> Until 1:33AM Sun	Moon – Clear			
Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</b>			
			<b>Subramuniyaswami Siva Vision Day</b>				
<b>3</b>		<b>Sunday, March 10, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Chaturthyam Titau			Muscat, Oman Sun 18 Sutra 329
Mesha Rasi: 3.12	Tithi 4	<b>Gulika</b> 3:15PM – 4:44PM	<b>Ashvini</b> Until 1:27AM Mon	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:21AM	Vilamba 5120	
		Yama 12:17PM – 1:46PM	Brahma Until 2:59PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367 <b>Rahu</b> 4:44PM – 6:13PM	Vanija Until 2:09PM	<b>Nataraja:</b> White		3rd Phase	<b>Devaloka Day</b>
			<b>Chaturthi*</b> Until 2:38AM Mon	Moon – White			
				<b>Phalguna-Masi</b>			
<b>4</b>		<b>Monday, March 11, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Indra/Valdhriti* Yoga Bava/Balava Karana Panchamyam Titau			Muscat, Oman Sun 19 Sutra 330
Mesha Rasi: 15.43	Tithi 5	<b>Gulika</b> 1:46PM – 3:15PM	<b>Bharani</b> Until 2:41AM Tue	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:20AM	Vilamba 5120	
Family Home Evening		Yama 10:48AM – 12:17PM	Indra Until 2:34PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:14PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367 <b>Rahu</b> 7:49AM – 9:19AM	Bava Until 3:01PM	<b>Nataraja:</b> White		3rd Phase	<b>Devaloka Day</b>
			<b>Panchami</b> Until 3:16AM Tue	Moon – White			
				<b>Phalguna-Masi</b>			
<b>5</b>		<b>Tuesday, March 12, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Shashthyam Titau			Muscat, Oman Sun 20 Sutra 331
Mesha Rasi: 28.25	Tithi 6	<b>Gulika</b> 12:17PM – 1:46PM	<b>Krittika</b> Until 3:17AM Wed	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:19AM	Vilamba 5120	
		Yama 9:18AM – 10:47AM	Vaidhriti* Until 1:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:14PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	129373367 <b>Rahu</b> 3:15PM – 4:45PM	Kaulava Until 3:25PM	<b>Nataraja:</b> White		3rd Phase	<b>Devaloka Day</b>
			<b>Shashthi*</b> Until 3:24AM Wed	Moon – White			
				<b>Phalguna-Masi</b>			
<b>6</b>		<b>Wednesday, March 13, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Rohini Nakshatra Vishkambha*/Priti Yoga Gara/Vanija Karana Saplamyam Titau			Muscat, Oman Sun 21 Sutra 332
Vrishabha Rasi: 11.23	Tithi 7	<b>Gulika</b> 10:47AM – 12:16PM	<b>Rohini</b> Until 3:39AM Thu	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:18AM	Vilamba 5120	
		Yama 7:48AM – 9:17AM	Vishkambha* Until 12:33PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	131373367 <b>Rahu</b> 12:16PM – 1:46PM	Gara Until 3:17PM	<b>Nataraja:</b> White		3rd Phase	<b>Sivaloka Day</b>
Until 3:39AM Thu			<b>Saptami</b> Until 2:59AM Thu	Moon – Yellow			
Then Routine Work - Marana Yoga				<b>Phalguna-Masi</b>			
<b>☾</b>		<b>Thursday, March 14, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Visti*/Bava Karana Ashtamyam Titau			Muscat, Oman Sun 22 Sutra 333
Vrishabha Rasi: 24.38	Tithi 8	<b>Gulika</b> 9:17AM – 10:46AM	<b>Mrigashira</b> Until 3:15AM Fri	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:17AM	Vilamba 5120	
		Yama 6:17AM – 7:47AM	Priti Until 10:54AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 2 - Phase 45	
Routine Work	Marana Yoga	131373367 <b>Rahu</b> 1:46PM – 3:16PM	Visti Until 2:33PM	<b>Nataraja:</b> White		Ashtami	<b>Sivaloka Day</b>
Until 3:15AM Fri			<b>Ashtami*</b> Until 1:56AM Fri	Moon – Yellow			
Then Creative Work - Siddha Yoga				<b>Phalguna-Masi</b>			
<b>☽</b>		<b>Friday, March 15, 2019</b>		Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Ayushmani/Saubhagya Yoga Balava/Kaulava Karana Navamyam Titau			Muscat, Oman Sun 23 Sutra 334
Mithuna Rasi: 8.14	Tithi 9	<b>Gulika</b> 7:46AM – 9:16AM	<b>Ardra</b> Until 2:07AM Sat	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:16AM	Vilamba 5120	
		Yama 3:16PM – 4:46PM	Ayushman Until 8:44AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 2 - Phase 45	
Creative Work	Siddha Yoga	131373368 <b>Rahu</b> 10:46AM – 12:16PM	Balava Until 1:12PM	<b>Nataraja:</b> Clear		Navami	<b>Subha Sivaloka Day</b>
			<b>Navami*</b> Until 12:17AM Sat	Moon – Yellow			
		<b>Karadaiyan Nombu (Tamil Nadu)</b>		<b>Phalguna-Panguni</b>			

<b>1</b>	<b>Saturday, March 16, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Dashamyam Titau				Muscat, Oman Sun 24 Sutra 335 Vilamba 5120
	Mithuna Rasi: 22.11	Tithi 10	<b>Gulika</b> 6:15AM – 7:45AM	<b>Punarvasu</b> Until 12:41AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:15AM	
			Yama 1:46PM – 3:16PM	Saubhagya Until 6:05AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 9:15AM – 10:46AM	Taitila Until 11:14AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> Until 10:02PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

<b>2</b>	<b>Sunday, March 17, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Athiganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Muscat, Oman Sun 25 Sutra 336 Vilamba 5120
	Kataka Rasi: 6.32	Tithi 11	<b>Gulika</b> 3:16PM – 4:46PM	<b>Pushya</b> Until 10:36PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:14AM	
			Yama 12:15PM – 1:46PM	Athiganda* Until 11:29PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 4:46PM – 6:16PM	Vanija Until 8:44AM	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> Until 7:16PM	Moon – Blue		<b>Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

<b>3</b>	<b>Monday, March 18, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 337 Vilamba 5120
	Kataka Rasi: 21.13	Tithi 12 – 13	<b>Gulika</b> 1:45PM – 3:16PM	<b>Ashlesha*</b> Until 8:01PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:13AM	
	<b>Family Home Evening</b>		Yama 10:45AM – 12:15PM	Sukarma Until 7:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	141373368 <b>Rahu</b> 7:44AM – 9:14AM	Kaulava Until 2:26AM Tue	<b>Nataraja:</b> Clear		4th Phase
Until 8:01PM		<b>Yogaswami Mahasamadhi</b>	<b>Dvadashi</b> Until 4:07PM	Moon – Blue		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>	<b>Phalguna-Panguni</b>			

<b>4</b>	<b>Tuesday, March 19, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 27 Sutra 338 Vilamba 5120
	Simha Rasi: 6.08	Tithi 13 – 14	<b>Gulika</b> 12:15PM – 1:45PM	<b>Magha*</b> Until 5:27PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:12AM	
			Yama 9:14AM – 10:44AM	Dhriti Until 3:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 46
	Creative Work	Siddha Yoga	151373368 <b>Rahu</b> 3:16PM – 4:46PM	Gara Until 10:56PM	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> Until 12:41PM	Moon – Red		<b>Subha Sivaloka Day</b>	
				<b>Phalguna-Panguni</b>			

	<b>Wednesday, March 20, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman Sutra 339 Vilamba 5120
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:44AM – 12:14PM	<b>Purvaphalguni</b> Until 2:40PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:11AM	
	Simha Rasi: 21.13	Tithi 14 – 15	Yama 7:42AM – 9:13AM	Shula* Until 11:34AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:17PM	Moon 2 - Phase 46
	Creative Work	Amrita Yoga	151373368 <b>Rahu</b> 12:14PM – 1:45PM	Visti Until 7:23PM	<b>Nataraja:</b> Clear		Purnima
		<b>Panguni Uttiram</b>	<b>Chaturdashi*</b> Until 9:08AM	Moon – Red		<b>Subha Sivaloka Day</b>	
		<b>Holi</b>		<b>Phalguna-Panguni</b>			

<b>5</b>	<b>Thursday, March 21, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Ganda*/Vridhhi Yoga Balava/Kaulava Karana Prathamayam Titau				Muscat, Oman Sutra 340 Vilamba 5120
	<b>Silver Retreat Star</b>		<b>Gulika</b> 9:12AM – 10:43AM	<b>Uttaraphalguni</b> Until 11:50AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:11AM	
	Kanya Rasi: 6.16	Tithi 16	Yama 6:11AM – 7:41AM	Ganda* Until 7:31AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM	Moon 2 - Phase 46
			151373368 <b>Rahu</b> 1:45PM – 3:16PM	Balava Until 3:57PM	<b>Nataraja:</b> Clear		Prathama
Amrita Yoga			<b>Prathama*</b> Until 2:19AM Fri	Moon – Red		<b>Subha Sivaloka Day</b>	
Until 11:50AM				<b>Phalguna-Panguni</b>			
Then Routine Work - Marana Yoga							

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

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**Friday, March 22, 2019**  
**Gold Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Hasta/Chitra Nakshatra Dhruva Yoga Taitila/Gara Karana Dvitiyayam Titau

Muscat, Oman  
Sutra 341  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Kanya Rasi: 21.08      Tilthi 17

**Gulika** 7:41AM – 9:12AM  
Yama 3:16PM – 4:47PM  
161383368 **Rahu** 10:43AM – 12:14PM

**Hasta** **Until 9:33AM**  
Dhruva **Until 12:08AM Sat**  
Taitila **Until 12:49PM**  
Dvitiya **Until 11:24PM**

**Ganesha:** Yellow      *Sunrise:* 6:10AM  
**Muruqa:** White      *Sunset:* 6:18PM  
**Nataraja:** Clear  
Moon – Green

**Devaloka Day**

Creative Work    Amrita Yoga  
Until 9:33AM  
Then Creative Work - Siddha Yoga

**1**

**Saturday, March 23, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Chitra/Svati Nakshatra Vyaghata\* Yoga Vanija/Visti\* Karana Tritiyayam Titau

Muscat, Oman  
Sun 1      Sutra 342  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Tula Rasi: 5.43      Tilthi 18

**Gulika** 6:09AM – 7:40AM  
Yama 1:45PM – 3:16PM  
161383368 **Rahu** 9:11AM – 10:42AM

**Chitra** **Until 7:33AM**  
Vyaghata\* **Until 9:03PM**  
Vanija **Until 10:09AM**  
Tritiya **Until 9:02PM**

**Ganesha:** Yellow      *Sunrise:* 6:09AM  
**Muruqa:** White      *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon – Green

**Devaloka Day**

Routine Work    Marana Yoga  
Until 7:33AM  
Then Creative Work - Siddha Yoga

**2**

**Sunday, March 24, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Svati/Vishakha Nakshatra Harshana Yoga Bava/Balava Karana Chaturthiyam Titau

Muscat, Oman  
Sun 2      Sutra 343  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Tula Rasi: 19.53      Tilthi 19

**Gulika** 3:16PM – 4:48PM  
Yama 12:13PM – 1:45PM  
162383368 **Rahu** 4:48PM – 6:19PM

**Svati** **Until 6:02AM**  
Harshana **Until 6:33PM**  
Bava **Until 8:07AM**  
Chaturthi\* **Until 7:21PM**

**Ganesha:** Blue      *Sunrise:* 6:08AM  
**Muruqa:** White      *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon – Green

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

Creative Work    Siddha Yoga  
Until 6:02AM  
Then Routine Work - Marana Yoga

**3**

**Monday, March 25, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Anuradha Nakshatra Vajra\*/Siddhi Yoga Kaulava/Taitila Karana Panchamyam Titau

Muscat, Oman  
Sun 3      Sutra 344  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Vrischika Rasi: 3.35      Tilthi 20

**Family Home Evening**

**Gulika** 1:45PM – 3:16PM  
Yama 10:41AM – 12:13PM  
172383368 **Rahu** 7:38AM – 9:10AM

**Anuradha** **Until 5:43AM Tue**  
Vajra\* **Until 4:41PM**  
Kaulava **Until 6:50AM**  
Panchami **Until 6:29PM**

**Ganesha:** Red      *Sunrise:* 6:07AM  
**Muruqa:** White      *Sunset:* 6:19PM  
**Nataraja:** Clear  
Moon – Orange

**Devaloka Day**

Creative Work    Siddha Yoga  
Until 5:43AM Tue  
Then Routine Work - Marana Yoga

**4**

**Tuesday, March 26, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Jyeshtha\* Nakshatra Siddhi/Vyatipata\* Yoga Gara/Vanija Karana Shashthyam Titau

Muscat, Oman  
Sun 4      Sutra 345  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Vrischika Rasi: 16.49      Tilthi 21

**Gulika** 12:13PM – 1:44PM  
Yama 9:09AM – 10:41AM  
172383368 **Rahu** 3:16PM – 4:48PM

**Jyeshtha\*** **Until 6:37AM Wed**  
Siddhi **Until 3:31PM**  
Gara **Until 6:24AM**  
Shashthi\* **Until 6:30PM**

**Ganesha:** Red      *Sunrise:* 6:06AM  
**Muruqa:** White      *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Orange

**Devaloka Day**

Routine Work    Marana Yoga

**5**

**Wednesday, March 27, 2019**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Vyatipata\*/Varyan Yoga Visti\*/Bava Karana Saplamyam Titau

Muscat, Oman  
Sun 5      Sutra 346  
Vilamba 5120  
Moon 3 - Phase 47  
1st Phase

Vrischika Rasi: 29.35      Tilthi 22

**Gulika** 10:40AM – 12:12PM  
Yama 7:37AM – 9:08AM  
172383368 **Rahu** 12:12PM – 1:44PM

**Jyeshtha\*** **Until 6:37AM**  
Vyatipata\* **Until 3:02PM**  
Visti **Until 6:52AM**  
Saptami **Until 7:24PM**

**Ganesha:** Red      *Sunrise:* 6:05AM  
**Muruqa:** White      *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Orange

**Devaloka Day**

Creative Work    Siddha Yoga  
Until 6:37AM  
Then Routine Work - Marana Yoga

**D**

**Thursday, March 28, 2019**

**Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Varyan/Parigha\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Muscat, Oman  
Sun 6      Sutra 347  
Vilamba 5120  
Moon 3 - Phase 47  
Ashtami

Dhanus Rasi: 11.59      Tilthi 23

**Gulika** 9:08AM – 10:40AM  
Yama 6:04AM – 7:36AM  
182383368 **Rahu** 1:44PM – 3:16PM

**Mula\*** **Until 8:38AM**  
Varyan **Until 3:09PM**  
Balava **Until 8:10AM**  
Ashtami\* **Until 9:04PM**

**Ganesha:** Green      *Sunrise:* 6:04AM  
**Muruqa:** White      *Sunset:* 6:20PM  
**Nataraja:** Clear  
Moon – Light Blue

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

Creative Work    Siddha Yoga

**Friday, March 29, 2019**

**Retreat Star**

Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Navamyam Titau

Muscat, Oman  
Sun 7      Sutra 348  
Vilamba 5120  
Moon 3 - Phase 47  
Navami

Dhanus Rasi: 24.05      Tilthi 24

**Gulika** 7:35AM – 9:07AM  
Yama 3:16PM – 4:49PM  
182383468 **Rahu** 10:39AM – 12:12PM

**Purvashadha\*** **Until 11:10AM**  
Parigha\* **Until 3:45PM**  
Taitila **Until 10:09AM**  
Navami\* **Until 11:19PM**

**Ganesha:** Green      *Sunrise:* 6:03AM  
**Muruqa:** Yellow      *Sunset:* 6:21PM  
**Nataraja:** Purple  
Moon – Light Blue

**Devaloka Day**

Routine Work    Prabalarishta Yoga  
Until 11:10AM  
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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<b>1</b>	<b>Saturday, March 30, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Dashamyam Titau				Muscat, Oman Sun 8 Sutra 349
	Makara Rasi: 5.59	Tithi 25	<b>Gulika</b> 6:02AM – 7:34AM	<b>Uttarashadha</b> Until 1:57PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:02AM	Vilamba 5120
			Yama 1:44PM – 3:16PM	Shiva Until 4:42PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:21PM	Moon 3 - Phase 48
	182383468	<b>Rahu</b> 9:07AM – 10:39AM		Vanija Until 12:36PM	<b>Nataraja:</b> Purple		2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 1:54AM Sun	Phalgun-Panguni		<b>Devaloka Day</b>	
						Until 1:57PM	
						Then Creative Work - Siddha Yoga	

<b>2</b>	<b>Sunday, March 31, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau				Muscat, Oman Sun 9 Sutra 350
	Makara Rasi: 17.47	Tithi 26	<b>Gulika</b> 3:16PM – 4:49PM	<b>Shravana</b> Until 5:17PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:01AM	Vilamba 5120
			Yama 12:11PM – 1:44PM	Siddha Until 5:45PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 48
	192383468	<b>Rahu</b> 4:49PM – 6:22PM		Bava Until 3:17PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 4:36AM Mon	Phalgun-Panguni		<b>Sivaloka Day</b>	
						Until 5:17PM	
						Then Routine Work - Marana Yoga	

<b>3</b>	<b>Monday, April 1, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvadashyam Titau				Muscat, Oman Sun 10 Sutra 351
	Makara Rasi: 29.34	Tithi 27	<b>Gulika</b> 1:44PM – 3:16PM	<b>Dhanishtha</b> Until 8:25PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:01AM	Vilamba 5120
			Yama 10:39AM – 12:11PM	Sadhya Until 6:47PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 48
	192483468	<b>Rahu</b> 7:33AM – 9:06AM		Kaulava Until 5:56PM	<b>Nataraja:</b> Purple		2nd Phase
Family Home Evening	Siddha Yoga		<b>Dvadashi*</b> Until 7:11AM Tue	Phalgun-Panguni		<b>Subha Sivaloka Day</b>	
						Until 5:17PM	
						Then Routine Work - Marana Yoga	

<b>4</b>	<b>Tuesday, April 2, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Subha Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Muscat, Oman Sun 11 Sutra 352
	Kumbha Rasi: 11.23	Tithi 27 – 28	<b>Gulika</b> 12:11PM – 1:44PM	<b>Shatabhishak</b> Until 11:10PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:00AM	Vilamba 5120
			Yama 9:05AM – 10:38AM	Subha Until 7:41PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 48
	192483468	<b>Rahu</b> 3:16PM – 4:49PM		Gara Until 8:23PM	<b>Nataraja:</b> Purple		2nd Phase
Routine Work	Marana Yoga		<b>Dvadashi*</b> Until 7:11AM	Phalgun-Panguni		<b>Subha Sivaloka Day</b>	
						Until 1:57PM	
						<i>Pradosha Vrata (Fasting)</i>	

<b>5</b>	<b>Wednesday, April 3, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Sukla Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Muscat, Oman Sun 12 Sutra 353
	Kumbha Rasi: 23.19	Tithi 28 – 29	<b>Gulika</b> 10:38AM – 12:11PM	<b>Purvaproshtapada*</b> Until 1:55AM Thu	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:59AM	Vilamba 5120
			Yama 7:32AM – 9:05AM	Sukla Until 8:17PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:22PM	Moon 3 - Phase 48
	112483468	<b>Rahu</b> 12:11PM – 1:43PM		Visti Until 10:30PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Trayodashi*</b> Until 9:28AM	Phalgun-Panguni		<b>Sivaloka Day</b>	
						Until 1:55AM Thu	
						Then Creative Work - Siddha Yoga	

	<b>Thursday, April 4, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Brahma Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Muscat, Oman Sun 13 Sutra 354
	Meena Rasi: 5.23	Tithi 29 – 30	<b>Gulika</b> 9:04AM – 10:37AM	<b>Uttaraproshtapada</b> Until 4:06AM Fri	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:58AM	Vilamba 5120
			Yama 5:58AM – 7:31AM	Brahma Until 8:36PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 48
	112483468	<b>Rahu</b> 1:43PM – 3:16PM		Catuspada Until 12:11AM Fri	<b>Nataraja:</b> Purple		Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 11:22AM	Phalgun-Panguni		<b>Sivaloka Day</b>	
						Until 1:55AM Thu	
						Then Creative Work - Siddha Yoga	

<b>Retreat Star</b>	<b>Friday, April 5, 2019</b>		Vilamba Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Indra Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Muscat, Oman Sun 14 Sutra 355
	Meena Rasi: 17.38	Tithi 30 – 1	<b>Gulika</b> 7:30AM – 9:03AM	<b>Revati</b> Until 5:42AM Sat	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:57AM	Vilamba 5120
			Yama 3:17PM – 4:50PM	Indra Until 8:37PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:23PM	Moon 3 - Phase 48
	112483468	<b>Rahu</b> 10:37AM – 12:10PM		Kintughna Until 1:27AM Sat	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 12:51PM	Chaitra-Panguni		<b>Sivaloka Day</b>	
						Until 1:55AM Thu	
						Then Creative Work - Siddha Yoga	

<b>1</b>		<b>Saturday, April 6, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Vaidhriti* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Muscat, Oman Sun 15 Sutra 356 Vilamba 5120
Mesha Rasi: 0.04	Tithi 1 – 2	<b>Gulika</b> 5:56AM – 7:29AM	<b>Ashvini</b> Until 7:13AM Sun	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:56AM			
		Yama 1:43PM – 3:17PM	Vaidhriti* Until 8:15PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:23PM			Moon 3 - Phase 49
		123483468 <b>Rahu</b> 9:03AM – 10:36AM	Balava Until 2:17AM Sun	<b>Nataraja:</b> Purple				3rd Phase
Creative Work	Siddha Yoga			Moon – White			<b>Devaloka Day</b>	
Until 7:13AM Sun		<b>Chellappaswami Mahasamadhi</b>	<b>Prathama* Until 1:54PM</b>	<b>Chaitra-Panguni</b>				
Then Routine Work - Prabalarishta Yoga								

<b>2</b>		<b>Sunday, April 7, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Muscat, Oman Sun 16 Sutra 357 Vilamba 5120
Mesha Rasi: 12.4	Tithi 2 – 3	<b>Gulika</b> 3:17PM – 4:50PM	<b>Ashvini</b> Until 7:13AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:55AM			
		Yama 12:09PM – 1:43PM	Vishkambha* Until 7:36PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:24PM			Moon 3 - Phase 49
		123483468 <b>Rahu</b> 4:50PM – 6:24PM	Taitila Until 2:42AM Mon	<b>Nataraja:</b> Purple				3rd Phase
Creative Work	Siddha Yoga			Moon – White			<b>Devaloka Day</b>	
Until 7:13AM			<b>Dvitiya Until 2:31PM</b>	<b>Chaitra-Panguni</b>				
Then Routine Work - Prabalarishta Yoga								

<b>3</b>		<b>Monday, April 8, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Priti Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Muscat, Oman Sun 17 Sutra 358 Vilamba 5120
Mesha Rasi: 25.28	Tithi 3 – 4	<b>Gulika</b> 1:43PM – 3:17PM	<b>Bharani</b> Until 8:12AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:54AM			
<b>Family Home Evening</b>		Yama 10:35AM – 12:09PM	Priti Until 6:40PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:24PM			Moon 3 - Phase 49
		123483468 <b>Rahu</b> 7:28AM – 9:02AM	Vanija Until 2:45AM Tue	<b>Nataraja:</b> Purple				3rd Phase
Creative Work	Siddha Yoga			Moon – White			<b>Devaloka Day</b>	
Until 8:12AM			<b>Tritiya Until 2:45PM</b>	<b>Chaitra-Panguni</b>				
Then Routine Work - Marana Yoga								

<b>4</b>		<b>Tuesday, April 9, 2019</b>				Vilamba Nama Samvatsare Ularayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Muscat, Oman Sun 18 Sutra 359 Vilamba 5120
Vrishabha Rasi: 8.28	Tithi 4 – 5	<b>Gulika</b> 12:09PM – 1:43PM	<b>Krittika</b> Until 8:39AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:53AM			
		Yama 9:01AM – 10:35AM	Ayushman Until 5:25PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:25PM			Moon 3 - Phase 49
		123483468 <b>Rahu</b> 3:17PM – 4:51PM	Bava Until 2:26AM Wed	<b>Nataraja:</b> Purple				3rd Phase
Creative Work	Siddha Yoga			Moon – White			<b>Devaloka Day</b>	
Until 8:39AM			<b>Chaturthi* Until 2:37PM</b>	<b>Chaitra-Panguni</b>				
Then Creative Work - Amrita Yoga								

<b>5</b>		<b>Wednesday, April 10, 2019</b>				Vilamba Nama Samvatsare Ularayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Muscat, Oman Sun 19 Sutra 360 Vilamba 5120
Vrishabha Rasi: 21.38	Tithi 5 – 6	<b>Gulika</b> 10:34AM – 12:09PM	<b>Rohini</b> Until 9:03AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:52AM			
		Yama 7:26AM – 9:00AM	Saubhagya Until 3:53PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:25PM			Moon 3 - Phase 49
		133483468 <b>Rahu</b> 12:09PM – 1:43PM	Kaulava Until 1:44AM Thu	<b>Nataraja:</b> Purple				3rd Phase
Creative Work	Siddha Yoga			Moon – Yellow			<b>Sivaloka Day</b>	
			<b>Panchami Until 2:07PM</b>	<b>Chaitra-Panguni</b>				

<b>6</b>		<b>Thursday, April 11, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Muscat, Oman Sun 20 Sutra 361 Vilamba 5120
Mithuna Rasi: 5	Tithi 6 – 7	<b>Gulika</b> 9:00AM – 10:34AM	<b>Mrigashira</b> Until 8:56AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:51AM			
		Yama 5:51AM – 7:25AM	Sobhana Until 2:04PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:25PM			Moon 3 - Phase 49
		133483468 <b>Rahu</b> 1:43PM – 3:17PM	Gara Until 12:39AM Fri	<b>Nataraja:</b> Purple				3rd Phase
Routine Work	Marana Yoga			Moon – Yellow			<b>Sivaloka Day</b>	
			<b>Shashthi* Until 1:14PM</b>	<b>Chaitra-Panguni</b>				

<b>☾</b>		<b>Friday, April 12, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra/Punarvasu Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Muscat, Oman Sun 21 Sutra 362 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 7:25AM – 8:59AM	<b>Ardra</b> Until 8:16AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:50AM			
Mithuna Rasi: 18.37	Tithi 7 – 8	Yama 3:17PM – 4:51PM	Athiganda* Until 11:53AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM			Moon 3 - Phase 49
		133483468 <b>Rahu</b> 10:34AM – 12:08PM	Visti Until 11:08PM	<b>Nataraja:</b> Purple				Ashtami
Creative Work	Siddha Yoga			Moon – Yellow			<b>Sivaloka Day</b>	
			<b>Saptami Until 11:56AM</b>	<b>Chaitra-Panguni</b>				

<b>☽</b>		<b>Saturday, April 13, 2019</b>				Vilamba Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Muscat, Oman Sun 22 Sutra 363 Vilamba 5120
<b>Retreat Star</b>		<b>Gulika</b> 5:49AM – 7:24AM	<b>Punarvasu</b> Until 7:29AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:49AM			
Kataka Rasi: 2.27	Tithi 8 – 9	Yama 1:42PM – 3:17PM	Sukarma Until 9:23AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:26PM			Moon 3 - Phase 49
		143483468 <b>Rahu</b> 8:58AM – 10:33AM	Balava Until 9:13PM	<b>Nataraja:</b> Purple				Navami
Creative Work	Siddha Yoga			Moon – Blue			<b>Devaloka Day</b>	
		<b>Sri Rama Navami</b>	<b>Ashtami* Until 10:13AM</b>	<b>Chaitra-Panguni</b>				

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

<b>1</b> Sunday, April 14, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Muscat, Oman Sun 23 Sutra 364
Kataka Rasi: 16.34	Tithi 9 – 10	<b>Gulika</b> 3:17PM – 4:52PM	<b>Pushya</b> Until 6:09AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:48AM	Vikarin 5121
		Yama 12:07PM – 1:42PM	Dhriti Until 6:35AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 1
143483468	<b>Rahu</b> 4:52PM – 6:27PM		Taitila Until 6:55PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga			Moon – Blue		<b>Devaloka Day</b>
		Tamil New Year	<b>Navami*</b> Until 8:06AM	<b>Chaitra*Chaitra</b>		

<b>2</b> Monday, April 15, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Ganda* Yoga Vanija/Visti* Karana Ekadashyam Titau				Muscat, Oman Sun 24 Sutra 1
Simha Rasi: 0.55	Tithi 11	<b>Gulika</b> 1:42PM – 3:17PM	<b>Magha*</b> Until 2:27AM Tue	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:47AM	Vikarin 5121
<b>Family Home Evening</b>	253483468	Yama 10:32AM – 12:07PM	Ganda* Until 12:05AM Tue	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 1
Routine Work	Marana Yoga	<b>Rahu</b> 7:22AM – 8:57AM	Vanija Until 4:16PM	<b>Nataraja:</b> Purple		4th Phase
Until 2:27AM Tue			<b>Ekadashi</b> Until 2:50AM Tue	Moon – Red		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Chaitra*Chaitra</b>		

<b>3</b> Tuesday, April 16, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vriddhi Yoga Bava/Balava Karana Dvadashyam Titau				Muscat, Oman Sun 25 Sutra 2
Simha Rasi: 15.29	Tithi 12	<b>Gulika</b> 12:07PM – 1:42PM	<b>Purvaphalguni</b> Until 12:16AM Wed	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:47AM	Vikarin 5121
		Yama 8:57AM – 10:32AM	Vriddhi Until 8:33PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:27PM	Moon 3 - Phase 1
253483468	<b>Rahu</b> 3:17PM – 4:52PM		Bava Until 1:23PM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 11:52PM	Moon – Red		<b>Devaloka Day</b>
Until 12:16AM Wed				<b>Chaitra*Chaitra</b>		
Then Creative Work - Amrita Yoga						

<b>4</b> Wednesday, April 17, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Muscat, Oman Sun 26 Sutra 3
Kanya Rasi: 0.1	Tithi 13	<b>Gulika</b> 10:31AM – 12:07PM	<b>Uttaraphalguni</b> Until 9:53PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:46AM	Vikarin 5121
		Yama 7:21AM – 8:56AM	Dhruva Until 4:56PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 1
253483468	<b>Rahu</b> 12:07PM – 1:42PM		Kaulava Until 10:22AM	<b>Nataraja:</b> Purple		4th Phase
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 8:50PM	Moon – Red		<b>Devaloka Day</b>
Until 9:53PM				<b>Chaitra*Chaitra</b>		
Then Routine Work - Marana Yoga			<i>Pradosha Vrata</i>			

<b>5</b> Thursday, April 18, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Hasta Nakshatra Vyaghata*/Harshana Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Muscat, Oman Sun 27 Sutra 4
Kanya Rasi: 14.52	Tithi 14 – 15	<b>Gulika</b> 8:56AM – 10:31AM	<b>Hasta</b> Until 7:51PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:45AM	Vikarin 5121
		Yama 5:45AM – 7:20AM	Vyaghata* Until 1:22PM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:28PM	Moon 3 - Phase 1
263483468	<b>Rahu</b> 1:42PM – 3:17PM		Gara Until 7:22AM	<b>Nataraja:</b> Purple		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 5:53PM	Moon – Green		<b>Sivaloka Day</b>
Until 7:51PM				<b>Chaitra*Chaitra</b>		
Then Creative Work - Siddha Yoga						

<b>○</b> Friday, April 19, 2019		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Muscat, Oman Sutra 5
<b>Copper Retreat Star</b>		<b>Gulika</b> 7:19AM – 8:55AM	<b>Chitra</b> Until 5:56PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:44AM	Vikarin 5121
Kanya Rasi: 29.28	Tithi 15 – 16	Yama 3:17PM – 4:53PM	Harshana Until 9:59AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 1
263483468	<b>Rahu</b> 10:31AM – 12:06PM		Balava Until 1:57AM Sat	<b>Nataraja:</b> Purple		Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 3:09PM	Moon – Green		<b>Sivaloka Day</b>
		<b>Chitra Purnima (Tamil Nadu)</b>		<b>Chaitra*Chaitra</b>		
		<b>Hanuman Jayanti</b>				

<b>Saturday, April 20, 2019</b>		Vikarin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Vajra*/Siddhi Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Muscat, Oman Sutra 6
<b>Silver Retreat Star</b>		<b>Gulika</b> 5:43AM – 7:19AM	<b>Svati</b> Until 4:17PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:43AM	Vikarin 5121
Tula Rasi: 13.5	Tithi 16 – 17	Yama 1:42PM – 3:17PM	Vajra* Until 6:51AM	<b>Muruqa:</b> Yellow	<i>Sunset:</i> 6:29PM	Moon 3 - Phase 1
264483468	<b>Rahu</b> 8:55AM – 10:30AM		Taitila Until 11:51PM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 12:49PM	Moon – Green		<b>Sivaloka Day</b>
				<b>Chaitra*Chaitra</b>		